

HAPPENINGS

AND EVENTS

By Marie Palmer, Service Coordinator



*Happy New Year
By Wally Durant,
Rose Morin Apartments*

*Here we go again
2018 - Another New Year
Resolutions in the making
Many broken - that is clear.*

*On the eve- much celebration
Many partying all night
Wondering why the following day
Everything looks so bright.*

*For the younger set
Anxious for their dreams
Hoping all goes well
That - is what it seems.*

*As for the Elders
The days seem longer
With time passing by
The nights grow fonder.*

*To one and all
A wish so dear
A prosperous and healthy
Happy New Year.*





Introducing our new logo in celebration
of our 70th Anniversary !

The Falmouth Housing Authority is turning 70 – and we are going to celebrate all year long! In the spirit of serving others and recognizing our important local partnerships, the housing authority is seeking donation opportunities within our own local community. Our goal for Quarter 1 is simple – handpick an agency; hand make a project. For the first quarter of the year FHA has selected both Carriage House and the Falmouth Hospital Maternity Department to receive handmade baby bibs. Our director is calling upon all sewers, quilters and those tenants that wish to learn a new skill to participate in the “FHA Sew-a-longs.” These sew-a-longs will be held at both the Harborview and the Tataketa Apartment Community Rooms. FHA will provide sewing materials (thread and fabrics); bring your own sewing machine and basic supplies to the event. These bibs can be made in 30 minutes or less so come out, socialize and make something amazing with us. The pattern and sample bibs will be available at the FHA main office on Friday, January 12th, 2018. Let’s see how many bibs we are able to sew together! Other projects are currently being planned. Do you have an idea for a project or an event we can organize to celebrate our anniversary, our tenants and our community? If so, please share. Drop off a note at the housing authority or contact Marie Palmer at (508) 548-1977 ext. 212.

Upcoming Local Events

Research Your Family History with the Falmouth Genealogical Society

Falmouth Public Library—Tuesday, January 2nd, 9th, 16th, 23rd and 30th

Volunteers from the Falmouth Genealogical Society will be available to help you get started with researching your family history. Drop by anytime between 2-4 pm. Discover the great resources the library has to offer and learn from local genealogy experts during our weekly help sessions.

Laughter Yoga

Gus Canty Community Center—Every Monday from 9:27 AM to 10:07 AM

Experience a playful laughter session for health and well-being. Bring a willingness to breathe deeply and laugh heartily without jokes or special equipment. These sessions are free, drop in when you need a mental boost!

Falmouth in Focus

Falmouth Cable Television (FCTV) airs this month on Friday January 5th and 19th on channel 13 at 8 PM. Be sure to tune in to this informational program featuring stories of local people, places and events.

Gus Canty Center Walking Club

Adult walking group gets together Monday through Friday from 8:00 AM to 9:00 AM and 11:00 AM to Noon. This is a great, free, opportunity to get out of the cold and get your heart pumping!

Rev. Dr. Martin Luther King, Jr. National Holiday Breakfast

This event is sponsored by No Place for Hate

(a Falmouth community organization whose purpose is to build bridges, combat bias and promote respect for all people through advocacy and education)

Monday, January 15th from 9:30 – 11:00 A.M.

At the Sea Crest Resort, North Falmouth

Live music, good food & conversation.

Speaker: Robin J. Miller, Artist, Poet, Author

This special event will also include a presentation to Scoba Rhodes, recipient of the No Place for Hate – Falmouth Civic Leadership award.

RSVP & payment are required, act soon - space is limited.

Call 508-548-0533 to reserve your tickets

Tickets \$15 adults / \$10 students

*Please bring a non-perishable contribution for the Falmouth Service Center

Cold Weather Safety Tips

By the American Red Cross and Ready.gov (Department of Homeland Security)

A cold snap has affected many parts of the US over the last week, and weather reports predict that the freezing temperatures won't be letting up any time soon.

***Make sure you are staying safe and warm by following these tips:**

Wear layers. Don't underestimate the cold. Wear plenty of clothing, including gloves and a hat, to stay warm when going outside.

The kitchen is for cooking. Never use a stove or oven to heat your home.

Watch for warning signs of hypothermia. Symptoms include confusion, shivering, difficulty speaking, sleepiness and stiff muscles.

Keep your car ready for the weather. Preparing your car properly can help avoid a breakdown in cold weather. If a breakdown or accident happens, an emergency kit can help you stay safe.

***Emergency kit for the car should include:**

Jumper cables, flares or reflective triangle, ice scraper, car cell phone charger, cat litter or sand for better tire traction in the ice and snow, and a nice warm blanket.

***Prepare your vehicle for emergencies, and have a mechanic check the following on your vehicle prior to an emergency:**

Antifreeze levels, battery and ignition system, breaks, exhaust system, fuel and air filters, heater and defroster, lights and flashing hazard lights, oil, thermostat, windshield wiper equipment and washer fluid level

***Vehicle Safety Tips**

Keep your gas tank full. A full tank will keep the fuel line from freezing

Make sure your tires have adequate tread.

Do not drive through flooded areas. Six inches of water can cause a vehicle to lose control or possibly stall. A foot of water will float many cars.

Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.

If a power line falls on your car you are at risk of electrical shock, stay inside until a trained person removes the wire.

If there is an explosion or other factor that makes it difficult to control the vehicle, pull over, stop the car and set the parking brake.

If the emergency should impact the physical stability of the roadway avoid overpasses, bridges, power lines, and other hazards.

Please stay safe out there!

Texas Hash Casserole

By Linda Connors, our FHA Receptionist!

1 - 2 lb. bag frozen hash browns	1 stick melted butter
2 cans cream of chicken soup	1 ½ c. Pepperidge Farm stuffing mix
1 - 8 oz. block of cream cheese	1 small onion
1 - 16 oz. container of sour cream	2 c. sharp cheddar cheese

Put hash browns in 9 x 13 roasting pan. Chop onions and put over potatoes. Heat the 2 cans of soup, cream cheese and sour cream in a regular saucepan until melted. Pour over potatoes, and sprinkle with cheese. Melt the stick of butter, mix with the stuffing mix and sprinkle over the pan of potatoes. Bake at 350 degrees covered for 30 minutes, then remove cover and bake an additional 30 minutes.

Auld Lang Syne Lyrics by Robert Burns

Original 1788 version:

*Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot
And auld lang syne?*

*Chorus:
For auld lang syne, my dear,
For auld lang syne,
We'll tak a cup o' kindness yet
for auld lang syne!*

*We twa hae run about the braes,
And pu'd the gowans fine,
But we've wander'd mony a weary fit
Sin auld lang syne.*

*We twa hae paidl't in the burn
Frae morning sun till dine,
But seas between us braid hae roar'd
Sin auld lang syne.*

*And there's a hand, my trusty fiere,
And gie's a hand o'thine,
And we'll tak a right guid willie-waught
For auld lang syne!*

*And surely ye'll be your pint' stowp,
And surely I'll be mine,
And we'll tak a cup o' kindness yet
For auld lang syne!*

Translation:

*Should old acquaintances be forgotten,
And never brought to mind?
Should old acquaintances be forgotten,
And days of long ago!*

*Chorus:
For old long ago, my dear
For old long ago,
We will take a cup of kindness yet
For old long ago.*

*We two have run about the hillsides
And pulled the daisies fine,
But we have wandered many a weary foot
For old long ago.*

*We two have paddled (waded) in the stream
From noon until dinner time,
But seas between us broad have roared
Since old long ago.*

*And there is a hand, my trusty friend,
And give us a hand of yours,
And we will take a goodwill draught (of ale)
For old long ago!*

*And surely you will pay for your pint,
And surely I will pay for mine!
And we will take a cup of kindness yet
For old long ago!*

Walking into 2018
~Author Unknown~

*I'm walking into 2018 with a clear heart
and mind.*

*If you owe me, don't worry about it -
you're welcome.*

*If you wronged me, it's all good -
lesson learned.*

*If you're angry with me,
you've won.*

*If we aren't speaking,
it's cool (I love you and I wish you well).*

*If you feel I wronged you,
I apologize.*

*Life is too short for pent-up anger,
holding grudges, and extra pain!
Reach out if you care to talk about it,
and if you don't (I tried).*

Here's to 2018!

*Spread positivity & forgiveness!
Love to all.*

Our wish for you is a year full of love, friendship, happiness,
forgiveness and peace!

Happy New Year from all of us
at the Falmouth Housing Authority!

