



NHA newsletter



IN THIS ISSUE



**NHA Barbeque for all residents! Tuesday, June 18<sup>th</sup>, 5: 00 pm. Outside Cedar Garden Community Hall.**

The Natick Rotary will be here to help host the annual BBQ. Please sign up on the bulletin board or call Jane 508-653-2971 X206, [JPurser@Natickha.org](mailto:JPurser@Natickha.org).

*Thank you to the Natick Rotary and Roche Bros for supporting this event!*



**JUNE 14<sup>th</sup>, 2024**

In honor of Flag Day, here are a few facts about the United States flag.

- The flag always flies at the White House, Fort McHenry, and the Iwo Jima memorial.
- There are still five American flags on the moon, but they are all probably

bleached white due to radiation from the sun.

- When two or more flags are flown on the same pole, the American flag must be at the top
- The colors of the flag have important meanings: red symbolizes hardiness and valor, white symbolizes purity and innocence, and blue represents vigilance, perseverance, and justice.

**Local places for properly disposing of a Tattered American Flag**

- The Natick Senior Center – box on left at entrance.
- Home Depot on Speen St.

**7 QUIRKY MASSACHUSETTS**



**FAMILY LAWS STILL ON THE BOOKS**

Massachusetts, sometimes referred to as the “Old Colony State”, has a rich history that stretches back to the early days of America. With such a storied past, it is no surprise that there are some truly quirky and unusual family laws still technically in effect. While these laws are seldom enforced, they paint a fascinating picture of the past.

**1. Dueling with A Family Member? Make It Quick!**

One of the more bizarre laws states that duels with a family member are permissible, but only on the town common and before 8:00 p.m. While dueling has long been considered an outdated and dangerous way to settle disputes, it seems that someone thought it was acceptable as long as it didn't disrupt bedtime!

**2. Don't Badmouth Your Spouse's Cooking**

There's an antiquated law in Massachusetts that makes it illegal for a man to criticize his spouse's cooking. While a law protecting feelings in the kitchen may seem silly today, one wonders what kind of culinary catastrophes led to this law being created.

**3. The Great Pie Prohibition**

Hold on to your pie tins! At one time, it was illegal to eat pie on Sundays in Massachusetts. The Puritanical leaders considered this delectable treat too indulgent for the Sabbath. Thankfully, pies are no longer banished on Sundays, so feel free to enjoy your apple or pumpkin variety any day of the week.

**4. Snoring Husbands, Beware!**

Another quirky law on the books in Massachusetts is one that makes it illegal for a husband to snore unless all the windows in the home are closed and securely locked. This law

may have been born out of an attempt to prevent high-volume snorers from disrupting the peaceful quiet of their neighborhoods.

#### 5. The Mustache Dilemma

Growing a mustache is a popular trend today, but back in the day, there was a law in Massachusetts that prohibited men with mustaches from kissing women in public. The origins of this law are murky, but one can't help but wonder about the circumstances that led to this being a legal concern!

#### 6. When Love Knows No Boundaries

In Massachusetts, it was once considered illegal to marry someone if you both had the same surname—unless you could prove you were not related. This law may have been intended to prevent incestuous relationships, but surely caused some headaches for those with common last names like Smith or Johnson.

#### 7. It's All About The P's And Q's

An old statute states that children must be educated in good behavior and manners. While this may seem like common sense, it's intriguing to think that this was once deemed significant enough to be enshrined in law. [www.apmillerlawgroup.com](http://www.apmillerlawgroup.com)

## SCAMS

**Contact The Internet Crime Complaint Center (IC3) to report all scams. [www.ic3.gov](http://www.ic3.gov) – report all scams.** The IC3 is the Nation's central hub for reporting cybercrime. It is run by the FBI. Here you can take two vital steps to protect cyberspace and your own online security.

**Call Natick Police – nonemergency if you have any concerns and or you believe you have been SCAMED.**

**[\(508\) 647-9500](tel:5086479500)**



## CEDAR GARDENS

### OUTSIDE ITEMS

#### Rental Lease Agreement Information

The NHA is responsible for maintaining the grounds and buildings as required by the State of Massachusetts codes, to keep the lawns free and clear and no extraneous items to be affixed to the exterior of the buildings.

Cedar Garden Grounds including lawns are not part of your NHA rental lease agreement space. Personal items must be confined to your interior space. If the regulations regarding the grounds, halls and exterior of the buildings are not followed residents will be asked to remove them by a future deadline set by administration.

The outside space is not a storage space. All lawns and stoops must be free of the following:

- No personal "decorative" items or garden "art"
- No furniture
- No storage bins.
- No tarps
- No flags
- No statues
- No pinwheels
- No empty planters. (Tended Flower planters must be kept to a maximum of 4 during growing season.)
- No cement blocks or bricks
- No hangers

- **Nothing that will impede lawn mowing.**

Please help us in our efforts to maintain and create a beautiful environment that you will be proud to come home to.

### EVENTS:

#### Health & Wellness and Blood Pressure Clinic

**Monday, June 10<sup>th</sup> 1:30-2:30pm,** Cedar Gardens Community Hall in the RSC Office. Come by and visit with Heidi Harper, Natick's Public Health Nurse.

If you need a home visit – please contact Jane and she will schedule a home visit with Heidi before the clinic.

Sharps boxes are available for safely disposing of used needles. Drop off full Sharps Box containers.



**Town of  
Natick  
Human**

#### Services Discussion & Lunch Tuesday, June 11<sup>th</sup> at 11:30 am

The Town of Natick wants to enhance its human services to better meet the needs of the Natick community.

Human services include anything that helps people of all ages survive and thrive in our community – from access to food to opportunities for civic engagement.

Researchers from UMass Boston, in collaboration with the Town, will lead a discussion asking the group questions about living in Natick at the Cedar Gardens Community Hall on **Tuesday, June 11<sup>th</sup> at 11:30 a.m.** We would very much welcome and appreciate your participation to learn about your experiences as a resident of public housing in Natick and your needs within the community.

All are welcome from both Cedar and Coolidge Gardens.

As a thank you for your participation, lunch will be provided. Please sign up

with Jane 508-653-2971 X 206 or JPurser@Natickha.org.

## COOLIDGE GARDENS



**Ice Cream Social – 11:30am, Thursday June 13<sup>th</sup>, Coolidge Board room**  
Come, welcome summer and enjoy some ice cream!

Please sign up on the bulletin board.

## FAMILIES

### FREE MEALS FOR KIDS & TEENS UNDER 18

The YMCA and Project ABC will be providing nutritious meals and enrichment on Tuesdays and Thursdays all summer long at West Hill Park! All our families are welcome.

There will be a **Kickoff party Thursday June 6<sup>th</sup> from 3:30-5:30pm at West Hill Park.**

The program will run starting June 25<sup>th</sup> through the end of the summer on Thursday, August 22<sup>nd</sup>. Enrichment will take place from 10:30-11:30am and food will be provided from 11:30am-12:30pm.

## COMMUNITY NEWS



**Natick Nights!** brings neighbors and friends together every OTHER Thursday night, 5:00 – 8:00 pm June 6, 20, July 4, 18, and August 1, 15, 29. in the Natick Center Cultural District/ town square. Stop by for food, shopping, music, and family-friendly fun!

### Friends of the Senior Center hosting... Let's Do Lunch

**12:00, Wednesday, June 12<sup>th</sup>**

#### Natick Senior Center

Lunch- Stuffed Chicken Breast, Mashed Potato & Gravy, Vegetable

Medley, Dessert, Coffee & Water \$5.00 for Friends-Members - \$10 for Non-Members. Limited to 50 Seniors In Person Registration at the Senior Center June 12-13, 10-12:00pm **OR** register with Jane Purser. Call or stop by her office.



**OPEN DOOR** A community meal and social event at the

Elks Lodge. 95 Speen Street, Natick (near Roche Bros.) This is on the MWRTA Route. Every **Monday** at 5pm. Free for Everyone! Donations welcome.



**Natick Service Council**

Neighbors helping Neighbors

**2 Webster Street**

### MOBILE FARMERS' MARKET

NSC will distribute fresh fruits and vegetables, eggs, milk, butter and lean proteins.

Mon., June 3: Household 1-2 at NSC  
Mon., June 10: Households 3+ at NSC  
Mon., June 17: 12:00-1:30pm **This pickup is outside Cedar Gardens Community Hall.**

Natick Service Council schedules appointments one month in advance. (508-655-1791) Call ASAP to book the June Farmers' Market and pantry appointments! You must be a client of NSC to access the mobile market.

**Regular Pantry hours** Tuesday 10am-3pm, Wednesday 12-5pm, Thursday 1-6pm.

**Brack Career Development Center, Natick Service Council, Walk-in Hours – Thursday, June 13<sup>th</sup> from 11am-3pm.**

Drop-in or make an appointment to meet with a mentor to discuss your job search, resume and general employment goals. If you have a resume, make sure to bring that along. And don't worry if you don't have one!

## NHA Board Meeting

**June 13<sup>th</sup>, 6:30pm** Coolidge Gardens. All residents are welcome to attend in person. Check the bulletin board to confirm the date.

**RENT** Please be advised rent is due on the 1<sup>st</sup> of the month and late after the 7<sup>th</sup>. Please pay your rent on time.

**Please leave all general questions, work orders and emergencies during work hours on 508-653-2971, Ext. 200. For after-hours Emergencies (i.e., flood, no hot water, no heat, toilet issue) follow prompts to service.**

## QUICK - Resource List

Natick Housing Authority: (508) 653-2971. [www.natickha.org](http://www.natickha.org) Natick Service Council/Food Pantry: (508) 655-1791

[www.natickservicecouncil.org](http://www.natickservicecouncil.org)  
Natick Community Senior Center: 508-647-6540

Natick Police: (508) 647-9500  
Natick Fire Dept: (508) 647-9550

## OFFICE STAFF

Housing Coordinators:  
Rob Johnson X 201  
Mike Kelleher, Housing Manager X 202

## RSC OFFICE HOURS

Jane Purser  
8am-3pm, Mon. Tues. and Thurs.  
*All residents are welcome to call/visit at any time. 508-653-2971 X206*  
**Coolidge Gardens Office**  
Mon. 9am-3pm  
Tues. 12-3pm  
Thurs. 9am -1pm  
**Cedar Gardens Office**  
Tues. 10am-12pm  
Thurs. 1-3pm

## RECIPE OF THE MONTH



### New England Corn Chowder

Suggested by resident, Jean L.

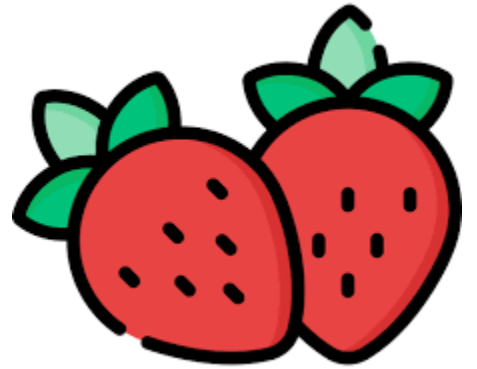
**INGREDIENTS:**

- 1 lb. bacon
- 2 cans sweet kernel corn (don't drain)
- 2 cans of cream corn
- 1 can condensed milk
- 2 potatoes par boiled, bite size cubes
- 1 onion chopped finely.
- 2 stick celery chopped small
- 1 stick of butter

**INSTRUCTIONS**

1. Sautee bacon until crisp and renders fat. Remove bacon to a plate.

2. Sautee onion and celery until soft in bacon grease.
3. Cut potatoes into bite size pieces and par boil.
4. Add bacon, onion, celery potatoes corn and milk to large pot and simmer until warm throughout.
5. Serve with cornbread.



## RECIPES PLEASE!



If you have any favorite recipes you'd like to submit for the newsletter, please

send them to Jane.

[JPurser@natickha.org](mailto:JPurser@natickha.org) or drop in the RSC mailbox at Cedar Gardens.

# JUNE

H	S	U	M	M	E	R	H	I	A	E	A	A	S
B	J	U	N	E	R	C	O	V	T	T	C	A	O
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- GRADUATION
- MOSQUITO
- SUNSHINE
- CAMPING
- FATHERS DAY
- VACATION
- FISHING
- PICNIC
- SOLSTICE
- SUMMER
- JUNE
- BUTTERFLY
- JUMPROPE
- BASEBALL
- BEACH