



# Fraser Lyndale Court News

March 2010

Volume 8, Issue 3

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Happy St.

Patrick's Day!



## Being a Good Neighbor: Part 3

The third installment to the "How to be a Good Neighbor" series talks about respect and being respectful as a neighbor. Stay tuned for the fourth installment, coming in April.

### Respect

What is respect?

Respect is showing that you value people or things. It is important to be respectful every day.

1-Showing respect can be about following rules. In the apartment

building, you and some friends might be

walking down the hall. It would be easy to be loud! But respect means talking quietly when

passing other people's apartments. You might also decide you want to

do laundry. It would be easy to do laundry

anytime you want to! But respect means waiting patiently until a washer and dryer is

available and not doing laundry during quiet hours. Respect is

following the rules of the apartment building.

2-Showing respect can also mean taking care of property. In the

entryway, a piece of

paper might be lying on the floor. It would be respectful to pick it up and throw it in the

garbage.

3-It is important to show respect to your neighbors. Showing respect for each other

helps people get along. It helps us to live

together and to be friends. Show respect for other people makes them feel good and it makes you feel good too!



## Service Coordinator Office Hours

The Service

Coordinator will be out of the office from **Thursday March 25- Friday April 2nd**. She will return to the office on

Monday, April 5th and respond to all

messages then. If you need immediate assistance during these times please call Fraser School at

612.861.1688. Thank you!



**“Reduce, Reuse,  
Recycle! Take the  
time to recycle in  
your apartment and  
help produce less  
waste!”**

## Community Resource Corner

### Community Resource- “Recycling Association of Minnesota”

The recycling Association of Minnesota is committed to promoting resource

conservation through waste prevention, reuse, recycling, composting and

purchasing practices using the most effective and environmentally sound methods available in Minnesota.

RAM also provides outreach activities to the public through America recycles Day campaign, their website ([www.recycleminnesota.org](http://www.recycleminnesota.org)) , recycled product educational kits, and other means.

RAM, PO Box 14497, St. Paul MN 55114 / 651-641-4560

### Recycling facts and benefits

In 2006 Minnesota recycled 2.5 million tons of waste. That translates to huge savings for landfills, incinerators, greenhouse gas emissions, natural resources, and energy use.

Our recyclable material has tremendous economic value.

In 2006, we recycled enough metal, glass and plastics to conserve 46 trillion BTU's of energy- that's enough energy to power all the homes in Duluth, Rochester, St. Cloud, Minneapolis and St. Paul, combined, for one year!

### **LANDFILL & INCINERATOR**

#### **SAVINGS**

We didn't need about 5 large garbage incinerators because of our recycling efforts or We didn't need about 10 large landfills because of our recycling efforts.

### **GREENHOUSE GAS EMISSION REDUCTIONS**

We reduced our greenhouse gas emissions by the equivalent of taking **1.3 million** cars off the road because we recycled.

### **ENERGY SAVINGS**

We didn't need to produce the equivalent amount of energy required to power **408,874** homes because we recycled.

### **NATURAL RESOURCES SAVINGS**

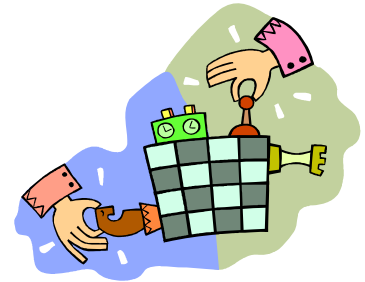
We didn't need 214,623 tons of coal because we recycled in Minnesota. **6,893,868** trees did not get cut down because of recycling paper in Minnesota.



## Game Night

Please join Fraser Volunteers, Matt and Justin for another fun-filled Game Night at Lyndale Court! Game Night will take place on Thursday , March 4th, from 7-

8pm in the Lyndale Court Community Room. Hope to see you there!



## Daylight Savings Time Begins

Remember that daylight savings time begins on **Sunday, March 14th.** Don't

forget to turn your clocks **AHEAD** one hour

before you go to bed on Saturday night.

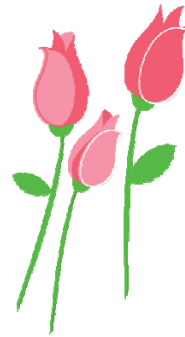
Happy Spring!



## Spring Card Making Event

Please join the Single Volunteers of the Twin Cities for a night of fun in the community room! The volunteers will be coming to Fraser Lyndale Court on Thursday, March 18th to make spring/Easter

cards with all tenants who are interested. The event will be held from 6:30-8:00pm. Treats will be provided. We hope to see you there!



## Health Fair

As many of you know, Fraser has teamed up with student nurses from St. Catherine University. The student nurses are here again and will be putting on a Health Fair presentation for all to attend. This year, the

student nurses will talk about Cold Weather Awareness and how to stay safe during the winter months. The Health Fair will be held on

**Thursday, March 4th** from **5:30-6:30pm**. All tenants are invited and encouraged to attend.

Hope you can make it!



## Court Support Group

The next Court Support Group is right around the corner! Please tell your family members that the next meeting will be held on

**Wednesday, April 28th at Fraser Sheridan Court.** This Court Support Group Meeting will include a Potluck

dinner, the regular meeting, and a presentation from an ARC representative. Flyers with detailed information will be mailed out soon. The potluck will take place from 6-6:30pm; the meeting will take place from 6:30-7pm, and the

presentation by ARC will be held from 7-8pm. If you cannot or choose not to attend the potluck portion of the evening, please know that you are still welcome and encouraged to attend the other portions of the meeting.

# March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Faith & Light CORE meeting	2	3	4 Health Fair 5:30-6:30pm  Game Night 7pm	5	6
7	8	9	10 CUB CLUB	11	12	13
14 Daylight Savings Time begins	15 Faith & Light	16	17 Happy St. Patrick's Day!	18 SVTC card making event 6:30-8pm	19	20
21	22	23	24 CUB CLUB	25	26	27
28	29	30	31			

