



CCHA NEWSLETTER

CARROLL COUNTY HOUSING AUTHORITY

Volume XIV, Issue IV
FEBRUARY 2024



PLANNING PERSONAL GOALS FOR 2024



Planning personal goals for the new year gives you a sense of direction for how you want the coming months to go. While you don't always have to wait for the new year to begin change, it can be helpful to view a new year as a good opportunity for a turning point in your life.

What's evening more important, is making sure you set habits that will ultimately drive you toward meeting new goals. Setting the goal is only on piece of the pie. The habits you partake in to reach these goals is where the real work comes in.

Consistency is important for any goal you set this year. Motivation can and will fade as the year goes on, and it's possible you may not stick to all your goals from now until December. It's a good idea to keep a planner, either digital or physical, where you can schedule things like regular workouts, business planning, or whatever small steps are necessary to reach your big goals.

After each month passes, reflect on it. What were your high points, and low points? How did you feel and what can you do to change the negative? Create the habits necessary to achieve your goals. In order to follow through to achieve your goals, you have to put in the work. Where does the work come from? Your habits!

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"We should not look back unless it is to derive useful lessons from past errors, and for the purpose of profiting by dearly bought experience."

~ George Washington



CCHA MONTHLY HAPPENINGS:

- **Annual Re-Examinations**
Throughout the Month of February (All Tenants)
* Please call the office as soon as possible to schedule an appointment if you have not already done so.
- **Mest Manor Market Day**
Monday, February 5th
Approx. 10:30 a.m. (Mest Manor Dining Room)
* Available to Mest Manor & Maple Lane Tenants **Only**
- **Regular Board Meeting**
Wednesday, February 21st
4:00p.m. (Mest Manor Conf. Room)

OFFICE CLOSURE:
PRESIDENTS' DAY
Monday,
February 19th



VALENTINE'S RECIPE CHOCOLATE CHIP RED VELVET WHOOPIE PIES

INGREDIENTS

- * 1 package red velvet cake mix (regular size)
- * 3 large eggs
- * 1/2 cup canola oil
- * 2 teaspoons vanilla extract

FILLING:

- * 8 ounces cream cheese, softened
- * 1/2 cup butter, softened
- * 2 cups confectioners' sugar
- * 1 cup miniature semisweet chocolate chips

DIRECTIONS

- * Pre-heat oven to 350° in a large bowl, combine cake mix, eggs, oil and extract; beat on low speed 30 seconds. Beat on medium 2 minutes.
- * Transfer batter to pastry bag; cut a 1/2 in hole in the tip of bag. Pipe 1-1/2x1-in. hearts onto parchment-lined baking sheets, spacing hearts 1 in. apart.
- * Bake until edges are set, 6-8 minutes.
- * Cool on pans 2 minutes. Remove to wire racks to cool completely.

(Recipe Continued) →

VALENTINE'S RECIPE CONT'D WHOOPIE PIES

- * For filling, in a large bowl, beat cream cheese and butter until blended. Gradually beat in confectioners' sugar until smooth. Stir in chocolate chips. Spread filling on bottoms of half the cookies. Top with remaining cookies. Refrigerate leftovers.
- YIELD:** 2 dozen.

WHAT IS A LEAP YEAR

The short answer: It takes approximately 365.25 days for Earth to orbit the sun—a solar year. We usually round the days in a calendar year to 365. To make up for the missing partial day, we add one day to our calendar approximately every four years. That is a leap year.

Leap years are very important so that our calendar year matches the solar year. Subtracting 5 hours, 46 minutes and 48 seconds off a year doesn't seem like a big deal. But if you keep subtracting that amount for many years, things can really get messed up. For example, say that July is a warm, summer month where you live. If we never had leap years, eventually, in a few hundred years, July would actually take place in the cold winter months.





FEBRUARY BIRTHDAYS

Brinda Spencer	1
Kay Anderson	4
Steven Delp	4
Trinity Perry	9
Alexander Gouty	12
Laura King	17
Raphnie Lawrence	17
Philip Hoffman	18



CARROLL COUNTY HOUSING AUTHORITY

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CCHA Board Members

Peg Haffey, Chairman

Bill Robinson, Vice-Chairman

Joanna Davies, Commissioner

Dan Nevills, Commissioner

Amanda Titus, Commissioner/Treasurer

CCHA Staff

Ed Bochniak, Executive Director

Patty Acree, Administrative Assistant

Randy Meade, Maintenance Lead

Chad O'Neill, Maintenance Assistant

Mission Statement

The Housing Authority of the County of Carroll is committed to providing quality, affordable housing that is decent and safe, to eligible families in this community. We endeavor to instill pride and desire for an enhanced quality of life for our residents and their families.

We are committed to serving our residents and this entire community in a manner that demonstrates professional courtesy, respect, and caring.



NATIONAL MAKE A FRIEND DAY



National Make a Friend Day, observed annually on the 11th of February, is a warm-hearted initiative prompting people to create fresh bonds and connections. This occasion not only encourages us to widen our social horizons, but it also highlights the value that newfound friendships can contribute to our existence. Whether it is shared moments of joy or lending a supportive ear during challenging times, each friendship is a priceless expedition we should all venture on. So, every year on this day, let's step beyond our usual circles and embrace new connections. Following are a few interesting facts about **Making a Friend**:

1. Chemical Connection

Our bodies have a fascinating response when we develop a friendship. They release a feel-good hormone known as oxytocin that spreads a sense of happiness and helps in reducing anxiety and tension.

2. Laugh and Bond

Did you know that giggles and laughter can help you forge new friendships? People are likely to laugh 30 times more while in a group compared to being alone. Shared laughter is a powerful element in cementing friendships and forming positive memories.

3. The Three Week Rule

It is interesting to note that generally, it takes around three weeks of mutual interaction to transition from mere acquaintance to a real friend. However, it's crucial that the bond is recognized and valued mutually.

4. Chameleon Effect

Studies suggest that friends often unconsciously mirror each other's behaviors, attitude, and even specific patterns of speech. This phenomenon is called the "Chameleon Effect." Such similarities might have been the foundation of their friendship.

5. Longevity Booster

Research indicates that having solid friendships might add years to your life. It also mentions that not having social connections can be as detrimental to health as consuming 15 cigarettes every day.

GROUNDHOG HUMOR

Q: What do you call a groundhog who drives in the center of the road?

A: A road hog.

Q: What did the groundhog say when the wolf grabbed his tail?

A: That's the end of me!

Q: What did the groundhog's trainer tell him before the Olympics?

A: Gopher gold.

Q: What is a groundhog's favorite color?

A: Ma-hog-any.



TURN BACK THE CLOCK



If I had the power to turn back the clock, Go back to that house at the end of the block—The house that was home when I was a kid, I know that I would love it more now than I did.

If I could be back there at my mother's knee, And hear once again all the things she told me, I would listen as I never listened before, For she knew so well just what life had in store.

And all the advice that my dad used to give—His voice I will remember as long as I live; But it didn't seem really important then; What I would give to live it all over again.

And what I would give for the chance I once had—To do so much more for my mother and my dad; To give them more joy and a little less pain; A little more sunshine—a little less rain.

But the years roll on and we cannot go back, Whether we were born in a mansion or shack; But we can start right now— in the hour that's here, To do something more for the ones we hold dear.

And since time in its flight is traveling so fast, Let's not spend it regretting that which is past; But let's make tomorrow a happier day, By doing our "good unto others"—today!