



BULLETIN BOARD

Hello, Sunshine!

Bring on the sun and fun! Summer officially begins on June 20.

The Run for the Carnations

This month, tune in to the Belmont Stakes, the third and final leg of horse racing's Triple Crown. The winning thoroughbred will wear the traditional blanket of white carnations.

Brainteaser

Question: I have no arms and no legs, and yet I move the earth. What am I?

Answer: An earthworm.



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Billerica Housing

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JUNE 2025



NOTES & NEWS

Up, Up and Away

The Montgolfier brothers, Joseph-Michel and Jacques-Etienne, made the first public demonstration of a hot-air balloon in Annonay, France. The unmanned, 38-foot balloon, made from linen and lined with paper, flew for 10 minutes and covered more than a mile on June 4, 1783.

A Wild Ride

In June 1884, the United States' first modern coaster opened at Coney Island, dazzling riders with its 6-miles-per-hour ride for a whole minute. More than 130 years later, theme parks around the world compete to create the fastest rides and the biggest drops, like the Formula Rossa at Ferrari World in Abu Dhabi, which takes riders up to 149 mph in less than 5 seconds.

National Yo-Yo Day

This contraption goes around the world without ever leaving your hand—the yo-yo! June 6 is National Yo-Yo Day, in honor of the birthday of entrepreneur and yo-yo enthusiast Donald Duncan.

HIGHLIGHTS

OUR STAFF

Bob Correnti, Executive Director
Berlande Edouard, Tenant Selection Coord.
Debbie Souza, Administrative Asst.
Erica Miller, Finance Director
Tia Simolaris
John Simolaris, Maintenance
Mark Simolaris, Maintenance
David Manchester, Maintenance

TELEPHONE NUMBERS

BHA Office/Maintenance Emergency:
978-667-1661 & 978-667-2175
Ashley Monfet, Resident Service Coordinator: 978-852-7737
AgeSpan/Supportive Care On-Call: 978-273-0362

On-call is available 24/7 to residents of 13 River, 16 River & 33 Talbot for non-life-threatening emergencies (not maintenance issues).

BHA Office Hours: Monday Through Thursday, 7:00 AM–3:00 PM
Fridays, 7:00 AM–12:30 PM

RSC Hours: Monday Through Friday
8:00 AM–4:00 PM

33 Talbot Ave, Tuesdays 12:00PM–4:00PM
13 River St, 12:00PM–4:00PM

Commissioner's Meeting: Thursday, June 12, 2025, at 4:00 PM
16 River Street, Common Room.

Quarterly Tenant Meeting Schedule

July 15, 2025

10:30 am, Talbot, Common Room
1:00 pm, 16 River, Common Room
3:15 pm, 13 River, Common Room

TRIVIA WHIZ

Weird Waterfalls

Underground cascades? Bleeding glaciers? Treasure map destinations? Here are some of the world's weirdest waterfalls.

Ruby Falls, Tennessee. Deep inside of the Lookout Mountain in the Appalachian Mountains, visitors can visit underground waterfall Ruby Falls. Lookout Mountain Cave was used as a Civil War hospital and later a safe house for bootleggers until it was closed off by a train tunnel in the early 1900s. Decades later, cave buff Leo Lambert led efforts to reopen Lookout Cave from above, and the crew discovered Ruby Falls, named for Leo's wife. The caves and waterfall survived as a tourist attraction even through the Great Depression. During the Cold War, it was equipped as a public fallout shelter.

Blood Falls, Antarctica. Located in Antarctica, Blood Falls occasionally spurts its namesake blood-red brine from the side of a glacier onto a frozen lake. Blood Falls was discovered in 1911. While the color has been attributed to iron oxide, scientists still puzzle over how and why the briny water spews from the ice.

Skógafoss, Iceland. Unlike Blood Falls, tourists can visit Skógafoss Waterfall in southern Iceland and even hike steps to the top of the falls. Legend has it that more than a thousand years ago, a Viking giant hid his gold behind the nearly 200-foot-high waterfall, and the treasure chest was lost years later after settlers tried to heave it out of the water, saving only the ring on the chest.

Iguazu Falls, Argentina. Comprised of roughly 275 individual waterfalls, Iguazu Falls is one of the largest waterfall systems in the world. Located on the border between Argentina and Brazil, Iguazu Falls is twice as tall and three times as wide as Niagara Falls. Breathtaking sights of the rushing water draw hundreds of thousands of visitors each year, and they can get up-close views from walkways, helicopters and by riding in speedboats.



World-Traveled Instruments

"Music is a world within itself with a language we all understand," sings American musician Stevie Wonder in his hit song "Sir Duke." On June 21, countries around the globe will speak our common language to celebrate World Music Day. From supernatural curses to pesky critters, these unique instruments have taken their own international journeys.

Marimba. This percussion instrument is a Central American favorite, resembling a giant xylophone made of plates and pipes where the marimbist stands and hits the wooden or metal bars with mallets. Before it came to the Americas, the marimba was made in Africa first by covering holes in the ground with wooden bars and pounding them. The marimba was named after a cursed Zulu goddess.

Sitar. The sitar is a stringed instrument that originated several hundred years ago in or around India. While the name sitar is a derivative of the Persian word for "three strings," the modern instrument can have as many as 18.

Didgeridoo. This Australian wind instrument has been around for thousands of years. Traditionally made from eucalyptus trees that had been hollowed out by termite activity, these instruments can range from 3- to 10-feet long.

Cool Summer Side Dishes

Summer meals often feature light, easy-to-prepare foods. Beat the heat with these ideas for delicious side dishes that don't require any cooking.

Salads. Forget simple lettuce and dressing blends. Instead, consider marinating sliced heirloom tomatoes and shallots in balsamic vinegar, olive oil and tarragon; or try a spinach and red bell pepper salad tossed with ginger, soy sauce and peanut oil.

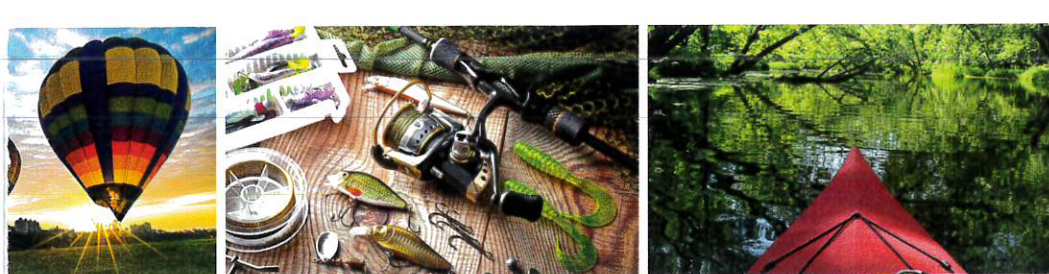
Slaws. Break away from the ordinary by using radicchio, fennel and nectarines mixed with buttermilk, sour cream and vinegar. Consider jazzing up a traditional cabbage slaw by adding green onions, red peppers, apples, raisins or peanuts.

Dips and salsas. Layer cream cheese, smoked salmon, sour cream, red onions and dill weed in a pie plate for a special savory dip. Put a new spin on salsa by using chopped and whole blueberries combined with lemon juice,

cilantro, jalapeños and red bell pepper. Other salsa possibilities include mangoes, cucumbers, radishes, watermelon and peaches.

Soups. Refreshing summertime soups that are served cold include the chunky tomato-based gazpacho and the creamy vichyssoise. Go for the unexpected by incorporating cucumbers, fennel, avocados, carrots, watermelon, strawberries, cherries or pineapple in your cold soup concoctions.





Revamp Vacation

Looking to add some adventure to a summer getaway? Think outside the beach with these unique vacations.

Rafting expedition. Ready to take your camping trip to the next level? Just add water. Guided multi-day rafting trips can take as little as two days to more than two weeks, so adventurers can pack a trip of a lifetime into a long weekend.

Whether you want a whitewater adventure sleeping under the stars or a scenic cruise with hotels and golfing along the way, many national guide companies provide services for every kind of explorer.

Dude ranch. Out-of-office outlaws should consider a dude ranch as their next destination. Since the 1800s, dude ranches have been an American staple for enjoying the great outdoors. Today, ranches provide traditional outdoor entertainment like horseback riding, kayaking and rodeo, as well as luxurious spa treatments and chef-prepared dining, so both amateur cowboys and folks who have never touched a horse can find something to love. Bonus tip for vacationers looking for a digital reset: pick a ranch with limited cell service.

Rental road trip. Want a bed and breakfast without borders? Trade your weekday commute for the open road with an RV or camper van rental. Many services offer one-way service, cookware and even doorstep delivery of the rental, so you can launch into your adventure from the airport or your neighborhood.

One Minute Chef

Simple, Sweet Energy Bites

These delicious and nutritious no-cook snacks are no sweat to make.

Ingredients:

- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1 cup raw oats
- 1/2 cup sweetened shredded coconut
- 1/2 cup flaxseed meal
- 6 tablespoons mini chocolate chips

Directions:

In medium mixing bowl, stir peanut butter, honey and vanilla extract until combined.

Add oats, coconut, flaxseed meal and chocolate chips. Mix until combined.

Shape into 1-inch balls. Store in airtight container in refrigerator until ready to serve.

Find more recipes at
Culinary.net.



WIT & WISDOM

"The mountains are calling, and I must go."

—John Muir

"I love nature. I just don't want to get any of it on me."

—Woody Allen

"It is good to realize that if love and peace can prevail on earth, and if we can teach our children to honor nature's gifts, the joys and beauties of the outdoors will be here forever."

—Jimmy Carter

"I felt my lungs inflate with the onrush of scenery—air, mountains, trees, people. I thought, 'This is what it is to be happy.'"

—Sylvia Plath

"And I firmly believe that nature brings solace in all troubles."

—Anne Frank

"Look deep into nature, and then you will understand everything better."

—Albert Einstein

"There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after the winter."

—Rachel Carson

"It never hurts to keep looking for sunshine."

—A.A. Milne

"Nature is pleased with simplicity."





—Isaac Newton

"Today is your day. Your mountain is waiting. So get on your way."

—Dr. Seuss



June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 Walking Group 33 Talbot 1PM	4	5 Traveling Chef 13 River St 12PM TBD	6	7
8	9	10 Terrarium Making Class 33 Talbot 1PM	11 Terrarium Making Class 16 River St 1PM	12 Walking Group 13 River St 1PM	13 	14
15 Traveling Librarian: Italy 16 River St 1PM	16	17	18 Walking Group 16 River St 1PM	19 Juneteenth	20	21
22	23	24 	25	26 Terrarium Making Class 13 River St 1PM	27	28
29	30	 <h1>June</h1>				

The following events are hosted each week by the incredible, hospitable residents of 13 River St. in the community room. They invite and welcome residents from 16 River St. and the Talbot to come join in the fun!

Tues: **Bingo** 11:30am-1:30pm

Wed: **Crafting** Bring your own craft to work on together: 1-3pm

Fri: **Buffalo Bingo** 12:30-3pm

Traveling Chef June 5th, 12PM TBD.

Traveling Librarian: Italy June 16th, 1pm, 16 River St.

Sign-ups for Terrarium Making Class, Traveling Chef and Walking Group are on your local bulletin board.

The **Mobile Market** (formerly Brown Bag) is distributed the fourth Tuesday of each month from the community room of each building. Preregistration is required.

June Birthdays

Kenneth Spinney 6/23

Frances Marckini 6/15

Prabhavatiben Rana 6/18

Phuc Dang 6/29

John Morgan 6/11

Randall Brant 6/12

Surinder Singh 6/4

Allan McKenna 6/21

Yvette Roche 6/26

Milton Saunders 6/5

Nancy McNamara 6/17

Patricia Miskevitch 6/9

James Kelley 6/21

Joan Roody 6/2

Lee Waterman 6/24

Ahmedbhai Khalifa 6/16