

PHA Post



Family Housing: June/July 2015

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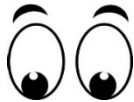
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For community events and updates, check out our website at <http://www.phaplattsburgh.com/>

Summer Activities!!!

😊😊😊 Clinton County Fair 😊😊😊

This year's Clinton County Fair will be held from **July 28th to August 2nd** (six days of family fun)!!! A Mega Pass which covers admission to the fair and rides all day long can be purchased at the Fair Office or at Price Chopper until July 27th for \$20.00 per ticket. Visit their website for more information at www.clintoncountyfair.com

🎵 Concerts on the Bluff 🎵

Free concerts offered on Wednesday evenings (6-8 pm) this summer on the lawn at Clinton Community College include Larry Ebare on July 8th, Bootleg Band on July 22nd, Roy Hurd and Frank Orsini on July 29th, Serge Bouchard with Country Storm on August 5th, Rustic Riders on August 12th, The Buskers on August 19th, and The Joey Fusion Band on August 26th. Bring your lawn chairs or blankets and picnic baskets; concerts are held rain or shine!!!

Reminders

- **Telephone numbers:** Have you recently changed your telephone number? Call PHA at 561-0720 extension 224 or extension 229 to update your number in our records.

Enjoy your summer and remember the following rules & regulations:

- **Safety:** There is to be no ball playing (hardball, volleyball, softball, kickball, soccer, catch, etc.) near or between any of the apartment buildings. The appropriate place to play ball is at the McGaulley Avenue field or South Acres Park. Residents will be held responsible for any damages caused by family members or guests.



- **Tents:** Tents, awnings, canopies, screen-rooms and campers are not permitted on PHA property.
- **Pools:** Residents are allowed one pool per apartment and the pool must be placed in their back yard. The pool cannot be bigger than 6 feet across and the water level cannot be more than 12 inches deep. Pools can only be used during daylight hours under the supervision of an adult and must be drained into a ditch after each use. Sprinklers and slip & slides are not allowed at PHA.



What's for Dinner?

Italian Style French Dip Subs



It is way too hot to cook a big meal in the summertime. Why not use your leftover beef, steak or pork to create a new dish for dinner tonight!! (Prep Time: 25 minutes, Yield: 4 servings).

Ingredients: * 2 tablespoons vegetable oil * 1 large sweet green pepper, cut into strips * 1 medium onion, cut into strips * 2 cups shredded cooked leftover beef or pork * 1 can beef broth * 1 ½ teaspoons dried Italian seasoning, crushed * 4 Submarine rolls, split and toasted * Shredded Swiss, provolone or Monterey Jack cheese.

Directions: In a large saucepan, add oil, sweet pepper and onion; cook and stir about 10 minutes or until tender. Stir in shredded meat, beef broth, Italian seasoning and bring to a boil. Once it has reached a boil, reduce heat to low and simmer uncovered for 5 minutes. Using a slotted spoon, divide meat and vegetables among the submarine rolls then top with the shredded cheese. Serve sandwiches with bowls of the leftover cooking liquid for dipping. Enjoy!!!!

Nutrition (per serving): 367 calories; 16 g Fat (7 g Sat; 1 g Polyunsat; 6 g Mono); 88 mg Cholesterol; 24 g Carbohydrates; 30 g Protein, 2 g Fiber; 700 mg Sodium, 2 g sugar



The **Ted K. Center 2015 Summer Program** begins on **Monday, June 29th**. The program will be open **Monday through Friday** from **9:00 AM to 3:50 PM** for PHA resident youth ages 5 (and completed Kindergarten) and up. Daily activities include arts & crafts, recreational games, gardening, computers, yoga, cooking classes, field trips and much more. The program is **FREE**. If your child is attending our program for the first time, it is necessary to complete a registration form before they can participate. If you have any questions please call 561-7690. See you at "The Center."

The **USDA Summer Lunch Program** will also begin on **Monday, June 29th**. Lunch will be served at the Ted K. Center, **Monday through Friday** from **11:30 AM - 12:30 PM**. The nutritious lunch is **FREE** and all children ages 0 - 18 are welcome to attend.

The Ted K. Center staff is starting up a **Cub Scout Pack** for the **2015/2016 school year**. If your son is entering 1st, 2nd, or 3rd grade this coming school year and you would like to enroll him in the Cub Scout program, please contact Tom Neale at 561-7690 or stop by the Ted K. Center. **Enrollment is starting right now!!** We look forward to working with the Cub Scouts and offering your son a chance to learn, explore and "Get in on the Adventure."



Inspirational Corner

"Challenges are what make life interesting and overcoming them is what makes life meaningful."

~Joshua J. Marine~

Plattsburgh Housing Authority

518-561-0720

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