

ESC Newsletter



Galveston Housing Authority

Newsletter Date
June 2010

Hurricane Season is June 1, 2010 to November 30, 2010

What is a Hurricane?

A Hurricane is a tropical storm with winds that have reached a constant speed of 74 miles per hour or more. Hurricane winds blow in a large spiral around a relative calm center known as the "eye." The "eye" is generally 20 to 30 miles wide, and the storm may extend outward 400 miles. As a hurricane approaches, the skies will begin to darken and winds will grow in strength. As a hurricane nears land, it can bring torrential rains, high winds, and storm surges. August and September are peak months during the hurricane season that lasts from June 1 through November 30.

What should you do before a Hurricane season starts:

- Plan an evacuation route.
- Learn safe routes inland.
- Make arrangements for pets.
- Protect your windows.
- Develop an emergency communication plan.



During a Hurricane Watch:

- Check emergency supplies.
- Bring in outdoor objects such as lawn furniture.
- Secure buildings by closing and boarding up windows.
- Turn refrigerator and freezer to coldest settings. Open only when absolutely necessary and close quickly.
- Store drinking water in clean bathtubs, jugs, bottles, and cooking utensils.

During a Hurricane Warning:

A Hurricane Warning is issued when hurricane conditions, winds of 74 miles per hour or greater, are expected in 24 hours or less.

- Listen to a battery-operated radio or television for official instructions
- Avoid elevators.
- Stay inside, away from windows, skylights, and glass doors.
- Keep a supply of flashlights and extra batteries handy.
- Lock up home and leave.

If you have not done so already, please fill out the evacuation form in this newsletter and return to your management office.

**Galveston Housing Authority
Public Housing
Emergency Evacuation Form 2010**

Name: _____		
Address: _____		
DOB _____	SSN _____	PHONE _____

Other Members of Households:

1. In the event an emergency weather evacuation of the Island is ordered, do you have transportation? (By means of your own car, a relative, friend, neighbor, etc.) Yes ___ No ___

2. Do you wish to register with GHA for evacuation? Yes _____ No _____

3. Does anyone in your family (household) have special assistance needs? Yes / No
If yes, please describe (be very specific) _____

Does anyone use assisted devices _____
Please list _____

4. Who should be called if you have a personal emergency?
Name: _____ Address: _____
Phone: _____ Relationship: _____

5. Please list other information you want someone to have in case on an emergency:

Although GHA cannot promise to provide emergency evacuation transportation, we would like to keep track of residents who are unable to evacuate because of lack of transportation.

NOTE: All information provided will be protected under appropriate rules and regulations as provided by the Privacy Act, and the Freedom of Information Act.

Resident Signature

Staff Signature

Date

DIABETIC CORNER

Navajo Green Chili Stew

A traditional Native American stew loaded with flavor and nutrients.



INGREDIENTS

- | | |
|--|------------------------------------|
| 8 Anaheim chilies, roasted, peeled, seeded and diced | 1 tablespoon of corn oil |
| 1 pound of lean pork stew meat (1-inch cubes) | 1 cup of yellow onion, diced |
| 6 cloves of garlic, chopped | 2 cups of low-sodium chicken broth |
| 1 teaspoon of dry oregano or 1 tbs of fresh oregano | 1/4 teaspoon of salt (optional) |
| 1 cup of fresh cilantro | |

METHOD

1. Roast the chilies under the broiler or directly on the stovetop until charred on all sides. Place in a sealed plastic bag to sweat for about 20 minutes. Gently rub off the skins. Carefully slit the chilies lengthwise, removing seeds and veins. Dice chilies and reserve.
2. In a cast iron skillet over medium-high heat, add oil and pork. Brown well.
3. Add onion and garlic and continue cooking, stirring for 3 minutes. Add 1-1/2 cups of the chicken broth and bring to a simmer. Loosen the browned bits in the skillet with a wooden spoon.
4. Add oregano, chilies and salt. Reduce the heat to medium-low and simmer for 1 hour.
5. Separately, purée the cilantro with the remaining 1/2 cup of chicken broth. Add the cilantro purée to the stew. Cook for an additional 10 minutes and serve.

Diabeteslife.com.



Gulf Breeze Food Box Delivery will take place on June 24th

Holland House Food Box Delivery will take place on June 29th

MARK YOUR CALENDARS

If there are food items that you do not want, please bring them to the management office in order to begin a Food Pantry for those in need.



From The Galveston Housing Authority Maintenance Department



TIPS FOR BOTH CENTRAL A/C and PTAC UNITS

RAISE THE TEMPERATURE

Try cooling your home to only 80 degrees instead of the 70's. This is especially easy to do if you have ceiling fans. Each degree below 78 will increase your energy use by 6-8%.

CLEAN THE FILTER

Clean and replace your A/C Filters every month: THE OAKS & SCATTERED SITES. A dirty filter makes your A/C work harder, which uses more electricity and keeps your house from cooling. HOLLAND HOUSE & GULF BREEZE can wash the PTAC filter in the kitchen sink.

USE DRAPES, BLINDS OR SHADES TO BLOCK SUNLIGHT

Keep direct sunlight out. Direct sunlight can raise the temperature of a room by 10-20 degrees. The less heat gets into your home, the less you have to pay to remove it. Drapes and shades block sunlight and heat better than blinds.

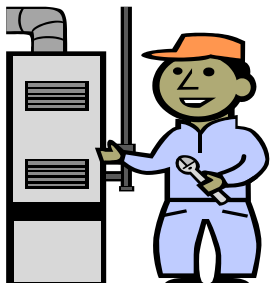
REDUCE HEAT FROM COOKING

Any heat you create from cooking has to be removed by your A/C. Reduce cooking heat by using a microwave oven. (Microwaves are cheaper to operate than gas or electric ovens anyway.)

**Do not overload your freezer. This causes the fan to freeze and have no circulation.*

Defining an Emergency Work Order:

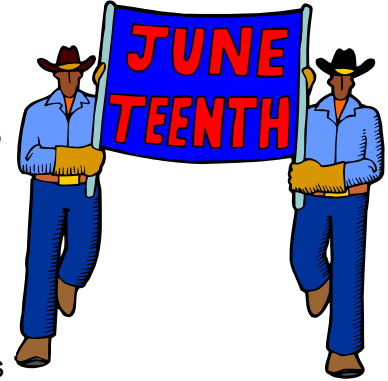
An action taken against conditions that pose a serious threat to health, and would result in serious injury or loss of life, or substantial damage to the property. The Emergency must be cured or abated within twenty-four (24) hours.



ex: Gas smell, exposed wires, open panels, water leaks on or near electrical equipment, Fire Exits restricted/blocked, security door not functioning, sink cannot be used ; sink damaged or missing, commode cracked or cannot be flushed, etc...

Juneteenth Celebration 2010

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. From its Galveston, Texas origin in 1865, the observance of June 19th as the African American Emancipation Day has spread across the United States and beyond. On June 19th, 1865 Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. Note that this was two and a half years after President Lincoln's Emancipation Proclamation - which had become official January 1, 1863.



Later attempts to explain this two and a half year delay in the receipt of this important news have yielded several versions that have been handed down through the years. Often told is the story of a messenger who was murdered on his way to Texas with the news of freedom. Another, is that the news was deliberately withheld by the enslavers to maintain the labor force on the plantations. And still another, is that federal troops actually waited for the slave owners to reap the benefits of one last cotton harvest before going to Texas to enforce the Emancipation Proclamation. All or none of them could be true.

Today, Juneteenth commemorates African American freedom and emphasizes education and achievement. It is marked with celebrations, guest speakers, picnics and family gatherings. It is a time for reflection and rejoicing. It is a time for assessment, self-improvement and for planning the future. Its growing popularity signifies a level of maturity and dignity in America long over due. In cities across the country, people of all races, nationalities and religions are joining hands to truthfully acknowledge a period in our history that shaped and continues to influence our society today. Juneteenth.com

Listed below are a few of the events that will be taking place during the month of June in celebration of Juneteenth.

6/13/2010 To 6/20/2010	6:30pm	Nia Culture Center Youth Heritage Exhibits	Old Central Cultural Center 2627 Avenue M Galveston, TX
6/17/2010	8:30am	8th Annual Underground Railroad	Garten Verein Pavilion 27th & Avenue O Galveston, TX
6/19/2010	7:30am	Juneteenth Prayer Service & Flag Raising Ceremony	Rosenberg Library 2310 Sealy Galveston, TX
6/19/2010	8:30am	Emancipation Proclamation Reading & Prayer Breakfast	Ashton Villa 2328 Broadway Galveston, TX
6/19/2010	11am	Juneteenth Jubilee Parade	2500-4100 Ball Galveston, TX
6/19/2010	12pm	Juneteenth Jubilee Picnic	Wright Cuney Park 41st and Ball Galveston, TX

*Galveston Housing Authority
2nd Annual
Senior Prom 2010*

*The Galveston Housing Authority
Requests the Honor of your Presence
at the*

2010 Senior Prom for our Elderly Residents

On Friday, June 11, 2010

At 6 O'clock in the Evening

At the Island Community Center

4700 Broadway

Galveston, Texas 77551

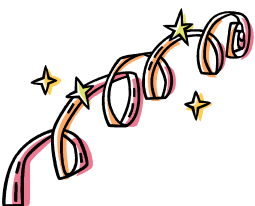
6:00 PM – 8:00 PM



*All residents are welcome to attend and transportation
Will be provided at no cost*

*Tickets will be available for pick up at Gulf Breeze
And Holland House Management Offices beginning June 1*

*To RSVP call:
Gulf Breeze (409) 763-5522
Holland House (409) 744-1144
JoAnn Cavazos (409) 744-2563
Odelia Williams (409) 621-1359*



Happy Father's Day

Our fathers toil with hands and heart
To make our lives complete.
They quietly brave the winter cold,
Endure the summer heat.

Our fathers' lives are busy, but
There's always time for us.
They boldly face the ups and downs
And seldom ever fuss.

Our fathers are the greatest dads.
We know you know this, too.
But thank you for the chance to share
Our love for them with you.

~Author Unknown~



Jo Ann Cavazos, Resident Services Coordinator

2810 61st Street

Galveston, Texas 77551

409-744-2563

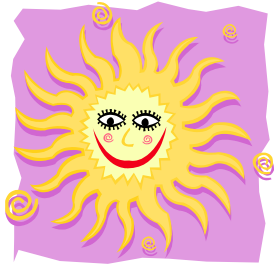
Odelia Williams, ROSS Grant Coordinator

1211 21st Street

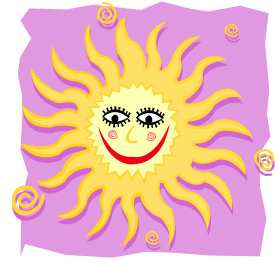
Galveston, Texas 77550

409-621-1359

Galveston Housing Authority



June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11 Senior Prom 6pm to 8pm	12
13	14	15	16	17	18 Office Closed in observance of Juneteenth	19 Juneteenth
20 Happy Father's Day	21	22	23	24 Gulf Breeze Food Box Delivery	25	26
27	28	29 Holland House Food Box Delivery	30			