



WATERVLIT HOUSING AUTHORITY NEWSLETTER *June 2016*



Matthew J. Ethier, Executive Director



Watervliet Housing
Authority 273-4717
ext. 201 Mary
ext. 203 Kylea
ext. 204 Daria
ext. 205 Mary Clinton

or
office@watervliethousing.
org

Emergency Number
273-6085 (after hours)

Watervliet Police Dept. or
Fire Department
911

**Resident survey? If we
have your e-mail
address and a work
order was completed
at your apartment, you
would have received an
electronic survey. Fill
it out and let us know
how we did.**

DON'T FORGET:
The last day rent is due is
Tuesday, June 7th!



**Watch WVLT 17 for our
Annual Father's Day Salute**

Father's Day
is June 19th

**Happy
Father's
Day
from the
WHA!**



Watervliet has great kids!
We appreciate the Character Education
Program at WHS for continuously helping to
make the WHA a great place to live.

Tenant Election Schedule

June 8th: Tenant Election

Come over and vote for your new
Tenant Commissioner!

We had a great time at the
Memorial Day Parade!
Check out the photos on page 6



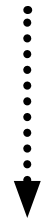
We have a Web site...
WatervlietHousing.org
Check us out.



Annual Plan Public Hearing

Come join in and share you ideas on housing
issues. A public hearing will be held on **June 6th** at
6pm at the Joslin Meeting room.

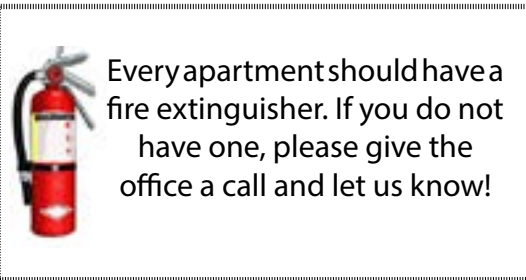
Around the WHA



Check out our website!

There you can find information about WHA policies, our very own WVLT Channel 17, public housing, Section 8, Van Rensselaer Village, links to useful pages, and access to the tenant portal!

<http://www.watervliethousing.org/home/>



Every apartment should have a fire extinguisher. If you do not have one, please give the office a call and let us know!

An ice cream social will be held at the Quinn Community Room building. It will be on June 9th at 1:00 PM. Brought to you by: **Simply the Best Homecare**



Elks Flag Day Ceremony

Sunday, June 12th at 1PM
Location: Elks Lodge #1500 on the 2nd Floor
A light lunch will follow

Attention Quinn and Hanratta tenants:

Look out for the Nassau Band next month!

The band will be playing at the Quinn Community Room on July 23rd and the Hanratta Community Room on July 30th.



Laptop for Kids Presentation 2016

Laptops will be presented to the graduating seniors of Watervliet Housing and Section 8. The presentation will be held on June 21st at 11 am at the Joslin Office Conference Room, 2400 2nd Ave, Watervliet.



Announcements



Troy Waterfront Farmers' Market

Summer Season started on May 2nd. It is open from 9:00am to 2:00pm every Saturday. The market is located on River St, Downtown Troy, NY. They are accepting Debit and EBT Cards - tokens available at the Market Table. There is also free Parking in the Uncle Sam, 5th Avenue and State Street Parking Garages.



Mary's Corner is serving adults caring for children from newborn to 3 years, living in the City of Cohoes and Watervliet. Stop by on Tuesdays or Thursdays from 10:00-12:00. Mary's Corner will be offering the following items free of charge; formula, Stewarts Milk Coupons, Diapers, Baby Clothing(infant to size 5), baby furnishings(strollers, bouncy seats, baby gates), breast feeding items, literacy classes/GED tutoring, support group/Just Mom & Me, and other outreach services. Registration and proof of residency is required.

Open Door Community Center
115 Mohawk Street
Cohoes, NY 12047
518-269-6068

RABIES CLINIC SCHEDULE

All animals must be on leashes!
A record of prior vaccination will be required for a year immunization.
Donation: \$8.00

Tuesday, June 7 4:00 - 7:00pm
Bethlehem Town Park Elm Avenue

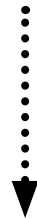
Saturday, September 10 1:00-4:00pm
Village of Colonie Municipal Garage - 2 Thunder Road

Saturday, November 12 1:00-4:00pm
Village of Green Island Public Works Garage
Cohoes Avenue

Any inquiry can be directed to
Division of Environmental Health Service
(518)447-4620 or 447-4625



Around the WHA



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Lawn Furniture

Lawn furniture (picnic tables, etc.), children's playhouses, sand-boxes, etc. and all tents, screen or otherwise, must be moved when maintenance mows/weedwacks the lawn. If maintenance has to move these objects in order to mow you will be charged for the man's time to move them.



Joslin Laundry Hours

The laundry room is open every day. Please remember it's your room, so please help maintain it. Warning! If used after hours the alarm will go off and you will be charged for the alarm call.



Working on Cars

Only properly registered vehicles are permitted in WHA parking areas. Vehicle repairs such as oil changes, motor overhauls, and body work are not allowed in the complexes.

Work order Surveys!

If you have an e-mail address and you had a work order completed lately you received an e-mail asking you to fill out a survey



on the service you received. Nobody is perfect but we always want to be better. That is why we ask for your comments. Take the few minutes to

respond to the survey and you'll be entered in a drawing next month of all those that responded and will receive a FREE gift. Let us know what you think. We again think we are the only housing authority that provides this type of survey and will continue to improve with your help.

Toilets

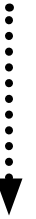
Do you have a stain in your toilet that you can't get out? We have the stuff for you. Just call us and we'll put some in your toilet to get it sparkling clean.



Our Watervliet Health Center is Now Open!

Medical patients are being seen at the brand new Watervliet Health Center (1804 Second Avenue, Watervliet). Dental services will be added soon.

Around the WHA



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Air Conditioners



You must have a 2 x 4 piece of wood under them to protect the storm windows. The unit cannot be placed on the storm window or it will damage the

frame. If you need the 2 x 4's, we will supply them free of charge. If the unit isn't properly installed, we will correct the problem and back charge you for the time, so please call. Please save your 2x4's they are \$3/board.

Bike Sheds

The bike sheds are not play houses for your children. If they are found misusing the sheds you will not be permitted to use them. Also, the playground isn't being kept clean. If the parents can't help by keeping it clean and watching their children it will be closed. You can help a lot by organizing a work party to pick up papers and doing other activities that will make the area clean. We can assist with supplies and refreshments.

Showers

After taking a shower, please check outside the tub for water. It's the usual cause of water damage. Please make your



family more aware of it and pull the curtain tight and wipe up any water immediately. Please report any-

thing that needs to be repaired in your apartment. Waiting can make the repair more costly, because of additional damage from not having the original problem taken care of.



Fire Safety

If the fire alarm is going off and you do not smell smoke and your apt door is not warm to the touch it is OK to stay in your apt. However if you do smell smoke it is

best to leave the apt.

If you are in bed and the alarm goes off roll out of bed and do not stand up. If you stand up you take the chance of breathing in smoke.

Sewer Plugs

Day tenants are reminded not to put down rugs on your basement floors. It's best to keep boxes off the floors. Keep the area around the traps accessible so if a backup starts the men can get to it. Also, we are not responsible for loss or damages in the event of a back up therefore we suggest you obtain tenants insurance.



Water Faucets

Your outside faucet is a convenience to you. Some tenants can abuse them. If

left unattended, they can cause a lot of water damage. You are responsible for the damage to the lawns and the faucets could be removed. Also, if you need a key to turn on the water you can obtain one at the office or the hardware store. If you use pliers and ruin the stem, the faucet will not be repaired.

Rugs

Rugs cannot be glued or nailed. You are permitted to use carpet tape.



Great Parade!

If you missed the parade on Memorial Day, you can still watch it on WVLT 17. Thanks to our video club, it was again taped and put on WVLT.

Also thanks to Scott for driving in the parade. Great job to all our housing staff that participated in the parade representing housing and the great things we do.



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For Your Information

Head Start is a comprehensive pre-school program for children who are 3-4 years old by December 1st of the school year. In Watervliet, 4 year olds can attend Watervliet Elementary School for UPK. For further information, contact the school district at 269-3263.

If you have a child that will be 3 by December 1st, Head Start services are offered at their Ogden Mills location in Cohoes. For further information, please contact 237-1395.

The program is free and runs on the school calendar. Transportation is NOT provided.



Older women who ate a cup of blueberries a day for eight weeks saw a modest drop in their blood pressure, a new Florida State University study found. The berries decreased both the top and bottom numbers in blood pressure readings for women ages 45 to 65 with mild hypertension. Researchers think it's because blueberries contain nitric oxide, a natural compound that helps widen blood vessels.

AARP Bulletin March 2015

Relay for Life of Hudson River Communities

Saturday, June 4th

Time - Noon to Midnight

Location: Watervliet Jr-Sr High School



The Peaceful Country Band

Location: Watervliet Elks

June 25th at 7:30 PM

Admission is \$5

Call 810-9961 with any questions

Citywide Garage Sale - June 3-5, 2016

A Citywide garage sale will take place in Watervliet on Friday, June 3rd, Saturday, June 4th and Sunday, June 5th, 2016. THERE WILL BE NO RAIN DATES. The City will map out and list on our website (www.watervliet.com – select the box “Interactive Mapping”) your address, days and hours you wish to hold the sale on your property. The normal \$10 permit fee will be waived for this weekend's sale. All unsold items at the end of the sale must be cleared from the property according to the City's Refuse and Recycling codes. Please do not block the public right of way (sidewalks, etc.). If you wish to have your garage sale placed on the map and list, please contact Phyllis at 270-3800 ext. 100 no later than 2:00 PM, Wednesday, June 3rd. If leaving a message, please be sure to include your name, address, phone number, the day or days (Friday, Saturday, Sunday or ALL) and the hours (e.g. 9 AM to 4 PM) you will be holding your sale. Sale end time must not exceed 5 PM.

Did you see the Flags?

They are hard to miss. The Watervliet Housing Authority has been installing these flags for over 10 years. Having them around our property to show our love and respect for our country is only one of the many programs we do. Jim Verhagen installs all these flags himself and does such a great job! Thank you Jim!



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CITY OF WATERVLIET
STATE OF NEW YORK
WATER DEPARTMENT



16 MAY 16 1:59

Dear Watervliet Water Customer:

This notice is to advise our customers that our water system that serves the Highland Club Apartments, Fennimore Terrace Apartments and residents on Hillside Drive was in noncompliance with the drinking water standard for total Trihalomethanes (THMs). **It is important to note that this is not an emergency and the drinking water was and is still safe to drink, cook with and bathe in. However, we want to notify you about what has happened and what the City is doing to correct the situation.**

The US Environmental Protection Agency (US EPA) and New York State Health Department have set a maximum allowable limit for THMs in drinking water at 80 micrograms per liter (ug/L). The THM compliance value is calculated by averaging the water sampling results over the last four quarters. Recent testing has resulted in Watervliet's average increasing to 84.0 ug/L.

What are Trihalomethanes (THMs)?

THMs are formed in drinking water during treatment by chlorine (the most commonly used disinfectant in New York State), which reacts with certain acids that are in naturally-occurring organic material (e.g., decomposing vegetation such as tree leaves, algae, or other aquatic plants) in surface water sources such as rivers and lakes. The amount of THMs in drinking water can change from day to day, depending on the temperature, the amount of organic material in the water, the amount of chlorine added, and a variety of other factors. Drinking water is disinfected by public water suppliers to kill bacteria and viruses that could cause serious illnesses. For this reason, disinfection of drinking water by chlorination is beneficial to public health.

Some studies suggest that people who drink chlorinated water (which contains trihalomethanes) or water containing elevated levels of trihalomethanes for long periods of time may have an increased risk for certain health effects. For example, some studies of people who drank chlorinated drinking water for 20 to 30 years show that long term exposure to disinfection by-products (including trihalomethanes) is associated with an increased risk for certain types of cancer. A few studies of women who drank water containing trihalomethanes during pregnancy show an association between exposure to elevated levels of trihalomethanes and small increased risks for low birth weights, miscarriages and birth defects. However, in each of the studies, how long and how frequently people actually drank the water, as well as how much trihalomethanes the water contained is not known for certain. Therefore, we do not know for sure if the observed increases in risk for cancer and other health effects are due to trihalomethanes or some other factor. The individual trihalomethanes chloroform, bromodichloromethane and dibromochloromethane cause cancer in laboratory animals exposed to high levels over their lifetimes. Chloroform, bromodichloromethane and dibromochloromethane are also known to cause effects in laboratory animals after high levels of exposure, primarily on the liver, kidney, nervous system and on their ability to bear healthy offspring. Chemicals that



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cause adverse health effects in laboratory animals after high levels of exposure may pose a risk for adverse health effects in humans exposed to lower levels over long periods of time.

What does this mean for you?

At present, the water is suitable to drink, cook with, and bathe in. Some people may wish to take additional practical measures to reduce their exposure. We do not consider these measures necessary to avoid health effects, but they are provided as options. These include using bottled water for drinking and cooking purposes, or using water pitchers containing an activated carbon filter or a tap-mounted activated carbon filter. These filters are readily available in many grocery and home improvement stores. Ventilating bathroom areas (e.g., using exhaust fans or opening windows) when showering or bathing can also help reduce exposures from chemicals released into the air.

What is the City's Water Department doing to address the problem?

The Water Department has installed a GridBee GS-9 Potable Tank Mixer in the Water Tower that supplies the water to the Highland Club Apartments, Fennimore Terrace Apartments and residents on Hillside Drive. The GridBee GS-9 Potable Tank Mixer will circulate the water in the tank, which will work to reduce THMs in the tank. The water treatment plant operators are also changing certain water treatment processes to reduce the formation of THMs. The Water Department is also examining what changes might be made in the water distribution system to minimize THMs. In addition, the City has contacted our consulting engineer for expert advice.

For additional information, you may wish to review the information in the links to the US EPA and US Centers for Disease Control and Prevention (CDC) regarding THMs:

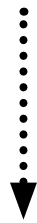
- www.cdc.gov/safewater/chlorination-byproducts.html
- www.epa.gov/dwreginfo/stage-1-and-stage-2-disinfectants-and-disinfection-byproducts-rules

We value you as a customer and we are committed to addressing these issues as expeditiously as practicable. If you have any questions or would like further information, please feel free to contact our office at (518) 270-3800 Ext. 122 or the Albany County Health Department at (518) 447-4620.

Sincerely,

Mark Gleason
General Manager
Commissioner of Public Works

Around The WHA



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Playing Outside with Sports Balls

For any children using sports balls around the WHA, kicking and bouncing them off the buildings is not the way to properly use them. If they hit a window, it might not break it but slamming into it could cause damage to the frame or screen. Also if one were to slam into a tenants air conditioner it can break it. So please, use sports balls carefully!



Loud Noise

With the nice weather now here, many tenants keep their windows open throughout the day. With this, it is easier to hear noise so please be curtious to other tenants living near by. Keep the volume of your music and/or TV down. If there is consistent, disruptive noise, your neighbors have grounds to contact the police or the WHA.

Kids' Outside Behavior

Parents are responsible for their child's outside behavior, good or bad. The trees and brick enclosures are not "playgrounds" for the children. It's unsafe to climb or hang from the little trees. It also damages the trees. Also, children should not be jumping up and down, or skipping on the raised brick enclosures. This can cause damage to the bricks but can be dangerous for the children as well.

Grilling Tips for the Summer

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.



Graduation season is here! This is an exciting time in a teenager's life. To help make this a safe, happy and memorable event. The Albany County Sheriff's Office would like to offer you some safety tips:

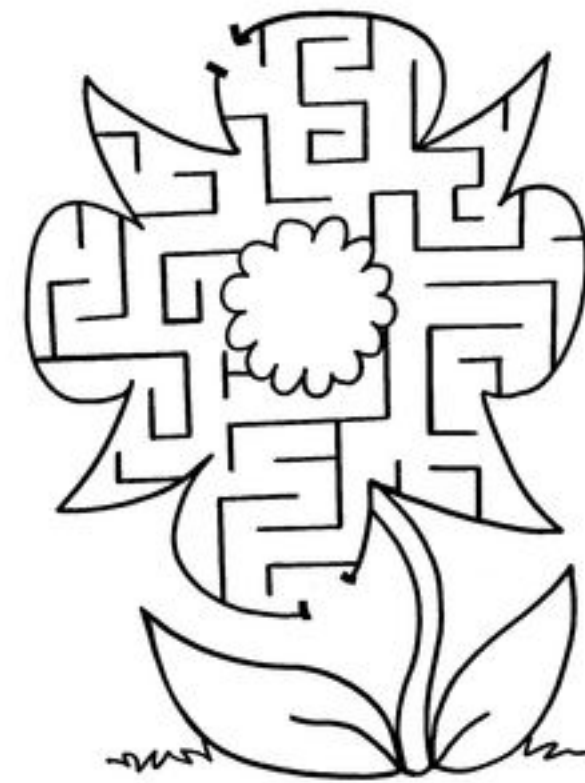
- Think Responsibly – Do not let peer pressure make you do something you aren't comfortable with. It's ok to say no!
- Travel Safe – Wear your seatbelt, put the phone down, slow down and do not drive under the influence of alcohol or drugs and do not get in the car with someone who is under the influence.
- Communicate – Parents, please have conversations with your children about the potential dangers prior to prom and graduation parties.
- Plan Ahead – Before you go to an event, know how you are getting there and how you are getting home. Keep your parents involved in this plan.
- Be Available – Parent's, let your teens know they can call you at any time if they get in a situation and need your help.
- Social Host Law – Thinking about hosting an underage drinking party? Think again! The Social Host Law prohibits the service of alcoholic beverages to persons under the age of 21 at a private party. It is a violation punishable by both fines and/or imprisonment. We share these safety tips with you in hopes that our teens do not make poor decisions that will have lifelong consequences.

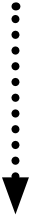


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Healthy Summer Recipe

Grilled Honey Glazed Chicken with Green Pea and Mint Sauce

- 1/4 cup honey
- 3 tablespoons balsamic vinegar
- 4 whole bone-in chicken breasts
- Olive oil, for grilling, optional
- Salt and freshly ground black pepper
- Green Pea and Mint Sauce, recipe follows
- Green Pea and Mint Sauce:
- 2 cups frozen peas, blanched and drained well
- 1/2 cup white wine vinegar
- 3 tablespoons chopped fresh mint leaves
- 2 tablespoons chopped fresh cilantro leaves
- 1 jalapeno, grilled or roasted, chopped
- Salt and freshly ground black pepper
- 1/4 cup olive oil or canola oil
- 1 tablespoon honey



Heat grill to medium. Whisk together the honey and balsamic vinegar in a small bowl. Brush the breasts on both sides with oil, if desired, and season with salt and pepper. Grill the breasts for 7 to 10 minutes per side or until golden brown and cooked through. Brush with the honey glaze during the last few minutes of cooking. Serve on a bed of sauce or with sauce drizzled over.

Green Pea and Mint Sauce:

Place peas, vinegar, mint, cilantro, jalapeno, and salt and pepper in a blender and blend until smooth. With the motor running, slowly add the oil and taste for seasoning. Add the honey and blend again. If the mixture is too thick, blend in a few tablespoons of cold water.



2400 Second Avenue, Waterliet, NY 12189

Matthew J. Ethier, Director

June 2016