

WE'RE ALL IN THIS together!



Portland Housing Authority
June 2020 Monthly Tenant Newsletter

JUNE 2020 Calendar

June 15- Virtual Board Meeting
June 21- Fathers Day



Dear Residents

A virtual Special Board Meeting has been scheduled for June 15th, 2020 at 11:00 am through GoToMeeting. Please join the meeting from your phone by dialing (Toll Free): [1 877 568 4106](tel:18775684106) Access Code: 758-756-957

Quarry Heights residents please drop off rent payments on June 5 or June 10 between 10:00 am to 10:30 am, a maintenance staff member will be right outside the community room collecting payments.

Enclosed is another Food Bank request form. Please complete as soon as possible. Quarry Heights residents please drop off forms in the laundry room collection box, Chatham Court residents use the drop off box by main office. All forms must be submitted by Friday June 5th, 2020 by 10:30 am . Any forms submitted late run the risk of not being fulfilled. For Chatham Court resident's food pick up will be right outside the community room at your property at 11:00 am. For Quarry Heights resident's food pick up will be right outside the community room at your property at 11:00 am.



Summer Color by numbers

yellow/2 red/3 green/4 light green/5 blue/6 pink/7 black



Couscous Summer Salad

INGREDIENTS

- 1 cup of Israeli couscous
- 1 cup of water
- 1/2 veggie bouillon cube – roughly chopped up
- 1/4 red bell pepper – finely diced
- 1/2 cucumber – peeled and seeded – finely diced
- 1 cup of cherry tomatoes – sliced in half
- 2 tbs red onion – minced
- 1 handful of parsley – minced
- 10 olives – roughly chopped
- 2 oz of feta – diced
- 3 tbs olive oil plus 1 tsp olive oil
- 1 tbs red wine vinegar
- 1 tsp honey – a small squeeze
- 8 twists of black pepper from a pepper mill
- A pinch of salt



INSTRUCTIONS

- Heat a sauce pan over medium heat and add one tsp of olive oil. Once the oil is warm – about 30 seconds – add Israeli couscous and stir for a minute or two until Israeli couscous is slightly toasted.
- When couscous is toasted – add 1 cup of water and chopped up bouillon cube. Be careful, the pan is hot and the water will probably instantly come to a boil, pour carefully so it doesn't splash up.
- Turn heat down to low and simmer couscous for the amount of time on package instructions.
- While couscous is cooking, dice red pepper and cucumber – you want the dice to be roughly the same size for both. Add to a large bowl.
- Next, slice cherry tomatoes in half and add to the other vegetables in the bowl. Mince parsley and red onion. Add to the vegetables in the bowl. Roughly chop olives and add to the bowl. Dice feta cheese and set a side.
- Whisk olive oil, red wine vinegar, honey, black pepper and salt together.
- When Israeli couscous is ready, add to a fine mesh sieve and rinse so that the couscous cools. Shake the fine mesh sieve thoroughly so that the couscous is fairly dry.
- Add couscous to the bowl of vegetables. Add the dressing and toss to combine. Add feta cheese to couscous and vegetables and toss gently to combine.



Office Directory: You will need to dial 860-342-1688 to reach the following staff members, extensions differ.

Allen Harrison/ Executive Director ext. 111 -

Susan Nellis/Admin. Coordinator ext.113

Carol Diaz/Admin. Housing Assistant- ext. 110 -

Dan Rafaniello/Accounting and HR—ext. 112

John Twichell/860-519-3251-Maintenance—

Emergency number, to be used after hours only!



Like us on FACEBOOK
Facebook.com/
PortlandHousingAuthority



