

FEBRUARY 2017

Housing Connection

Cheyenne Housing Authority

SPECIAL POINTS OF INTEREST:

- Office Closures
- Family Self-Sufficiency Program
- New staff
- Office changes

FOR YOUR INFORMATION

Office Closures:

The CHA will be closed *all day* Wednesday February 8th and 22nd for staff training.

As a reminder, we will close at noon on the 1st and 15th.

We will be closed Monday February 20th in observation of President's Day.

office and pick up a brochure on the program, or contact FSS specialist during business hours for information.

Our most recent graduate completed the goals she set for herself, attended the meetings and received a check for \$17,382.00 which she has purchased a home for her and her children! The program will work if you want it too.



INSIDE THIS ISSUE:

FOR YOUR INFORMATION	1
GIVE BACK TO YOUR COMMUNITY	1
ATTITUDE OF CHANGE	2
THE CHOICE IS YOURS	2
FAMILY CORNER & AROUND TOWN	3
CHA MAINTENANCE CORNER	3
RECIPES	4
FUN AND GAMES	5
CONTACT US	6
FREQUENTLY ASKED QUESTIONS	7

The CHA **Family Self-Sufficiency Program** has 6 open slots under the HCV voucher program and 14 openings under our Public Housing program. If you are dedicated, committed and determined to become a home-owner within a 5 year time frame, please come by the Cheyenne or Laramie

The CHA would like to welcome aboard Kayla and Jennifer to our HOM team. Jennifer is our newest Section 8 Specialist and Kayla joins us as our Compliance Specialist. Please bear with us and they begin training !

We are in the final stages of finishing the office remodel which includes a greeting area for our tenants as well as 2 private one on one rooms to meet with our caseload for meetings, recertifications or simply a private talking area. Stay tuned for the finished project!

GIVE BACK TO YOUR COMMUNITY

With spring nearly upon us, now is a great time to think about ways to give back to your community. [A community service project](#) is an excellent way to bring about change on a small, intimate level. But before grabbing the work gloves, make sure that your project has a specific focus such as community enhancement. Helping

people repair their homes, clean up trash around your neighborhood, hold a fund raiser to fund a cause in your area, collect supplies for your local homeless shelter or food bank (winter depletes their supplies greatly), plant a community garden, share your skills with an after school program, campaign for street im-

provements, volunteer at a local organization, work with kids at Big Brothers Big Sisters, distribute toys or treats for Valentines Day to local children's hospitals or nursing homes, or just check on an elderly person in your area. The list is endless, but for a few more ideas check out this website: <http://www.signugenius.com>

ATTITUDE OF CHANGE

In psychology, attitude refers to a set of emotions, beliefs, and behaviors toward a particular object, person, thing, or event. Attitudes are often the result of experience or upbringing, and they can have a powerful influence over behavior. While attitudes are enduring, they can also change.

Our evaluations are positive or negative, and can be explicit or implicit. Explicit attitude is what we are aware of and which clearly influences our behavior. Implicit attitudes are what we are unaware of, or are unconscious, although they still affect our behavior. There are also several different components that make up attitudes, known as the ABC's of attitude:

Affective Component: How the object, person, issue or event makes you feel.

Behavioral Component: How the attitude influences your behavior.

Cognitive Component: Your thoughts and beliefs about the subject.

People are more likely to behave according to their attitudes under certain conditions such as a personal experience, being an expert on a subject, when you expect a favorable outcome, or when you stand to win or lose something. But the beautiful thing about attitude is that it can change to match your behavior; known as Cognitive Dissonance, this is when a person experiences psychological distress due to conflicting thoughts, and in order to re-

duce tension, people change their attitudes to reflect their beliefs or actual behaviors. Why is this important today?

The world is changing. There is more hatred, discrimination, war and violence than ever, and if we wish to survive, we need to shift from an attitude of indifference to an attitude of compassion of love. While you may not have experienced this directly, you probably know someone who has. It is more important now than ever to respond with love and compassion and to treat one another with simple kindness. A smile, an act of kindness, your time - all makes a positive difference in the world.

“The only thing we should scream into the world is love.” — Jill Telford

THE CHOICE IS YOURS

Take a moment to envision a scenario. You pull up to the grocery store in the cold Wyoming winter, the winds blowing, the snow falling, ice and snow on the ground making it slippery as you walk. You shiver as you walk towards the store, and you see a stranger sitting on a bench. They have on a jacket, hat and gloves and are wrapped in a blanket. They are dirty and their clothes are ragged and torn. Their head is bowed and they don't make eye contact with you. What is your first reaction when you envision this situation. Do you feel indifference? Pity? Compassion? Empathy? Disgust? Hatred? Contempt?

Now think about the same scenario, except that when you look at the person, you realize that you know them; maybe from school or work, or your church. How does your initial reaction change? Do you suddenly feel sadness? Confusion? Shock? Uncertainty? Most importantly, why did your feelings change? Is it because it became a personal experience in the fact that you know them? Did it suddenly hit home that this could be you and made you question your own life? What was the differences in your reactions in both scenarios? What would you do in both scenarios? Be honest.

Compassion is an emotion that is a sense of shared suffering, most often combined with a desire to alleviate or reduce the suffering of another; to show special kindness to those who suffer. Compassion essentially arises through empathy, and is often characterized through actions, wherein a person acting with compassion will seek to aid those they feel compassionate for. Compassion differs from other forms of helpful or humane behavior in that its focus is primarily on the alleviation of suffering.

What if you were in public and you noticed a group of people bullying a disabled person in a wheelchair? Kicking at the chair, pretending to tip it over, laughing and making fun of them. What would you do? Would you step in and tell them to stop? Would you walk on pretending not to see anything? Would you call the police? What if this group of people were bullying a Muslim woman wearing a hijab? Would your reaction change?

There are no easy answers, but we can begin by remembering the influence we have within our own homes and communities. The commitment to embracing cultural diversity begins in childhood. Parents and family members play a significant role in determining the values the

next generation will hold. We have a vision for a world where all people are valued and respected, regardless of their race, gender identity, or socioeconomic level. Recent events have reminded us of how far we still have to go.

Those who develop the traits of empathy and compassion early on are more likely to have happy, productive relationships in both their professional and personal lives as adults. Empathy is ingrained into us from infancy and is changed through our childhood. It is up to us as adults to foster and nurture these instincts in our community and children.

Developing empathy and compassion doesn't happen overnight, but like any other behavior, it can be changed by learning to establish positive relationships with all walks of life. We all crave connections with others and every outreach effort can have a lasting effect on others around us. When people are treated with kindness and respect, they learn those traits on their own. The time is always right to do the right thing - Martin Luther King, Jr. We need to stand up for others who are unable to do so for themselves. It is our duty as part of the human race to show love, compassion and empathy to everyone we meet. We would want that.



AROUND TOWN

HEMI LIGHTED FOREST OF HOPE

Oct15, 2016 - Feb 28, 2017, daily at 6565 Ashley Drive, Cheyenne, WY -- from 5:00 PM to 10:00 PM

Admission is by donation. Hay rides are free, train rides are \$1. With over 600 lighted Christmas Trees in a wonderful Wyoming setting and a trackless train, this gift of love started out of a desire to bring attention to the Hemisperectomy Foundation, and now also blesses the Cheyenne community. Hay rides & train rides most every night. Hot chocolate is always on for those who do the hay rides.

Take your loved one on a special **Date Night at the Terry Bison** ranch. This event occurs every Wednesday starting at 6:00pm at the Senator's Steakhouse on the ranch. The night includes a special dinner for 2 and an evening of dancing with live music from Brian Brooks.

Start 2017 off with a special night for just the 2 of you to reconnect and reaffirm your love for one another. For more information, check out the [Terry Bison website](#) for directions, reservation line and details.

WINTER FARMER'S MARKET occurs monthly the 1st Saturday of the month at the Historic Depot lobby. Come enjoy Locally-raised Winter Vegetables, Farm-fresh Eggs, Goat and Sheep Cheese, Goat's Milk Grass-fed Beef, Lamb, and Bison, Chicken, Pork, Goat's Meat, Take-home BBQ, Locally-made Tamales, Salsa, Tortilla Chips Gluten-free Foods and Treats, Locally produced Jams, Preserves, Pickles, and Relishes, Local Honey, Locally roasted Fair-trade Coffee, Locally made Hot sauce and Seasonings, Artisan Breads, Baked Goods, and Granolas, Local Candies, Flavored Nuts, and Caramel Corn, and Live Music

WINTER FUN TIME

Looking for something that inspires creativity and imagination to do with the kiddos on those cold winter days? Cheyenne offers several area do it yourself craft stops. Check out a couple of them:

[Paint your own pottery @ Graffitos](#)

[Paint & create @ Flydragon Art Studio](#)

[Cheyenne Arts Festival youth shops](#)

The Awesome 80's Prom is an exciting, fundraising event for the COMEA Shelter here in Cheyenne! Dress in your best 80's attire and join us for an evening of dinner, 80's music, dancing and actors within the audience that will make for an amazing night! February 4th from 6 to 10pm at the Radisson Hotel, 204 W Fox Farm. Cost is \$75 per person. 307-632-3174.

Come join the Cheyenne Little Theatre Players for their 2017 fundraising event - Mardi Gras Caberet for one night only. Call now for Saturday February 25th from 7:30 to 8:30pm. Call 307-638-6543 for more information or e-mail:

cltpinfo@cheyennelittletheatre.org for more information and prices.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around. ~ L. Buscaglia

MAINTENANCE CORNER



Reminder: Call in maintenance issues to the call-in line: 307-632-0539. The call-in line is a 24 hour answering service that records your maintenance issue" information and then reports it to CHA.

Don't forget to maintain your sidewalks and driveways during the late season winter storms.

Snow and ice must be cleared from sidewalks,

driveways and steps within 24 hours.

Leave your water dripping slightly on cold nights to prevent your pipes from freezing.

SAGE BRINED PORK CHOPS

2 cups water
2 tablespoon salt
2 tablespoons minced fresh sage
2 1" pork chops (boneless center cut)
2 tablespoons brown sugar
Vegetable oil

Heat the water to a simmer. Add salt and sage, and stir until the salt has dissolved. Mix in a second cup of cold water to cool the brine down and let stand until the mixture is lukewarm.

Place the pork loins in a shallow dish and pour the brine solution over top. The brine should completely cover the pork. Cover and refrigerate for 1 to 3 hours.

When ready to cook, place a cast-iron

skillet in the oven on a center rack. Heat the oven to 400°F. Remove the pork loins from the brine & pat dry, discarding the brine.

Carefully remove the hot skillet from the oven and place it over medium-high heat on the stovetop. Rub the pork loins with vegetable oil and lay them in the center of the pan about an inch apart. Sear for about 3 minutes or until the underside of the pork chop is golden.

Flip the pork chops and spread a tablespoon of brown sugar over the surface of each chop. Immediately place the pan in the oven. Bake for 5 to 7 minutes, until the center of the chops are just barely pink and register 140°F to 145°F on an instant-read thermometer. If the brown



sugar hasn't quite completely melted, run the pan under the broiler for a few seconds.

Remove the pork chops from the pan, spoon some juices over top and serve.

WHISKEY GLAZED SALMON & MANGO HABANERO CHUTNEY

2 salmon filets
1/2 cup whiskey
1 tbsp low sodium soy sauce
1 tbsp brown sugar
2 tsp dijon mustard
Olive Oil
Kosher Salt
For Chutney
1/2 lb fresh mango, diced
1 tomato, seeded and diced
2 habanero peppers, seeded and minced
2 tbsp minced fresh cilantro
1/2 tsp salt

Preheat your oven to 400 degrees.

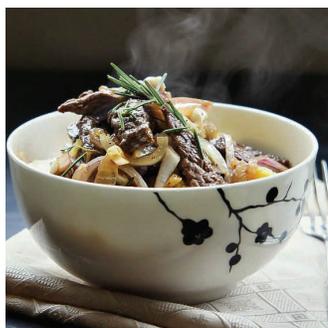
In a small saucepan or saute pan, combine whiskey, soy sauce, brown sugar, and dijon. Whisk to combine and put it over LOW heat (high heat will set the whole thing on fire. Allow it to come to a low bubble and whisk occasionally for 7-8 minutes until it has reduced and thickened a bit, then take it off the heat.

Coat a separate skillet in olive oil and place it over medium-high heat until the oil is very hot. Season the salmon filets with salt and place them in the skillet, skin side down. Allow them to cook on each side for about 3-4 minutes until nice and brown. Transfer them to a baking sheet, brush with the whiskey glaze, and

let them finish cooking in the oven for 5 minutes. When they come out of the oven, brush again with glaze, and top with chutney.



SAUTEED BEEF OVER CREAMY POLENTA



Marinade:

3 Garlic cloves, minced
1/2 Cup Beef Broth
1/4 tsp Salt & pepper (each)
1/8 tsp. Sugar
1/2 Rosemary Sprig
2-3 Sage Leaves
Juice from 1/2 lemon (1-2 Tbs.)
12-14 oz of Beef Flank Steak

Stir Fry:

2-3 Tbs. Oil
1/2 Red Onion, Sliced

2 Garlic Cloves
Marinated Beef Flank Steak
4 Tbs. Marinade
Salt and Pepper to taste

Polenta:

2 cups Water or Milk
2 tsp. Salt or to taste
1.5 cup Instant/Quick-Cooking Cornmeal
1 Tbs. Butter
Marinate steak in large ziplock bag for about 15 minutes to overnight. Start

the polenta by combining your liquid, butter and salt and bringing to a close boil. Add corn meal and lower heat immediately whisking quickly and constantly until it thickens about 5 minutes.

Preheat oil in pan, add garlic and onion, lower heat. Add steak strips browning slightly, add about 4 tbsp of marinade to oil in pan, season with salt and pepper. Cook under lid for about 5 minutes over medium heat to evaporate some liquid. Serve over polenta with sprig of rosemary if desired.

Unscramble the letters to find the words in our

Valentine's Day Anagram

Hidden Word
(solve the circled letters):



a c d r _____

e f l o r s w _____

d e r _____

f g i t _____

a c c e h l o o t _____

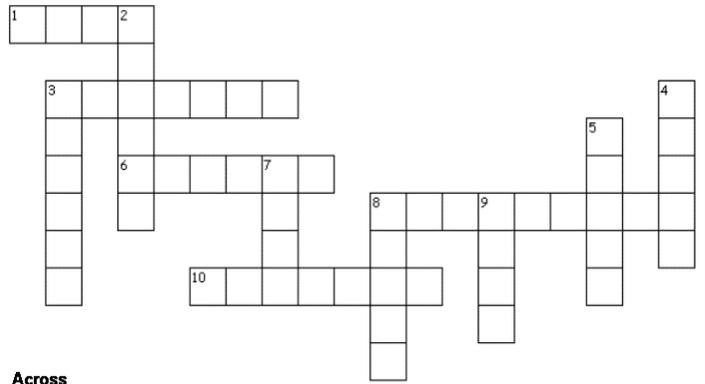
a c d n y _____

i k n p _____

a e h r t _____

e l v o _____

Valentine's Day Crossword

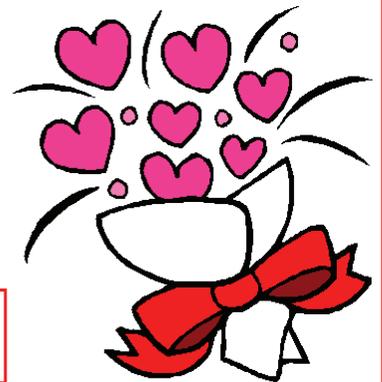


Across

- _____ and kisses.
- They smell pretty.
- On Valentine's Day you should hug and _____ with your loved ones.
- Special treat loved by all.
- Wrap it up and tie it with a bow.

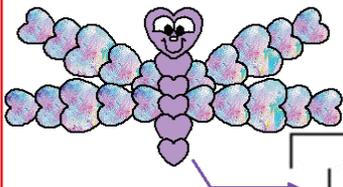
Down

- Another word for kiss.
- My best _____.
- Delicate, red flowers (with thorns).
- Valentine's Day shape.
- I _____ you.
- Sugary treat.
- Sign it and give it to a friend.

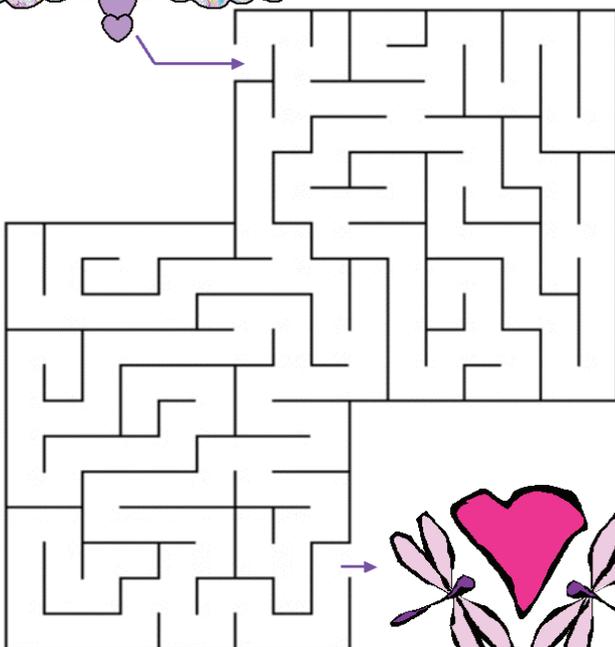


candy, card, chocolate, cuddle, flowers, friend, heart, hugs, love, present, roses, smooch

Valentine's Day Maze



Help the dragonfly find his friends.



Valentine's Day Word Search

C D H P Y E F S R A Y S G U H
 K H C E M G N T O M F E L K M
 D A O D A U S N S K L S T U T
 P N S C G R M L E I O S G X D
 P O E G O T T N S W W I R X H
 V C L I E L D D U C E K A C F
 F E G Y R Q A C Q A R V O R O
 W U L H Q F A T T X S O O Z H
 C A N D Y R L T E T M O N L O
 U J L Y D F I Z D S S G M G Q

candy
card
chocolate
cuddle
flowers
friend
heart



hugs
kisses
love
roses
smooch
snuggle



CHEYENNE HOUSING AUTHORITY

Board of Directors

Maynard Richmeier—Chair
Terry Williams—Vice Chair
Judy Lane—Secretary, Treasurer
Dr. Earl Kincheloe, DDS. —Member
Tricia Crilly—Member
Gregory Hacker—Attorney

Executive Director

Mr. Gregory Hancock
3304 Sheridan St., Cheyenne WY
307-633-8320

Cheyenne Office Hours

Mon., Tues., Thurs., Fri., 8:30 a to 5:00p

Wednesdays 8:30—12:00 p.m.
Closed the 2nd and 4th Wednesday

Phone Number: 307-633-8333
Fax Number: 307-633-8315

Laramie Office Hours

Mon., Wed., Fri. 9a - 12p; 1 - 4
Tues. & Thurs 1pm - 4:30pm

Phone Number: 307-745-4409
Fax Number: 307-745-7606

HOUSING OPERATIONS MANAGEMENT

Von	Supervisor	633-8330	Valerie	Customer Service	633-8310
Kari	Eligibility	633-8338	John	Inspector	633-8306
Grenisha	Eligibility	633-8315	Kayla	Compliance	
Roxanne	Public Housing	633-8336	Traci	FSS Specialist	633-8326
Julie	Section 8 Lead	633-8331		HUD-VASH	633-8326
Pamela	Section 8 (A-L)	633-8337		Portability	633-8326
Jennifer	Section 8 (M-Z)	633-8329			



“Gaze upward, look inward, reach outward, press forward.” ~ Thomas Monson

HOUSING AUTHORITY DEPARTMENTS



Accounting

Bob Spires, CFO 633-8316
Jeannine Weber 633-8312
Anna Hazlip 633-8313

PBCA

Mark Stotts 633-8327
Bonnie Ross 633-8309
Diana Arnold 633-8328

Senior Resident Services

Kim Maes 635-2435 x13
Amy Giglevitch 635-2435 x11
Main Line: 307-635-2435

Senior Services Info

Cheyenne and Burns Locations:

Senior Activity Center – 2101
Thomes Avenue, Cheyenne

Stanfield Manor – 604
Shoshoni, Cheyenne

Indian Hills Manor – 615
Storey, Cheyenne

Foxcrest Community Center
4125 Cox Court, Cheyenne

County Location: 134 S.
Main, Burns

Cheyenne Housing Authority

The Cheyenne Housing Authority (CHA) mission is to provide decent, safe, and sanitary housing to the elderly, disabled, and economically disadvantaged families who are unable to obtain housing through conventional means. Additionally, the CHA will strive to provide for and coordinate other necessary life services to this population.

The CHA will achieve these purposes through an organization and within an environment that attracts the finest people; encourages and challenges our individual talents; encourages the collaboration of those talents to achieve the goals established in a creative, progressive and fiscally responsible manner; and maintains the Cheyenne Housing Authority's well established principles of integrity and professionalism.



LATE RENT FEES / PUBLIC HOUSING

Late Rent Fees on our Public Housing, Multi-Family and Rural Development programs and FMR units:

Single Family: \$30 after the 7th

411 Storey: \$30 after the 7th

615 Storey: \$5 on the 6th & \$1 per day after

Pine Bluffs: \$5 on the 6th & \$1 per day after

Weaver Road, College House and WRAP homes: \$10.00 per day after 7th.