



Berwick Housing Authority

NEWSLETTER

MARCH 2019

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5th Annual Irish-Italian Walking Parade
 Saturday, March 16th
 (In Morgan City from Onstead and 2nd Street to Front and Everett Street)



Berwick Housing Authority will be taking applications **March 14th and March 21st** from 8:15 am-11:00 pm and 1:15 pm-3:00 pm. You must have birth certificates and social security cards for all members of the household, picture ID for all members over age 18 and current proof of income.



Rent is due **March 13th** which is the 8th working day of the month. If you do not pay by **March 13th** a \$10 late fee will be applied. If you signed a contract, your rent is due **March 15, 2019**, but a late fee is still applied after the 13th. The absolute last day to pay the rent is **March 20th**.



SUNDAY, MARCH 17TH

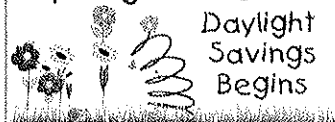


Residents will be able to use their debit/credit cards to pay their monthly rent starting in March. If you plan on paying your rent with a debit/credit card, please come into the office to sign a form giving BHA permission to add a recurring \$1.50 charge to your rent statement which will cover the service fee for using your card.



The office will be closed on **Tuesday, March 5th** for Mardi Gras. If you have a maintenance emergency, please call the office and listen to the answering machine which will give you the phone number to the maintenance staff on call. If you would like to pay your rent on that day, please drop it in the drop box and we will send you a receipt when we return.

Spring Forward!



Don't forget to spring your clocks forward 1 hour on **Sunday, March 10th** when Daylight Savings time begins.

A Cake...



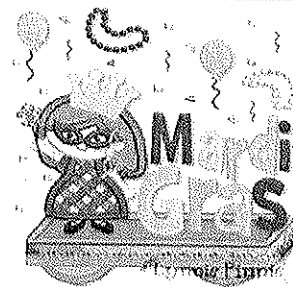
Fit For A King

The start of Mardi Gras season is marked by the Epiphany, the day the three kings found baby Jesus. King Cakes are baked in honor of the three kings finding baby Jesus.

They are decorated in traditional Mardi Gras colors. Tucked away inside the cake is a plastic figurine which represents the baby Jesus. Tradition has evolved to obligate the person who "finds the baby" to purchase the next King Cake.



All public schools will be closed **Monday, March 4th-Friday, March 8th**.



PARADE SCHEDULE

- Friday, March 1st
7:00 pm Krewe of Adonis
Morgan City
- Saturday, March 2nd
2:00 pm Krewe of Dionysus
Bayou Vista
- Sunday, March 3rd
2:00 pm Krewe of Galatea
Morgan City
- Monday, March 4th
2:00 pm Krewe of Armani
Patterson
- Tuesday, March 5th
2:00 pm Krewe of Hephaestus
Morgan City

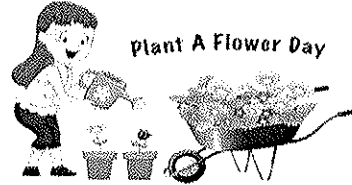




- MARCH - NATIONAL WOMEN'S HISTORY MONTH

During the month of March, we give a little extra attention to all of the amazing accomplishments of strong, determined women. Since 1987, the United States has formally recognized March as National Women's History Month. Every woman has a story to tell and gifts to share with the world. So get ready, because this month is about honoring magnificent ladies.

It's easy to get caught up in the grind of daily life, but this month is an excellent opportunity to put a spotlight on all the major things women accomplish each and every day. From domestic chores and carrying babies to fighting wars and governing countries, women are pretty darn amazing.

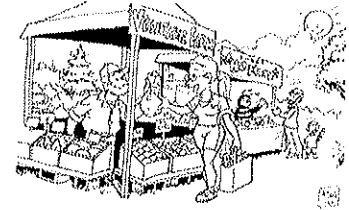


Plant A Flower Day

TUESDAY, MARCH 12TH

Plant a Flower Day is a day to get a little dirt under your fingernails. Take a few minutes to plant a flower today. Gardening is a great hobby. It's enjoyed by millions of people, old and young alike. It's a hobby that virtually everyone can participate in, regardless of age, and health.

Berwick Downtown Farmers Market



SAT., MARCH 16TH - 9am-1 pm

Local homemade and homegrown items
(Under US 90 bridge behind Ganaway's)



Wednesday, March 6th

Ash Wednesday is the first day of the Christian season of Lent. Lent is a time when Christians prepare for Easter by observing a period of fasting, repentance, moderation, giving up of sinful habits, and spiritual discipline.



FRIDAY, MARCH 1st

Today is a sticky day. National Peanut Butter Lover's Day salutes America's favorite sandwich spread. Smooth peanut butter is by far the most popular. Crunchy peanut butter is also on the market, and is enjoyed by many. Peanut butter is not limited to a PB & Jelly sandwich. It's popular on crackers, celery and other peanut butter holders. It is also used in recipes for cookies & snacks. Candies too!

**NO
SMOKING**
WITHIN 25 FEET OF
BUILDING ENTRANCE
**PLEASE DO NOT THROW
BUTTS ON GROUND**

**NO
PARKING
ON
THE
GRASS**

NATIONAL NUTRITION MONTH



EAT RIGHT CHALLENGE FOR NATIONAL NUTRITION MONTH

1. No sugar or desserts
2. Drink at least 8 cups of water
3. Try a new whole grain
4. Eat fruit with every meal
5. Eat vegan for the day
6. Throw out any junk food
7. Include 4 food groups in your breakfast
8. Eat 5 fruits and vegetables (combined)
9. Eat something high in vitamin C
10. Omit all caloric drinks for the day
11. Eat vegetables at every meal
12. Pack your lunch and snacks
13. Try a new food
14. Cook a vegetarian meal
15. Meal plan for the week
16. Eat < 20 grams of saturated fat-read labels
17. Check the sodium in all your foods (< 2,300mg/day)
18. Write down everything you ate/drank
19. Consider planting a garden of herbs
20. Make a smoothie using at least 1 vegetable
21. Compare your portions to the labels' portion size
22. Cook a dinner-an entrée, whole grain & veggie
23. Double a recipe and freeze half for the future
24. Eat real (unprocessed) foods all day
25. Pat yourself on the back and continue eating healthy

ST. PATRICK'S DAY WORD SEARCH

c i r e l a n d s i p
j s w e u m a r c h t
p f p a c u h s d a r
f a o i k a c p s r a
a o t u y h e a h t i
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s l e a r v l l k t d
h d s c h e s a i n t
k w e e r r e f r i e
h c g o h o l n t f k

Irish	Parade	Pot
Emerald	Leprechaun	Shamrock
Clover	Patrick	Green
Lucky	Gold	Saint
Ireland	Rainbow	March