



# The Retiree

## CHAMPLAIN VALLEY COUNCIL OF RETIREES - NYSUT CVCR LUNCHEON NOTICE

Monday, September 12, 2022 11:00 A.M.

**MHAB FRESH**

14 Dormitory Drive on the former PAFB (new base)

Host: Gary VanCour

**Program: Janine Scherline, Adirondack Foundation**

### MENU

- Baked Ziti - Made with ground beef, Italian sausage and tossed with blended cheeses in our homemade sauce.
- Vegetable Pesto Soup - chock full of vegetables in a vegetable broth with traditional pesto.
- Caesar Salad - served with fresh croutons and the house made Caesar dressing.

When you make your reservation, you will need to **pick two** of the above items.

Dessert - Carrot Cake with Cream Cheese Frosting  
Coffee, Tea, Iced Tea, Lemonade, and Water

\$17 per person including tax and tip

Make reservations by **Thursday, September 8th** at noon by calling Candi at the NYSUT Office .  
(518-825-0730 or 1-800-464-7227). You can also email: [candi.besaw@nysut.org](mailto:candi.besaw@nysut.org)

Reservations are absolutely necessary. CVCR is charged for every reserved meal. Therefore, if you make a reservation, payment is absolutely necessary whether you attend or not. You will pick two of the first items on the menu. If you have special dietary requirements, please let Candi know of such.  
For everyone's well-being, every meal will be individually served according to their reservation.

Masks are recommended except when seated and eating. MHAB advises a maximum of 50 participants. The entire MHAB Fresh staff is vaccinated

Directions:

*From the traffic circle on Route 9 (US Avenue)-turn onto New York Road which was on the 'new base', go past Seton Catholic School until you come to Idaho Ave. Turn left onto Idaho Ave. Dormitory Drive will be on your left. Drive in and park in the parking lot where you will see MHAB Fresh on the right. Enter the building thru the doors on the right.*

*From Exit 36 on I-87 take Route 22 North. On 22, go north past the entry to the Plattsburgh International Airport and (about 2.3 miles from I-87 and just after RR crossing) then turn right onto Arizona Avenue. Continue south on Arizona (be careful of RR crossing without signals) until you come to New York road (about .6 mi.) on your left. Turn left and shortly you will see Idaho Ave. and turn right. Dormitory Drive will be on your left. Drive in and park in the parking lot where you will see MHAB Fresh on the right. Enter the building thru the doors on the right.*