

August 2008

Project

GLOW



A newsletter to inform and help the community find the resources they need to succeed!

Community Garden

WHRC's Community Garden is having another successful year. The gardens are doing well and the water tank has been a welcome addition.

Our volunteer gardener, Paul Barton, has been working hard keeping the garden area looking great. In addition to the water tank, a herb bed, hanging pots and birdfeeders have been added.

Please keep in mind the garden plots are offered to tenants on a first come first served basis.

If you would like to have a garden plot in 2009 contact, the office or call 228-5518.



Good Neighbour Award


On July 25, Ali Hamo's name was drawn from the entries received during July and is the winner of the Good Neighbour Award. He has won a \$30 gift certificate.

Often tenants nominate other tenants who have been kind to them or who make an effort to be helpful or polite. Project Glow congratulates Ali for being helpful and a good neighbour.

Each month, WHRC awards one tenant the Good Neighbour Award, so please take a moment to enter someone from your building who is a "Good Neighbour." If you don't know their name, you can just tell us their apartment number. Entries can be made at the office or call Sheila at 228-5518. The next award draw will be held Friday, August 22 at noon.



Ali Hamo

 **Office Closed**
Monday, August 4, 2008.

Enter to Win

Send us a recipe and your name and you will be entered to win a WHRC cookbook and cooking pot (with a lid). Mail or drop off your recipe to the office at 60 Frances St. by Friday, August 22 at noon.



Cleaning Tips

The following are two cleaning tips sent in by a WHRC tenant.



TIP# 1:

To clean baked-on foods from dishes or stovetop mix a tablespoon of baking soda with 1/4 tablespoon of dish soap to make a paste. Rub on item and then rinse.

TIP # 2:

Use regular toothpaste to remove tarnish off of silver, brass or copper. Rub toothpaste on item to be cleaned. Do not use a toothbrush as it may scratch some surfaces.



Project Glow is sponsored by:
Winnipeg Housing Rehabilitation Corporation

Annual Housekeeping Reports

WHRC is visiting units to complete the Annual Housekeeping Reports. We encourage all tenants to spend time making sure their unit is up to WHRC housekeeping standards. Prior to our visit, you will receive a 24-hour notice saying that we will be entering your unit. WHRC has selected the following buildings to be inspected this month.

AUGUST HOUSEKEEPING REPORTS



435 Sargent Ave.
853 Sherbrook St.
567 William Ave.

Please Remember

Rent is due on the first day of the month---any outstanding balance on your rental account must be paid in full.



The "Annual Income Declaration forms/ lease renewals" must be returned by the date shown on the letter...if not received by that date we will assume you are vacating and we will start showing your suite to a new tenant.



WHRC recommends that tenants not buy used or discarded furniture, or mattresses. Some used furniture may have bugs that you can't see. If an item has been placed in the garbage there is often a good reason - please leave it there.



Spot the Mistake



If you spot a mistake while reading the Project Glow newsletter call 228-5518 and you may win a prize. Also, please let us know if you don't receive your copy of the newsletter.



Tips for Parents

- Explain how life is going to change for your child. A week prior to the first day, offer a description of the morning routine: "I'll wake you up at 7 o'clock, you need to be dressed by 7:30 for breakfast. I expect you ready with your backpack, lunch and coat to walk out the door at 8 o'clock." Young children need practice.
- Start getting kids in bed early. Begin a week before school gets underway. You can't force them to sleep, but you can see they're snuggled in bed looking at books.
- Get yourself up and ready first.
- Give reminders. Most kids learn the morning routine quickly. Others need reminders until high school graduation: "Son, I think you forgot to brush your teeth."
- Avoid yelling and harsh treatment. No parent likes sending their child out the door after a screaming match.
- Tack on an additional task. Once the morning schedule becomes routine, you can add an element: throwing dirty clothes in the hamper, making beds, putting together lunches.

Most children adjust to the new school year after a week, but if after a month your child resists getting up and going to school, it's time to evaluate why. Start by talking to your child's teacher.

Contact Info



Sheila Hunter
Supportive Housing Coordinator
Winnipeg Housing Rehabilitation Corporation
60 Frances Street
Winnipeg, Manitoba R3A 1B5
Phone: 949-2880 Fax: 947-9183
E-mail: shunter@whrc.ca
www.whrc.ca

Project Glow is sponsored by:
Winnipeg Housing Rehabilitation Corporation

