

January 2009

Project

GLOW



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

Annual Housekeeping Reports

Starting this January, WHRC will begin visiting units to complete the Annual Housekeeping Reports. We encourage all tenants to spend some 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. Over the next few months we will select one or more buildings to be inspected each month.

JANUARY HOUSEKEEPING REPORTS



271/275 Young
576 McDermot
360 McKenzie

Good Neighbour Award

On December 22, Joe Podosky's name was drawn from the entries received during November and he is the winner of the Good Neighbour Award. Joe 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 Joe for being a helpful and 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 by calling the office at 949-2880. The next award draw will be held Friday, January 23.

Get Active in 2009

If you're just starting out, go slow and work up gradually. Make sure you have an action plan for each season, so that the weather doesn't get in the way. Work physical activity into your daily life in little ways by taking a walk around the block, playing with your kids, or dancing to your favourite music.



Tip 1

List the activities you like (swimming, bowling, biking) and the rewards you hope to gain. Then plan how to make them part of your daily routine. At work, carve out 10 minutes to walk during lunch. If you have children, ask your family, friends or neighbours to pitch in to watch the kids while you take that dance class you've always wanted to take.

Tip 2

Involve your family and friends in your physical activity program. You'll gain support and companionship. You don't need to go it alone!

Tip 3

Keep at it, and within three months or less, you'll notice a big difference in your level of fitness. You'll feel better, have more energy, sleep more soundly and reduce your stress.



WHRC would like to wish you and your family a safe and Happy New Year!

Project Glow is sponsored by:
Winnipeg Housing Rehabilitation Corporation



Cabin Fever? Free Films for Kids

Winter can feel like forever in Winnipeg – especially if you have kids. To warm up those cold winter days we present the return of our award winning series for children of all ages every Sunday afternoon at 2:00pm from January to March. There will be special guests, surprises and lots for kids to enjoy. Special thanks to Assiniboine Credit Union and extra programming courtesy of Kier-La Janisse

SUNDAY AFTERNOONS 2:00 PM
JANUARY 11 – MARCH 1
At Cinematheque – 100 Arthur St.
In The Artspace Building At Old
Market Square



SAVING LUNA – Sunday, January 11
This is a remarkable true story of a baby killer whale named Orca.

MELODY – Sunday, January 18
Daniel Latimer, a lonely British Schoolboy who finally finds a friend when the school jokester Ornshaw takes a liking to him.

MONKEY BUSINESS – Sunday, January 25
The Marx Brothers (Groucho, Harpo, Chico and Zeppo) and Thelma Todd spend four days living inside four barrels as they stow away on an ocean liner headed to America.

Generously Sponsored by: Assiniboine Credit Union



A reminder: Rent is due on the 1st day of each month. You will be charged \$5.00 when your rent payment is late. It is a tenant's responsibility to pay their rent on time.

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.

Chocolate Oat Snack Cake

1-3/4 cup boiling water
1 cup quick-cooking oats
1/2 cup butter, softened
1 cup sugar
1 cup packed brown sugar
2 eggs
1-3/4 cup all purpose flour
2 Tbsp. baking cocoa
1 tsp. baking soda
1/2 tsp. salt
1 (12 oz.) pkg. chocolate chips, divided



- Preheat oven to 350.
- In a large bowl, combine water and oats; let stand for 10 minutes.
- In a large mixing bowl, cream butter and sugars. Add the eggs, one at a time, beating well after each addition. Beat in oat mixture. Combine the flour, cocoa, baking soda and salt; gradually add to creamed mixture. Stir in 1 cup chocolate chips.
- Pour into a greased 13x9" baking pan. Sprinkle with remaining chocolate chips.
- Bake 40-45 minutes. Cool on a wire rack.

Spot the Mistake

If you spot a mistake while reading the Project Glow newsletter call 949-2880 and leave your name and phone number. You may win a prize



when we draw one name from all of the entries. December's winner was Elelta M. who was one of several tenants that called in.

Contact Info



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