



# Project **GLOW**

June  
2009

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

## Want to be Part of a Group Yard Sale?



We want to know if any tenants are interested in having a yard sale!! A yard sale is a great way to get rid of some of your “s tuff ”, and make a few extra dollars! If you are interested, call Fiorina at 949-2896 to reserve a table. In order to go ahead with the yard sale, we need at least five people to commit to being in the sale. Any tenant from any building is welcome to sell at this yard sale.

Watch for more details like confirmation, date, and location in the July newsletter. If you are interested in getting a table, call Fiorina at 949-2896 by Monday, June 22, 2009.

## Pest Control

If you discover cockroaches, bed bugs or other bugs in your unit, please advise your Caretaker immediately. Don ’ t be embarrassed if you have bugs in your unit. Bugs travel and can end up in your unit without you even knowing it. WHRC has an extermination program to deal with this issue. The sooner we know the better for everyone.

## Free Kids Soccer Program Available

Project Glow is working with the City of Winnipeg to bring WHRC tenants free soccer programming for children 6-14 years! Basic equipment and insurance will be provided for participants.

The program starts the week of July 6 and ends mid August. Players meet twice a week- once to practice and once to play a game. There will be mini-tournaments, and a wrap up party in August.

If your kids are interested in playing, or if you are interested in volunteering as an assistant coach, please call Fiorina 949-2896.

## Laundry Tips!



Do not over load the washing machine with clothes and blankets. Washing small loads will help your items get cleaner. Overloading the machine may cause it to stop mid-cycle, and not finish washing your load, or leave soap marks on your items. Only fill the washer 3/4 full. This leaves room for the water and soap to move around and properly wash your items.

## Trash Talk

Please put garbage in the bins provided outside your building. If you are reusing a small, store bag make sure it does not have any holes on the bottom. If it does, do not use it as a garbage bag.



Try not to drag the garbage bag in the building as it may break and leak, creating a mess on the carpet. If it leaks, you must clean up the mess! Also, it is easier to carry several small bags, then one large heavy bag.

Remember, there 's \$25 fine for those who don 't dispose of their garbage in the bins provided at each building.

## Bug Safety Tips

Keep yourself safe from mosquito bites! Here are a few tips on how to minimize bites.



- Make sure to keep your skin covered by wearing a light coloured, loose fitting clothing.
- Avoid using scented soaps, or products. Fragrances can attract insects.
- Apply insect repellent to clothing instead of to your skin so that it won't be absorbed into your body. Avoid putting it around your eyes, nose and mouth.
- Wash off insect repellent as soon as you 've returned in doors. It 's toxic!
- Follow any insect repellent instructions, including age restrictions and amounts you should apply. Place fine mesh netting over baby carriages and strollers to protect infants.
- Minimize outdoor activities from sunrise to sunset, when mosquitoes are most active.

## Annual House Keeping Reports

WHRC is visiting suites to complete the Annual House Keeping Reports. We encourage all tenants to spend time making sure their suite is up to WHRC housekeeping standards prior to our visit. You will receive at least 24-hour notice that we will be entering your unit. WHRC has selected the following building to be inspected in June:

**461 Cumberland Ave.**

If you would like some housekeeping advice, please call Fiorina at 949-2896. We can talk about time saving cleaning tips and ways to keep your unit up to WHRC standards.

## Calling



311 is an easy-to-remember telephone number to request information or services from the City of Winnipeg. It 's open 24 hours a day, 365 days a year, and it 's free.

A Customer Service Representative will answer your inquiries in both English and French. You can also connect with the centre by faxing 311, by email at [311@winnipeg.ca](mailto:311@winnipeg.ca) or TTY 986-1311.

### Contact Info

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**Project Glow is sponsored by Winnipeg Housing Rehabilitation Corporation**

