

November 2008

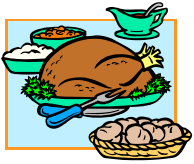
Project

GLOW



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

Win a Food Hamper



WHRC is going to give away two holiday food hampers to WHRC tenants. The draw is open to all WHRC tenants who have their rent paid up-to-date. Only one entry per unit will be eligible to win. One draw will be held for a family and the other for an individual or couple.

The draw for the food hamper will be held on Friday, November 21. The winners will be announced in December's newsletter.

Good Neighbour Award

On October 24, Rita & John Yaremkiw's names were drawn from the entries received during October and they are the winners of the Good Neighbour Award. They won a \$30 gift certificate.



Rita & John Yaremkiw

Often tenants nominate other tenants who have been kind to them or who make an effort to be helpful or polite. Project Glow congratulates Rita & John for being helpful and good neighbours.

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, November 21.

Free Children's Hats, Scarfs and Mittens

If you are a WHRC tenant, and in need of hats, scarfs and mittens for your child please call Sheila at 228-5518. Items are new and sizes are 0-6 months up to size 6-8. There are a limited number available and will be given out on a first come - first served basis.



Don't forget to set your clock back one hour on Sunday November 2th. The official change occurs at 2:00 AM

The WHRC office will be closed Tuesday, November 11, 2008.



WHRC tenants are invited to go on a bus trip to see Canad Inns Winter Wonderland on

Thursday, December 11, 2008. See over one million lights and over 29 different themed areas during the 2.5 km drive.

The bus leaves 60 Frances Street at 5:30 PM and return by 7:30 PM. There is no charge to attend but you do need to call and reserve your spot as seating is limited. Please call 228-5518 for your ticket or visit the office at 60 Frances.

Project Glow is sponsored by:
Winnipeg Housing Rehabilitation Corporation



Christmas Cheer Board Hampers

Tenants interested in ordering a hamper from the Christmas Cheer Board can do so starting **November 12** and up until **December 22**. Both families and individuals can contact the Cheer Board. See below to know which number to call.

For those on **Employment & Income Assistance** (Social Assistance) you can call **948-2022** with your case number, Monday to Friday between 9:00 AM and 4:00 PM November 12 - December 22.



Persons who are **employed and/or low income** can call the Cheer Board at **989-5683** (hours below) to see if they are eligible to receive a hamper. Callers will be asked questions regarding their family size, age of children, income (including Child Tax Credit), and expenses such as rent and utilities.

The Cheer Board's hours are:

Monday to Friday 9:00 AM – 5:00 PM
November 12 until December 13.

From December 15 – December 19 hours are
Monday to Friday 9:00 AM – 9:00 PM and
Saturday and Sunday 9:00 AM – 5:00 PM.

Bean Soup Recipe

1 cup of white navy beans,
soaked overnight
1 can diced tomatoes
1/2 pkg onion soup mix
1/2 cup celery, chopped
1 cup onion, chopped
1 Tbsp parsley flakes
1 clove garlic, minced
2 chicken cubes, dissolved as
per pkg instructions
1 cup Clamato or tomato juice
1/2 cup vegetable oil
4 cups water



Drain soaked beans and add all ingredients. Bring to boil and simmer for 2 hours or until beans are done.

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 at the beginning of the month. October's winner was Edith M who was one of several tenants that called in to say sugar was spelled incorrect.

Tenants Keep Winning Recipe Contest...

Send us a recipe and your name will be entered to win a WHRC cookbook and cooking pot (with a lid). Mail or drop off your recipe at 60 Frances St. by Friday, November 21.



Dress for the Weather

- Dress appropriately before going outdoors. It does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low.
- Dress in layers so you can adjust to changing conditions. Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears.
- Mittens provide more warmth to your hands than gloves.



Contact Info



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