



Project

GLOW

September
2009

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

My Child's Future FREE MONEY for Education

Saturday, Sept 26 at 11 am at 60 Frances

Have you heard about the *Canadian Learning Bond*? It's free money available to some families with young children. It can be worth up to \$2,000 for a child's education in the future.

You are eligible for a *Canadian Learning Bond* if:

1) You have a child born in 2004 or after, 2) You get the Child Tax Benefit, 3) Your annual net family income is \$40,726 or less.

Light snacks provided. Call Fiorina at 949-2896 to register or for more information.

WIN a FREE "BACK TO SCHOOL" BACK PACK

We're giving away one 'Back to School' back pack filled with some supplies to one lucky kid between the ages of 12-15 yrs.

Answer the skill testing question correctly, and you could win!

Question: How many years has WHRC been providing affordable housing?

Hint, check out our website at www.whrc.ca

Call Fiorina at 949-2896, answer the question (leave a message) and your name is automatically entered into the draw. If your name is drawn and you answered correctly, you win!

Entry deadline is Tuesday, September 8 at 3:00pm. The lucky winner will be notified by phone the same day. Good Luck!!

Annual Housekeeping Reports

WHRC is visiting suites to complete the Annual Housekeeping 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 suite. WHRC has selected the following buildings to be inspected in September:

**134 Chestnut St.
661 Sara Ave.
290 Langside St.**

For housekeeping advice, please call Fiorina at 949-2896 for ways to keep your apartment up to WHRC standards.

The Pecking Order

The caretaker is the first person you call when you have a maintenance issue (leaky and/or loose taps, door knobs not working, windows not operating, etc).

For emergencies such as flood, loss of heat, etc, call WHRC's main line and listen to the recorded message. We will **not** come out if you have lost your keys. In this situation, call a friend or neighbour for assistance.

Do you know your caretaker's name and phone number? If not, find out. Keep these numbers handy, like taped to the fridge, or near the phone as you may need this information quickly in the event of a maintenance issue or emergency.

After the dust has settled...

Now that summer is almost over, and families are starting to settle back into their apartments, it's natural to start feeling a need to 'nest' or clean as we prepare to spend months indoors once winter arrives. Use Autumn's brisk and breezy days to conquer deep-cleaning chores for a clean and comfortable winter home.

Your fall cleaning chore list could include:

- Clean and put away any patio furniture, umbrellas, children's summer toys etc. Declutter your balcony.
- Vacuum drapes and window treatments. Vacuum baseboards and corners.
- Vacuum upholstered furniture, or have it professionally cleaned if needed. Move furniture and vacuum beneath and behind it. Sweep or vacuum under all beds. Dust collects easily under beds.
- Wash interior windows. Wash down walls. Especially if you're a smoker!!
- Turn mattresses front-to-back and end-to-end to equalize wear.
- Wash all bedding: pillows, duvets, blankets, comforters, shower curtains and small cloth rugs .
- Schedule professional carpet cleaning. Warm September afternoons speed up carpet drying.
- Clean and organize kitchen and bathroom cabinets. Remove and donate unused 'stuff' from drawers, shelves etc.
- Clear kitchen counters of all appliance and store what has not be used within the month. Organized counters look cleaner and provide more room for cooking.
- Pull refrigerator away from the wall, and vacuum the condenser coils. Pull out stove and wash the sides. Sweep and mop floor under both appliances.
- Sort through your closets. Store summer items in boxes or tubs. Donate unwanted clothes and shoes.
- Recycle old newspapers, magazines and books that are taking up space and collecting dust!

Having a cleaner come and regularly clean your apartment sure would be nice, but that's not always an option. So learn the rules and clean like a professional!

Rule #1: Make every move count. Work around the room once, and only once. Don't backtrack. Carry your cleaning supplies with you to avoid making unnecessary trips across the room. Leave the floor for last.

Rule #2: Work/clean from top to bottom. Dirt follows the laws of gravity.

Rule #3: Split the work into smaller jobs. Do the kitchen one day, bathroom another day etc. End the job with sweeping and mopping the floor.

Rule #4: Don't keep working after it's clean. Once you've cleaned a room, stop. Move onto the next room.

Rule #5: If what you're using isn't working the try a different cleaner or tool. Be creative. Vinegar and baking soda are great cleaning agents, and so are old toothbrushes!

Rule# 6: Pay attention. Don't think about filing your income tax when cleaning. Concentrate on the task at hand. This will help you with the next rule!

Rule #7: Keep track of your time. Try to work a little quicker every time.

Rule #8: Work with both hands. Your work force is half idle if one hand is doing all the work.

Rule #9: If there are more than one of you, work as a team. If your child gets done 10 minutes faster, they can help you, which means the *team* is done that much quicker!!

Rule #10: Schedule your cleaning. Treat cleaning like an appointment that you have to keep. Setting indefinite dates like "next Saturday", or "when I get to it" doesn't work. Everyone knows, there is no such thing as a free Saturday! And we'll always find something better to do than clean!!

Garbage must be taken out daily. Floors should be swept and mopped daily. Clean the stove top and counter tops immediately after dinner. Then you'll have more VLT– Valuable Leisure Time!! Remember, keeping your apartment clean is part of your lease agreement. If you are finding it difficult to maintain your apartment to WHRC standards, then call Fiorina at 949-2896. We can come up with good solutions that work for you.

Project Glow is sponsored by Winnipeg Housing Rehabilitation Corporation

