

Community News

For Tenants of Durham Region Non-Profit Housing Corporation

Message from the Executive Director

With the birds beginning to chirp their songs and the tulips sprouting their colourful heads above the ground, a new season must finally be here! With the advent of warmer weather, most of us prepare to shed our heavy clothing, anticipate sunny BBQ's and happily watch things grow.

We eagerly prepare for spring by planning for our grounds cleanup. During this endeavour, we look forward to the support of all residents in lending a hand to the area surrounding your home. We certainly appreciate your participation by helping to clear out any garbage or accumulated pet waste, together we can create clean and enjoyable spaces for all.

Dan Carter, the President of our Board of Directors asks that you join us in warmly welcoming our newest Board Member, Regional Councillor David Pickles, who was appointed in March. We are excited to have him join our team. A note of appreciation goes out to our past Board Member Lorne Coe, for his many years of dedicated service to Durham Region Non Profit Housing Corporation, accompanied with congratulations as he assumes his new post as the MPP for Whitby-Oshawa. Notices will be circulated shortly announcing the dates and site locations of our upcoming "Coffee Chats" and BBQ's, offering great opportunities to communicate all the neighbourhood news. You are also welcome to provide feedback at any time to our Customer Service department at drnphc@durham-housing.com. Remember, for any specific maintenance issues and/or repairs; please complete a Request for Repair Form. These forms are available in your apartment building lobby, your townhouse site office, or from your Superintendent directly. As a reminder, in the event of a fire or medical emergency, call 911 for emergency services.

You may now receive our Community Newsletter by email! As of this spring (another reason to celebrate the season), we are offering electronic distribution of this newsletter. To receive the Newsletter by email, please forward your email address to drnphc@durham-housing.com. By signing up you are helping us increase our commitment to the environment through a decrease in the number of printed copies required in the future. Naturally (pardon the pun), this is a happy situation for all!

I wish you a safe, enjoyable, and healthy spring!

Patti Bell
Executive Director



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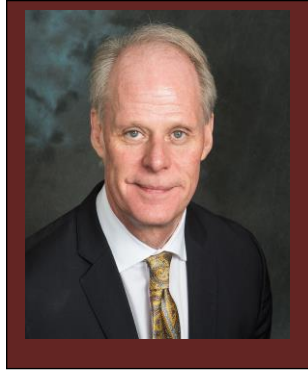
www.durham-housing.com

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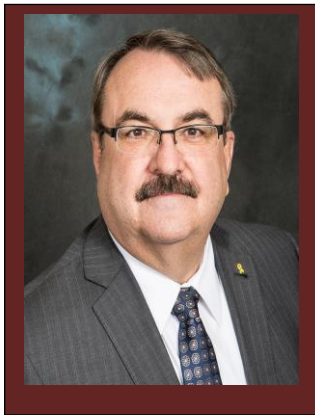
BOARD OF DIRECTORS 2014-2018



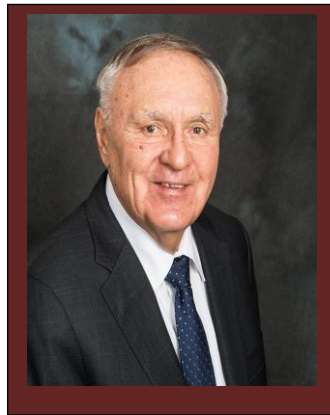
President
Dan Carter



Regional Chair
Roger Anderson



Vice President
Bob Chapman



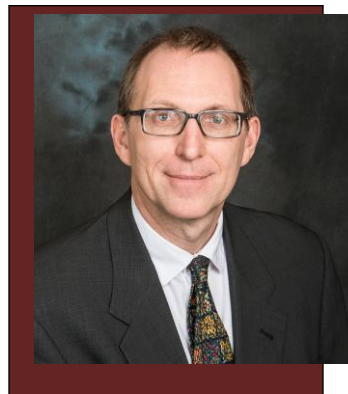
Councillor
Nester Pidwerbecki



Councillor
Joe Neal



Mayor of Uxbridge
Gerri Lynn O'Connor



Councillor
David Pickles

Discover Durham Trails

Petticoat Creek Conservation Area

City of Pickering. 1 km of woodchips and gravel. Access point via Whites Rd and Rodd Ave.

Long Sault Conservation Area

Municipality of Clarington. 18 km earth path. Access via Woodley Rd and Regional Rd #20.

Purple Woods Conservation Area

City of Oshawa, 2 km granular. Simcoe St. North and Coates Rd. Open mid-March to Thanksgiving.

Second Marsh Interpretive Trail

City of Oshawa, 2.5 kms of trails located off Farewell Street on shores of Lake Ontario.

Waterfront Trail

Town of Whitby. 10.6 km. Access point Whitby Marina, Rotary Sunshine Park or Kiwanis Heydenshore Park.

Wooden Sticks Trail

Township of Uxbridge 2 km paved natural. Access point Elgin Park Drive.

For more information, go to: <http://image.durham.ca/trails/map/default.html>



Gardening in Durham

Many tenants want to make the outside of their units nicer this time of year by planting in gardens or pots. This is a very welcome improvement to the site! The Corporation will provide you with yard waste bags free of charge- just ask your property manager. Remember to keep up your garden all season. Small fences can hinder the grass cutting. If you would like to use them please be mindful and place them inside your garden, the area adjacent to the patio.

Check out the free soil pick up too ----->

Pets

We remind residents with pets that all pets, must be on a leash whenever they are outside your unit. Even for a brief period of time. It is your responsibility to clean up after your pet. If you are walking your pet around the common areas of the property then you must clean up after your pet immediately. Make sure to take a bag with you. The person who has control of the pet must be physically able to control or restrain and clean up after the pet should it be necessary.

Spring Cleaning

Even with the nice winter we've had, spring is the time of year we like to clean up our places. Open the blinds and windows and let the fresh air in.

Here's a terrific deep-cleaning cleanser that works on any bathroom surface. It cuts through soap scum and mildew as well as any commercial bathroom product and costs just pennies.

1 2/3 cups baking soda

1/2 cup liquid soap

1/2 cup water

2 tablespoons white vinegar

1 clean 16-ounce squirt bottle with closing cap
Mix baking soda and liquid soap in a bowl. Dilute with water and add the vinegar. Stir the mixture with a fork until any lumps have been dissolved. Pour the liquid into the bottle. Shake well before using.

Squirt on area to be cleaned. Scrub with a nylon-backed sponge. Rinse off with water. Keep cap on between uses. Use it on Kitchen or bathroom surfaces even to clean up the fridge!



Compost giveaways will be held from 8 a.m. to noon at the following locations:

Ajax Operations Centre, 800 Salem Rd. N. in Ajax

Saturday, April 21

Clarington Operations Depot, 178 Clarke/Darlington Townline Rd. in Bowmanville

Saturday, April 21

Sunderland Memorial Arena, 20 Park St. in Sunderland

Saturday, April 28

Lakeview Park parking, Kluane Avenue in Oshawa

Saturday, April 28

Whitby Operations Centre, 333 McKinney Dr. in Whitby

Saturday, May 5

Scugog Community Centre, 1655 Reach St. in Port Perry

Saturday, May 12

Pickering Recreation Complex, 1867 Valley Farm Rd. in Pickering

Saturday, May 12

Uxbridge Arena, 291 Brock St. W. in Uxbridge

Saturday, May 26

Kitchen Safety Tips



The number one cause of residential fires in North America is from cooking. Most kitchen fires are preventable if the following safety tips are followed when cooking.

- Never leave cooking unattended
- Prevent burns and stove top fires by turning pot handles inward
- Keep children at least one meter away from the stove
- Avoid cooking when under the influence of alcohol or medications
- Avoid wearing loose sleeves that may contact burners and catch fire
- Keep curtains, dishtowels, pot holders and plastic containers away from hot surfaces

If a kitchen fire occurs:

- To extinguish a fire in a pot or pan, use oven mitts to slide the lid over flames and then turn off the burner
- If a fire starts in your oven, close the oven door and turn off the heat source
- For a microwave fire, keep the door closed and turn off the microwave
- **Never put water on oil or grease fires!**

Think Safety!

Balcony Safety Tips

Spring has sprung so we can open our windows and doors again!

DO:

- Enjoy your outside space!
- Check your windows for missing screens or locks, and call to have them replaced if needed.
- Set up chairs as a comfortable way to enjoy a morning coffee.

DON'T:

- Leave young children or pets alone on a balcony.
- Use your balcony for storage.
- Throw anything off your balcony.
- Put carpet on the balcony. Wet carpets can damage concrete.

REMEMBER

- Barbeques are NOT allowed on any balconies.



RGI Tenant Tips

We wanted to extend a big thank you to our RGI tenants for handing in their documents on time. This past quarter, our need to send out follow up letters has decreased.

- Just a reminder to all rent-geared-to-income tenants receiving CPP, OAS and GIS please send in new statements for your July 2016 increases. You can get a statement by calling Service Canada at 1 (800) 277-9914
- Once you have filed your Income Tax Return and you have received your Notice of Assessment from Service Canada, you should submit a copy to our office
- Tenants are reminded to report any changes in their income or occupancy as soon as the change occurs
- If you need assistance completing your documentation, we are happy to come out to your community to help

Healthy Recipes: Shakshuka



A one pan dish, great for breakfast, lunch or dinner!

Prep Time: 10 Minutes

Total Time: 30 Minutes

Servings: 5-6

1. Heat the oil in a large frying pan. Add the onions and stir over medium heat for 5 minutes. Add bell peppers, garlic and spices and cook for 3-5 minutes.

2. Slowly pour in the tomatoes and stir to combine. Let the mixture simmer for 10-15 minutes.

3. Scramble 2 eggs and add to the tomato sauce. Cook for another 2 minutes.

4. Make holes in the tomato sauce for the eggs. Crack one egg into each hole. Cover and simmer for approximately 10 minutes or until the whites of the eggs are cooked and are no longer runny and translucent.

5. Serve in a bowl or on a plate with toast.

Ingredients

- 1 tbsp olive oil
- 1/2 medium brown or white onion, peeled and diced
- 1 clove garlic, minced
- 1 medium green or red bell pepper, chopped
- 2 cans (14 oz. each) diced tomatoes, or 4 cups ripe diced tomatoes
- 1 tsp chili powder (mild)
- 1 tsp oregano
- 1 tsp paprika
- Pinch of cayenne pepper (or more to taste-- spicy!)
- Salt and pepper to taste
- 7-8 eggs
- 1/2 tbsp fresh chopped parsley (optional, for garnish)
- Toast



Smoothie Ideas

Try a peanut butter and banana smoothie (serves 1)



1 medium ripe banana

2 Tbsp peanut butter

1 1/4 cup milk or milk substitute

4-6 ice cubes

Blend everything in a blender and serve!

For extra nutrition add 1/2 cup of spinach per serving. It's full of vitamins and even the kids can't tell the difference!

Salad Ideas



1 bunch fresh spinach

1 cup sliced fresh strawberries

1/2 red onion thinly sliced

1/2 cup Feta cheese

1/2 cup pecans or other nuts (optional)

Salad Dressing:

1/4 cup balsamic vinegar

1/4 cup olive oil

2 tbsp honey

Salt and pepper to taste

Combine spinach, strawberries, onions, feta and nuts. Put salad dressing in a bottle or jar and shake. Toss the salad in the dressing and serve immediately!



POOL TIPS

Spring has arrived and summer is just around the corner. We can appreciate that pools provide a needed relief from the heat and fun for our children, but there is also a responsibility to ensure everyone is safe.

Here are some directions about pools:

- Children's pools must be a size that would be considered a wading pool and water cannot exceed 18 inches
- Pools must be emptied whenever it is not in use or being directly supervised
- The small pool must be moved regularly to avoid damage to the grass
- Check you city by-laws for more information

Thanks for your help in keeping our communities safe!

Summer Registration for Kids Camps has Started!

There are many fantastic camps that your kids can enjoy from swimming lessons to soccer, skateboarding lessons and more.

Check out your local leisure guide:

Pickering

<https://www.pickering.ca/en/living/familyfunleisure.asp>

Whitby

<http://www.whitby.ca/en/residents/activityguide.asp>

Oshawa

<https://register.oshawa.ca/Start/Start.asp>

Clarington/ Bowmanville

<http://www.clarington.net/en/be-active/recreation-and-leisure-guide.asp>

Brock counties

<http://townshipofbrock.ca/community-informationevents/>



Very Important Kids Day Camp

The Very Important Kids Day Camp (VIK Camp) is an affordable and quality day camp offered to the families in Oshawa that may not be able to send their children to some of the more expensive camps. The program services the community primarily in the south Oshawa area. Registration begins in mid-May. There is a registration fee for VIK Camp. Contact Information: **(905) 723-0036** ext 228



Canadian Tire Jumpstart

Canadian Tire Jumpstart (CTJS) will fund physically active programs for children between the ages of 4-18. The applicant can contact the Canadian Tire Jumpstart Call Centre at 1-844-YES-PLAY, [submit an application online](#) or contact their CTJS representative based on where they live.

Advancing Access to Affordable Recreation in Durham:

https://www.durham.ca/print.asp?nr=/departments/health/physical_activity/aaard.htm&setFooter=/includes/health/paFooter.inc

Word Search!

To solve, simply complete the Word Search and mail it to 28A Albert Street, Oshawa, ONT L1H8S5 or E-mail to

drnphc@durham-housing.com or deliver in person to our office for your chance to win a **\$25 gift card**. Winner will be selected at random on May 2nd, 2016 and named in our next newsletter.



Congratulations to Janay Ferguson the Winner from our last newsletter!

Fun & Games

First Name _____ Last Name _____

Address _____

E-mail _____ Phone # _____

SPRING WORD SEARCH

R S A C B P B V R O V T M R B
 B M P W A T E R I N G C A N F
 B U N I R L F L U F R E E H C
 B R N N L G D M S X S Z P E W
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 A P R I L T T N B L O S S O M
 R E C C O S O G U L M R Y L S
 T S E N M U D R F S A R W B G
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 T D R W D F V O N S X M U W E

APRIL	CHEERFUL	GREEN	RAIN	THAW
BIRDS	EGGS	MARCH	RAINSTORMS	TULIPS
BLOOM	EQUINOX	MUD	SOCCER	UMBRELLA
BLOSSOM	FLOWERS	NEST	SPRING	WATERING CAN
BUNNIES	GARDEN	PLANTING	SUNSHINE	WORM