



Community News

For Tenants of Durham Region Non-Profit Housing Corporation

Message from the Executive Director

Summer has arrived, bringing glorious sun filled days and a wonderful reason to head outdoors!

We have news about our partnership with Rogers *Connected for Success Program*. Affordable Internet will now be available to qualified rent geared to income tenants of Durham residing in over 600 of our rental housing units. Dan Carter, President of the Board says "In this digital age, having access to Internet is a definite asset that improves our quality of life. Durham Region Non-Profit Housing believes that having affordable access to Internet will help tenants connect with others, improve communication and learn." Rogers *Connected for Success Program* offers:

- High Speed internet for \$9.99/month plus tax
- No credit checks or cancellation fees
- Up to 30BG of data per month with no over usage fees
- Modem included & 10Mbs download speeds

Please contact Rogers directly at 1 866 689 0758 and speak with a representative to find out if you qualify for their *Connected for Success Program*.

We are hosting summer BBQ's for you on Wednesday, July 27 at Perry Terrace beginning at 4:00 pm and Wednesday, August 24 at Beatrice Woods at 5:00 pm. I would love to see you there.

Until then, take a hike, fly a kite, read a book, soak up the sun, or relax by the water. Just enjoy a safe and healthy summer!

Patti Bell
Executive Director



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[@DRNPHC](https://twitter.com/DRNPHC)

Durham Region Pools

South Oshawa Community Centre

1455 Cedar Street
905-436-5474

Fun Swim : Monday-Friday
2:00-4:00pm & 6:30-8:00pm

Legends Community Centre

1661 Harmony Rd North
905-436-5455

Family Swim: Monday-Friday
10:30am-12:30pm

Ajax Community Centre
75 Centennial Rd
905-427-8811

Public Swim: 1:30pm-4:00pm

Pickering Recreation Complex

1867 Valley Farm Rd
905-683-6582

Open Swim: Monday-Sunday
1:00-4:00pm & 7:00-9:00pm

Free Swimming

Oshawa Rotary Pool

254 Centre St S.
July 20th & August 10th
1:30-4:30

Courtice Community Complex

2950 Courtice Rd.
July 19th, July 26th, August 9th
& August 16th – 7:00-8:00pm

Ajax Memorial Park

55 Harwood Ave S.
July 20th, July 27th & August 3rd
1:30-2:30pm

Summer Safety Tips

1. When the outside air temperature is 23°C/73°F, the temperature inside a vehicle can be extremely dangerous - more than 50°C/122°F.
2. Tree-shaded areas can be as much as 5°C/9°F cooler than the surrounding area.
3. Shade yourself by wearing a wide-brimmed, breathable hat, or using an umbrella.
4. Wear loose-fitting, light-coloured clothing made of breathable fabric.
5. Wear sunglasses that have UVA and UVB protection.
6. Use a sunscreen with sun protection factor (SPF) 15 or higher and follow the manufacturer's directions. Don't use sunscreen on a child less than 6 months old

Watch for symptoms of heat illness, which include:

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst (dry mouth or sticky saliva)
- Changes of behaviour in children (like sleepiness or temper tantrums)

If you have any of these symptoms during extreme heat, move to a cool place and drink liquids right away. Water is best.



Durham Food Banks

Ajax

Christian Life Centre
1030 Ravenscroft
905-686-1411 x 203

The Salvation Army - Ajax
37 King's Crescent
905-427-7123

Bowmanville

The Salvation Army –
Bowmanville
75 Liberty St. South
905-623-2185

Seventh Day Adventist
2850 Hwy #2 East
905-623-6031

Cannington

Brock Healthy Harvest
33 Cameron St. East
705-432-2444

Oshawa

Knox Presbyterian Church
147 Simcoe St. North
905-728-8673

Salvation Army – Oshawa
45 King Street East
905-723-7422 x 21

Whitby

St. Andrew's Community
Outreach and Support
209 Cochrane Street
905-668-4022

For more information on food
banks, please go to
<http://feedtheneedindurham.ca/about-us/member-agencies>

Durham Rib Fests

Nothing says summer like the aroma of sizzling gourmet meats on the fired up smoking hot grill. With plenty of rides, activities and entertainment, Rib Fest is an event the entire family can enjoy.



Ajax Rib Fest

Date: Aug 5-7, 2016

Location: 180 Westney Road South

Website: www.ajax-pickeringribfest.com

Oshawa Rib Fest

Date: Aug 12-14, 2016

Location: Lakeview Park, 55 Lakeview Park Avenue

Website: <http://www.oshawaribfest.com/>

Explore Rib Fests throughout the Greater Toronto Area at
<http://www.todocanada.ca/ribfests-greater-toronto-area/>.



**Board of Directors
2014-2018**

**President
Dan Carter**



**Regional Chair
Roger Anderson**



**Vice President
Bob Chapman**



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**Councillor
Joe Neal**



**Mayor of Uxbridge
Gerri Lynn O'Connor**



**Councillor
David Pickles**



Parking

As the warmer weather has arrived, more and more families and friends tend to visit our tenants all across our communities. It is important to remember that tenants should not be parking in visitor parking spots, so that visitors for other tenants can park their vehicles.

If a tenant's car is parking in visitor parking, it will receive a tag or warning letter. Any time after the first notice, it is subject to a fine, and the vehicle may be towed at the owner's expense.

Be courteous to your neighbours and thank you for your co-operation.



Tips for Pet Owners

- Make sure your pet has fresh water that is changed frequently and shelter from the sun.
- Never leave your dog in a hot car. Temperatures can rise rapidly to deadly levels.
- Save your outdoor time with your pet for early in the morning or in the evening once the sun has set. By taking your daily walk, run or visit to the park either before or after the sun is at its hottest, the air will be easier for your pet to breathe and the ground will be cooler on the pads of their paws.
- Many pet owners, especially cat parents, incorrectly think that shaving their animals in the heat will help cool them down. In reality, the layers of your pet's coat help to protect them from overheating and sunburn. Trimming long hair is perfectly okay, according to the ASPCA, but it's unnecessary to do anything else for cooling purposes. Brushing your cat more often to help remove loose fur can also prevent overheating.



Smoothie Ideas

Double Strawberry Smoothie

- 1 container strawberry yogurt
- 1 packet Kool Aid cherry drink mix
- 6 Strawberries
- 1 cup ice cubes

Blend all ingredients until desired consistency.



Salad Ideas

Macaroni Salad

- 4 cups uncooked macaroni
- 1 cup mayonnaise
- 2 ½ tbsp mustard
- 1 ½ tsp salt
- ½ tsp pepper
- 1 onion (optional)
- 2 stalks celery (optional)
- ¼ grated carrots (optional)

Combine all ingredients in large bowl.



Enjoy!!!

Recipes:

Instructions

The Grilled Gobbler

- Spread 1 bread slice with mayonnaise
- Spread 1 bread slice with mustard
- Fill bread with Kraft singles cheese slice, turkey/chicken and tomato (optional)
- Cook In skillet until both sides are golden brown



Watermelon Slush

- Freeze watermelon in freezer bag for 6 hours
- Combine frozen watermelon and the rest of the ingredients
- Process in blender



Ingredients

Grilled Gobbler

- 2 slices Italian bread
- 1 tbsp mayonnaise
- 1 tbsp mustard
- 1 Kraft singles cheese slice

(Optional Ingredients)

- Turkey or Chicken
- 2 slices tomato

Watermelon Slush

- 4 cups cubed watermelon
- Combine frozen watermelon and the rest of the ingredients
- Process in blender until desired consistency

Fun & Games

First Name _____ Last Name _____

Address _____

E-mail _____ Phone # _____

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 August 12, 2016 and named in our next newsletter.



SUMMER WORD SEARCH

Summer Word Search

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

Find these words.

family
summer
vacation
camping
backyard

beach
pool
swimming
baseball
fishing

June
July
August
sun
hot

picnic
watermelon
hamburger
ice cream

