



**Durham Region Non-Profit  
Housing Corporation**

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- DIY Crafts
- Recipes
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- Fall Word Search

**Durham Region Non-Profit  
Housing Corp.**

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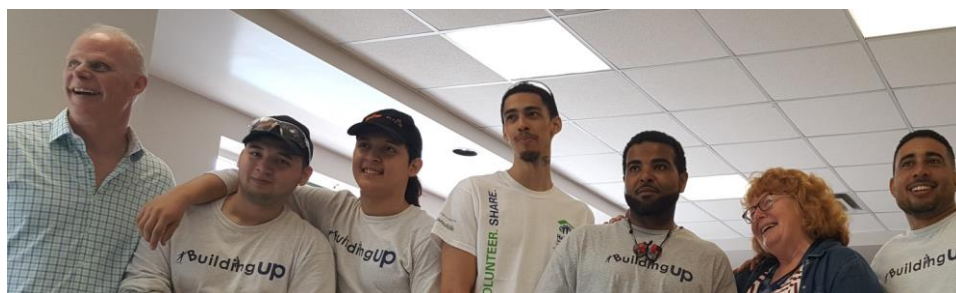
## Community News

*For Tenants of Durham Region Non-Profit Housing Corporation*

### Note from the Executive Director and President

With fall quickly approaching, many of us are left wondering "where did the summer go?" Kids are heading back to school, cooler evenings are already upon us and regular routines will begin once again!

There was plenty of activity over the summer to keep us busy, summer students were active with exterior painting at many of our sites and helping with recreational events. We also had the opportunity of engaging with "Building Up", a non-profit organization that worked on energy saving retrofits to our properties. With Building Up, trainees carry out construction projects with experienced tradespeople while learning skills, earning an income and moving towards long term apprenticeships and careers.



Here are a few quick tips to ease your transition from summer to fall:

1. Take time to connect with yourself; don't get swept up in the busyness of regular routines
2. Focus on warming, nourishing foods like soups, stews and porridges to stay healthy
3. See the safety tips for back to school in this newsletter

Looking forward to sharing an enjoyable fall season with you!

**Dan Carter**  
Board President

**Patti Bell**  
Executive Director



### **2014-2018** **Board of Directors**

**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**

## Kids Safety Village

1129 Athol St., Whitby



The Kids Safety Village of Durham Region is a kid-sized version of a real town, located on the grounds of Sir Williams Stephenson Public School in Whitby. Set on 1.2 acres, the village features small buildings, detailed roadways, traffic lights, and road signs, an operational railway crossing, battery cars, bicycles, and a classroom.

Learn about road safety as a pedestrian and a cyclist in a controlled supervised environment. The realistic setting has allowed thousands of children in Durham Region to test their safety skills in a fun and educational way.



Phone – 905-668-9893

Email – [safetyvillage@drps.ca](mailto:safetyvillage@drps.ca)

## Community Programs

**Simcoe Settlement House - 387 Simcoe St South, Oshawa, ON L1H 4J2**

**Back to School Supplies are distributed in late August to early September.**

Each year this program ensures that less advantaged children in our community will enjoy a smooth transition into the coming school year by providing backpacks filled with supplies to children from Junior Kindergarten through High School.

Our goal is to provide each child with a quality backpack filled with grade level appropriate items... binders, refill paper, scribblers, report covers, pencil crayons, pens, pencils, rulers, and the list goes on.

This program is made possible through the many kind donors in the community who provide donations of new backpacks and supplies, and also the loyal volunteers who help package and distribute the backpacks.



**After School Program \$5 per month – September – June.**

Varied, flexible and affordable. A safe place for sports, recreation, character development, leisure and creative activities during after school hours. Nutrition breaks are served at 3:15pm including hot meals 3 evenings per week. Homework helpers support children in grades 1-8, enrichment classes in music, art, dance, reading and drama are available.

## Seniors Activities

### Seniors Lunch / Leisure Activities

Seniors are invited to enjoy nutritious lunches, companionship, outings and activities of interest. Please contact Simcoe Settlement House at (905) 728-7525 for more information.

## **Food Bank Services**

**Monday, Tuesday, Thursday  
and Friday**

**9:00am-11:30am and 1:00pm-  
3:00pm**

3-5 day supply of nutritious food  
to families and adults.

Information on low cost meals,  
cooking classes, health, money  
saving ideas and where to go for  
help in the community. Seasonal  
clothing and winter wear for  
children and adults is also  
available throughout the year.

## **Food Banks**

### **Beaverton/Sunderland**

Brock Community Food Bank  
705-426-1771

### **Bowmanville**

The Salvation Army  
75 Liberty Street S.  
905-623-2185  
St. Vincent De Paul Society  
127 Liberty Street.  
905-623-6371

### **Oshawa**

Salvation Army –  
45 King St. E  
905-723-7422 ext 21

St. Vincent De Paul society – 690  
King Street E.  
905-431-1796

St. Phillips – 134 Oxford Street.  
905-725-3275

## **Back to School Safety Tips**

### **School Bus Safety**

- Make sure your child stays out of the street and avoids excessive horseplay while waiting for the school bus.
- Be sure the bus comes to a complete stop before getting on or off.
- When riding the bus, make sure your child understands they must remain seated and keep their head and arms inside the bus at all times.
- Do not shout or distract the driver.

### **Walking to School**

- Use the same route every day and never use shortcuts.
- Always use public sidewalks and streets when walking to school.
- Try and walk to school with other students. There is strength in numbers.
- Only cross streets at designated crosswalks, street corners and traffic controlled intersections.
- Always look both ways before crossing the street and never enter streets from between obstacles like parked cars, shrubbery, signs, etc.
- Always walk and never run across intersections.

### **School Zone Driving Safety Tips**

- Be on the lookout for school zone signals and ALWAYS obey the speed limits.
- When entering a school zone, be sure to slow down and obey all traffic laws.
- Always stop for school busses that are loading or unloading children.
- Watch out for school crossing guards and obey their signals.
- Be aware of and watch out for children near schools, bus stops, sidewalks, in the streets, in school parking lots, etc.





## DIY Hallowe'en Costumes

### Superhero

You will need:

Scissors, Thread, Needle  
T-shirt, ¾ yard of "liquid metal" fabric, Felt for t-shirt and cuff decoration, 5" Velcro, 14" white ribbon, 15" elastic string.



### Witch

You will need:

Sewing kit, maxi skirt with yoga waistband, 2 yards of tulle, 1 yard of heavy felt, 1-2 yards of ribbon.  
happens to you.

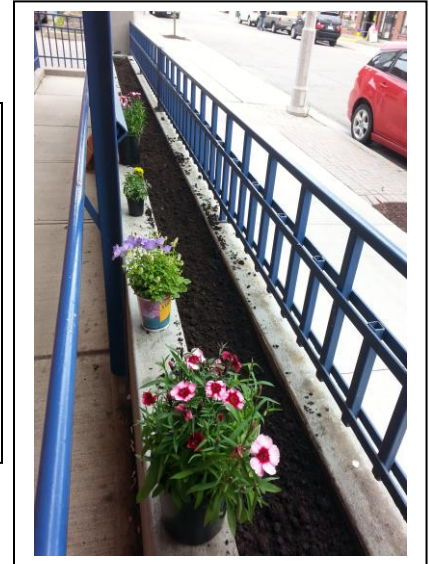


**Happy Hallowe'en!!**

## Tenant Engagement and Summer Students

This Summer we had a lot of fun at our sites with our Summer Programs. Activities included:

- BBQ's
- Children's sports and activities
- Gardening
- Mothers Groups
- Adults Sports
- Arts and Crafts



## Insurance

### Are you protected?

Every year there are DRNPHC Tenants who experience a fire or flood that is severe enough that they lose their personal belongings and are liable for damages. However, Tenant Insurance can protect you from these costs. It is a lease requirement that tenants have a current Tenant Insurance Policy that covers fire, theft, flood, damage and liability. If you, your family or guests cause damages to your unit or a neighbour's unit, liability insurance may cover these costs. Tenant in receipt of Ontario Works and the Ontario Disability Support Plan, may be eligible to have their Insurance costs covered through these benefits. Please speak with your worker about this option. The Housing Services Corporation (HSC) is one option that provides tenant insurance to Ontarians living in social housing. For more information and to apply online, visit <http://tenant.hscorp.ca> or call 1-866-940-5111. HSC provides tenant insurance at reasonable rates and several payment options. Get protected before an unfortunate circumstance happens to you.

## RGI Tenants

**Do you have questions about your rent or what you need to provide to us?**  
Please contact **Debbie Craig at 905-436-6610 extension 217**, she will be happy to answer all your questions.

**A reminder Declaration of Child/spousal Support forms may need to be filled out by ODSP and OW recipients (depending on circumstances).**

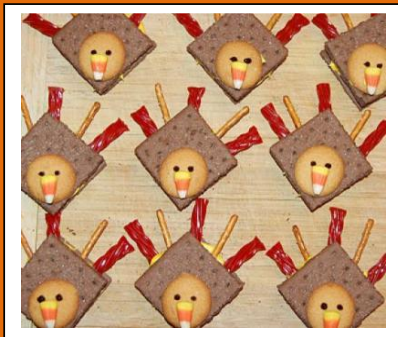
## Turkey Treats

### Ingredients:

Chocolate Graham Crackers  
Vanilla Wafer Cookies  
Vanilla Frosting  
Yellow Food Colouring  
Candy Corn  
Black Decorating Gel  
Pretzel Sticks  
Twizzlers

### Preparation:

Tint vanilla frosting with a few drops of yellow food colouring. Spread a small amount on the inside of a graham cracker. Alternate adding pretzel sticks and twizzlers for the feathers. Top with another graham cracker smeared with frosting. For the face, smear the back of a vanilla wafer with frosting and stick it onto the graham cracker. Use candy corn for the beaks and black decorating gel for the eyes.



Have Fun!!

## Beef Stew

### Ingredients:

3 pounds boneless beef chuck (well-marbled), cut into 1-1/2-inch pieces  
2 teaspoons salt  
1 teaspoon freshly ground black pepper  
3 tablespoons olive oil  
2 onions, cut into 1-inch chunks  
7 cloves garlic, peeled and smashed  
2 tablespoons balsamic vinegar  
1-1/2 tablespoons tomato paste  
1/4 cup all-purpose flour  
2 cups dry red wine  
2 cups beef broth  
2 cups water  
1 bay leaf  
1/2 teaspoon dried thyme  
1-1/2 teaspoons sugar  
4 large carrots, peeled  
1 pound small white boiling potatoes (baby yukons), cut in half  
Fresh chopped parsley, for garnish (optional)



### Instructions:

Preheat oven to 325°F with rack in middle.

Pat beef dry and season salt and pepper. In a large Dutch oven or heavy pot, heat 1 tablespoon olive oil over medium-high heat until hot and shimmering. Brown meat in 3 batches, turning with tongs, about 5-8 minutes per batch, adding one tablespoon more oil for each batch. (To sear meat properly, do not crowd the pan and let meat develop brown crust before turning with tongs.) Transfer meat to a large plate and set aside. Add onions, garlic and balsamic vinegar; cook, stirring with a wooden spoon to scrape brown bits from bottom of pan, about 5 minutes. Add tomato paste and cook a few minutes more. Add beef with juices back to pan and sprinkle with flour; stir with wooden spoon until flour is dissolved, 1-2 minutes. Add wine, beef broth, water, bay leaf, thyme, and sugar; stir with wooden spoon to loosen any brown bits from bottom of pan and bring to a boil. Cover pot with lid, transfer to preheated oven and braise for 2 hours. Remove pot from oven and add carrots and potatoes. Cover and place back in oven for 50-60 minutes more, or until vegetables are cooked and meat is very tender. Taste and adjust seasoning if necessary (freshly ground black pepper and a pinch of sugar go a long way). Let cool, then store in refrigerator overnight or until ready to serve. This stew improves in flavor if made at least 1 day ahead. Reheat, covered, over medium heat or in a 350°F oven. Garnish with fresh parsley if desired.

## FUN & GAMES

To solve, simply complete the Word Search and mail it to 28A Albert Street, Oshawa Ontario, L1H 8S5. Or email to [drnphc@durham-housing.com](mailto:drnphc@durham-housing.com) or deliver to our office for your chance to win a \$25 gift certificate!!  
The winner will be announced in our next Newsletter.

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Phone # \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_



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SWEATERS  
HAY  
HALLOWEEN

PUMPKINS  
CORN  
APPLES

CIDER  
LEAVES  
THANKSGIVING

GOOD LUCK!