

Community News

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



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Message from the Executive Director and Board President

During the past year the development of a new strategic plan provided us with a rare chance to dream, create and envision our future. Our plan begins in 2019 and carries us through to 2023, paving the way to strengthen and invigorate our organization. Benefitting from the participation of our entire team, the final document is clear and to the point, identifying 4 new priorities with success measures attached to each, 4 new organizational values and it reconfirms our existing mission.

The Strategic Priorities are:

1. Develop Vibrant Communities
2. Deliver Service Excellence
3. Grow Through Innovation
4. Advance Organizational Culture

While our mission has not changed, we did work on a new set of action oriented values within which is how we will carry out our future tasks. Collaboration, Accountability, Respect, Excellence, is how we aim to deliver our service each and every day.

We hope that you all have a safe and happy summer and look forward to seeing you in our neighbourhoods this summer.



Patti Bell

Executive Director
President

Dan Carter

Board of Directors

What's in this Issue?

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!!GO RAPTORS GO!!



We have LOTS to celebrate this summer!

Congratulations to The Toronto Raptors who earned their first championship by defeating the Golden State Warriors 4–2 in the NBA Finals which took place in Oakland, California on June 13th, 2019.

In doing so, the Raptors became the first non-American team to win the NBA title and the first non-American team to win a championship in any of the four major North American sports leagues since the Toronto Blue Jays won the World Series in 1993!



Canada turns 152 years old



Happy Birthday Canada!

Here is a list of some of the places that are hosting celebrations in your area:

1. Whitby County Town Carnival, Canada Day and Fireworks
Mon., 1:00 p.m. – 10:30 p.m.
Victoria Fields
Whitby, ON
2. Canada Day
Monday, 6:30 p.m.
Bay Ridges Kinsmen Park, 705 Sandy Beach Rd
Pickering, ON
3. Ajax Canada Day Celebrations – Night Time Extravaganza
Monday, 6:00 p.m. – 10:00 p.m.
Ajax Downs Racetrack, 50 Alexander's Crossing
Ajax, ON
4. Canada Day by the Lake
Monday, 2:00 p.m. – 6:00 p.m.
Oshawa Museum, 1450 Simcoe St S
Oshawa, ON

Summer Camp



Girls Inc. Summer Camp offers a unique "minds-on/hands-on" experience designed just for girls! Fun-filled and engaging activities, games, sports, field trips, crafts, experiments, role playing, and discussions address topics including: bullying, body image & self-esteem, sports, physical activity & nutrition, stress management, and leadership & community action. Girls Inc. provides girls with a safe nurturing environment with a high ratio of professionally trained program staff to girls daily from 9:00am to 4:00pm.

Affordable pricing and convenient locations to serve you in:

- ✚ Orchard Valley – 1580 Kingston Rd. Pickering
- ✚ Garrard Heights - 123 Eric Clarke Dr. Whitby
- ✚ Clara Hughes Public School – 610 Taylor Ave. Oshawa
- ✚ Brooklin Village Public School – 25 Selkirk Dr. Brooklin



Week One: July 1 - 5

Week Two: July 8 - 12

Week Three: July 15 – 19

Week Four: July 22 - 26

Week Five: July 29 - August 2

Week Six: August 12 - 16

Week Seven: August 19 – 23

Week Eight: Aug 26 – 30

Every day is something new from Girls Inc. signature programs!

Project BOLD: Girls learn fun self-defense moves, build confidence and self-esteem, and address issues such as bullying.

Operation SMART: Girls have fun making gooey experiments, build rockets, play with bugs, and figure out how things work.

Sporting Chance: Girls play new and innovative games, develop sports-related skills, participate in daily physical activity, and learn about healthy food choices.

Media & Me: Girls tackle the influence of negative media messages and images, helping them think critically about what they see and hear, developing positive body image and self-esteem.

Subsidies are available to families in financial need. For more information email Tracey McCannell, Director of Programming at tmccannell@durham.girls-inc.org or call 905 428-8111



What's Good in Da 'Hood

We want to hear from
YOU!

Have you seen someone in your neighborhood going above and beyond to help someone else? Or have you witnessed your neighbour picking up garbage or cleaning up around the area? Or perhaps you want to share a positive experience you've had.

Tell us all about it!
Your story could be featured in our next Newsletter.

Simply mail, email, or call our office and speak to any one of our Customer Service team members!

Home is where the heart is
so let's all do some
GOOD IN DA 'HOOD



Summer Tips

Summer Students



Throughout the summer, there may be summer students doing maintenance work at your property. Please treat them the way that you would like to be treated! The summer students are there to help keep the properties looking clean and maintained.

Pool Tips

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!



Durham Region Pools

South Oshawa Community
Center
1455 Cedar Street
905.436.5474

Fun Swim: Mon–Fri
2pm–4pm & 6pm–8pm

Whitby Civic Recreation
Complex
555 Rossland Road E.
905-666-1991

Fun Swim: Mon-Fri
2:30pm–4:30pm

Audley Recreation Center
1955 Audley Road N. Ajax
905-427-2468

Fun Swim: Mon 6:15pm–
7:45pm
Wed 6:15pm–8:00pm

Uxbridge Community Center
1 Parkside Drive
Uxbridge, ON

Fun Swim: Tues, Thurs and
Sat
1pm–2pm, 7:30pm–8:30pm



Sun Safety Tips

Summer is finally here! Here are some safety tips and guidelines that will ensure that you and your family have a safe and happy summer.

- Wear sunscreen every day, in all weather and in every season. It should have a sun protection factor (SPF) of 30 and say "broad-spectrum" on the label, which means it protects against the sun's UVA and UVB rays. Put it on at least 15 minutes before going outside. Use 1 ounce, which would fill a shot glass.
- Reapply sunscreen at least every 80 minutes, or more often if you're sweating or swimming.
- Wear sunglasses with total UV protection.
- Wear wide-brimmed hats, and long-sleeved shirts and pants.
- Avoid being out in the sun as much as possible from 10am – 2pm.
- Check your skin regularly so you know what normal for you and to notice any changes or new growths.

Extreme Heat and Humidity

How to cope:

- Drink lots of water. ...
- Eat cool foods like salads and fresh fruit. ...
- Take a cool shower or splash water on your pulse points. ...
- Wear loose, light-colored, **moisture**-wicking clothing. ...
- Sleep with cotton sheets. ...
- Acclimate to **heat and humidity** if it's normal for your area. ...
- Watch out for **heat** exhaustion and **heat** stroke

RECIPES THAT WORK



Oven Baked Jamaican Jerk Chicken

Serves 4-5 people

Prep Time: 10 minutes

Total Time: 40 minutes

Ingredients

- 1 pound of chicken (can be wings, breast, legs, or thighs)
- Cooking oil
- Jerk Seasoning or marinade (any brand of your choice)
- Half of diced onion
- 4 cloves of diced garlic

Directions

1. Rub 1 lb chicken with Jerk Marinade and add the diced onion and garlic
2. Cover with plastic wrap
3. Marinate in the fridge for 4 hours
4. Place chicken on an oiled pan
5. Cover pan and bake at 350F for 30-45 minutes
6. Optional – Baste with Jerk BBQ Sauce
7. Optional – Return to oven uncovered for 5-10 minutes
8. Enjoy with your favorite side dishes

**YEAH
MON**

Word Search!

To solve, simply
complete the Word
Search and mail it to:

**28A Albert Street,
Oshawa, ON
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.

The Winner will be
announced in our
next newsletter!

Congratulations
Dave and Tina
the winners
from the last
Tenant Survey
draw



Good Luck!

Fun & Games



First Name _____ Last Name _____

Address _____

E-mail _____ Phone # _____

Summer Word Search



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

BARBEQUE
CELEBRATE
FRIENDLY
PRIDE
SUNSCREEN

CAMP
CHAMPIONS
PICNIC
RAPTORS
SUNSHINE

CANADA
COMMUNITY
POPSICLE
SUMMER
SWIMMING