

Community News

October 2019

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Message from the Board of Directors President and Executive Director

With a federal election around the corner, we thought you may be interested in a few reasons why community housing like ours is so important.

Affordable housing is a core social determinant of health. It lowers household stress and creates family stability.

Each new residential unit generates two-and-a-half new jobs. Each \$1M invested in residential housing creates 12 local jobs.

Stable housing ensures Ontarians can search for gainful employment and help eliminate the cycle of poverty.

The Mowat Centre found that every dollar the federal government invests in community housing adds \$1.52 to Canada's Gross Domestic Product (GDP). The Canadian Rental Housing Index offers renter household statistics for your riding. It shows data for cities, regions, ridings and provinces across Canada. You can check how your riding stacks up online by visiting rentalhousingindex.ca

President Board of Directors, Dan Carter

Executive Director, Patti Bell

Maintaining Heat in your Unit

Heating homes accounts for over 70% of household energy consumption. So reducing this figure – while keeping homes warm enough can assist in cutting down your energy

bills. Here are the top three tips to keeping heat in your unit.

1. Open your curtains during the day to let the sun in.

2. Use timers on your central heating.

3. Move furniture away from heaters.



Community Garden Day



On August 7th, the community at Beatrice Woods came together to help plant our first ever vegetable garden.

This initiative was led by Carol and Michelle from We Grow Food.

Some of the vegetables planted were onions, rhubarb, beets and more!

After a great time plant-

ing our new vegetables, we sat down to eat and



get to know one another. It was a true sense of community. Some of the tenants have already reached out to Michelle to show their interest in

getting our garden tires painted, and possibly setting up a "Garden Committee".

"Carol and Michelle, We Grow Food – you did a wonderful job with everything! The set up and materials, engaging and educating our tenants and the ultimate finale of a group cook and eat." - Tracy Greig, Chief Operating Office DRNPHC

"Education is the most powerful weapon which you can use to change the world" - Nelson Mandela

Back To School

By now, your children would have completed their first month of school. What are some ways that we as parents can help our children have a successful school year?

- ◆ **SLEEP**— it is imperative that students get 8-9 hours of sleep every

night. This aids in proper brain function.

- ◆ **TALK**— ask your child how their day at school was.
- ◆ **HOMEWORK**—set time aside to assist your child with homework. It is best to do homework out of the

view of a television or a handheld device.

- ◆ **CONNECT**— communicating with your child's teacher helps you to understand what your child's needs might be outside of the classroom.



Halloween Safety Tips

Halloween is a fun and exciting time for all. These safety tips for parents and children will help keep everyone safe and happy this Halloween .

1. Wear costumes of light-colored material

2. Place reflective tape on back and front of costumes.

3. Sweep wet leaves from your steps and driveway.

4. Turn on outdoor lights.

5. Bring a cell phone in case of emergencies.

6. Dress for the weather.

7. Do not walk alone—walk in groups.

8. Inspect all candy before eating them.



Where are all the sports fans?



It's that time of the year again... FOOTBALL SEASON!

September 5th is the beginning of the 2019/2020 regu-

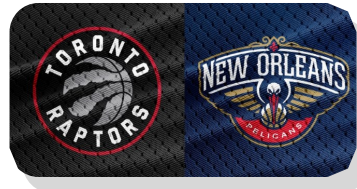
lar football season. Kicking it off will be a game between the Greenbay Packers and the Chicago Bears. The game is set to start at 8:20ET est. Will you be tuning in?

Do we have any basketball fans?

We are still basking in our victorious win over the Golden State Warriors. GO RAPS GO! Let's hope for another

successful season.

Our Toronto Raptors play their first home game against the New Orleans Pelicans at



8:00 pm ET on October 22nd.

"No one is useless in this world who lightens the burdens of another" - Charles Dickens

What's Good In Da 'Hood?

Seniors Helping In Trouble Seniors is a committee dedicated to being a source of support for Seniors in the community.

On September 14th, a Gillespie Gardens tenant went to jail to raise awareness and funds for the Durham Elder Abuse Network (DEAN). This tenant was taken to the Old Stone Jail and

will remain there until funds are raised to get her out!



All the money raised will stay in the Brock Township and

assist the seniors in our community in need through the Durham Elder Abuse Network. Thank you to the tenants involved in this important cause.

For more information or to donate, please call **Mary at 705-308-4042** or via email at **dragonlady66@rogers.com**

Autumn Property Maintenance

We are catching our breath with the change of seasons and reflecting on the amazing summer we had at DRNPHC. Maintenance students worked in Bowmanville, Oshawa and Whitby on improvement to our sites by cleaning, landscaping and painting. We appreciate their efforts and their energy.

To assist in keeping our sites looking its best, we encourage everyone to assist by raking

leaves and picking up any garbage that might be in their areas.

Thank you in advance for all your efforts to keep our homes and sites looking neat and tidy!



Classic Chili Recipe

(with or without meat)

INGREDIENTS

1 onion, finely chopped
1 jalapeño pepper, seeded or not, finely chopped
2 tablespoons (30 ml) butter
2 lbs (1 kg) ground beef
2 cloves garlic, finely chopped
2 tablespoons (30 ml) chili powder
1 teaspoon (5 ml) ground cumin
1 can 28 oz (798 ml) diced tomatoes
1 can 19 oz (540 ml) kidney beans, rinsed and drained
1/4 cup (60 ml) beef broth or water
1/4 cup (60 ml) ketchup
3 tablespoons (45 ml) lime juice
1/4 cup (10 g) chopped fresh cilantro

PREPARATION

In a large saucepan, brown the onion and pepper in the butter. Add the meat and brown thoroughly. Season with salt and pepper. Add the garlic and spices and cook for 2 minutes while stirring.

Add the remaining ingredients, except for the cilantro, and bring to a boil. Simmer half-covered for 45 minutes or until the chili thickens. Add the cilantro. Adjust the seasoning.



Preparation time: 15mins

Cooking: 1 Hour

Serves: 6



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Durham Region Non-Profit Housing Corporation (DRNPHC) helps to meet the housing needs of the region's diverse population through the provision of practical, well-maintained and affordable housing.

Durham Region Non-Profit Housing Corporation was developed as a result of the growing awareness about the lack of affordable housing to meet the requirements of low and moderate income earners whose needs were not being met by the private sector. Given the need for affordable rental housing, which could be produced through capital grants and operating subsidies being made available by senior levels of government, a municipal non-profit housing corporation was created with a mandate to deliver rental accommodation to meet the diverse needs of residents in Durham Region. On January 24, 1985, the Province of Ontario issued Letters Patent creating the Durham Region Non-Profit Housing Corporation.

Fall Word Search



First

Name _____ Last Name _____

Address _____ E-mail _____

Phone # _____

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

SCHOOL
LEAVES
THANKSGIVING
HARVEST
LATTE

LUNCHES
PENCIL
COSTUME
BACKPACK
SPICE

FALL
PENCIL
TURKEY
CANDY

Solve and send to our Head Office via email to drnphc@durham-housing.com, fax, or drop-in for a chance to win a \$25 gift card!

CONGRATULATIONS to Shirley who solved our Spring Word Search

