



On the Home Front

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2014 Scholarship Program

This year Newfoundland and Labrador Housing Corporation (NLHC) will award a total of twelve scholarships valued at \$1000 each. This will include nine Youth Scholarships (three in each of the following regions: Avalon/East, Central, Western/Labrador), and three Adult Scholarships (one in each of the three regions). The deadline for applications for the Youth Scholarship program is August 31, 2014. For the Adult Scholarship Program, the deadline is September 30, 2014. Check out our website at www.nlhc.nl.ca for more information. ■

Volunteer Week

Volunteer week is April 21-27. Take time to celebrate all of the amazing work that you do in your neighbourhoods.

"No act of kindness, no matter how small, is ever wasted..."

We want to hear all about what's happening in your neighborhood. The deadline for submissions for the next On The Home Front newsletter is Monday, April 28, 2014. Please submit your photos, consent forms to use photos and stories to Danette at drfox@nlhc.nl.ca



Froude Avenue Community Centre

▲ The Froude Avenue Community Centre received a \$40,000 donation for their after school program from RBC After School Project. The RBC After School Project has donated more than \$30 million to after school programs since 1999 so that kids can have access to engaging activities that keep them safe and inspire them to keep learning. This year RBC is supporting 106 community-based organizations through a \$2.8 million donation, helping kids continue learning after the school bell rings. ■



W.A.T.C.H. Tenant Association

◀ On December 7, 2013, the W.A.T.C.H. Tenant Association held their annual Christmas Party. The event was very well attended with about 35 people celebrating this wonderful holiday. Everyone enjoyed pizza and other yummy treats. Santa made an appearance and, of course, brought lots of presents for all of the children. The adults also enjoyed the festivities and games! The names of all the adults were put in a draw for a beautiful basket and gift cards. Everyone had a wonderful time! WATCH is currently planning their Easter celebration. ■

Education Incentive Program

Any NLHC leaseholder with a child or dependent attending grade seven through high school (levels 1, 2, 3, or 4) or any household with an adult or dependent attending a post-secondary institution or enrolled in an Adult Basic Education Program is eligible for this program. Eligible tenants will receive \$50 for every month that each child and/or adult student is in school. This is issued by cheque to the leaseholder. For those with children in high school, payments are made twice a year. NLHC starts accepting requests for payment at the end of the normal school terms, which would be January and June. For those in post-secondary institutions, NLHC starts accepting requests for payment at the end of each semester. To qualify, NLHC will need a letter from the school for each child and/or adult stating the student was in full-time attendance and the exact date of the school term for which you are requesting the incentive funding. Contact your Housing Administration Officer (HAO) to find out more about this program. Please note, payments can take eight (8) weeks. ■

You don't have to reveal your identity to help solve violent crimes.

REWARDS UP TO \$2,000

CALL 1-800-222-8477
(1-800-TIPS)

ONLINE TIP:
Go to <http://nlcrimestoppers.com>

TEXT MESSAGE:
Type the code TIP190 at the beginning of your text message, and then send your message to 274637.



**Newfoundland
Labrador**

Housing

Free Drop-in Tax Preparation Clinics

The Community Centres listed below will be offering a Community Volunteer Income Tax Program. Contact your Community Centre for details. Please ensure that you bring along all required information to complete your taxes (all T4 forms, Social Insurance Number, etc.).

- Buckmasters Circle
- Froude Avenue
- Rabbittown
- Virginia Park
- WestRock

Spring makes its own statement, so loud and clear that the gardener seems to be only one of the instruments, not the composer.

~Geoffrey B. Charlesworth

Seniors Resource Centre

*Have a question?
Need a Service?
Don't know where to turn
for help?*

Telephone: 737-2333

Toll-Free: 1-800-563-5599

Email: info@seniorsresource.ca

Website: www.seniorsresource.ca

Crisis Phone Lines

Mental Health Crisis Line

Telephone: 1-888-737-4668

Toll-Free: 1-877-753-8550

Website: www.cmhanl.ca/

Kids Help Line

Telephone: 1-800-668-6868

Financial Information Help Line

Telephone: 855-723-8140

Monday to Thursday
4:00 pm to 8:00 pm
Island time

Website:
www.creditanddebtsolutions.ca

Community Sector Council

Website:
www.communitysector.nl.ca

Office of the Citizens Representative

Telephone: 1-800 559-0079

Email: citrep@gov.nl.ca

West Heights Tenant Association

West Heights TA worked very hard to make the Christmas season happy for everyone from the little ones to the older ones. They held their Christmas party at the



rugby club with a balloon twister, Paul Sheppard as the entertainment. He was amazing! Everyone had a



great time. West Heights also held an adult social for everyone over the age of 18. Santa made an appearance and brought gifts for everyone. Teens and volunteers were given \$15.00 movie gift cards. There was lots of food to enjoy, even Santa stayed for a bite

to eat. Magician Michael Conway made a special appearance and was fantastic. All of their Christmas events were enjoyed by all. West Heights is looking forward to taking a well deserved break in January and will be hosting a family movie night for Valentine's Day. ■

Perrault Place Tenant Association

On January 6, 2014, Old Christmas Day, Perrault Place held their annual Christmas party at their Neighborhood Center! It was a great success with 25-30 people in attendance. Everyone enjoyed the potluck and every child received a treat bag with lots of goodies. Perrault Place is now planning a Community Kitchen. On the menu is Chicken Fettuccine, and of course dessert! Sounds delicious! ■

Quick Tips to Fight the Winter Blues



Seasonal Affective Disorder (SAD), commonly known as the winter blues, affects millions of people each year. Before you decide to hibernate for the rest of the winter, try a few of these tips to help get you through to spring:

Don't Oversleep: Battle the desire to oversleep make plans with a friend — meeting a morning buddy for breakfast or an early workout can help motivate you to get out of bed.

Exercise: Exercising regularly is a good way to keep your spirits up, especially if you can manage to do so outside. Take advantage of sunny days by going for an outdoor walk or run to sneak some extra vitamin D exposure.

Don't Stay In: Although the combination of the cold, dark and feeling blue might make you reluctant to go out, staying inside could make you feel worse. Spending time with loved ones will lift your mood — and chances are you'll find someone who's also having a hard time this winter.

Avoid Sugar and Eat Foods Rich In Vitamin D And Protein: High-sugar foods may feel like comfort foods, but these treats won't provide you with the stable energy you need to stay happy and healthy throughout the winter. Foods that provide vitamin D and protein will help you fight fatigue, replenish energy and even trigger your feel-good hormones. ■

Help Line Links

NLHC recently added help line links to the Tenant Information section on their website, including:

- ◆ Transition Houses/Shelters for Women and Children Experiencing Violence
- ◆ Links for Children, Youth and Parents (i.e. Pediatric Telephone Advice Line, Choices for Youth, and Canadian Centre for Child Protection)
- ◆ Other Help Line Links (i.e. Sexual Assault Crisis Line, Mental Health Crisis Line, and Gambling Help Line)

Check out the links at www.nlhc.nl.ca/tenant/tenant.html