



On the Home Front

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Tips to Save During the Holidays

- 1) Reconsider holiday cards. Make your own Christmas cards, make an e-card or send a slideshow of pictures about the year's events.
- 2) Send an old-fashioned letter to friends and family instead of a gift or card.
- 3) Decide as a group of friends to not exchange gifts but to spend an evening together over the holidays.
- 4) Keep an eye out for 'tax free' days at local stores. ■



Tenant Profile

Helen Parker
Volunteer
Froude Avenue Community Centre

▲ Helen Parker is a proud Newfoundland and Labrador Housing Corporation (NLHC) tenant. She retired from the Vera Perlin Society last February where she worked her way up to assistant supervisor; however, she says she has no plans to give up her second career, volunteering with Froude Avenue Community Centre. Helen became a founding board member there nearly 30 years ago and never left; currently she's the board chair.

"I got involved because the neighbourhood had some issues; however, even back in those days it also had a strong sense of community and I thought that gave it a lot of potential," says Helen, over a morning coffee in the cozy kitchen of her new home on Cashin Avenue Extension. "We knew we just needed the tenants to come together and we could make things better. But the credit for that goes to more than me: it goes to all the board members past and present, and the tenants who went around the neighbourhood with us talking to everyone about the issues. I would say that our greatest achievement is that we helped empower our community members to speak out and be proactive." ■

Perrault Place Tenant Association



Perrault Place Tenant Association held their annual Halloween party at their neighborhood center on October 26, 2014. It was well attended with 30 adults and children. They had a great time making a very creative craft. They each colored and decorated a mug with a sharpie marker, which was then placed in the oven for 30 minutes at 350F. Everyone left with their own unique, one-of-a-kind mug and a bag full of yummy treats. Perrault Place Tenant Association is currently planning their festivities for bonfire night. ■

ACE Tenant Association

In October, 2013, the ACE Tenant Association in Bishop Falls started a Book Club and never dreamed it would have the impact that it has had on those involved. Some had not read a book in over 30 years, and now they go everywhere with a book in hand. One of the tenants, April Young, said, "I love the book club. Each month I get to escape into another world, then get to share my experiences with a great group of friends."



The group partnered with the local Public Library and were able to borrow the Book Club Kits free of charge which came with 10 copies of each book as well as a question and discussion sheet. During the first meeting, they discussed questions that did not give away too many details about the book but intrigued them to read more. The second meeting was a full disclosure, where the book was discussed in great detail. At the end of the second meeting, new books were handed out for the following month. ACE Tenant Association has explored all sorts of genres and writing styles — while reading they feel they are escaping into another world.

Vickie Chippett, Program Assistant, relays a story, "One of the daughters said that she walked into her mom's house and there were dishes on the counter, laundry in the basket and no signs of her mother anywhere. It was very unusual to find things undone in the middle of the day. She went into the living room and found her mother curled up reading away." Vickie says it's amazing to see that after 40 years, her mom was finally doing something for herself — taking some much needed me time. "That was when I knew that the book club was serving as much more than just a social get together — it was as much about mental health and self care as it was about anything else." ■

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 February 2, 2015. Please submit your stories and photos, with consent forms to Danette at drfox@nlhc.nl.ca

Newfoundland
Labrador

Housing

Inexpensive Christmas Gift Ideas

- 1) Put dry ingredients for a favourite cookie or muffin recipe in a mason jar with a recipe card.
- 2) Type up and print your favourite recipes and put them in a binder.
- 3) Give a 'movie night' gift. A bowl, with popcorn and a favourite DVD can be a gift for an entire family.
- 4) Host a cookie exchange with friends instead of purchasing presents. ■



Money Saving Shopping Tips

- 1) Never shop when hungry.
- 2) Buy bulk if possible.
- 3) Make a list and stick to it.
- 4) Bring only cash to the store.
- 5) Shop alone.
- 6) If you do take children to the store, use the opportunity to teach money lessons.
- 7) Eat less meat. Substitute with less expensive but high protein beans and lentils.
- 8) Shop at discount food stores or dollar stores for staple and pantry items. ■

Burin - Black Duck Cove

The Burin Black Duck Cove Neighborhood Center is currently running a Homework Haven Program five days a week and have 30 children registered. The Center has seen significant growth since the start of the program. Just a few years ago they only had three children registered. Jeff Moulton, an outreach worker with Eastern Health and Mary Ann, an employee of the Center, have recently started a youth group once a week for pre teens. Ten participants have registered for the program to date. Jeff's friend, a police officer, has agreed to facilitate education talks at the Center. This gives him an opportunity to hang out with the kids and get to know them! Sounds like there are a lot of great things going on at the Burin Black Duck Cove Center! Way to go! ■



Video/Poster Contest Winners

Tom Lawrence, CEO of NLHC, congratulates St. John's sisters—Lindsay (right) and Janine Winter (pictured here with their proud mother, Tanya)—on winning both categories in NLHC's inaugural Fire Prevention Video/Poster Contest. In August, the corporation announced its province-wide competition for tenants' children aged 6-16 years. Janine, 13, captured the poster contest, while her sister Lindsay, 12, won the video component. The sisters, both residents of St. John's, each received an Apple iPad mini. The entries were judged for originality and art content. Judges

were Kieran Dunn, Safety Officer; Nicole Lindahl, Safety Intern; and Corina Crocker, Fire Warden with NLHC. The winning entries can be viewed at www.nlhc.nf.ca/media/mediaReleases/2014/10-10.html. ■

West Heights Tenant Association

West Heights Tenant Association held their annual Halloween Party which was a huge success! Michael Conway, a local Magician, made another appearance this year and put on a great show. Michael always involves the children in his show which makes it even more enjoyable for them. Sounds like everyone had a ball, including the adults! West Heights is now busy planning their Christmas events. They will be having their annual children's Christmas party at the Plaza bowl and everyone is really looking forward to it. They are also planning an adult social. Wow, they are busy, busy — happy planning! ■



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

On Friday, October 31, 2014, the W.A.T.C.H. Tenant Association dressed up in their Halloween costumes and welcomed all tenants to join them in celebrating Halloween. They gave out loot bags, prizes and cup cakes made by the tenants. Approximately 25 people participated and joined in the fun! The W.A.T.C.H. Tenant Association is now in the process of planning their Christmas party which will include a visit from Santa, treats and presents for children.



Seniors Resource Centre

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