



On the Home Front

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Smallwood Crescent Community Centre

Smallwood Crescent Community Centre recently received an award from the Burin Peninsula Chamber of Commerce at their 4th Annual Business Awards. The group received the 2015 Committee Recognition Award which "recognizes a business, charity, or non-profit organization, or an individual or group of individuals, that have done something outstanding, but do not fit neatly into the other business categories"

The award was accepted by Darrell Jackman, Executive Director; Sonya Abbott, Youth Outreach Coordinator; and NLHC Tenant Volunteers/Board Members Ronald Saint, Audrey Fitzpatrick, and Yvette Quirke.

This was the community centre's first nomination, and they send congratulations to the other nominees in their category: Peninsula Video Games, Placentia West Development Association, Burin Peninsula Health Care Foundation, and Sacred Heart Family Aid.

Other awards that night included Employer of the Year, Community Spirit Award, Family Business Award, Young Entrepreneur Award, and Judge's Choice.



Bi-Annual Tenant Conference a Success

For 29 years, Newfoundland and Labrador Housing Corporation (NLHC) has hosted a Tenant Conference where tenants from across the province gather to exchange ideas, celebrate achievements and organize events in their neighbourhoods and communities. This year's conference, held in Gander on September 18-19, welcomed 104 attendees, of which 67 were tenant representatives of 21 volunteer tenant associations.

NLHC board members and staff and representatives from eight community centres, who came to Gander for meetings, also joined the tenants.

CEO John Ottenheimer was on hand for opening remarks and presented certificates recognizing the achievements and good work of the volunteer tenant associations.

The theme of this year's conference was *Volunteers Rock* and Remzi Cej was the keynote speaker. Remzi came to St. John's as a refugee from Kosovo during high school. He has spent most of his life in Canada and has done significant volunteer work as a human rights activist. Currently, he works for the Government of Newfoundland and Labrador.

Other speakers were on hand to cover topics such as:

- Volunteering: What Works Now?
- Hoarding
- Shopping for Food & Manoeuvring the Dollar Store
- What Does it Really Cost (Furnishing your home through non-conventional sources).

The conference also availed of *Turning Point Clicker Technology* from The Office of Public Engagement—a technology used for evaluation purposes. Maureen Murphy, Manager, Community Development, was very pleased with the result, "This is the first year we used this particular technology; and I must say, it was a delight. As soon as a session was completed, tenants could use their remote clicker to provide immediate feedback about whether or not they enjoyed the session."

A sincere thank you to the organizing committee and everyone involved in making this conference such a huge success. ■

Perrault Place Tenant Association

Sarah Bath, a social work student had the opportunity to plan and carry out a Thanksgiving craft with the kids at the Perrault Place Neighborhood Center. The craft was lots of fun to make and also educational. It allowed the children to use their imagination to show what they are thankful for by sharing what Thanksgiving means to them. It was a great turn out, and Sarah is hoping to do another craft with the children in the near future. The turkeys look awesome! ■





Black Duck Cove Tenant Association

Homework Haven student, Brandy Clarke, had a great idea to start an environmental club. She was already doing things at home to help the environment but figured the more people she had helping, the better the overall impact. So the "The Environmental Scouts" group was formed.

The group holds weekly meetings to discuss ways in which they can help the environment — like turning lights off when there's nobody in the room, turning off the water while brushing their teeth, recycling and more. They have a community clean-up once a month and recycle all their juice boxes and water bottles. Also, they use cereal boxes or scrap paper for craft projects at Homework Haven.

Their newest idea was to build a compost! They keep all food scraps from lunches and snacks at school and put them in the compost when they arrive at Homework Haven. They are hoping to use the soil produced to plant flowers around the community center in the spring. The kids are eager to participate in all activities and very excited to learn new ways to help the environment.

Go Environmental Scouts! ■



Rabbittown Tenant Association

Rabbittown Tenant Association held their Annual Children's Halloween Party on Saturday, October 24th, at St. Augustine's Church. There were small games of chance, coloring, a craft table, and the game Ghost count! Wow, it sounds like everyone had a ball!

Everyone enjoyed hot dogs and refreshments. Loot bags were provided to all children in attendance. ■



Tenant Associations Celebrating Anniversaries

Several Tenant Associations were presented with a plaque in recognition of their Anniversary at the 2015 Tenant Conference.

- **Perrault Place Tenant Association**, Happy Valley-Goose Bay, celebrated 20 years in 2014.
- **Burin Black Duck Cove Tenant Association**, Burin Peninsula, celebrated 25 years in 2014.
- **Rabbittown Tenant Association**, Empire/Hoyles/Graves, St. John's, celebrated 30 years in 2014.

- **Eric/McKay Tenant Association**, St. John's, celebrated 10 years in 2015.
- **Community Improvement Association**, Chalker Place, St. John's, celebrated 15 years in 2015.
- **Virginia Park Tenant Association**, St. John's; and **West Heights Tenant Association**, Beothuck/New Pennywell, St. Johns; both celebrated 30 years in 2015.
- **Dunfield Park Tenant Association**, Corner Brook, celebrated 40 years in 2015.



Layered Lentil and Rice Soup

By Catherine Robertson

This make-ahead jar meal cuts your post-workday prep time in half! Not only is this healthy dish yummy and packed with fibre, but it also takes up little space in your refrigerator.

INGREDIENTS

For Mason Jar:

- 2 tbsp chicken bouillon
- 1/2 cup uncooked converted rice
- 1/2 cup red lentils
- 1 tbsp dried parsley
- 1/2 tsp ground black pepper
- 1 tsp savoury
- 1/2 cup uncooked converted rice
- 1/2 cup green lentils

For Prep:

- 2 tsp butter or margarine
- 8 cups water

INSTRUCTIONS

- Pour the ingredients in the order given into a 2 cup mason jar, and screw on the lid.
- When ready to make the soup, bring the butter and water to a boil in a large pot. Pour in the contents of the jar and add any veggies you wish, or make it as is without additions. Bring to a boil, then reduce heat to medium and simmer until the lentils are tender (about 25 minutes).