



On the Home Front

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November 2016

The Fry Family Foundation Scholarship Awards

The 11th Annual Fry Family Foundation (FFF) Scholarship Awards Ceremony was held on September 23 at the Virginia Park Community Centre. Sixteen scholarships were given out this year, totaling almost \$32,000.

The FFF has donated over \$370,000 through the Community Centre Alliance (CCA) for the community centre members of Buckmaster's Circle, Rabbittown, Froude Avenue, MacMorran and Virginia Park.

The FFF supports students from grade 9-12 and/or single parents living in the partnering communities. The criterion is not only scholastic, but also includes an individual's community involvement as a leader, mentor and volunteer. There are four scholarship categories: junior, entrance, senior and exceptional. ■

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, February 6, 2016. Please submit your photos and consent forms to use photos and stories to Danette at drfox@nlhc.nl.ca.



West Heights Tenant Association

West Heights Tenant Association had a great summer. They enhanced their neighbourhood with beautiful front door mats for all the homes, and they held a two-week summer day camp which was hosted by Stephen Ross. Their Canada day event was full of fun and games including racing games, a trivia game, lots of prizes and, of course, there was cake!

West Heights also celebrated and held a Newfoundland day event. Everyone enjoyed fish and brews, deep fried fish, hot dogs, along with a trivia game with lots of prizes to be won. What's a Newfoundland day without Newfoundland music! Newfie jigs were danced and fish were flying out the door as fast as they could cook them. The children had a great time jumping on the bouncy castle and playing other games.

The group is very proud to announce that they received back-to-school bookbags from Bridges to Hope. West Heights is now planning their Christmas events. ■

And the winners are...

Cheryl Patterson and Troy Gaulton of Gilliam's Road, Corner Brook, are the lucky winners of the Actifry contest held by NLHC during Fire Prevention Week.

They are very pleased with their win. As they have two small children, they will put the Actifry to great use. Using an Actifry makes cooking safe, fast and healthy.

Cheryl and Troy are seen here accepting their prize from NLHC employee, Stephanie Fowler (pictured left).



United Neighbourhood Tenant Association

The United Neighbourhood Tenant Association hosted a family pumpkin carving on October 16. Over 20 families attended. Pictured are some great looking pumpkins with a lot of originality! Looks like everyone had a great time. ■

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

Buckmasters Circle Fall Fundraiser

The winners of the Buckmasters Circle Community Centre (BMC) fall fundraiser are as follows:

1st prize of \$500:
Sebrina Somerton

2nd prize of \$250:
Sandra Antle

3rd prize of \$100:
Mary Lannon.

The profit from the ticket sales totalled \$1027 which will go towards the great work and programs offered at BMC.

A sincere thank you to everyone who supported the Centre by purchasing and selling tickets.

Crisis Phone

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

2016 Scholarship Program Winners Announced

Newfoundland and Labrador Housing Corporation (NLHC) has awarded its 2016 Scholarship awards to tenants currently pursuing post-secondary studies. Each scholarship is valued at \$1,000.

Youth Scholarship winners:

Alicia Hawco, Bell Island, is attending Memorial University.

Troy Pfinder, Grand Falls-Windsor, is attending College of the North Atlantic.

Brandon Bath, Glenwood, is attending College of the North Atlantic.

Abby Park, Corner Brook, is attending Memorial University.

Adult Scholarship winners:

Karen Jones, St. John's, is currently attending Memorial University.

Ashley Drover, Sunnyside, is currently attending College of the North Atlantic.

DJ Williams, Stephenville, is currently attending College of the North Atlantic.

Marie Christine Nassuna, St. John's, is currently attending Memorial University.

Deborah Simmons, Grand Falls-Windsor, is currently attending Keyin College.

Stacey Green, Stephenville, is currently attending Keyin College.

Holiday Cooking Safety Tips

The kitchen is the heart of the home. It's where families gather to cook favourite recipes, share warm meals, and reconnect with each other, especially during the holidays. Unfortunately, it's also where two of every five reported home fires start. Take steps to protect your home and family from cooking hazards:

- Never leave cooking equipment unattended. Turn off burners if you have to leave the room.
- Supervise children closely in the kitchen.
- Prevent fires by making sure your stovetop and oven are clean and free of grease and dust. Clean the exhaust hood and duct over the stove regularly.
- Keep the cooking area around the stove/oven clear of combustibles, such as towels, napkins, and pot holders.

- Wear short or close-fitting sleeves. Loose clothing can catch fire.
- To Protect from spills and burns, use the back burners and turn the pot handles in, away from reaching hands.
- Keep appliance cords away from hot surfaces like the range or toaster.
- Be sure to turn off all appliances when you're done.



Fat Fire Prevention

More fires start in the kitchen than in any other room in the house. Cooking in the home is one of the leading causes of fire-related deaths and also causes the majority of kitchen fires, which occur as a result of cooking that is left unattended on the stove.

Leaving a chip pan unattended for any length can be disastrous if the oil overheats and catches fire. The best way to prevent a fat fire is to switch to cooking fries in the oven, in a thermostat-controlled deep-fat fryer, or using an Actifry, which uses only one tablespoon of oil and is thermostat controlled.

If you do cook with oil, the following fire safety tips could help reduce the risk of fire:

- Don't overfill a pan with oil — never fill it more than 1/3 full and be extremely careful that it doesn't overheat.
- Ensure the handle of the pan is not sticking over the edge of the cooker where it could easily be knocked or reached by children
- Don't cook while drinking alcohol.

Remember, if a fat fire should occur, never throw water on it. Don't take risks by tackling a fire — get out, stay out and call 911 for help. And please, get a smoke alarm and test it regularly.

