

Keeping in Touch

Volume 2, Issue 11

November 2011

ISSUES OR CONCERNS?

You can contact your Site Office

Community Housing
780-715-3822

Edgewater Court
780-788-4663

Horizon View
780-714-2132

Meadow Creek Village
Breakwater A & B
Creekside
The Delta
The Shores
Cascades
780-799-4656

Sandpiper Cove
780-749-0185

**Stony Mountain Plaza/
Prospect View**
780-743-4440

If you have an After Hours
Emergency please call ...

780-799-4050

Please do not use this number for non-emergencies or tenancy issues. For police/fire/ambulance—any situation involving immediate threat to person or property, call 911.



November

REMEMBRANCE DAY HOURS

All site offices will be closed on Remembrance Day — Friday, November 11th. Offices will re-open on Monday, November 14th.

Remembrance Day—November 11

DID YOU KNOW?

In Flanders Fields is one of the most notable poems written during World War I. Colonel John McCrae wrote it on 3 May 1915 after he witnessed the death of his friend, Lieutenant Alexis Helmer, 22 years old, the day before.

The poem has achieved near-mythical status in contemporary Canada and is one of the nation's most prominent symbols. Most Remembrance Day ceremonies will feature a reading of the poem in some form and some Canadian school children memorize the verse.

The poem is part of Remembrance Day ceremonies in the United Kingdom, where it holds as one of the nation's best-loved, and is occasionally featured in Memorial Day ceremonies in the United States. A portion of the poem is also printed on Canadian \$10 notes.



IN FLANDERS FIELDS

By: Lieutenant Colonel John McCrae



In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

WE ARE UPDATING OUR WEBSITE to provide tenants with easy access to necessary forms and information regarding maintenance of their units and frequently asked questions with respect to their leases. Information will be available mid-November.



Wood Buffalo Housing & Development Corporation now has the authority to ticket and/or tow unlicensed, uninsured or inoperable vehicles parked on its property. WBHDC will be closely monitoring its parking lots and either ticketing and/or towing vehicles which are unlicensed, uninsured or inoperable.

REMINDER TO ALL TENANTS



Keep your unit keys safe. Lost or misplaced keys is not classified as an emergency and WBHDC maintenance staff will not attend calls for lost or misplaced keys. You will have to contact one of the local locksmiths to open your unit and, the cost will be your responsibility.

Please make sure you have your keys before leaving your unit!

Electronic Fund Transfer (Direct Deposit of Rental Payment)

Tenants with fixed term leases—If you are interested in switching to direct deposit of your rent payment, forms can be picked up at your site office otherwise we will continue to accept post-dated cheques for the duration of your lease.

Lunch Box Ideas

Are you stuck for kids lunch ideas? When it comes to packing school lunches your kids will enjoy (and not return home with) remember that much of the battle is variety. Here are some ideas:

- Turkey wrap with mayo, dried cranberries, grated cheese.
- Raw veggies and dip (make a fast homemade dip stirring a favourite salad dressing into a small container of mayonnaise and/or sour cream)
- Homemade trail mix (mix dry fruit with dry cereals) with yogurt and a banana.
- Cheese and crackers (the same shape) to make mini sandwiches.

National Bullying Awareness Week November 13—19, 2011

Theme—"Stand Up! (to bullying)"

What is bullying? "Bullying is when a person or group tries to hurt or control another person. There are lots of different kinds of bullying and they all hurt.

Sometimes bullying means hitting, kicking, pushing, shoving or making someone do something they don't want to do. Sometimes bullying is using mean words or threats, calling someone names, or saying bad things behind their back. Bullying can even mean making someone feel unsafe or scared, leaving them out of games, or making them feel that they are not important. Bullying can be verbal, physical, social (leaving someone out on purpose), and also involve cyber bullying (being bullied through the internet).

What can you do if someone is bully you?

- Tell someone you trust. It's not easy to solve the problem on your own.
- Stay away from the bully as much as you can.
- If a bully tried to hurt you, stand up for yourself, but try not to fight. Walk away or yell to get help.

What should you do if you see bullying happen?

- Go to the person who is being bullied and lead them away, without looking at the bully.
- Don't make the bully feel important by paying attention to them. When you ignore bullies, you take away their power.
- Bullies like to look tough in front of others, so they almost always have an audience when they are being mean.
- Most of the time the bullying will end if someone like you steps in to stop it.



LEAF MATCHING

Find the leaves that match and make them the same color.



ANSWERS: Pairs that match — 1&5, 2&9, 3&4, 6&9, 7&8

Source: www.crayola.com

Recipe of the Month

Slow Cooker Orange-Ginger Beef

INGREDIENTS

- 2 lb. (900 g) beef flank steak
- 1 large onion, chopped
- 1 cup less sodium beef broth
- 1/2 cup orange juice
- 1/2 cup Mandarin Orange Sesame Dressing
- 1/4 cup packed brown sugar
- 2 tbsp. grated ginger
- 2 tbsp. soy sauce
- 4 cups tightly packed baby spinach leaves
- 1 cup bean sprouts
- 2 green onions, sliced
- 1/2 tsp basil, crumbled
- 1/2 tsp. oregano, crumbled
- 1/2 tsp. green pepper sauce
- 3 cups frozen mixed vegetables

DIRECTIONS

Place steak in slow cooker, top with yellow onions. Mix next 6 ingredients; pour over onions. **Cook** on LOW 6 to 7 hours (or on High 3—3 1/2 hours). Remove steak from slow cooker, cut across the grain into thin slices. Return to slow cooker. **Add** all remaining ingredients except rice; mix lightly. Serve with rice.

WBHDC MISSION

We will provide affordable housing alternatives to citizens within
the Regional Municipality of Wood Buffalo