

RHHCH NEWSLETTER

Ryde-Hunters Hill Community Housing Co-operative Ltd
Tel: (02) 9808 3545 Fax (02) 9807 2103 Email: inquiries@housing.org.au
38A Church Street, Ryde 2112 PO Box 361, Ryde 1680

Issue 2/2009

www.housing.org.au

July 2009

NOTICE OF TENANT'S FORUM

We warmly invite all members of Ryde Hunters Hill Community Housing to attend a Tenants Forum on Thursday 30th July 2009 at 10.00am to discuss current issues relating to the Community Housing Sector and RHHCH.

Location	St. Anne's Church Hall Church Street, Ryde
Date	Thursday 30th July 2009
Time	10.00am

Please RSVP to Jenny on 9808-3545 or jenny@housing.org.au if you are able to attend.

Morning Tea will be served. We look forward to seeing you all there.

5TH ANNUAL GARDENING COMPETITION



Entry forms are enclosed for the 5th Annual Gardening Competition. All tenants with a 'Green Thumb' are encouraged to enter this year's competition with great prizes to be won.

Please have your completed entries back to the office by the 18th August indicating which category you are entering.

This year's three categories include:

1	General garden (including front/rear gardens, courtyard or balcony)
2	Communal Garden (Including common area in multi unit blocks)
3	Kid's Garden (Including pot plants and vege patches)

Gardens will be judged in mid October with the winners being announced at our Annual General Meeting on **Wednesday 28th October 2009.**

MOULD

The recent cooler and damper weather has seen an increase in the reports of mould appearing in properties.

Prevention of Mould

There are some easy steps that can be taken to prevent mould growing in your home. These include:

- Increase the circulation of fresh air in your home by opening windows and doors each day.
- Increase the amount of natural sunlight into your home by opening curtains and blinds.
- Wipe away any moisture that appears on your windows and walls when it appears.
- Limit the amount of indoor plants you have.
- If using a clothes drier, allow for sufficient ventilation to prevent moisture building up on walls and ceilings. Wipe away any moisture that appears.
- Ensure that the bathroom exhaust fan is turned on when having a bath or shower. If you do not have an exhaust fan, open the window.
- Use the exhaust fan over the stove when cooking.

Removal of Mould

If mould is appearing in your home, the earlier that the mould is removed, the easier it is to control.

- Wash off the mould using bleach mixed with three parts water or commercial product. Clean off mould using a clean sponge or cloth.
- Always protect your skin, eyes and clothes from the bleach.
- Ventilate the area well by opening windows and doors.
- Always read and follow the directions on the packaging on how to use the product.
- Do not dry brush the mould as this could release spores into the air which can spread the mould further.

IN THIS ISSUE

1	Notice of Tenant's Forum	2	Tenant Contribution
1	5th Annual Garden Competition	2	Tenants Survey
1	Mould	2	Environment Watch
2	Repairs		Free Breast Screening

HOUSING NSW YOUTH SCHOLARSHIP

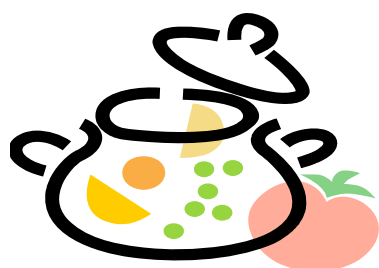
Housing NSW Youth Scholarships Program, help eligible young people living in social housing to complete their HSC or TAFE equivalent.

Scholarship holders are provided with a one off payment of \$2000 to be spent on educational related items.

Application forms can be downloaded from Housing NSW website www.housing.nsw.gov.au or collected from the office.

The closing date for applications has been extended to the 31st July 2009.

TENANT'S CONTRIBUTION



QUICK VEGETABLE SOUP RECIPE

Ingredients

- 1 tbs olive oil
- 1 x 400g pkt frozen veggie mix
- 1 x 800g can diced Italian tomatoes
- 1.25L (5 cups) water
- 145g (1 cup) dried macaroni pasta
- Shaved parmesan, to serve

Method

1. Heat the oil in a large saucepan over medium heat.
2. Add the vegetable mixture and cook, stirring, for 3 minutes or until the vegetables soften slightly.
3. Add the tomato and water, and bring to the boil. Stir in the pasta and bring back to the boil. Reduce heat to medium. Simmer for 15 minutes or until the pasta is al dente. Season with salt & pepper.
4. Ladle the soup among serving bowls and top with shaved parmesan to serve.

REPAIRS

Please report all repairs and maintenance issues to our office when they occur. Please either call or email us with detailed information about the problem.

After reporting the maintenance item, please contact the office if either the repair is not attended to in a timely manner or if you have not been contacted by the tradesperson. Please also notify the office if the repair is not satisfactory.

ENVIRONMENT WATCH

'CLEAN GREEN'



Our homes are places we like to keep clean and healthy for our families. However some of the chemicals we use can be damaging to our health and the environment.

Often more natural ingredients found readily in your home, can be used to replace common harmful chemicals. Here are some quick 'recipes' and alternatives for cleaning:

KITCHEN & BATHROOM

- **All purpose cleaner** – Mix 2 heaped tablespoons of bicarbonate soda with 1 tablespoon white vinegar. Good for most surfaces in the kitchen and bathroom.
- **Fridge cleaner & deodoriser**– Wipe over with vanilla essence.
- **Oven cleaner** – Make paste of bicarb soda and water. Wipe over all surfaces of the oven. Leave until dry then clean off with a stiff brush and very hot water.
- **Tea/coffee stains** – Rub cups & mugs with salt or lemon juice and rub with scourer.
- **Toilet cleaner** – Use vinegar and leave to soak for 10 minutes.
- **Toilet deodoriser** – Open window. Place a small bowl of pot pourri or a pot of mint essence in the bathroom.

LAUNDRY

- **Washing clothes** – Use pure soap or soap flakes. Dissolve in hot water before adding to the washing water. Also look out for biodegradable washing powders or liquid at the supermarket.
- **Stain removal** - Act quickly! Scrape off or absorb as much as the stain as possible. If the stain is fresh and not greasy, wash off with cold water. Remember, hot water will set the stain permanently.

More information & helpful tips on how to "Clean Green" can be found on the Australian Conservation foundation website at

www.acfonline.org.au/greenhome

FREE BREAST SCREENING

BreastScreen NSW is a FREE breast screening service for women aged 50 – 69 years. This government funded service aims to detect breast cancer in its early stages, when treatment can be most effective. To make an appointment or for further information please call:

Telephone: 13 20 50 (cost of a local call)
Interpreter service: 13 14 50.