

**Winter
Edition**

Newsletter

Issue 14
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'THE HUB' opens doors - community partnerships creating connections

An exciting era has begun for local and regional Albury people under the threat of homelessness or in difficulty maintaining a successful tenancy with the opening of 'THE HUB' at 562 Macauley St. The Hub provides one stop shop access to information, advice and support along a continuum of service for clients from early intervention to long term housing options.

The Hub, a collaborative partnership between, YES Youth and Family Services, Homes Out West, Albury Supported Accommodation Service and South West Tenants Advice Service has all four community based non residential homelessness services in Albury under the one roof.

The official Opening, undertaken by the Mayor of Albury, Patricia Gould on the 19 May was a great opportunity to celebrate this new service to the Albury community. A large number of people from a broad cross section of the community took the opportunity to visit the new offices and check out the very unique and environmentally friendly designed building.

If you haven't had the chance yet to visit the new home of Homes Out West please drop in and say hello and we will be pleased to give you a guided tour.



'Officials celebrating the opening of The Hub'



IMPORTANT MESSAGE FOR ALL TENANTS

RENT PAYMENTS

This is a reminder to all tenants *that you must* pay the correct amount of rent every week/fortnight to ensure that you meet your obligations under the Residential Tenancy Agreement, which you signed at the beginning of your tenancy.

The rental subsidy you receive (when we calculate the amount of rent you will pay), is designed to ensure that you are able to afford to pay your rent every week/fortnight.

If you are experiencing financial hardship, it is **not acceptable to simply stop paying rent.**

Homes Out West regularly monitors rent payments and rent arrears. This may result in contact from our office to discuss your situation. If we have trouble contacting you, or you do not respond to our requests, Homes Out West may start procedures to evict you from the tenancy.

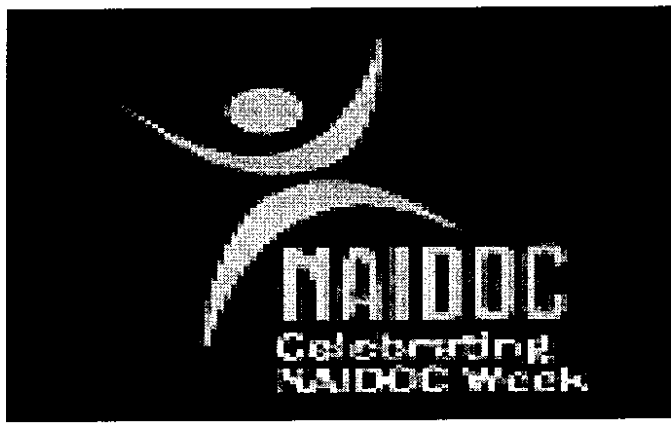
Homes Out West recognises that financial hardship may make it difficult to pay rent and we are willing to work with you to develop appropriate and sustainable repayment plans. It is then **your responsibility** to stick to these repayment plans and ensure that your rent and extra payments are paid every week/fortnight to avoid any eviction procedures commencing.

If you are experiencing financial difficulties that make it difficult to regularly pay your rent, it may be appropriate to attend financial counselling.

Free Financial Counselling is available from:

Albury: - St David's Uniting Care - (02) 6021 7175
Deniliquin - Mission Australia: (02) 6962 4911 or 0427 273 199 (Geraldine Jackson),
Moama - St Lukes: (03) 5480 1120

If your income details have changed since your last rent review or if you would like to discuss your rent situation, please contact Homes Out West.



NAIDOC WEEK (July 5 – 12) begins this month!

The national theme for this year's NAIDOC Week celebrations is 'Honouring Our Elders, Nurturing Our Youth'. The theme encourages communities to acknowledge the status of Elders as leaders and role models for young people. NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

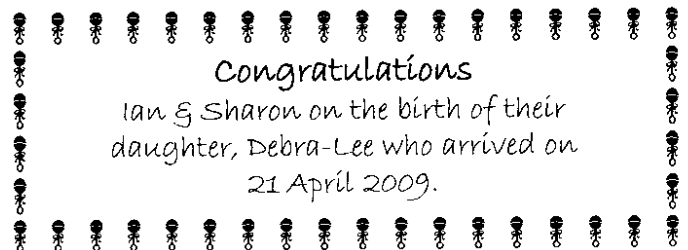
Wherever you live, you can take part in NAIDOC Week celebrations. To find out about NAIDOC Week activities in your area, contact your nearest ICC on free call 1800 079 098.

2009 TENANT SATISFACTION SURVEY

Homes Out West would like to remind tenants that we will be conducting a tenant satisfaction survey soon and we would like to employ tenant(s) to undertake the survey.

You should have recently received an Expression of Interest form. If you would like to apply for the casual position to undertake the survey, please complete the Expression of Interest form and return to Homes Out West by 17 July 2009.

If you would like further information about this position, please contact Jennifer Townsend (Housing Worker) at Homes Out West – Deniliquin on (03) 5881 4182.



NATIONAL RECONCILIATION WEEK 27 May – 3 JUNE Deniliquin Reconciliation Group



Homes Out West is involved with the Nyerna Deniliquin Reconciliation Group. In recognition of National Reconciliation Week, on Saturday 30 May 2009, the Nyerna group had a stall in the kiosk on Cressy St, Deniliquin. We had reconciliation material available to highlight the purpose of Reconciliation Week – which is about non-Indigenous and Indigenous people celebrating Aboriginal cultures, recognising history and having conversations about how we can move forward together.

The theme for Reconciliation Week this year was 'Recognise the person not the Stereotype'. The purpose of this theme was to try and break down barriers of negative stereotypes that are often portrayed by the media and wider society.

Please contact Housing Worker Jennifer Townsend at the Homes Out West Deniliquin office on (03) 5881 4182 if you would like to join the Nyerna Deniliquin Reconciliation Group or if you have any ideas about how we can raise the awareness about reconciliation matters.

ENERGY TIPS

During the winter months, it's easy to end up with huge electricity bills due to having heaters on constantly. Here are some tips to help reduce your electricity bills:

- Wear warmer clothes or put an extra blanket on the bed;
- Close windows and doors and turn heaters off when you go to bed;
- Close doors to bathrooms with exhaust fans because they can let cold air in and make heaters work harder;
- Don't overheat your home. Keep your room heated to 18 - 21°C – every degree above 21°C adds roughly 10% extra to your heating costs;
- Energy Australia estimates that approximately ¼ of household energy use is in relation to heating and cooling costs;
- Portable heaters such as bar radiators or fan heaters are cheap to buy but expensive to run – if you are going to buy a portable heater, ask about which heater is the cheapest to run and use only in small areas for short periods of time;
- Adjust the temperature on your hot water service to 60°C and install AAA rated showerheads. This will reduce the amount of hot water you use and reduce the energy required to heat it;
- A lot of heat can be lost through windows so close blinds or curtains when you have the heater on;
- Draught proof under doors (i.e. door snake/sausage) and around windows (window seal tape) to improve insulation; Electric blankets use much less energy than room heaters – pre-warm bed and turn it off when you go to sleep.

If you haven't already, book your **FREE** Home Energy Assessment from Murray Energy. They can advise on ways to reduce your energy consumption and install energy saving compact fluorescent globes which will save you money.

To make a booking:

Albury – 02 6041 4654

Deniliquin – 03 5881 3010



Guess the celeb!

(from last newsletter)

ANSWER

Jimi Hendrix

HOME FIRE SAFETY

After the devastating bushfires last summer, it's important to remember the importance of being as fire safe as possible. Whilst bushfires are common in summer, house fires are common in winter. The following tips have been provided by the NSW Fire Brigades as a simple safety checklist to assist in keeping your home fire safe:

- Testing smoke alarms regularly is an important part of your home fire safety plan. If the smoke alarms in the house have batteries, ensure they are changed regularly;
- Have a written home escape plan in case of fire and practice it regularly;
- Make sure keys to all locked doors are readily accessible in case you need to escape;
- Never leave cooking or any other open flame including candles or oil burners unattended;
- Clean the lint filter of your clothes dryer each and every time you use it;
- Never smoke in bed and take extra care if consuming alcohol whilst smoking;
- In Winter take extra care when using heaters, electric blankets or open fires;
- Don't overload power points and switch off appliances when not in use;
- Always keep lighters and matches away from children and educate them that they are "tools not toys" to only be used by responsible adults;
- If you have a garage or shed remember to take extra care with any stored chemicals and fuels and always refuel mowers, edgers etc when they are cold and in the open;
- If you have a gas, electric or wood BBQ, always check that it is in safe working order before lighting and that it is always in the care of a responsible adult when in use.

If you live in a bushfire prone area keep the ground around your home clear of leaves and other litter and remember to clean your gutters regularly.

Ring 000 to report a fire.

ECO STORE

The ECO Store has a range of energy efficient and environmentally friendly products including energy efficient globes and water saving products i.e. shower timers and water saving buckets.

The ECO Store is offering free draught excluders (door snakes/sausages) with each purchase over \$25.

The ECO Store is located in Shop 12, Centrepoint, Olive Street, Albury – 02 6041 4654.

GUESS THE CELEB!



Answer in the next newsletter

- Britney Spears
- Christina Aguilera
- Jennifer Aniston

Q: What kind of dance do you do on a trampoline?

A: Hip Hop!

Chicken and vegie baked risotto

INGREDIENTS

- 2 tablespoons olive oil
- 2 small chicken breasts, cut into chunks
- 1 onion, chopped
- 1 zucchini, chopped
- 1 medium kumara, peeled, chopped
- 1½ cups Arborio rice
- 400g can diced tomatoes
- 1 tablespoon vegetable stock powder
- Boiling water
- Shaved parmesan, to serve



METHOD

1. Preheat oven to moderate, 180°C. Lightly grease a 3-litre ovenproof dish.
2. Heat half the oil in a large frying pan on high. Cook chicken in 2 batches for 2-3 minutes, until browned. Transfer to a bowl.
3. Sauté onion, zucchini and kumara in the same pan for 3-4 minutes, until onion is tender. Add to bowl with chicken.
4. Heat remaining oil in same pan on medium. Add rice, stirring, to coat in oil. Transfer to prepared dish with chicken, vegetables, tomatoes and stock powder, mixing well.
5. Add boiling water to just cover rice. Bake for 45-50 minutes, stirring every 10 minutes, adding extra boiling water if required.
6. Remove from oven. Season to taste. Serve with parmesan.

Serving size: Serves 4



Badge Making Workshop

- When:** Wednesday 22 July 2009
- Where:** Library Museum
Corner Kiewa and Swift Streets
ALBURY NSW 2640
- Price:** FREE

FUN THINGS TO DO WITH YOUR FAMILY

Wooden Spoon People



How about making someone out of a wooden spoon? Draw their eyes and mouths on the spoon part and add woolen hair, cardboard clothes, string arms - let your imagination go wild!

Put on a puppet Show

You can make puppets out of all sorts of things.

Here's how to make a sock puppet. Put an old (clean) sock over your hand. Make the mouth by following the drawings. Draw the eyes and nose on the sock, then take it off your hand and stick - or sew - buttons, bits of card, ping-pong balls or anything you can think of in place. Coloured wool makes great hair.

For a fun family treat, try putting on your very own Puppet Show using your new friends. An old cardboard box will make the perfect stage for your show, and you can hide behind a sheet so no one knows it's really you doing the talking.

