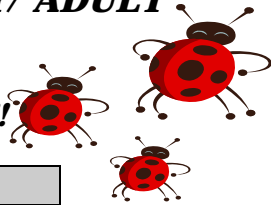


SPRING 2010-FAMILY/ ADULT EDITION

Ladybug, ladybug
Fly away home!!!



In This Issue
Upcoming Events
Health & Safety Info
Income Tax Information
KFHC Department Info
Holiday Hours

KID'S CORNER:

What goes up but never comes down???



City By-Laws/Pet Leash Rules:

- ◇ Dogs/cats must be on a leash in the yards, and not running in common areas.
- ◇ Bag animal feces and please put in garbage.
- ◇ Dogs & cats must have a licence.



PET TAGS...

Get your pet tags (cats & dogs)

The City of Kingston is reminding residents that all pets must be licenced. Dog & cat licences expire and must be renewed each calendar year.

Pet licence tags are available at all municipal offices, the Kingston Humane Society and some veterinary clinics.

For more information on pet licences, costs and discounts, please call 613-384-1770, ext.150 or visit the City website www.cityofkingston.ca/pets.

Pet licences can be renewed online.

@ cityofkingston.ca/pets. The application for registering new pets is also available to be downloaded from the site.

Owners who have received a renewal notice can use the registration number, and Visa or Mastercard, to renew their pets' licences online.



SPRING

CLEANING

It's that time of year!!! Time to clean up the yard for all those backyard barbecues! If you have any large items to dispose of, you can call:

Glen Bates – 613-544-2100

For a small fee your unwanted articles can be discarded. It is illegal to place the items at the curb.

Crime Stoppers



DOESN'T want your name.....Just your Tips & Information..... Your Identity is never known to anyone! **NEVER!**

If you have information about illegal activity or suspected perpetrators, please call the 24 hours Crime Stoppers national toll free number...:

1-800-222-TIPS (8477) You may receive a cash reward!

If you have information about someone wanted by police or a person you know has committed a crime but has not been arrested, you can contact the number above or your local police station. **(No Tip Is Too Small)** If you are witnessing a crime in progress you should dial 911 in areas with that service.

HEALTH & SAFETY - IMPORTANT INFORMATION ON NEEDLES & SYRINGES

- Never put needles or syringes in the garbage or blue box.
- Place all needles and syringes in a secured puncture proof plastic container with a screw-on lid. (e.g. 2 litre pop bottle or rigid detergent bottle) clearly labeled "needles" or "syringes".

PLEASE BRING NEEDLES/SYRINGES IN CONTAINERS TO:

- Household Hazardous Waste Depot.
- KFL&A Health Unit - 221 Portsmouth Avenue from Monday to Friday from 8:30 a.m.– 4:30 p.m.
- Street Health Centre.

If you have additional questions about syringes or what to do if you have received a needle stick injury, call the KFL&A Health Unit at 613-549-1232.



Household Hazardous Waste Depot

The City of Kingston operates a Household Hazardous Waste facility where residents can drop off items at no charge. It includes batteries, paints, paint thinners, paint strippers, old medicines and includes cleaning agents, pool chemicals, gasoline and motor oils. Please remember that hazardous materials should **NOT** be poured down the sink, drain or toilet.

Hours of Operation: 9:00 a.m. to 2:00 p.m. every Thursday and the second Saturday of each month, beginning in April and ending in November.

Where?: Kingston Area Recycling Centre, 70 Lappans Lane.



EARTH HOUR

It's back! On Saturday March 27, 2010 from 8:30 p.m.– 9:30 p.m.

VOTE EARTH by simply switching off your lights for one hour, and join the world for Earth Hour and save our planet!



Fire Safety Simple Hints

- Stand by your pan – avoid a cooking fire - #1 cause of fires in the home!!!
- Be kitchen wise – When cooking do not wear loose-fitting clothing or roll up loose sleeves when cooking.
- Put a lid on it – If a pan catches fire, slide a lid over it, turn off the burner and remove the pan.

Reminder

Kingston Transit Tax Credit

Monthly transit passes are eligible for a non-refundable 15.25% federal tax credit. Always keep your monthly transit passes and receipts if you plan to claim the tax credit on your 2009 income tax return.

For more info contact Kingston Transit- 613-546-4291 ext 2392

Policy Matters -10 Day Reminder

Has your income source or amount changed?
Did someone move IN or OUT of your unit?
You must report all income changes within 10 days.
Failure to do so may put your tenancy at risk and result in loss of your subsidy.
Any changes in your source of income or the number of persons living in your unit must also be reported immediately or within 10 days. Please don't wait until you are facing an arrears situation.

Process Income Tax Free

Please note new location!!

The Volunteer Information Centre is running an income tax clinic again. Free to individuals with an income less than \$25,000 or family income less than \$35,000.

Salvation Army – 342 Patrick St.

Call 613-548-4411 for more details if you would like your income tax return prepared.

PITCH-IN KINGSTON DAY

Will be held this year on Friday, April 23rd. To participate and receive more information on this event, residents should call Chamber of Commerce at 613-548-4453 to register.

Stay tuned for notices regarding upcoming neighbourhood clean-up activities in your community!



GARBAGE TAGS...

Garbage tags are available at this office at \$2.00 each – just ask at the reception desk. If you are purchasing a large amount of garbage tags at one time, we suggest you go to one of the major centers.

Some locations to consider:

- Municipal Office - 1211 John Counter Blvd
- Gordon's Deli – 139 Drennan Street
- Gordon's Grocery - 1182 Montreal Street
- Cataraqui Town Center – Customer Service Booth
- Kingston Area Recycling Center – 196 Lappan's Lane
- Medical Arts Pharmacy – 800 Princess Street
- St. Lawrence College, Student Association – Front Desk, 2nd floor.

TENANT INSURANCE

SoHo Tenant Insurance is being offered through SoHo Insurance Incorporated as a low-cost group insurance plan for social housing residents in Ontario. Prior to this there was no insurance available to tenants in the social housing sector. Contrary to belief tenants are not covered by the Landlord's insurance.

This insurance ranges from 51 cents a day to 70 cents a day and covers personal property as a result of fire, theft and damages and covers liability costs resulting from negligent acts causing loss or damage to the property of others.

There are two insurance plans available:

Option #1

- \$10,000 of personal possessions
 - \$2,000 for additional living expenses
 - \$300 deductible
 - \$500,000 in legal/liability costs
- | | |
|--------------------------------|-----------------|
| Payment with application - | \$40.00 |
| 9 Monthly Payments - | \$15.65 |
| (1 st of the month) | |
| Total | \$180.85 |

Option # 2

- \$20,000 of personal possessions
 - \$4,000 for additional living expenses
 - \$300 deductible
 - \$1,000,000 in legal/liability costs
- | | |
|--------------------------------|-----------------|
| Payment with application - | \$40.00 |
| 9 Monthly Payments - | \$21.50 |
| (1 st of the month) | |
| Total | \$233.50 |

To get started, you can phone your Property Management Assistant at Kingston & Frontenac Housing Corporation and request an application form or download an application form from their website at www.sohoinsurance.ca or contact SoHo Insurance Incorporated at Toll Free number – 1-866-440-2492. Call today.





ABOUT P.R.O. KIDS

P.R.O. Kids — Positive Recreation Opportunities for Kids — is a service dedicated to ensuring that recreation opportunities exist for children and youth who would not ordinarily be able to afford the cost of participation. The key to P.R.O. Kids success is through its many partnerships with community recreation providers, who donate a limited number of reduced-cost spaces within their program.

Through the P.R.O. Kids application process, eligible families are then able to register their child (or children) in these programs at the reduced program cost.



HOW P.R.O. KIDS HELPS

P.R.O. Kids helps Kingston's children and youth up to the age of 18, who are unable to afford program fees by:

- Forming partnerships with community recreation organizations that donate a limited number of program spaces in their programs.
- Matching children and youth with programs suited to their interests.
- Raising money to purchase additional program spaces from their partner organizations.
- Assisting with the purchase of program equipment and supplies when needed.
- Consulting with families on transportation needs. Transportation support may be provided through bus tickets, car pooling or taxi.
- You can pick up an application at our office by speaking with our receptionist.

KID'S CORNER: ANSWER!!!

YOUR AGE!



Francyne Givogue
General Manager



FROM

ADMINISTRATION DEPARTMENT

EASTER HOLIDAY OFFICE SHCEDULE

Good Friday – April 2, 2010

Easter Monday – April 5, 2010

Kingston & Frontenac Housing Corporation

Current Board Members

Linda Wood– Chair

Dorothy Hector - Vice-Chair

Dianna Teeple

Mark Gerretsen

Gerard Hunt

Bill Glover

FROM

FINANCE

DEPARTMENT...

Did you know that Kingston & Frontenac Housing Corporation accepts rent payments in the following ways?

- ✓ CASH /CHEQUE/INTERAC: At our office located at 119 Van Order Drive
- ✓ CHEQUES can be mailed to our office or placed in the night deposit box located at the front entrance
- ✓ PAY DIRECT: by completing the pay direct form available at the office
- ✓ ONLINE BANKING: from your bank's website
- ✓ TELEPHONE BANKING: on the telephone through your bank
- ✓ PRE-AUTHORIZED PAYMENT: You can get the details from Dawn our Financial Assistant

** You will need your KFHC account number for the initial set up of online or telephone banking. If you do not know your account number, please contact Dawn at 613-546-5591 ext 101.

THERE ARE NO BANKING FEES FOR TELEPHONE OR ONLINE SERVICES

From

Technical

Department...

PLEASE REMEMBER...

It is in violation of the Ontario Fire Code, and Kingston & Frontenac Housing Corporation policy to store any fuel related storage containers or engines, in your apartment or townhouse. These must be secured at a minimum of 10 feet from your unit or any structure.

Please report any plumbing leaks to our office. Surfaces left untouched will continue to become wet and eventually start to grow mould. The battle with mould will continue unless we can stop it at the source. Please ensure dryer vents are attached and vented outside. The increased humidity from an improperly vented dryer is very harmful to your living environment, and to your unit.



-5-

From Property Management Department

It's been a busy time for your Property Managers and Applicant/Tenant Services Coordinators.

In collaboration with the Kingston Health Unit, North Kingston Community Health Centre; Canadian Mental Health Association and Canadian Diabetes Association, seminars have been presented on Healthy Eating Tips, Prevention & Dealing with Diabetes, Self Esteem Workshops, and Scrapbooking.

The apartment buildings are busy forming Tenant Groups. We anticipate great success from these newly formed groups and are looking forward to working with them. Hosted events have included bake sales, a Valentine's Day dinner, Bingos and Makeover Days.

We've Talked Trash with our Compton Street & Conacher Drive residents. Derek Ochej of Kingston Area Recycling has agreed to provide KFHC with recycling bins for all new tenants.

In February, 2010 Kasia & Mary-Louise hosted Energy Conservation Education Programs to all of the apartment buildings. Remember some quick tips for saving energy are:

- Turn it off. Remember to turn off the TV, computer, stereo, DVD players and lights when you're not using them. Install a power bar with an integrated timer to shut off all your devices at the end of the day.
- Phantom power or standby power is electricity consumed by electronic devices even when turned off (DVD players, TVs, phone chargers, coffeemakers with clocks/timers, etc.) Use a power bar with an integrated timer to shut off all your devices at the end of the day.
- Preheat your oven only for a minimum amount of time. It is only really necessary for baking.
- Use the range top instead of the oven if possible. The range uses far less energy.
- When cooking or baking, do not open the oven door any more than necessary. The oven loses about 20% of its heat every time you open the door.
- Use a microwave or toaster oven to warm leftovers, especially during the summer.
- Thaw frozen foods in the refrigerator. This can reduce spoilage and even help keep the fridge cool.

We encourage each and everyone to conserve energy. We look forward to meeting with everyone again in May, 2010 to see how we've saved and how we can continue to save.

Upcoming plans are underway for Fire & Crime Prevention Seminars and of course Community in Blooms, 2010. This is Kingston & Frontenac Housing Corporation's 7th year participating in this exciting event.



PARKING REMINDER

- Your vehicle is unauthorized to park in any Kingston & Frontenac Housing Corporation parking lot, unless you have a Kingston & Frontenac Housing Corporation parking sticker.
- Your vehicle is not to be parked in visitors' parking for an extended period of time. Permission is only granted during **business hours only**.
- Your vehicle cannot be in a NO PARKING ZONE
- Your vehicle must be roadworthy to park in any Kingston & Frontenac Housing Corporation parking lot.
- Vehicles parked on grass or lawns will be towed.

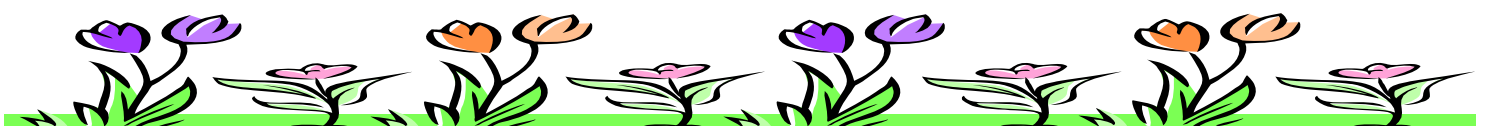
Failure to immediately move your unauthorized vehicle from Kingston & Frontenac Housing Corporation's property will result in your vehicle being towed at your expense!

Did you know that you could get cash for your old vehicle?

If you have a vehicle that you wish to dispose of, KIMCO can help you and may even pay you for your vehicle! All you need is:

- ✓ Proof of ownership or an insurance card with a VIN number that matches the one on your vehicle.

For more information please contact KIMCO at (613) 544-1822 or visit 1325 John Counter Blvd.



KEEPING KIDS SAFE FROM DOG BITES

Dogs can make great playmates for kids.

Here's how to minimize your child's chances of being bitten by one of them:

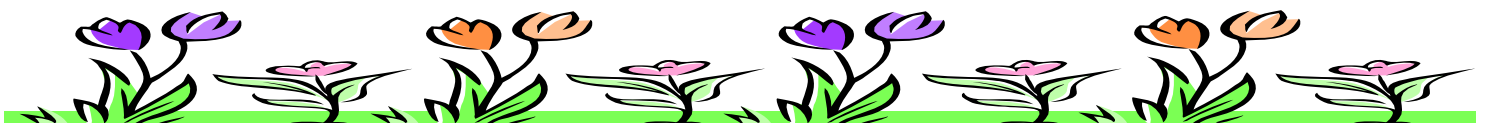
- Never leave an infant or small child unattended with a dog.
- A dog with a history of biting should be confined or restrained in the presence of small children.

Risk factors:

- . Boys are bitten at **twice the rate** of girls.
- . Children **ages 5 to 9** are bitten **most frequently**.
- . Children who **own dogs** are **more likely to be bitten** than those who don't.



- Teach your children that unfamiliar dogs no matter how small, cute or fluffy should not be touched or approached without the pet owner's permission.
- Children should be taught to respect their pets. This includes not disturbing them while they're eating, sleeping, chewing a bone and playing with a toy. They should never provoke, tease or abuse their pet. For your pet may become wary and lose trust in children.
- Dogs should never be cornered against the wall or furniture, or in their resting places.
- Kids should be taught to walk away slowly – and not to run – when confronted by a growling dog.
- Children should avoid close face-to-face contact with dogs.
- Puppy owners should expose their young dogs to a variety of other pets as well as children of different ages. Familiarity reduces fear.
- Dogs should not be left unattended outdoors for long periods of time.
- Non-neutered male dogs are more likely to bite than are neutered ones, so consider having them neutered.





What's Up at the Wally?



February/March 2010

The new meeting room is open and ready for business! If your group offers a service or program to Rideau Heights/Markers Acres residents, the Wally facilities could be available for your use.

We're always open to hearing what residents are looking for in terms of programs and services, so please feel free to stop in and chat with staff about what you would like to see happen at the Wally.

PLEASE NOTE: NEW SKATING TIME FOR PARENTS & TOTS/SENIORS!

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Coming Up!
9am to 12 noon	Closed	Kingston Literacy Adult Upgrade Program with childcare 9am-12pm 547-2012 for details	Closed for morning Building opens at 11:45am Oldtimers Card Group 12-2pm	Kingston Literacy Adult Upgrade Program with childcare 9am-12pm 547-2012 for details	Better Beginnings 9:30-11:30am Playgroup for Parents/Caregivers and kids 0-5yrs. 542-2835 for details	Special Events Resident Meetings with Wendy Christopher. Feb. 1, Mar. 8 4 - 5:30pm. Jr. CRNC Skating Party Feb. 12 3 - 5pm Family Day Feb. 15 Open only for Public Skate 3 to 5pm
12 pm to 3pm	Closed	Closed 12:30 to 1:30pm	Writing Group For Adults 12:30 - 2:30pm NEW TIME! Parents & Tots & Sr./ Adult Skate as of Feb. 10 1 to 3pm	Closed 12:30 to 1:30pm	Closed 12 to 2pm	
3pm to 5pm	Closed This and other times available for your group activity. Please call!	Gameface Games/Crafts/ Activities Ages 6-14yrs 3 to 5pm	Gameface Teen Drop In: 3 to 5pm Ages 13-17 yrs	Gameface Games/Crafts/ Activities Ages 6-14yrs 3 to 5pm	Gameface Games/Crafts/ Activities Ages 6-14yrs 3-5pm PUBLIC SKATING 3:10 to 5pm	
6pm to 8pm	Skating Lessons 5 to 6pm. Boys and Girls Club 6-8pm Grade 1- 8 PUBLIC SKATING 6 to 8pm	Gameface Teen Night (Dinner Provided) 6-8pm Ages 13 to 17 yrs	Gameface Movie Night Ages 6-14yrs 6-8pm PUBLIC SKATING 7 to 8pm Irish Dance resumes in the spring.	Homework Club Get Help with Homework 6-7pm Gameface Game Room** **Homework club attendees only 7 to 8pm Ages 6 to 17yrs	Girls Night and Boys Night / Game night (board Games) Special Events Ages 6-14 6 to 8pm PUBLIC SKATING 6 to 8pm	

Meeting room and ice bookings for groups serving the Rideau Heights and Markers Acres area are available by calling Lesley Kimble at 546-4291 ext 1715. The ice will remain in until March 19, 2010

For information on programs offered by community organizations, call the number listed, or drop by the Wally during their programs to speak with their staff. See more details about the above programs on the reverse side of this sheet.

Did you know that the Wally Elmer is a Host Site for the Good Food Box?

Food Box orders go in the second Friday of each month/Pick up is the third Thursday each month.

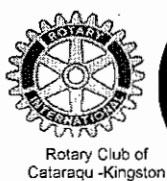
Place your order with the Wally staff by no later the second Thursday of each month.

Unemployed or looking for a new job? Check out our Job Board....

Drop in anytime the Wally is open to check out the most recent postings for jobs in the city.

Boards are updated through employment services a couple of times a week.

Please turn over....



The Wally Elmer Neighbourhood Centre:
bringing neighbours together

50 McCauley St. Kingston Phone: 613-542-3817



Meet Me at the Wally!

Winter may be here, but things are 'heating up' at the Wally! Regular programs are in full swing and more are getting underway. All Programs at the Wally are FREE with the exception of our Monday Learn to Skate program, but all participants are required to register for programs that they participate in.

Here are some updates on what's happening this winter:

NEW MEETING ROOM: the renovations on the downstairs meeting room are complete! The room is wheelchair accessible and will serve as a meeting/activity room for our user groups. Bookings can be made by emailing Lesley Kimble at lkimble@cityofkingston.ca.

Kingston Literacy Adult Upgrading (with childcare) and the Better Beginnings Playgroup for parents and tots under 5, are back in the mornings at Wally! See the times on the schedule on the reverse side of this page. For more information, feel free to drop in to any of these programs to speak with their staff or call their offices directly.

Community Living Kingston - Family Support Workers assist families with a member who has an intellectual disability. We are in the Wally Meeting Room the third Friday of each month from 9:00 to 11:30 to provide information about services, funding, etc. Please drop in at the Wally on the third Friday, or call 613-546-6613 ext. 228 for more information.

Gameface Drop-in programs include a variety of crafts, sports, video and table games and other activities for various age groups. Kids are welcome to participate any time as long as its their age group time, and that they are respectful of the equipment, other kids and staff. You'll be pleased to see more time for 6 & 7 year olds, and kids will be split according to ages groups during drop in if the numbers allow. Every 2 to 4 weeks registered Gameface participants will have the opportunity to participate in fun and exciting field trips to various attractions around the City. Eligibility for field trips is based on behavior during the normal program. The Gameface program is a drop in program and participants must be permitted to come and go as they choose. If you child or teen would like to get out of the house and have fun in a safe environment this is the program for you. Gameface registration waiver and code of conduct agreement required to attend.

Homework Club - time dedicated to homework, where your child can have a quiet place to work and get help with their school work or projects, use the computers etc. Its not all work and no play, there is some fun time scheduled after the homework is put away but only for those who attend the homework club! Gameface Waiver required.

Boys and Girls Club Outreach Program

Boys and Girls Club of Kingston runs an Outreach Program at the Wally Elmer on Monday's from 6-8 pm. Activities include sports, arts and crafts, holiday themed activities and special guests. Its for grades 1-8 and there is no cost.

Boys and Girls Club Ice Hockey Program takes place at the Wally Elmer Arena, Wednesdays from 2:30 – 4:30 p.m. for Ages 10-14 . Equipment is provided by the Boys and Girls Club Contact Kirstin at 613-561-3777 or bgcnorth@gmail.com for more information .

Big Brothers/Big Sisters is planning a Boys Group Mentoring program for the spring. , Watch for details coming soon. Volunteers are needed . For information call 613-544-1621.

Adult and Senior Drop In Programs

The Adult Writing program is underway Wednesdays at 12:30 to 2:30pm and participants are loving it! It's a social group too, so Instructor Annie Milne will teach you the basics of writing and you'll work at writing whatever interests you - a book, document your memoirs, poetry, etc. No experience needed, new participants are always welcome. Call 542-9988 for details.

The Oldtimers Card group meets weekly upstairs from 12 to 2pm on Wednesdays, and newcomers are always welcome. Stay after cards for a free skate if you wish!

In the coming months we hope to be able to open up the computer room for use on a drop in basis and start an adult and seniors drop in activity program in the new accessible meeting room. Are you interested in adult yoga? Fitness? Crafts? Do you have a skill you might like to teach to others?

If you are interested in these or other programs, please tell us what time works best for you - mornings? afternoons? Please feel free to drop in and talk to the Wally staff or give us a call at 542-3817.

All Program /ice times are subject to change. Changes will be posted in the lobby.

Questions?

Call 613-542-3817 to find out more about ongoing activities at the Wally!