

bhc tenant news

EDITION 6 JUNE 2014

WINTER WARMERS

Fire safety &
awareness



James and Estelle- BHC Tenants

NAME OUR NEWSLETTER and WIN A PRIZE!!

We need your help with our nameless newsletter! BHC is running a contest to name our new and improved Tenant Newsletter! If you have any suggestions as to what this newsletter should be called- please let us know! The winner will be contacted by BHC and the name unveiled in our October newsletter! There will be a small prize for the winning suggestion.

HOW TO ENTER:

You can enter by emailing BHC at reception@bhcl.com.au or by calling (07) 3307 3000. Make sure you include the following details in your email:

Your name

Address

Phone Number

Your Newsletter Name suggestions!

Entries close on the 31 July 2014



IN THIS EDITION

Winter Warmers:
delicious recipes to keep
you warm this winter

FIRE!
Safety & Awareness

Whats happening in
Brisbane

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SPOTTED
in Brisbane

For more information
about anything in this
newsletter please
contact BHC on
3307 3000

...to our new and
improved newsletter!

BHC recently had the pleasure of conducting Focus Groups. These Focus Groups were a way for BHC to gain a better understanding of our Tenants expectations of us and to work towards creating a stronger relationship within the BHC Community. A big Thank You to the Tenants who came along, it was truly great to hear so much thoughtful, positive feedback.

During these meetings, it was mentioned that our newsletter needed some work and we have listened!

We hope you enjoy the new content and layout! If you have any suggestions on this issue or further issues (or have anything you would like to contribute) please do not hesitate to contact us on **reception@bhcl.com.au**

We would love to hear from you!

David Cant
CEO





Artwork by
Salvica Kovavec

LOCAL ARTISTS HAVE A CHANCE TO SHINE

BHC tenants have a chance to show and sell their artwork along with other artists from a range of Brisbane based community service organisations in an Art Exhibition called CollaborART.

Initiated by Community Service Provider, 139 Club, the exhibition is an exciting opportunity for creative minds to showcase their most prized pieces as a part of the BHC display.

For the artists involved this is a chance for them to exhibit in one

of Brisbane's most reputable galleries.

All of the pieces on show will be available for sale with the proceeds going directly to the artist.

If you would like to attend, the pieces will be on display from the Opening Night on 20th June and will continue through to the 2nd of July. Entry to the Opening Night is \$10.

The exhibition will be held in the Art and Design Gallery, 10 Bailey Street, West End.



winter warmers



With winter just around the corner, we've included some tips to stay warm, delicious recipes, and more to keep you cosy during the colder months!



Tips for Staying Warm and Saving Energy!

Here are some simple ways you can stay warm and reduce your energy costs...

Keep your home around 20 degrees by closing doors and windows at sundown. Closing curtains and blinds also helps to lock in the heat.

Make sure that you wear several lighter layers of clothing instead of a single heavy layer.

Don't forget woollen socks to keep your feet warm and a beanie! 40% of body heat escapes from your feet and head.

If you use a heater, close the door to rooms that don't need heating – such as bathrooms.

Layer up and go for a walk! Exercise increases blood flow which warms up your body naturally! It also helps fight off those winter pounds!



5 steps to staying happy and healthy this winter:

1. BOOST YOUR DIET!

Eating foods that are high in vitamin C will help keep your immune system strong, so include fruit and veges such as lemons, kiwifruit, capsicum and broccoli in your weekly shop.

2. EXERCISE REGULARLY

It's important keep your workout regimen up during winter. Studies show that a moderate level of regular exercise has a long term effect on immune response.

3. STAY CONNECTED

Socialising helps strengthen your immune system by keeping you active and reducing your stress levels.

4. SCRUB UP

Frequent hand washing is one of the best ways to avoid getting sick and spreading illness.

5. SLEEP WELL

Lack of sleep can have a serious effect on your immune system. Avoid watching TV or using a computer just before bedtime and turn the lights down an hour before you turn in. It will help relax the brain.

Porridge is the ultimate Winter Warmer!
Try adding Cinnamon, Banana, Blueberries
or Apple for a modern twist on an old classic!



ONE POT SAUSAGE STEW

Serves 4

Ingredients:

1 tablespoon olive oil
500g extra-lean beef sausages (can
also switch for chicken sausages) 1
medium brown onion, halved,
sliced
2 garlic cloves, crushed
400g can cannellini beans, drained,
rinsed
800g can diced tomatoes
1/4 cup barbecue sauce
1 tablespoon brown sugar
Chopped fresh flat-leaf parsley
leaves and crusty bread, to serve

Method:

1. Heat half the oil in a large,
heavy-based saucepan over
medium-high heat. Cook sausages,
in batches, turning, for 5 to 6
minutes or until browned all over.
Transfer to a plate.
2. Heat remaining oil in pan.
Add onion and garlic. Cook,
stirring, for 5 to 6 minutes or until
onion has softened. Add beans,
tomato, barbecue sauce and sugar.
Return sausages to pan. Cover.
Bring to the boil. Reduce heat to
medium-low. Simmer, uncovered,
for 25 minutes or until sausages
are cooked through and sauce
thickened. Sprinkle with parsley.
Serve with crusty bread.

Enjoy!

***Tip: Freeze any leftover
portions! They are a fast
and nutritious option for
those nights you do not
feel like cooking!***



Want to make this at home?

To make sure you remember
everything, keep your handy
cutout Shopping List →

Shopping List

- ☐ Olive Oil
- ☐ 500g beef sausages
- ☐ 1 medium brown onion
- ☐ 2 garlic cloves
- ☐ 400g can cannellini beans
- ☐ 800g can diced tomatoes
- ☐ Barbecue sauce
- ☐ Brown sugar
- ☐ Fresh flat-leaf parsley leaves
- ☐ Crusty Bread

SPOTLIGHT ON

Queensland Fire Safety Awareness

Statistics reveal that almost half of all home fires are started in the kitchen and 43% of all fire fatalities occur in winter. A fire can take hold in just minutes and can quickly travel throughout unit complexes.

There are a number of fast, easy things that you can do to reduce fire risks in your home and to protect yourself and family from fire this winter.

Heaters

Keep a clear space of one meter around your heater. Portable heaters should always be placed in a stable position, a safe distance away from bedding, clothing, curtains and tablecloths.

Electric Blankets

Never go to sleep with an electric blanket on. Electric blankets may cause fires in bed if there are faults or breaks in the fine wires inside the blanket. These breaks can be caused from storing the electric blanket in a tightly folded manner in a cupboard over the summer months.

Electrical

Check and test electrical appliances that have been stored for long periods of time along with frequently used appliances. Do not use any electrical appliance if the cords are frayed or worn. Avoid overloading power boards with electrical appliances.

Low Fire Danger Clothing

When purchasing clothing for children, such as pyjamas, look for LOW FIRE DANGER labels. Consider buying clothing which is close fitting. Wool offers a higher degree of fire resistance than synthetic materials.

Smoke Alarms

Maintain your smoke alarms. Have you checked the batteries and tested the alarm? Make sure it's in working order.

Clothes Dryers

Regularly clean your clothes dryer. Clean the lint out from the filter/s in the dryer. Do not leave the home or go to sleep with the clothes dryer on. Always make sure that the clothes dryer goes through the full drying cycle, which includes the cool down stage.

Wheat Bags

If wheat bags are overheated, the excess heat cannot dissipate which may result in spontaneous combustion of the wheat grains.

Evacuation Plan

Make sure you know your evacuation route and assembly area. If you don't know, contact your Housing Manager. In the event of a fire call Queensland Fire and Rescue Service on Triple Zero (000). NEVER go back into a burning building.

Cooking

Keep an eye on your cooking. Never leave cooking unattended. Cooking fires are the most common cause of residential fires. Have an extinguisher or fire blanket ready for use in an accessible position, close to the kitchen exit.

For more tips on Fire Safety, visit the Queensland Fire and Emergency Services website on www.fire.qld.gov.au



community announcements



Do you have a problem that you are trying to solve in the Queensland Civil and Administration Tribunal? If so, and you don't have a lawyer, QPILCH may be able to help.

QPILCH provide free and independent legal advice with volunteer lawyers to help people represent themselves in the best possible way.

The legal advice is available by appointment only. For information about how to apply for an appointment call (07) 3006 2324 or email gcatadmin@qpilch.org.au.

Crime Stoppers

Every piece of information helps!

If you ever see any suspicious activity or witness a crime in your area - please call Crime Stoppers. Any information you give is anonymous and valuable!

Crime Stoppers is free to call and is available 24 hours, 7 days a week. You can also use the Crime Stoppers Mobile App to share any information or fill out an online form.



Policelink

Policelink is a division of the Queensland Police Service. Anytime you would like to report a non-urgent crime or incident, or for general police enquiries phone Policelink. Their contact centre is available 24hours, 7 days a week and you will be able to speak with a trained Policelink Client Services Officer who will assist with the non urgent incident.

**IF A CRIME'S HAPPENING
RIGHT NOW, CALL
TRIPLE ZERO (000).**

**IF NOT, THINK
POLICELINK.
CALL 131 444.**

*It breaks my heart
to see his pride and
confidence destroyed
by his own daughter.*



Elder Abuse Awareness Day

Anyone can make the call

The Queensland Government is committed to ending Elder Abuse. World Elder Abuse Awareness Day is on 15 June 2014. It is an opportunity to draw attention to the signs and impact of elder abuse and encourage members of the community to take action to address this serious problem.

If you, or anyone you know, is experiencing signs of Elder Abuse, please call the **Elder Abuse Hotline** on **1300 651 192**. The hotline is open 9am to 5pm Monday to Friday. Anyone can make the call.

www.bhcl.com.au

Pawprints in Brisbane FREE Outdoor Vet Clinic

June 17th 2014

9:00am—12:00pm

Powerhouse Park (performance lawn)

Footprints in Brisbane, and the RSPCA are proud to present the annual "Pawprints in Brisbane". This event is aimed at having greater access to pet care, for people in the community who experience homelessness, financial disadvantage or who live in social housing.

The Pawprints event gives your pet:

- Free vet checks and vaccinations
- Free worming and flea treatment
- Free pet products and blankets
- Access to local community organisations
- Enrichment classes—make a kong toy for your pet



CONTACT: JADE CRONAN—THOMPSON
FOOTPRINTS IN BRISBANE INC
PHONE: 3252 3488

footprints
positive steps with you



HSC
Henry Schein Cares
Helping Health Happen.

Clemente South Brisbane A Chance to Learn

Ever experienced
disadvantage?

Life get in the way
of your education?



Are there things you've always
wanted to learn but have
never had the opportunity?

Are you able to attend a free
weekly university class at
Common Ground, 15 Hope St,
South Brisbane, over a 12 week
period starting in July 2014?

The course is designed to enable individuals who are educationally or economically disadvantaged to complete a university course in a supportive and flexible environment. The program aims to empower students to realize their own strengths and abilities to reach individual goals.

Students undertake to complete one academic unit over a twelve week period. The unit offered in July 2014 will be Arts: Digital Storytelling. Upon successful completion of four subjects, students are awarded a Certificate in Liberal Studies through Australian Catholic University.

Find out more

Information Session will be held at
Common Ground, 15 Hope Street, South Brisbane
Tuesday 15th July 10am

What to do

To confirm attendance at the Information Session contact
Barbara Goodwin, CENTACARE (07) 3853 7400
or email barbara-goodwin@bne.centacare.net.au for more information.



Black Crayon Theatre

Expressions of Interest
Starting Soon! On Tuesdays

- Free 8 week workshops
- Create theatre as an ensemble
- Safe and Creative environment
- Ongoing workshops planned for the future

Where: Jubilee Hall
180 Jubilee Terrace, Bardon

Add your name to our list to start in the next little while!

All Welcome

Bella: 3510 2734 or 0400 158 700



MIFQ | mental illness
fellowship
queensland
A Member of the Mental Illness Fellowship of Australia

Sunshine Coast Getaway

Escape. Create. Rejuvenate.

Date: Monday 18th - Thursday 21st August 2014
Location: Luther Heights, Coolumb Beach



Cost: \$85.50*

Includes meals, accommodation, activities
and travel from Herston.

*Discount available to MIFQ Financial Members

What's on: Enjoy breathtaking
scenery & creative activities
(e.g. Painting, Fishing, African Drumming
& Flying Fox)

To be eligible you must be over 18 years, have a primary mental health diagnosis, be registered with Department of Communities, Child Safety & Disability Services and have a BIS number

Registrations close Friday 1st August 2014.

For more information or to express an interest in this service, please call
07 3358 4424 or email brisbane@mifq.org.au.

This program is an initiative of the Mental Illness Fellowship Queensland.
www.mifq.org.au

What's happening in Brisbane

JUNE

Red Aussie Apple Day
18th June 2014

Apples are a nutritious source of dietary fibre. So this Red Aussie Apple Day, do something good for yourself and grab a juicy apple! Aussies need two serves of fruit a day.

FREE Kitchen Gardening 101
21st of June 2014 11am – 12.30pm
New Farm Library.
135 Sydney St **New Farm**

Growing your own food is a real delight. This session will provide you with the basic information you need to get a fabulous kitchen garden established. Bookings are essential, to reserve your place please call New Farm Library 0734 031 062

Red Nose Day
27th June 2014

Red Nose Day, held annually on the last Friday in June, is the major fundraiser for SIDS and Kids. Funds raised through Red Nose Day activities go towards providing vital services and programs to the Australian community. You can buy a red nose from most grocery stores.

JULY

FREE Zumba Class 14th
July 2014 9.30am - 10.30am
Captain Burke Park 117
Holman St, Kangaroo
Point

A fun way to get fit! Invigorating dance and fitness sessions that provide modified, easy to follow, low impact moves.
Meet near play ground at Kangaroo Point. This activity is for people aged 50 and over For more information call: Melinda Ryan Carroll on 0432 461 556

FREE Group Fitness Circuit
9th July 2014 5pm - 6pm
Lower River Terrace
Kangaroo Point Cliffs

Group fitness classes are run every month and are a great way to meet new people and work up a sweat! Bookings not required. Exercise shoes and clothes, towel, sun protection and water. For more information call: Fitness 4 U 1300 367 703

Diabetes Awareness Week
13th—19th July 2014

The week aims to educate Australians about the risk factors for type 2 diabetes and how simple lifestyle choices can help prevent or manage the disease.

AUGUST

Genes for Jeans Day
1st August 2014

On the first day of August each year workplaces and schools become a sea of denim in a united stance against childhood disease. Every dollar raised helps to discover treatments and cures to give every child the opportunity to a live long and healthy life. Remember to wear your favourite jeans today!

Keep Australia Beautiful Week
25th—30th August 2014

Keep Australia Beautiful Week reminds people of the simple things they can do in their daily lives to reduce the impact on the environment and encourage action.

BHC NOTICE BOARD

Rent Increases and Bond Top Ups

Some BHC properties have received small rental increases. If you have received an increase please remember to adjust your payments and top up your bond. The new amount will be charged from 1 July. Your Housing Manager can assist you with paperwork- such as Centrepay forms.

Urgent Maintenance

We appreciate you reporting maintenance concerns. It helps us to manage the property you live in and assists us to provide you with a safe place to live. We endeavour to process maintenance requests in a timely fashion, with more urgent matters given priority. Our Housing Manager or Asset Team member will give you an idea of the timeframe for the urgent matter to be attended to. If you have reported an urgent maintenance issue (such as blocked toilet, serious flooding, electricity failure) and a contractor hasn't fixed the problem or made an arrangement with you within the time frame that was indicated to you, then please let your Housing Manager know. Your Housing Manager can then follow up and ensure action is taking place!

Living in Community

Are you doing all you can do to make your building a pleasant place to live? Some ideas might include:

- Keeping noise to a reasonable level, particularly at late hours
- Closing doors and gates, internal and external, quietly.
- Cleaning up after using common areas
- Avoiding accidentally or intentionally dropping things from your balcony
- Parking only in areas where you are authorised to park



ORIGIN ENERGY

With Winter approaching we have received a number of questions regarding discounted Origin rates for pensioners. Please be advised that gas is provided to BHC at an already discounted rate. After speaking with Origin, they have confirmed that, unfortunately, they are not able to provide further discounts to gas.

After hour emergencies

BHC has an after hours emergency service available to all Tenants. This service is to be used ONLY in the event of an urgent plumbing or electrical maintenance issue. Please note this service is not be used to report other incidents or general matters relating to you tenancy. Any other housing related issues will continue to be dealt with by your housing manager during the normal business hours.

For after-hours emergencies call
Ph. 07 3307 3000

You will be directed to the After Hours Emergency number.

Thank you to all those who participated in May's Annual Emergency Evacuation Drills!

Your participation is highly appreciated and is a great way to ensure your safety in the event of an emergency.

Noise Control

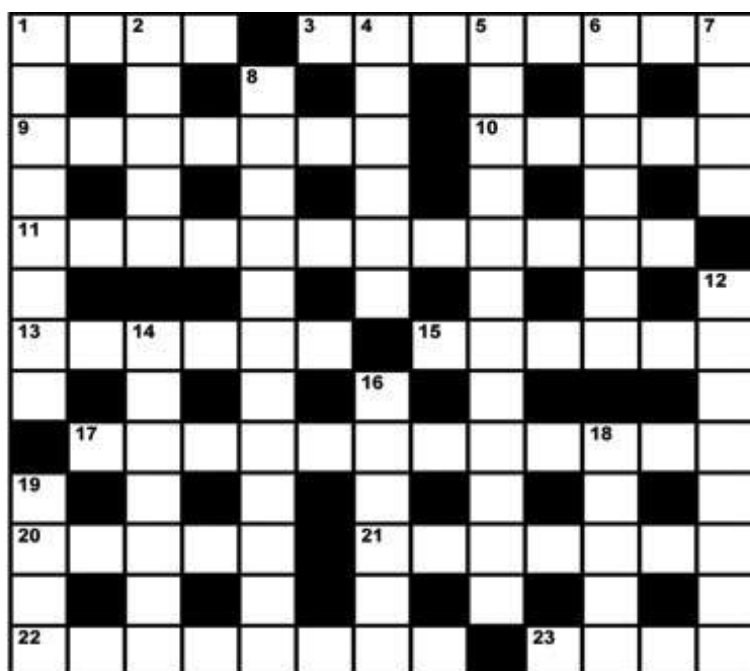
A number of BHC properties (Aris, Ramsgate, Musk and Eildon) currently have active projects, or projects about to start, in the area. We know that construction noise can sometimes be unsettling and understand how frustrating it can be.

It's important to remember that these projects are designed to help build a better and stronger future for Brisbane, and are essential to Urban growth.

If you are unsettled by the noise, think about opportunities to get out and about. Perhaps visit friends, the local library or take a trip to Botanical Gardens.

Privacy Policy
We have updated our Privacy Policy in line with the new Australian Privacy Principles effective 12 March 2014. For a copy of the policy please visit www.bhcl.com.au or contact BHC on (07) 3307 3000.

Arts & Leisure



ACROSS

- 1 and 16-down. French-born My Kitchen Rules judge (4,6)
3. Sandra Oh in Grey's Anatomy, Dr ... Yang (8)
9. Secret Life Of Us suburb (2,5)
10. Stacey's best friend in Gavin and Stacey (5)
11. Neighbours suburb (12)
13. Therapist who appeared on Oprah, Dr Phil ... (6)
15. Matt Lucas and David Walliams' ... Britain (6)
17. Det Sen Con Jennifer Mapplethorpe in City Homicide (6,6)
20. ... Tyler, Charlie in Friends and Andrea in Ghost Whisperer (5)
21. Crabman's real name in My Name Is Earl (7)
22. Scottish comedian Billy ... (8)
23. Tyne ..., Maxine in Judging Amy and Lacey in Cagney & Lacey (4)

DOWN

1. Nickname of Mark Sloan in Grey's Anatomy, played by Eric Dane (8)
2. ... Coghill, Miranda Parker in Neighbours (5)
4. Former Sunrise and Weekend Sunrise host Chris ... (6)
5. Member of The Panel (5,7)
6. Jenny Brockie's SBS current affairs show (7)
7. Ex-Biggest Loser host, ... Rochester (4)
8. Phoebe Halliwell in Charmed (6,6)
12. ... Smith, the voice of Lisa Simpson (8)
14. Secret identity of Robin in Batman, Dick ... (7)
16. See 1-across
18. ER's Dr ... Rasgotra, played by Parminder Nagra (5)
19. Michael Urie in Ugly Betty, ... St James (4)

If there is no struggle,
there is no progress.

Frederick Douglass



SPOTTED in Brisbane

Many of you may have spotted these sculptures on George St in the CBD.

You may not know that the artist, Christopher Trotter, made these sculptures with scrap metal pieces from another Aussie Icon– the Holden Car!

These 'City Roo's' are a symbol of the importance of sharing space and communication.



contact us



Raising Questions & Concerns

At BHC our first priority is YOU!

We take pride in offering the best possible assistance for all tenants. However, we understand that from time to time you may have questions or concerns but are unsure of the best person to speak to.

If you do have a question or concern about your tenancy or building we recommend that you contact your housing manager. You can do this via phone, by making an appointment to come in or by emailing via reception@bhcl.com.au. At some complexes Housing Managers hold regular drop in sessions, where concerns can also be raised.

If you are not satisfied with the outcome you can raise a formal complaint. Formal complaints need to be delivered to BHC in writing-- this can be via email or post. Please write as much detail as possible. Your complaint will be investigated and a response sent to you.



BHC Head Office

Level 2, 35 Astor Terrace
SPRING HILL QLD 4000
Office Hours: 8.30am- 5pm, Mon-Fri



p: 07 3307 3000
f: 07 3839 2000
e: reception@bhcl.com.au

update your details

To ensure that we can contact you, please take the time to provide your contact details if they have changed in the last 6 months.

About you

Name: _____

Address: _____

Home Phone: _____ Mobile Phone: _____ Work: _____

Email address: _____

About your Emergency Contact person:

Name: _____

Address: _____

Home Phone: _____ Mobile Phone: _____ Work: _____

Email address: _____