

Yeast City Housing

Easy ways to keep your house cool during the summer

We all know those days when the sun is out, no wind or rain and it is hotter inside your house than it is outside. We'll give you a few tips to keep your house cool during the hot summer without spending a fortune:

- Close your curtains when the sun is on the windows. This will prevent the heat from coming inside.
- Try not to close all the doors in the house. This prevents the natural flow of cool air during the hottest hours of the day. Let the night air into your house, this will cool off your house for the next day. But don't leave the front door open for unwanted hot air to get in.
- Try not to cook hot food inside, this heat will be inside your home for the day. For a nice cool breeze you don't need air-conditioning, you just place a bowl of ice, a bottle with ice, or an icepack in front of your fan and the air will cool off while it blows towards you.
- Heat-proof your bed. It sounds strange, but slightly dampening your sheets before bedtime will majorly help you chill out.

But most of all, keep yourself cool with an ice cold towel in your neck or on your wrists. This cools off your inside and gets you through the hottest days!



Chicken in the Hat - A typical Dutch recipe for the holidays

The recipe is for four people

Ingredients:

350 grams of cherries without pit (not fresh)
6 parts of stem ginger
400 gram chicken fillet
50 grams butter
1 clove of garlic
39 grams of dry-cook-in-sauce green curry
1 table spoon of sambal
200 ml of crème fraîche
10 slices of puff pastry
1 table spoon of flour
50 grams of grated cheese
2 table spoons of milk
2 table spoons of breadcrumbs
200 grams of cashew nuts (if you want)

Utilities:

1 round cake thin and an oven

Step 1: preheat the oven at 200 °C. Grease the baking tin with part of the butter and get the cherries out of the pot and let them drip.

Step 2: Cut the ginger in parts. Season the chicken with pepper and salt and cut it in parts. Heat up the butter in a pan and cook these for about 5 minutes till they are a bit golden brown. Cut the garlic really small and add this to the chicken. Add the dry-cook-in green curry and give everything a good mix. Add the cherries, the ginger, the cashew nuts, the sambal and the crème fraîche and let it simmer for about 2 minutes.

Step 3: Cover the baking tin (bottom and sides) with (part of) the puff pastry and take a fork and make some small holes in the bottom of the pastry. Pour the breadcrumbs over the bottom of the with pastry filled baking tin.

Step 4: Put the chicken and curry mixture in the baking tin and cover with the cheese. Then cover the mixture with the rest of the pastry and pour the milk over it. Place it in the oven and bake for about 30 till 40 minutes till its golden brown.



Enjoy with a side salad :)



We like to feature your stories in every issue. This could include your community work, your charity events or special achievements. We will try to include as many as possible. Send your contribution to: info@ych.org.za or drop them off at our office.

New Years Resolutions

We know, it's a bit early for New Years resolutions but we hope that you have a few that you will stick to this year and not abandon them when February is there. And keep in mind that New Years resolutions don't have to be really big things, we don't expect you to find the cure for AIDS or end terrorism but we would like to encourage you to be a slightly better person than you were in 2015. Smile to people who help you in the shops, help your neighbour when he or she needs it. Go to church and send your children to school. And for kids we would like to encourage you to do your best in school and graduate. Be nice to your parents and help them out when they need help.



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Welcome to the summer edition of our newsletter. It's time to look back on the year 2015 and see what we have accomplished. But this is also a good time to look towards the future. 2016 is just around the corner and it's going to be a busy year. With the holidays approaching we would like you to think about all the things you have accomplished last year and the things you are looking forward to in the new year.

Office Closure

We would like to let you know that the YCH office will be closed on the following dates:
16th of December because of the Day of Reconciliation, we wish you a happy day and have fun! And from the **24th of December till the 4th of January** because of the Christmas holidays and the celebration of the new year. We wish you a merry Christmas and healthy new year!!

INVITATION to CHRISTMAS IN THE PARK (Burgers Park)

For the past 21 years we have celebrated Christmas in the Park with the local community of Berea / Burgerspark. Our organization is situated in the city centre, and we live and work with the community of the inner city. We have always experienced God's presence, grace and peace at this time, and have seen His healing work in the lives of many people as we become community to each other.

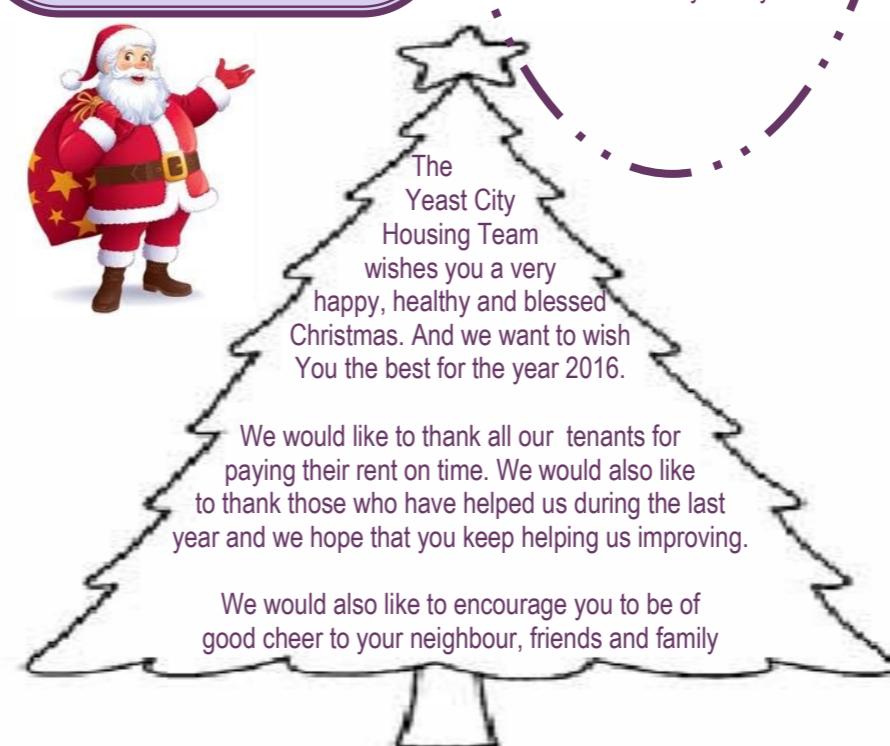
You are cordially invited to join or assist us in the following events:

Carols by Candlelight in Burgerspark - Sunday 20 December at 18h00. Come and join us in this special service of worship – we will give you a candle to light when the sun goes down!

Morning Programmes in the Park – 21st - 23rd December from 09h00 to 13h00. There are few opportunities for recreation or celebration in the city centre and many adults and children welcome the chance to take part in games, creative arts, drama and entertainment, washed down with cool drink and biscuits! We need many helping hands and guarantee you will enjoy yourself as much as the adults and children that you will befriend during this time.

Christmas Community Lunch in the Park - 24 December, where we will serve each adult & child , as well as neighbouring families who are city-bound, a plate of food and a small gift.

Please feel free to join us as we celebrate the miracle of Christmas.



We would like to thank all our tenants for paying their rent on time. We would also like to thank those who have helped us during the last year and we hope that you keep helping us improving.

We would also like to encourage you to be of good cheer to your neighbour, friends and family

Hosted by TLF
Contact : 012 320 2123

Paying your rent on time!

Paying rent and paying bills is no one's favourite type of entertainment but it is very important. If you don't pay rent, WE are not able to pay OUR bills and we don't want that. You must always pay your rent no later than the first of the month but preferably before that date. If you are not able to pay rent for some reason, come and see us at the office and we see what we can do.

Safety for our employees and tenants is very important to us so we would like you to pay your rent through:

- Debit order
- Electronic Funds Transfer (EFT)

Please do not pay your rent in cash. This exposes you and us to robbery. The bank will charge Yeast an extra fee for depositing the cash money and Yeast exploring mechanism to levy these charges against the tenant but the plan will be introduced in tenants meetings.

**So please don't pay your rent with cash.
It's safer and cheaper through the bank!**



The Social Housing Act 2008 Act No. 16

Maybe a few of you have heard about the Social Housing Act but for those who have not heard about it, there is a little summary: the Social Housing Act was first enacted when the ANC first gained power back in 1997. The Social Housing Act, in short, says that every South African citizen has the right to access to adequate housing. The state must give priority to the needs of the poor in respect of housing development. This is done since there is a dire need for affordable rental housing for low to medium income households which cannot access rental housing in the open market.

For the full act, go to http://www.dhs.gov.za/sites/default/files/legislation/109936_1.pdf
Yeast City Housing provides for accommodation for low and medium income households in the inner city of Tshwane. We have different buildings and types of accommodation.
And we hope that you are enjoying your stay with us !

Hello everyone,

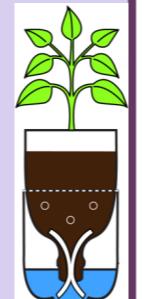
My name is Lidewij , but you can call me Leah, and I'm currently interning at Yeast for Marketing and Communication. Some of you might have already seen me at the Yeast office but for those who haven't met me: I'm 23 and a student at the University of Twente in the Netherlands. I like photography, playing field hockey and watching a movie with friends. While I'm in South Africa I'm also doing a small survey with all the tenants on how you appreciate Yeast and the services they give you. I would really appreciate your help in this so I can graduate!

Regards, Lidewij.

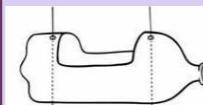


Do it yourself vegetables or herb garden/ Community gardening

You can grow veggies and herbs yourself, even if you don't have a lot of space. We'll give you two different options to start growing your own garden from things you would otherwise throw away.



Option 1: Take a large soda bottle, you cut it through so that the bottom part is about one third of the bottle. You then place the top part upside down into the bottom part and then you fill up the top part with soil and seeds of your choice. You can fill the bottom part with water so that you don't have to water it every day.



Option 2: Take a large soda bottle and put it on its side and cut away about half the bottle but make sure that you keep the bottom part and the top part intact. Fill this with dirt and your seeds of choice and water it quite often. With this way you are able to put strings through multiple bottles and hang them up on a wrack.

Water the plants enough in the morning or evening so that the plants don't burn from the sun and in due time you can enjoy your own fresh grown vegetables and herbs.

Keep yourself and valuables safe!

Recently we have learned about crimes in and around our buildings and we are concerned for all our tenants, their loved ones and properties. So here a few tips to keep yourself a bit safer:

1. Don't go out alone after sunset.
2. Close your windows and lock your doors when you go out.
3. If you are expecting visitors, pick them up from security so unauthorized guests don't enter the building.
4. Report to security if you see any suspicious people hanging around your building.
5. Don't leave valuables in sight.
6. If you are leaving for a longer period of time, ask your neighbour or friend to check up on your home every once in a while.



Our Security Officers are instructed not to keep keys for tenants.



Thembelihle Village - The Progress

After some serious delays on site which we are not very happy about, we appointed a new contractor. The work is moving at a high pace at the moment and we are very pleased with this. With this pace we anticipate that the first phase of Thembelihle Village to be completed in June 2016.

In the time leading up to the completion of the first phase, we will provide a series of workshops for potential tenants between February and May.

We have to inform you that the waiting list is full and we won't be able to take on any more potential tenants.

At this moment we are asking tenants to complete a survey with regards to shops that we cater in the building. We will contact some of our tenants for this purpose and we would appreciate your cooperation on this matter. If you are not contacted by us but you do have a good idea you can always send an email to info@ych.org.za

Save money by saving water and energy

Water and electricity can be quite expensive if you are wasting it. Especially since you are paying for everything that you have used. So don't waste the money, that you worked so hard for. We'll give you a few tips to save water and electricity and therefore save money:

- Teach your children to turn off lights when they leave a room.
- If you shorten your shower by two minutes each time you can save up to 1500 litres of water a month.
- Don't run the tap while you brush your teeth.
- Don't put your TV or radio on stand-by but turn it off.
- Only do laundry when you have a full load to wash.
- Don't leave the water running when you do your dishes, rather fill 2 basins with water: one with wash water and the other with rinse water.
- Set your washing machine on 'economy' mode, this saves water and energy!
- Rather use a pan-and-brush to clean up something small than the vacuum cleaner.
- Check your pipes and toilet for leakages and report them to the housing supervisor or at the YCH office.
- Install water-saving showerheads and fluorescent lamps, it will save you money in due time!



Happy Saving!

