

NewsNotes

CCOC

January 2009

Neighbours helping Neighbours

At this time of year there may be neighbours who need help with small tasks. The cold temperatures and snow make it especially difficult for seniors and disabled people to get around. For them running a small errand or shoveling a walkway may be impossible. Some people may even find themselves housebound. If you notice a neighbour who may be in this position, why not give them a little of your time and offer them help.



Helping a neighbour is a great way of getting to know them better. It also makes you feel good!

If you have a neighbour who helps you, why not nominate them for the Doug DesBrisay Good Neighbour award. This award recognizes the quiet work neighbours often do to help each other and to improve their surroundings. Doug DesBrisay was a long time CCOC tenant who contributed greatly to each CCOC property he lived in. Through quiet acts, big and small, Doug transformed his home and his neighbourhood into a more humorous, friendly and environmentally sustainable place. Doug passed away in 2004 and this award was created in his honour.

CCOC's Idiosyncratic Calendar

We know that April and September only have 30 days and that May and August have 31, not 29

but... the computer appears to have a portal, a big black hole that steals days and rearranges them. It's kind of like that black hole in the dryer, the one that eats your socks.

Several of us carefully proofread the calendar before sending it to be printed. It was fine at one point but somehow, somewhere, days disappeared from 2 months and reappeared in 2 others. We are now crawling around the computer looking for the porthole. Meanwhile, all the missing socks may appear somewhere in next year's calendar!



Inside...

Scholarships for youth, unwanted guests in the building, unwanted pests in your unit, snow removal, give us your bright ideas, tossing the yuletide, calling all resolutions, and celebrate year of the ox.

613-234-4065

Maintenance ext. 707

Rental ext. 224/245

Finance ext. 230

Communications ext. 240

"NewsNotes" is written & published by CCOC's Membership & Communications Department. Your comments, submissions & suggestions are welcome. Call Meg McCallum at ext. 240 (meg.mccallum@cchohousing.org) or Karen Batsch at ext. 241 (karen.batsch@cchohousing.org)

www.cchohousing.org

Please recycle this newsletter!



Boys & Girls Club of Ottawa Scholarship Program



www.bgcottawa.org



Application deadline - March 31st

Every year the Ottawa Boys and Girls Club (OBGC), in partnership with the private sector, the OBGC of Ontario and the Ottawa Police Service, gives over \$50,000 in scholarships to over 25 recipients. The program's aim is to reduce financial barriers, reward individual achievement (not just academic success), promote community involvement and encourage youth to pursue their studies.

To apply you must:

- be a Canadian citizen, permanent resident or refugee (special circumstances will be considered).
- be registered in a program at a University, College or Trade School.
- have a minimum average of 70% (applicants below 70% due to personal circumstances will be considered).

Your application must include:

- A fully completed and signed application form, including expenses and income chart.
- 2 letters of reference from a high school teacher, counsellor, employer, BGCO staff, volunteer work supervisor or individuals who have been your mentors.
- 1 essay of up to 800 words about yourself, your volunteer work, involvement with the club, your personal circumstances, economic situation and why the career/program you are choosing is a 'good fit' for you.
- A copy of your letter of acceptance from your University, College or Trade School.
- A resume.
- Proof of citizenship status.
- A professional quality colour picture.
- A copy of your most recent school transcript.

February information sessions will be held at various places in the city. Visit the website to find out more.

As I lay me down to sleep...

Bedbug cases are increasing around the world. This is mostly because of increased travel and changes in pesticide use. Bed bugs are not fussy about where they live - they don't care if you keep your home really clean or not. They've been found in shelters and in 5-star hotels.

What are they? - Bed bugs are insects who, like mosquitoes, feed on human blood. They usually come out at night or in darkened areas. Adult bed bugs are brown, flat, and about 6 to 10 mm long (about the size of a lentil). They lay tiny white eggs which hatch into nymphs that are almost see through. Bed bugs tend to bite in clusters around the face, neck, upper torso, arms and hands. Some people may not notice that they have been bitten, but others get itchy red welts. Bed bugs are not known to pass diseases on to humans.

How do you know if you have a bed bug problem? Often, blood spots can be found on the bed sheets and in the places where bed bugs rest. They like to rest: in the seams and creases of mattresses/box springs; in cracks in the floor, walls, and bed frames; under furniture, area rugs, along edges of carpets and between curtain folds; behind baseboards, electrical plates, paintings and around window and door casings.



Finding them early is key to getting rid of them. If you think you have a problem, call CCOC at 613-234-4065, ext. 707.

These little critters are so resistant to and hidden from vacuuming, cleaning, squashing, and other methods that professional help is needed to get rid of them.

CCOC Snow Removal

Parking Lots

CCOC removes snow from our parking lots when there is 5 cm accumulation or more. The following points make snow removal less hectic for all:

- When you see or hear the snow removal crew, please move your car. The crew will not clean around your car.
- All cars must be kept in working order.
- Park your car carefully making sure that you use only one space.
- Be patient. We try to clear the snow as quickly as possible. We can't be everywhere at once!



Walkways

At properties with 4 or more units CCOC clears walkways and steps of snow. There are grit boxes on site, and tenants are encouraged to spread grit if they notice walkways becoming icy.

At properties with 3 units or less, tenants are responsible for clearing walkways and steps. Contact the maintenance office at 613-234-4065, ext. 707 if you need sand or salt.



Got Some Bright Ideas?

Then we'd like to hear from you!

CCOC continues to "go green" in the New Year. We are looking for a way to remind tenants to turn off lights when they leave a room or their unit.

We're looking for a sticker – something small enough to fit on a light switch – that will act as a reminder to turn out the lights.

If you think you've got the bright idea we're looking for send us your design!
Prizes include family passes for local museums and attractions.

Designs up to 6" by 4.5" will be accepted, but remember that we will need to shrink them to fit them on a light switch!

Send us your design by **5 pm on January 23rd**

- by e-mail to: info@cchohousing.org
- drop it off at CCOC's office at 415 Gilmour St. or
- by mail to: CCOC

P.O. Box 2787, Station D
Ottawa, ON
K1P 5W8



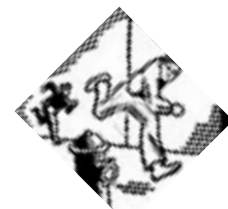
If unwanted people get into the lobby or stairwells...

First call the Ottawa Police -

Emergency 911 if the trespasser is *threatening*

Be sure to tell the police that the person(s) is threatening.

Non- Emergency 230-6211 if the trespasser is *non-threatening*



Helpful Tip: If the trespasser is in the airlock, do your best to ensure s/he does not follow you into the building. If you are not comfortable asking them to leave and think they may try to follow you into the building, use another entrance to the building if possible. If they do get into the building, call the police when you get to your apartment.

Then call CCOC at **234-4065, ext 240** to let staff know that there has been a trespasser in your building and that you have contacted the police. If you are calling after hours, leave a detailed message. We need to know the frequency of trespassing in our buildings so that we can work together with Ottawa Police to keep our buildings safe.

DON'T confront the person and ask them to leave, especially if they appear to be aggressive.

DON'T give them entrance to the building if they are in the airlock (between the front door & the entrance to the lobby).

DON'T call CCOC's emergency pager. The Ottawa Police should be contacted right away.

Christmas Tree Recycling January 12 to 16

To avoid problems with snow removal put your Christmas tree at the curb the night before your scheduled collection day. Wrap your tree in an old sheet, large plastic bag or tarp when taking it from your apartment to avoid leaving a trail of needles. Once you get it out of the building **take the bag or sheet off**. Trees that are wrapped in plastic or that contain decorations will not be collected.

Also, please don't throw your wrapping paper and gift boxes into the garbage or down the chute. Recycle them along with your other paper. Remove bows and ribbons from paper and crush gift boxes before recycling.



Resolutions for CCOC's AGM Deadline: March 20, 2009

Be part of the democratic process and have a say in how CCOC works by submitting a resolution. Your resolution should be about something that would apply to all CCOC buildings or tenants. Past resolutions have included promoting organic gardening and making recycling easier in CCOC buildings.

Resolutions will be reviewed by a CCOC committee and forwarded to the membership to vote at the May 21, 2009 Annual General Meeting.

Send your resolutions to:

Meg McCallum c/o CCOC
P.O. Box 2787, Station D,
Ottawa, ON
K1P 5W8
meg.mccallum@ccochoosing.org



Centretown Community Health Centre

420 Cooper Street

Celebrating Chinese New Year with a Multicultural Cooking Workshop

Bring a friend and savour traditional Asian delights.

Date: Monday, January 26

Time: 2:00 – 4:00 p.m.

Registration: Nicole at 613-233-4443 ext 2198



Tai Chi for Beginners: 4 week program to learn & practice Tai Chi. Registration required. Maximum 15 participants

Date: Fridays, January 15 to February 16

Time: 2:30-3:30 p.m.

Registration: Janet at 613-233-4443 ext. 2104

CCOC Committee Meeting Schedule

| STANDING COMMITTEES | JANUARY | FEBRUARY | TIME (PM) |
|-------------------------------|------------|-------------|-----------|
| Membership & Communications | January 7 | February 4 | 7:00 |
| Development Committee | January 13 | February 10 | 7:00 |
| Finance Committee | January 14 | February 11 | 7:00 |
| Property Management Committee | January 15 | February 12 | 7:00 |
| Rental Committee | January 20 | February 17 | 7:00 |
| Board of Directors | January 28 | February 25 | 7:30 |



Where: Board Room at 415 Gilmour Street (ring 808). Call 234-4065, ext. 0 to confirm.

Note: CCOC will pay taxi fare and family care for committee members attending meetings.