

NewsNotes

CCOC

July 2009

Provincial Affordable Housing Strategy - our chance to speak up!

The Ontario government has promised to develop a comprehensive plan to ensure everyone has “adequate, suitable and affordable housing” and it has launched a provincial consultation plan. This is our chance to be heard, to let the government know the real housing stories across the province, and to tell them about the solutions – more funding, new laws, better programs and services – that are needed in our neighbourhoods.

To submit comments, you can go to Minister Watson's consultation on July 27th from 6:30 pm to 9:30 pm at 153 Woodroffe Avenue (Our Lady of Fatima Church Hall) or submit comments online at <http://www.mah.gov.on.ca/Page6405.aspx>

The Housing Network of Ontario (which includes the Ontario Non-Profit Housing Association of which CCOC is a member) has issued the following declaration:

Declaration for Stable and Affordable Housing

We believe everyone in Ontario has the right to live poverty-free and with dignity in housing that is stable, adequate, equitably accessible and affordable. Ontario's Long-term Affordable Housing Strategy must address four priorities:

1. The affordability of housing, including measures to increase the supply of affordable housing and to make existing housing more affordable.
2. The availability of affordable housing that is stable, safe and in a state of good repair, and which effectively addresses the diversity of needs in communities across Ontario.
3. Supports, programs and protections that help all Ontarians equitably access and maintain adequate affordable housing and thrive in their communities.
4. A clear way to measure progress, with overall and population specific targets and timelines to ensure that housing insecurity and homelessness are being meaningfully reduced.

Sign the declaration for Stable and Affordable Housing:
<http://stableandaffordable.com/content/our-declaration>

Inside...

Stay cool & save energy,
buy local and/or organic,
balcony basics,
affordable summer camps,
Colonel By Day holiday,
staying cool in the city and
getting out of the city

613-234-4065

Maintenance ext. 707

Rental ext. 224/245

Finance ext. 230

Communications ext. 240

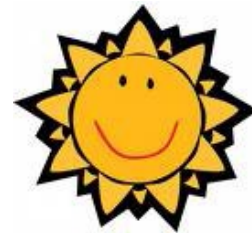
“NewsNotes” is written & published by CCOC's Membership & Communications Department. Your comments, submissions & suggestions are welcome. Call Meg McCallum at ext. 240 (meg.mccallum@ccochoosing.org) or Karen Batsch at ext. 241 (karen.batsch@ccochoosing.org)

www.ccochoosing.org

Please recycle this newsletter!

On Hot Days Stay Cool & Save Energy

- Keep blinds, shades and curtains closed during the hottest part of the day or even all day.
- Turn off unnecessary lights (take advantage of longer daylight) and computers and monitors.
- Avoid using the oven; cook on the stove, in a toaster oven or better yet, use a microwave.
- Turn on your kitchen and bathroom exhaust fans to get rid of hot humid air.
- Use a floor and/or ceiling fan instead of an air conditioner but turn it off when you leave the room. A ceiling fan doesn't cool the room - it only cools you through a wind-chill effect against your skin.
- Drink plenty of fluids, eat small frequent meals and use cool water compresses to lower body heat.



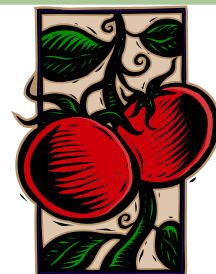
**During the summer, energy use peaks from 10 am until midnight.
Try to reduce energy use during these times.**

Buy Local!

Local food is produced close to home (generally, within a 100 km radius). Ottawa is home to dozens of small farms producing many of the foods we need. When food spends less time travelling, it reaches you while it is fresh. It also reduces the amount of energy consumed to transport it. Local food is better for you, for the environment and for local farmers. It's a win-win situation for everyone.

Did you know that:

- *Ottawa has the largest agricultural economy of any major city in Canada;*
- *Farmers now get about 10 cents of every food dollar from supermarket sales; and*
- *By supporting local farmers, you're supporting local jobs.*



Farmers' Markets

The Ottawa Farmers' Market

All food is local.

Location: Lansdowne Park, 945 Bank Street

Open: May to November

Thursday 1 pm to 6 pm

Sunday 8 am to 3 pm

Parkdale Market

Ask each vendor if their produce is locally grown.

Location: Parkdale Ave. at Wellington

Open: April to December 24

daily 7 am to 6 pm

Main Farmers' Market

All food is local.

Location: Saint Paul University, 223 Main Street

Open: May to October

Saturday 9 am to 2 pm

Ottawa Organic Farmers' Market

All food is local and organically grown.

Location: behind Canadian Tire at Bank & Heron

Open: all year.

Saturday 10 am to 2 pm

ByWard Market

Ask each vendor if their produce is locally grown

Location: 55 ByWard Market Square

Open: 6 am to 6 pm (May - Oct)

9 am to 5 pm (Nov - Apr)



Balconies, Flowers, BBQs & Air Conditioners

If you have hanging plant boxes or baskets on your balcony, please make sure that they hang inside your railing so that if they fall, they can't hurt anyone. Also, when you water them, make sure that the water is not running onto the balcony below.

Ottawa's fire department does not allow gas and charcoal barbecues on balconies or wooden decks, but you can use an electric grill. If you live on the ground floor and have a patio, your barbecue must be at least 10 feet away from the building. BBQ propane tanks must be stored outside at all times.



If you are installing a window air conditioner, make sure that it is well supported and cannot fall from your window and injure someone below. Also ensure that the unit is draining somewhere safe - not on people below or somewhere it would cause damage. Many air conditioners have a spot where you can attach a hose to drain the water into a bucket. Just make sure you empty the bucket in your sink regularly.

Affordable Overnight Summer Camps



Christie Lake Kids

This non-profit camp offers programs at no cost to economically disadvantaged children. For your child to attend this camp your family must be below the poverty line. To find out if you qualify, call their office.

Ages: 6 - 16 years
Location: on Highway 6 near Perth
Information: 613-742-6922 or
www.christielakekids.com

YMCA-YWCA - Camp Davern

Camp fees start at \$573/week, however subsidies are available. Camp Davern is located off Highway 7 near the town of Maberly

Ages: 6 - 16 years - **girls only**
Location: off Highway 7 near town of Maberly
Information: 613-237-1320 ext. 6101 or
www.ymcaywca.ca/Children/camping/campdavern

Boys & Girls Club - Camp Smitty

This non-profit program offers camping for children regardless of financial situation. They have a 3-level fee structure and **camp subsidies are available**. The camp is located on Mink Lake near Eganville.

Ages: 8 - 15 years
Location: Mink Lake near Eganville
Information: 613-232-0925 ext 221 or
www.campsmitty.com

Bytown Brigantine

Run by a non-profit charitable organization, this camp takes place while sailing on a tall ship. Subsidies are available through the Thomas G. Fuller Bursary for Youth. The bursary helps pay for some or all of the cost of a program based on your family's situation.

Ages: 12 - 19 years
Location: 2700 Queensview Drive, Ottawa
Information: (613) 596 - 6258 or
www.tallshipsadventure.org

The CCOC office will be closed on Monday, August 3 for Colonel By Day.
Notre bureau sera fermé le lundi, 3 août pour la journée du Colonel By



Staying cool in a City of Ottawa wading pool ...

Pool	Address	July Weekdays	August & Weekends	Days Closed
Bellevue Manor	1520 Caldwell	11:10 am - 5:35 pm	11:10 am - 4:35 pm	Thursday
Bingham	145 Cathcart	11:00 am - 5:15 pm	11:00 am - 4:14 pm	Monday
Dutchies	154 Mann	11:20 am - 6:00 pm	11:20 am - 5:00 pm	Tuesday
Jules Morin	40 Cobourg	11:40 am - 6:05 pm	11:40 am - 5:05 pm	Wednesday
McNabb	435 Bronson	11:00 am - 6:00 pm	11:00 am - 5:30 pm	none
Overbrook	33 Quill	10:10 am - 5:55 pm	11:10 am - 4:55 pm	Sunday
Parkdale	366 Parkdale	11:10 am - 6:25 pm	11:10 am - 5:25 pm	Thursday
St. Luke's	166 Frank	11:10 am - 6:25 pm	12:10 pm - 5:25 pm	none
Strathcona	25 Range Rd.	11:55 am - 6:15 pm	11:55 am - 5:15 pm	Monday



Getting out of the city ...

Here is a list of low cost volunteer-driven Ottawa clubs that run cooperative trips where everyone gets involved and gets to get out of the city. Don't have a car, don't worry... they offer car pooling.

Club	Website	Phone
Ottawa Hostel Outdoor Club	ohoc.ncf.ca	613-230-6703
Ottawa Bicycle Club	www.ottawabicycleclub.ca	613-230-1064
Rideau Trail Association	www.rideautrail.org	613-545-0823
YM/YWCA Canoe Camping Club	www.yccc.ca	



Free outdoor concerts - Orchestras in the Park

Presented by the National Arts Centre Orchestra and the National Capital Commission.

Date: July 23 to 26

Time: 7:30 pm

Location: LeBreton Flats Park (corner of Portage Bridge & Wellington)

Information: www.canadascapital.gc.ca/bins/ncc_web_content_page.asp?cid=16297-16298-81325&lang=1



CCOC Committee Meeting Schedule

STANDING COMMITTEES	JULY	AUGUST	TIME (PM)
Membership & Communications	no meeting	August 5	7:00
Development Committee	no meeting	August 11	7:00
Finance Committee	July 15	August 12	7:00
Property Management Committee	July 16	August 13	7:00
Rental Committee	July 21	August 18	7:00
Board	July 29	August 26	7:30



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

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