

## COMMUNITY NOTES



### Centretown Community Health Centre 420 Cooper Street, 233-4433

Free workshops. Call the centre to register.

#### Make Your Own Baby Food

Part 1 - Tuesday, June 13, 1:30 to 3 pm  
Part 2 - Tuesday, June 20, 1:30 to 3 pm

#### Summer Fun Snacks

A workshop for parents with children 2 to 6 years old.  
Tuesday, June 20, 6 to 8 pm.

#### Bill Goodwin Toy Lending Library

Free membership is available to parents, guardians and caregivers living in Centretown. Free access to games, toys, puzzles and educational resources. Call the centre for information.

### Carnival of Cultures

Outdoor Astrolabe Theatre, 742-6952 or  
742-6553 or [www.carnivalofcultures.ca](http://www.carnivalofcultures.ca)  
June 16 - 19, 2006



A festival of cultures featuring music, song and dance from around the world at the picturesque outdoor Astrolabe Theatre. Featuring performances by Ottawa's top folkloric dancers, singers and musicians.

### 455 Lisgar Street Garage Sale

Saturday, June 10

begins at 9 am

Rain date - Saturday, June 11



## Affordable Overnight Camps for Kids

### Boys and Girls Club - Camp Smitty - Ages 8 to 15

This non-profit program offers camping for children regardless of financial situation. Camp subsidies are available. The camp is located on Mink Lake near Eganville. For more information or for an application call 746-8517 or visit [www.campsmitty.com](http://www.campsmitty.com).



### The Ottawa YMCA-YWCA - Ages 6 to 16

The Ottawa YMCA-YWCA has two camps that offer programs. Camp Y is a coed camp located on the Ottawa River near Dunrobin.

Camp Davern is a girls' camp located off highway 7 near the town of Maberly.

Camp fees start at \$490/week, however subsidies are available. For more information on the camps and how to apply for subsidy, call 832-1234.

### Salvation Army Roblin Lake Camp - Ages 7 to 12

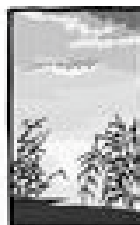
This non-profit camp runs July 17 to July 21 and is located in Ameliasburgh. The cost is \$75/week and \$67.50/week for additional children from the same family. To apply contact 241-1573, x 268 before June 30.

## CCOC Committee Meeting Schedule

**Who should attend the meetings? YOU - all members and tenants are always welcome!**

Why: To have your say in matters affecting all tenants; to be actively involved in the management of CCOC  
Where: Board Room at 415 Gilmour Street (ring 808). Call 234-4065, ext. 0 to confirm.  
Note: CCOC will help pay taxi fare and family care for committee members attending meetings.

STANDING COMMITTEES	JUNE	JULY	TIME (PM)
Membership & Communications	June 7	July 5	7:00
Development Committee	June 13	July 11	7:00
Finance Committee	June 14	July 12	7:00
Property Management Committee	June 15	July 13	7:00
Rental Committee	June 20	July 18	7:00
Board of Directors	June 28	July 26	7:30



# NewsNotes

## CCOC

## June 2006

**Are you ready for the summer - sun, fun and power blackouts?**  
With weather predictions of a hot, dry summer, increased use of air conditioners may lead to electricity shortages and power blackouts.

### Getting ready for a blackout

You should have a kit ready in an easy-to-carry container and store it in an easy to access location.

- battery-operated or crank radio
- flashlight, candles and matches
- extra batteries
- food and bottled water
- first aid kit
- non-electric telephone



### Staying Cool and Saving Energy

- keep blinds, shades and curtains closed during the hottest part of the day
- turn off unnecessary lights
- use smaller appliances for smaller cooking jobs (electric kettle, microwave and toaster ovens instead of the stove and oven)
- wash clothes in cold water
- use a ceiling fan instead of an air conditioner
- turn it off when you leave! Computer monitors, lights, air conditioning and fans

**If you have health systems that depend on electricity, make sure that you have a back up power supply on hand.**

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

### CCOC's 2006-2007 Board of Directors...

as chosen by the membership at the May 25<sup>th</sup> Annual General Meeting

Glenn Allen	Mike Mensah-Bonsu
Richie Allen	Luke Pelot
Lina Asfour	Bill Rooney
Kerry Beckett	Aron Spector (Vice-President)
Pamela Christie (Treasurer)	Jeannie Wynne-Edwards
Sue Lott (President)	Margot Young
Andrew McNeill (Secretary)	Doris Zastre

### Inside...

Funding education, trespassers & who to call, 10 digit dialing, volunteers recognized and volunteers thanked, Canada Day office closure, festivals, kids' stuff and stuff for sale



"NewsNotes" is written & published by CCOC's Membership & Communications Department every month.

Your comments, submissions, suggestions and lavish praise are welcome.

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CCOC/CCHC • P.O. Box 2787 • Station D • Ottawa, ON K1P 5W8 • TEL:234-4065 • FAX 235-4026 • [www.ccochoosing.org](http://www.ccochoosing.org)

## Program de bourses Dr. Albert Rose

Les bourses Albert Rose, un programme du gouvernement de l'Ontario, aident les locataires subventionnés à payer les frais de scolarité pour les études postsecondaires. Le montant maximum de la bourse est 3 000\$. Des bourses à court terme sont aussi disponibles (500\$ - 1000\$). Les critères d'admissibilité sont:

- être locataire subventionné,
- avoir l'intention de s'inscrire à un programme d'enseignement postsecondaire à temps plein (1<sup>ère</sup> ou 2<sup>e</sup> année).

Les formules de demande sont disponibles au bureau de CCOC (415 rue Gilmour).

## Dr. Albert Rose Bursary Program

Albert Rose bursaries, an Ontario government program, help subsidized tenants pay for University and College tuition. Full bursaries are valued at \$3000. Short term bursaries are also available (\$500-\$1000).

To be eligible, you must:



- be a subsidized tenant
- intend to enroll full-time in recognized post-secondary institution (1<sup>st</sup> or 2<sup>nd</sup> year).



Application forms are available at the CCOC office (415 Gilmour Street).



### Master Gardeners at Parkdale Market Until June 24 Saturdays, 9 am to 1 pm

Free gardening tips from representatives of the Master Gardeners at their kiosk in the market.

### Les maîtres jardiniers au marché Parkdale jusqu'au 24 juin Les samedis, de 9 h à 13 h

Les conseils de jardinage offerts gratuits par les représentants des maîtres jardiniers d'Ottawa.



### Doug DesBrisay Good Neighbour Award recipients Michel Flibotte and Denise Campagnat

There are a lot of tenants who volunteer outside of the committees and the "official" volunteer tasks. They work, often without formal recognition, to make their own buildings better places to live, they work to help their neighbours when needed, they work to build that sense of community that makes CCOC work. The Doug DesBrisay Good Neighbour Award was created to recognize these good neighbours.

Denise and Michel have lived at 110 Nelson since 1999. In that time, their neighbours have noticed the care and attention they have taken to make this building shine. Michel can often be seen outside sweeping the walkway, curb side and parking lot. Denise plants and cares for flowers at the front of the building. They both put up decorations in the lobby for the holidays.

On top of this, tenants at 110 Nelson love Michel and Denise for their help with seniors that allows them to continue living independently. They have helped with everything from changing light bulbs to putting in and taking out window air conditioners. They have taken down drapes, cleaned them and then put them back up for neighbours who are unable to do these things themselves. Congratulations Denise and Michel!

## What to do if You Find Trespassers in Your Building

Sometimes, unwanted people get into the lobby or stairwells of buildings.

### WHAT TO DO

**RIGHT AWAY:** Call the Ottawa Police Emergency **911** if the trespasser is **threatening**. Be sure to tell the police that the person(s) is threatening.

### OR

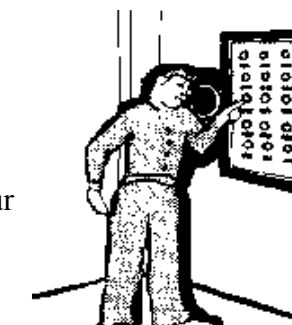
Non- Emergency **230-6211** if the trespasser is **non-threatening**

**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 do not feel comfortable asking them to leave and suspect 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.

**LATER:** 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 increase patrolling and security in the area.

### WHAT NOT TO DO

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 and the entrance to the lobby).

DON'T call CCOC's emergency pager. The Ottawa Police should be contacted right away. By the time our staff get there, the trespasser has usually gone or has been asked to leave by the police.

## 10 Digit Dialing Comes to Ottawa June 17, 2006

As of June 17, you will have to dial 613 before dialing all local phone numbers.



## CCOC's Volunteer Flower Brigade



A big thanks to the volunteers who helped with CCOC's "Volunteer Landscaping Day" (flower day). Special thanks to Henry Ziolo, Richie Allen, Aaron Sewards, Linda and Suzie MacDonald and Lorraine Salvo. With their help we were able to deliver 2193 pots of flowers to tenants. Enjoy your flowers!

## Canada Day Celebrations

The CCOC office will be closed on Monday, July 3 for the Canada Day long weekend. It will re-open at 9:00 a.m. on Tuesday, July 4<sup>th</sup>.



Enjoy the Canada Day festivities in the capital! For information on events, contact the NCC at 239-5000 or visit their website at [www.canadacapital.gc.ca/canaday](http://www.canadacapital.gc.ca/canaday).