

NewsNotes

CCOC November 2008

Canada's Vital Signs 2008

Each fall, community foundations from across Canada prepare local report cards for and about their communities. Canada's Vital Signs looks at the 10 indicators shared by every community foundation that has issued a report this year. Some of the key findings are:

- More than one in five Canadian children (23 per cent or 1.6 million) lived in poverty in 2006. This is virtually the same level as in 1989, when Canada pledged to eliminate child poverty by the year 2000.
- While the median income of non-immigrant Canadian families increased by over 5% from 2000 to 2005, immigrant families' incomes fell by one per cent and recent immigrants' (those in Canada less than five years) incomes fell more than three per cent.
- More Canadians are finishing high school. In 2007, only 22 per cent of Canadians hadn't finished high school, down from almost 38 per cent in 1990, which bodes well for Canadians' economic success and competitiveness. However, there are some disturbing gaps in education levels. Among Canadians aged 25-44, the share of men without a high school education is more than 30 per cent higher than that of women. In 2006, 43.7 per cent of aboriginal people did not have a high school diploma.
- The obesity rate in Canada has risen to 16 per cent in 2007 from 12 per cent in 1996, increasing the risk of future health problems and escalating health care costs.

For more information visit <http://www.vitalsignscanada.ca>

CCOC office closed

Monday Nov. 10 & Thursday, Nov. 13

All CCOC staff, including cleaners, maintenance crew, office staff and management, will be participating in two days of "Go Green" sustainability training.

With support provided by the Community Go Green Fund.



Inside...

Staying snug in the winter, a poster contest with a great prize, playing indoors, 2009 Calendars, getting rid of telemarketing calls, storytelling, parades, toys and the Christmas Exchange



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@ccochousing.org) or Karen Batsch at ext. 241 (karen.batsch@ccochousing.org)

www.ccochousing.org

Please recycle this newsletter!



Cold Weather Maintenance Tips

Porch and Balcony Carpets



If you have a carpet on your balcony or porch it is important to remember that they hold water and keep the concrete and wood from drying. This can ruin your balcony or porch.

To prevent this from happening, remove the carpets regularly - once a month or so - and let the surface dry out. In the winter, carpets on balconies should be removed so that the concrete can dry out thoroughly and so that water doesn't freeze and cause the concrete to flake away.



If you have drafty windows contact the Maintenance department at 613-234-4065, ext. 707 to ask for a free window sealing kit. The easy to install plastic film seals the window and helps to keep you warm. It also reduces heating costs, which is especially important with high gas and electricity prices!

Furnace Filters

If your unit has a furnace, it is important that you change the filter every month during the winter. The filter is easy to locate but check the way it goes in before you take it out, so that you won't have trouble putting the new one back in. There are different types of filters so make sure you note the model number on the filter or bring it with you to the store to make sure that you purchase the right kind. Filters can be purchased at most hardware stores. Some filters can reduce allergy symptoms. They are more expensive but can be cleaned with a vacuum and reinstalled.



Drafty Windows

"Take Your Cloth Bag Shopping" Poster Contest

We are inviting all tenants to enter a contest to design a poster that reminds people to take their cloth bags with them when they go shopping. These posters will be posted in CCOC's elevated buildings.

- Dimensions - 8 1/2 X 14 poster
- Submissions deadline - November 15. May be e-mailed to sarah.button@cchohousing.org or dropped off at the office at 415 Gilmour Street.
- Prize - \$25 grocery certificate for Independent Grocers, Loblaws, or the Real Canadian Superstore

Posters will be judged based on their clarity, visual appeal, and creativity.

For more info contact Sarah Button at 613-234-4065, ext. 237



Too Cold to Play in the Park? Check out these FREE Play groups

For mothers, fathers, caregivers & children ages 0 to 5 years. Snacks, toys, crafts, games & music.



Growing Up Downtown
170 Booth St. (Buzz 2000)
Tuesday - 9:30 to 11:30 am
450 Laurier Ave. Common Room
Thursday - 9:30 to 11:30 am

**Somerset West
Community Health
Centre**
55 Eccles St.
Monday, Tuesday, & Friday
9 am to noon

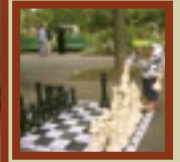
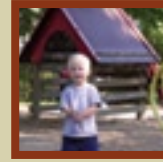
**Centretown Community
Health Centre**
420 Cooper St.
Tuesday 1 to 3 pm
Thursday & Friday
9:30 to 11:30 am

Coming Soon...

CCOC's Tenant Handbook & 2009 Calendar

The calendar will arrive at your home in early December. It features the stories and photographs of some of CCOC's longtime tenants.

CCOC Tenant Handbook



& 2009 Calendar

National Do Not Call List

1-866-580-3625 or <http://www.innate-dncl.gc.ca/>



The Federal Government has created a "National Do Not Call List" which allows people to register their phone numbers - residential, wireless, fax, or VoIP - to reduce the number of telemarketing calls they receive. When you register your number on the list your registration becomes effective thirty-one (31) days afterwards and remains effective for three (3) years after which you must register again.

There are groups which are exempt from the list: registered charities, political parties/candidates, opinion polling/market research firms conducting surveys not involving a sale and general circulation newspapers. Businesses are allowed to call you if you have done business with them within the past 18 months or have made an inquiry about a product or service within the past 6 months. However, you may request that these organizations place your number(s) on their specific do not call list.

Le Rôle des Concierges

Certains des plus gros édifices de CCOC ont des concierges.

Ces personnes sont responsables de montrer les appartements à louer, de réserver les ascenseurs pour les déménagements, de surveiller le stationnement et d'assigner les casiers.

Les concierges rapportent aussi à la CCOC les questions d'entretien dans les espaces en communs.

Ils ne reçoivent pas les plaintes des locataires, ils ne perçoivent pas les loyers, ne font pas le nettoyage ou les réparations. Ils ne sont pas responsables d'ouvrir les portes lorsque les locataires oublient leurs clés.

Le salaire des concierges est basé sur une période de travail de 2 à 3 heures par semaine. Ils n'ont pas à être « en disponibilité », ni présents dans l'édifice pendant des périodes de temps précises.



The Role of Custodians

Some of the larger CCOC buildings have custodians.

They are responsible for showing available apartments, reserving the elevator for moves, monitoring parking and assigning lockers.

Custodians also report maintenance concerns in common areas to CCOC.

They do not take complaints from tenants, they do not collect rent, do cleaning or repairs. It is not their job to let you into your apartment when you forget your key.

Custodians' pay is based on 2 to 3 hours of work every week. They are not required to be "on call", or present at the building for any specified period of time.

Community Notes



The Ottawa Storytelling Festival

The annual Festival is the major storytelling event in Ottawa each year and features the very best tellers from the Ottawa area and across Canada.

Dates: November 6-9

Place: Library and Archives, 395 Wellington Street

Tickets: *November 6 Story Swap* - free admission

Nov. 8 & 9 (free admission to teachers, & families with children 14 & under)

Full weekend pass: \$30 (seniors, members, & students \$25) or

the morning, afternoon or evening session - \$15/session (seniors & students \$12)

Tickets are available at the door.

Help Santa Toy Parade

Date: Saturday, November 22, Time: 11:00 AM

Parade Route: The parade starts at City Hall at Elgin and Laurier, heads west on Laurier then turns South on Bank Street, and finishes at Lansdowne Park.



Christmas Exchange Program & Toy Mountain

This year, CCOC is working the Christmas Exchange Program and Toy Mountain to provide assistance to CCOC tenants in need. To qualify for the program your yearly income must be within the following range:

singles: \$20,000 or less couples: \$26,000 or less 3 people: \$32,000 or less 4 people: \$40,000 or less
5 people: \$45,000 or less 6 people: \$50,000 or less 7 or more: \$56,000 or less

The deadline for application is 5:00 pm, Monday, December 1.

To apply for one or both of these programs, contact Karen at 613-234-4065, ext. 241 Monday to Friday between 10 am and 5 pm.



CCOC Committee Meeting Schedule

| STANDING COMMITTEES | NOVEMBER | DECEMBER | TIME (PM) |
|-------------------------------|-------------|-------------|-----------|
| Membership & Communications | November 5 | December 3 | 7:00 |
| Development Committee | November 11 | December 9 | 7:00 |
| Finance Committee | November 12 | December 10 | 7:00 |
| Property Management Committee | November 13 | December 11 | 7:00 |
| Rental Committee | November 18 | December 16 | 7:00 |
| Board of Directors | November 26 | December 17 | 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.