

NewsNotes

CCOC

April 2009

www.ccochousing.org • 613-234-4065

Maintenance ext. 707 • Rental ext. 224/245 • Finance ext. 230 • Communications ext. 240

Order Your CCOC Flowers & Vegetables

CCOC tenants can request free flowers & vegetables for their yard or balcony.

If you have: a balcony, order up to **9** annuals or vegetables;
a yard or patio order up to **18** annuals/vegetables **or**

15 annuals/vegetables and **3** perennials.

If you live east of Kent St. (Centretown, Lowertown, Overbrook...) your flowers will be delivered on Wed. May 6

If you live west of Kent St. (Centretown, Dalhousie, Hintonburg...) your flowers will be delivered on Thurs. May 7

Confused by the numbers?

Read the enclosed insert to learn about changes to the order form!

Plant Request Form

Your request will **not** be accepted on the phone. Bring it in to the office, mail it or fax it to 613-235-4026.

We **do not** accommodate requests for specific colours.

Deadline: 5:00 p.m. Friday, April 10.

Name: _____

Address: _____

Telephone # (h) _____ (w) _____

Ring # _____ E-mail: _____

Volunteers are needed! We can only send plants to your building if there are volunteers to receive the plants, so please sign up **below**. We **will call** you if we need your help.

Which day will you volunteer (1 - 4 PM)? Wed. Thurs.

Will you be able to bring a car or truck? Yes No

Sun Guide:

S = full sun Sh = partial shade

(see the flower guide on page 2 for more information)



ANNUALS # OF FLATS SUN GUIDE

Begonia	_____	S/Sh
Coleus	_____	Sh
Geranium	_____	S
German Ivy	_____	S/Sh
Impatiens	_____	Sh
Lobelia	_____	S/Sh
Marigold	_____	S
Pansy	_____	S/Sh
Petunia	_____	S
Snapdragon	_____	S

ORGANIC VEGETABLES (need 1/2 day sun)

Basil	_____
Chives	_____
Oregano	_____
Red Pepper	_____
Thyme	_____
Cherry Tomato	_____

For yard/ patio only - any of the above PLUS

PERENNIALS # OF PLANTS

(Maximum 3 perennials per order for patio/yard)

Black-Eyed Susan	_____	S/Sh
Day lily	_____	S/Sh
Hosta	_____	Sh

Total Request

(yard/patio: up to 18
balcony: up to 9)

Flower Garden Guide



Begonia: White/ pink/ red flowers with waxy green or reddish leaves; summer & late blooming; 6-12" tall; full sun or partial shade, rich soil; can pot in fall for indoor over-wintering.



Black-eyed Susan: Perennial, yellow and orange daisy like flowers with big brown centres; 12-60" tall; full sun to part shade; tolerant of many soil conditions; remove spent flowers frequently, pile on the manure every year; divide every 3-4 years, tends to spread.



Coleus: Multi-coloured and patterned leaves; summer display; 8-12" tall; partial or full shade; pinch tips for bushy growth; can be over-wintered indoors.



Day lily: Perennial, large yellow, orange or apricot flowers, long slender leaves; spring to fall blooming; 12-48" tall; full sun to part shade; very easy to grow, cut flower stems to ground after blooming.



Geranium: White, pink & red flowers; bloom summer to fall; 12-24" tall; full sun; remove spent flowers; excellent container plant, can be over-wintered.



German Ivy: A vine with bright waxy green colored leaves ideal for hanging baskets and containers; prefers full to partial sun.



Hosta: Perennial; white and green leaves; summer flowering, 6-36" tall; part to full shade; great for shady spots!



Impatiens: White, pink, purple, orange & red flowers; summer bloom; 8-24" tall; full or partial shade; moist soil, pinch young plants to increase branching, flowers bloom even in deep shade.



Lobelia: White, blue, purple, orange, red flowers; summer blooming; 4-12" tall; full sun to partial shade; shear after first bloom; water frequently and use mulch all year round; classic & beautiful container and edging plant.



Marigolds: White, cream, yellow, orange, red flowers; summer and fall blooming; 7-36" tall; full sun; average or poor soil; remove faded blooms for repeat flowering, great for keeping pests & pets out of your garden.



Pansy: White, shades of blue, purple, yellow, red flowers; summer to fall blooming; 6-10" tall; full sun to partial shade; use mulch to keep soil cool and moist, remove spent blossoms for bushier, continuous flowering, cut back drastically after first big bloom.



Petunia: White, shades of violet, pink, yellow, red flowers; summer to fall blooming; 10-15" tall; full sun; average soil; remove spent blooms, cut back by one-half at the end of summer to encourage new growth; excellent container plant.



Snapdragon: White, lavender, pink, yellow, orange, red flowers; summer & fall blooming; 7-12" tall; full sun; tolerant of most soils; pinch back young plant to make it bushy, remove spent blooms for further flowering.

Kitchen Garden Guide



Sweet Basil: Large green leaves. Requires regular watering and good drainage. Pinch flower buds as they appear. Used in pastas, pesto, salads.



Chives: Long green leaves. Need moist, good soil, lots of sun and trimmings. Great in salads or in a dip with sour cream.



Oregano: Small soft dark green leaves. Requires a container that has good drainage. Once the plant is established, it requires minimal care. Use fresh or dried in sauces and stews.



Red Pepper: It needs a sheltered, warm spot to grow and lots of moisture. Peppers ripen from green to red in roughly 60 days. Eat fresh or cook.



Thyme: Broad dark green leaves. Requires little attention, just watering to keep moist. Use in soups, stews and sauces.



Cherry Tomatoes: Easy to grow in containers and require minimal care. The plants yield more and often tastier fruit than regular tomato plants. Tomatoes start to ripen in 60 days, and continue producing until autumn frost.

Go Green...
Please Recycle this
newsletter



Mixed Sources

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Send Your Child to Camp for Free!

Each year the Irving Greenberg Memorial Camp Fund (IGMCF) pays the camp and transportation fees (up to a maximum amount) to send some CCOC kids to an overnight camp. You can apply if you are a CCOC tenant with children who are 8 to 15 years old. Names are chosen in a draw. Priority is given to families paying less than "market rent" and to children who have not already been sent to camp under this program.

For more information call Karen Batsch (613-234-4065 ext. 241).



IGMCF Application Form



I would like you to consider my child (children) for the Irving Greenberg Memorial Camp Fund program. If chosen, I will come to an agreement on the camp and the time period and arrange acceptance by the camp within two weeks of being notified. I authorize the Irving Greenberg Memorial Camp Fund to confirm my rental agreement with CCOC to establish priority.

Parent/guardian's name _____ Phone _____

Signature _____ Date _____, 2009

Child (children's) name(s) • _____ Age _____

• _____ Age _____

• _____ Age _____



Please include your address to be notified if you are selected.

Address: _____

Postal Code: _____

Mail your application to: IGMCF or drop it off at the CCOC Office
P.O. Box 2787, Station D 415 Gilmour St.,
Ottawa, ON KIP 5W8 second floor.

Deadline for application is May 1st. Applicants will be notified by May 22.

Join CCOC!

Becoming a member allows you to become a committee member, run for a seat on the Board of Directors or vote at our Annual General Meeting.

CCOC Membership Form

• I would like to become a member of CCOC and have enclosed a \$3.00 membership fee.

• I am interested in joining a committee:

Rental Finance Property Management Membership & Communications Development

Name _____ Phone # (day) _____

Address _____ (evening) _____

E-mail _____



Immigrant Perspectives

- Workshops
- Information & Community Resources
- Community Discussion

Guest Speaker
Immigrants Rights Activist
Uzma Shakir

Rethinking Poverty 2
Community Forum

Date & Time: April 23, 8:30 am to 4:30 pm
Location: City Hall, 110 Laurier Ave. West, Main Floor
Admission: Free - lunch & refreshments provided, childcare & bus tickets available
Registration: Call 613-239-4917

Erin Brockovich Environmental Study Group

Explore practical solutions to environmental concerns

Date: 2nd Tuesday each month
next meeting - April 14

Time: 7 to 9 pm

Place: Bronson Centre, 211 Bronson, Room 306

Registration: 613-236-6557 or e-mail kairos@bellnet.ca



The Elisabeth Arnold Plant Pool Fund

This fund helps low income families by paying for their children's swimming lessons at the Plant Recreation Centre. If your child wants to sign up for swimming lessons, but you have trouble paying the fees you should apply. **Deadline for applications is April 30.**



Application forms will be available at the Plant Recreation Centre, at the corner of Somerset and Preston Street, after April 6. Grants are provided to children (16 & under) to cover the cost of swimming lessons at The Plant Pool.

Free Eco Fair 2009

Green living ideas, products, and services.

Date: Saturday, April 18
Time: 10 am to 5 pm
Place: RA Centre, 2452 Riverside Drive



CCOC's 2009 AGM

Meet the candidates and vote for the new Board of Directors. You must be member to vote. Memberships cost \$3. They will be sold at the AGM or you can send in the membership form on page 3 of this newsletter.



Date: Thursday, May 21
Time: 7:00 pm doors open
7:30 pm meeting begins
Place: Ottawa City Hall
Jean Pigott Hall (rotunda)

CCOC Committee Meeting Schedule

STANDING COMMITTEES	APRIL	MAY	TIME (PM)
Membership & Communications	April 1	May 13*	7:00
Development Committee	April 14	May 12	7:00
Finance Committee	April 15	May 13	7:00
Property Management Committee	April 16	May 14	7:00
Rental Committee	April 21	to be determined	7:00
Board	April 29	May 27	7:30

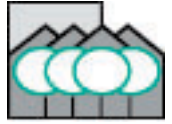
* call the office for location of meeting.



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.

Explanation for Changes to the CCOC Flower/Veggie/Herb Order Form



- **For tenants with balconies: 9 plants** instead of 3
- **For tenants with a yard/ patio: 18 plants** instead of 6 (**maximum 3 perennials per order**)

With this change, you will receive the same total number of plants as in past years but you have the opportunity to order a wider range of flowers, herbs and veggies!

In past years, CCOC used to make adjustments to each order of annuals. This is because nurseries changed the package they used for annuals and CCOC was trying to make sure that tenants would still get the same number of plants. This year, instead of adjusting individual orders, we are adjusting the number of plants you can order. If you have questions, call Karen at (613)234-4065, ext. 241.