

## Community Notes

### Centretown Community Health Centre Free Park Program

What: Join other parents and kids in the park for arts and crafts, games, singing, sand toys and free light snacks.  
 Where: Dundonald Park (July 9, 23 and August 20) and St. Luke's Park (July 16, 30, August 13 and 27)  
 When: Mondays in July and August, from 9:30 to 11:30 a.m.  
 For more information, call Rahma at 613-233-4443, ext. 2195.



### Craft Group

What: Learn new crafts and techniques while making new friends.  
 Where: Centretown Community Health Centre, 420 Cooper Street (between Bank and Kent)

When: Tuesdays July 17 to August 14, from 1:00 to 3:00 p.m.

Registration is required. To register, call Liz Keogh at 613-233-4443, ext. 2200. The centre can help with childcare if you let them know you need it when you register.

### Ottawa Hostel Outdoor Club



The club provides the opportunity for people in the community and hostel guests to organise and participate in environmentally sound recreational activities. It is a year round outdoor recreational club involved in hiking, cycling, canoeing, skiing, and snowshoeing. Day outings are planned every weekend. On many weekends the club offers weekend-long outings. Most trips start at the Ottawa International Hostel at 75 Nicholas Street, near the Rideau Centre.

Activity Fees: OHOC members: none. Non-members: \$3.00/half day, \$5.00/day for multi-day or day trips.

Transportation (no canoe) - per person: To Gatineau Park & round trips less than 70 km. : \$3 to \$4. Trips longer than 70 km. round trip: 26¢ per km per vehicle with the driver contributing.

Transportation, vehicle carrying a canoe: To Meech Lake: \$6 per person. Other destinations: 31¢ per km per vehicle with the driver contributing.

Canoe Usage: Evening Trips: no charge. Day/Multi-Day trips: \$3/day/person

For more information call the hotline at 613-230-6703 or visit <http://ohoc.ncf.ca/>.

## CCOC Committee Meeting Schedule

STANDING COMMITTEES	JULY	AUGUST	TIME (PM)
Membership & Communications	no meeting	August 1*	6:00
Finance Committee	no meeting	August 8	7:00
Development Committee	no meeting	August 14	7:00
Property Management Committee	to be determined	August 16	7:00
Rental Committee	July 17	August 21	7:00
Board of Directors	July 25	August 29	7:30

\* Potluck supper

**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.

# NewsNotes



## 231 Clarence St



Affordable House for Sale -\$153,000  
 Upper 3 Bedroom, 1,180 square foot, stacked townhouse.

To be eligible, you must have 3 persons in your household and have a household income lower than \$49,000.00. Purchasers will be subject to an income test.

Households have to be able to make a minimum down payment of 5% and qualify for a standard bank mortgage.

For more information, go to:  
[www.CAHDCO.ca](http://www.CAHDCO.ca) or contact  
 Kim Menard at 613-234-4065 x242 or  
[kim.menard@cchohousing.org](mailto:kim.menard@cchohousing.org)

## Sign up for energy savings?

We've heard from a few tenants that electricity and gas retailers are going door to door trying to sign people up for long term contracts. These salespeople can be quite persuasive, and their offers may not be what they appear. Here are some consumer tips to follow:

- Don't be pressured into making a quick decision. Get more than one estimate, and take the time to see whether their offer really is too good to be true!
- Find out the terms of the contract, and carefully read all of the material.

**Door to door soliciting is not permitted in CCOC buildings  
 - you have the right to tell salespeople to leave!**

- If you've signed a contract and are having second thoughts, you may still be able to cancel your contract. By law, you can cancel within 10 days of signing up. You must also reaffirm your contract sometime between 10 and 61 days of signing up. If you don't, the contract ends after the 61st day.

If you have concerns about an energy retailer contact the Ontario Energy Board toll free at 1-877-632-2727 or by e-mail at [info@oeb.gov.on.ca](mailto:info@oeb.gov.on.ca)

## Inside...



Summer activities for young & old

Tips for balconies and how to stay cool

A report on the flower brigade

Closure on Colonel By Day

**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](mailto:meg.mccallum@cchohousing.org)) or Karen Batsch at ext. 241 ([karen.batsch@cchohousing.org](mailto:karen.batsch@cchohousing.org))

[www.cchohousing.org](http://www.cchohousing.org)

## CCOC's Volunteer Flower Brigade



A big thanks to all of the volunteers who helped with CCOC's "Volunteer Landscaping Day" (flower day). Special thanks to Henry Ziolo, Richie Allen, Linda Morrison and Linda, Justin and Suzie MacDonald. With their help we were able to deliver 2,259 flats/pots of flowers to tenants!

The number of flowers ordered have been increasing every year since the program started back in 1992, when 540 flats/pots were ordered.

## BALCONIES

### Hanging Flowers, BBQ's Air Conditioners & Pigeons



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. If you live on the ground floor and have a patio, your barbecue must be at least 10 feet away from the building. Propane tanks for barbecues must be stored outside at all times.



If you are installing a window air conditioner, please make sure that it is well supported and cannot fall from your window and injure someone below. It is also important to ensure that the unit is draining somewhere safe and not on people below. Don't let it drip into your apartment either where



## Stay Cool & Save 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)



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

- turn on your range hood fan when cooking to exhaust waste heat from your home
- wash clothes in cold water
- use a floor and/or ceiling fan instead of an air conditioner
- turn it off when you leave! Computer monitors, lights, air conditioning and fans

## Free Summer Day Camps

### Ottawa School of Art One Week Cyber Art Camp

The Ottawa School of Art believes that art is for everyone. It is offering a **free art camp** for children and youth who have a general interest in visual arts and who would have difficulty paying regular art camp fees.

Dates: July 23 to July 27 or July 30 to August 3

Ages: 9-15 years old

Time: 9:00 am to 4:00 pm

Location: Ottawa School of Art, 35 George St.

Activities: digital & traditional photography, photo editing, virtual painting & drawing, graphic & web design & visits to art galleries



If you need transportation, the school will provide bus tickets.

If you are interested and qualify for a space, please call Karen at 234-4065, ext. 241 for an enrolment form.

### Broken English Theatre Two Week Drama Camp

The Broken English Theatre Company is a professional, multicultural theatre company for new Canadian actors. The Company has **offered CCOC 5 free spaces** at its 2-week summer drama camp.

Dates: July 30 to August 10

Ages: 6-11 years old

Time: 9:00 am to 4:30 pm

Location: Guigues Community Center  
172 Guigues Ave.

Activities: drama, games, miming, music, dance, & crafts.

If you are interested in a space for your child, please contact Karen at 234-4065, ext. 241 by 5 p.m. on Friday, July 13. Selection will be made with a draw of names and if your child is chosen, you will be contacted by July 17.



## Affordable Overnight Camps



### Boys & Girls Club - Camp Smitty

For children ages 8 to 15. 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.

613-232-0925 ext 21 [www.campsmitty.com](http://www.campsmitty.com)

### YMCA-YWCA - Camp Davern

The Ottawa YMCA-YWCA's Camp Davern is a girls' camp located off highway 7 near the town of Maberly.

Camp fees start at \$573/week, however **subsidies are available**.

613-237-1320 ext. 6101.

the water can cause damage. You would be responsible for that damage. Many air conditioning units have a hose attachment plug which allows you to attach a hose that can drain the water into a bucket. Just make sure you empty the bucket in a sink regularly.

Don't like pigeons but they seem to like you? Pigeons like areas where there is food, water and shelter. Favourite nesting places are dark sheltered areas such as overhangs, ledges and apartment balconies.

To keep the pigeons away:

- do not feed them
- keep your balcony free of crumbs; and
- cover garbage cans tightly.

Plastic owls, snakes or other predators may scare pigeons away. If you install these, you must:

- change their location often so the pigeons don't get used to them; and
- place them so that they are partially hidden and catch the pigeon by surprise.



The CCOC office will be closed on Monday, August 6 for Colonel By Day.  
Notre bureau sera fermé le lundi, 7 août pour la journée du Colonel By

