



## AGM and Tenants' Association Election held

Annual General Meeting of the Banff Avenue Community House was held on January 26, 2006.

At this occasion tenants elected a New Tenants Association, which will carry on the mandate as well as the planned activities for 2006, including activities under *No Community Left Behind* Project. Highlights of the evening are as follows:

- There were 44 participants and more than 25 percent of the households were represented.
- TCW from OCH, Board members from the Community House, House Director and Project Coordinator from SEOCHC were present at the occasion.
- The Tenants Association progress during 2005 and tentative work plan and budget for 2006

was presented to the participants.

- TCW facilitated the election process and all positions were filled without any contest. Fouzia Mohammad was unanimously elected to continue working as a president of the TA. Sylvester Gerald was elected to the position of Vice President, Diane Dore as the Secretary and Charlyene Elias as the treasurer.
- Sylvie Manser presented Community House Report along with community activities for 2006.
- Mr. Beauchemin, the treasurer/secretary of the Community House board, presented the budget.
- Rahma Aden will be the new member from the

neighborhood on the Community House Board.

Elected members of the Tenants' Association decided to meet every first Saturday of the month. The meeting will be open for the rest of the tenants to drop in and participate in review and planning of the activities.

The community regularly meets every Thursday evening to discuss community development and safety issues. Activities such as Dinner and Chat and Women Exercise Club, organized under *No Community Left Behind* Project, provide community an opportunity to come together and share their concerns with service providers from outside.

Tenants' Association and The Community House work closely for planning and implementing community development activities.

### Special points of interest:

- **COMMUNITY DINNER:**  
EVERY THURSDAY NIGHT, 6.00 PM AT THE COMMUNITY HOUSE..
- **TENANTS' ASSOCIATION MEETS EVERY FIRST SATURDAY OF THE MONTH AT 5 PM**
- **YOUTH DROP INNS TUESDAYS 8-9 PM; THURSDAY 6-8:30 PM AT THE PORTABLE**

## Information Session for the Community

An information session was arranged for the community members on February 9, 2006. This session was the result of questions and concerns noted from earlier meetings with the service providers.

Some of the main questions

addressed were: How to be a responsible parent? How to discipline kids in new cultural setup within the bounds of the law? What are community members' rights and responsibilities as a responsible citizen?

Members for Ottawa

Police Services and Children Aid Society (CAS) were there to address these and other relevant issues raised by the community members on the spot.

Representative from CAS explained effectively removed misconceptions sur-



Community members at the AGM and Tenants' Association Elections.

# Banff Community Newsletter



Newly elected Tenants Association members with staff members of Ottawa Community Housing and South East Ottawa Centre.

rounding removal of children by CAS. Mr. Michael S. Pranschke explained the process and stages that ultimately leads to removal of children from families with problems. He elaborated the Child and Family Service Act, Section 37 with practical examples to show how the acts states that if parents cannot protect

their children, the relevant agency should intervene and how CAS goes through a process to make sure that children are protected from harm and there is no unnecessary intervention.

The concept of Neighbourhood Watch was also discussed in details as to what it

means; how it plays a role in restoring the communities and how it leads to safe and secure neighbourhoods.

A session on Parenting Rights was suggested to explain to the community rights of children of different age groups.

## Community House March Break Activities Monday March 13-17.

The community House has organised a number of activities for the March break. Starting Monday March 13, 2006. The schedule for activi-

ties is given below. All participants must register at the Community House for ensuring their participation. A token fee also applies. All

regular activities will be cancelled for the week except youth activities. For other information and sign-up time call: 739-5702.

**MARCH BREAK:**  
**JUNIORS 4-6YRS: \$1 PER DAY**  
 (UP TO 2 DAYS PER CHILD)  
**PARENT & CHILD: FREE!**  
**BRING YOUR APPETITE ONE DAY AND THEN YOUR PICTURES!**  
**CHILDREN: \$4/WK PER PERSON AND \$3/WK FOR ANY ADDITIONAL FAMILY MEMBERS**  
**CHILDREN: \$4/WK PER PERSON AND \$3/WK FOR ANY ADDITIONAL FAMILY MEMBERS.**

Mon 13	Tue 14	Wed 15	Thu 16	Fri 17
	<b>10-12pm</b>	<b>10-12pm</b>	<b>10-12pm</b>	
	Juniors 4-6yrs <i>Make Play-dough</i>	Juniors 4-6yrs <b>Flower Crowns</b>	Juniors 4-6yrs <b>Fabulous Frames</b>	
<b>12:30-2:30pm</b>	<b>12:30-2:30pm</b>	<b>12:30-2:30pm</b>	<b>12:30-2:30pm</b>	<b>12:30-2:30pm</b>
<b>Parent &amp; Child COOKING CREATIONS 4-12 yrs FREE</b>	Juniors 4-6yrs <b>Collage Place-mats</b>	Juniors 4-6yrs <b>Stained Glass Flowerpots</b>	Juniors 4-6yrs <b>Painted Wooden Boxes</b>	<b>Parent &amp; Child Scrapbooking CREATIONS 4-12 yrs FREE</b>
	<b>12:30-2:30pm</b>	<b>12:30-2:30pm</b>	<b>12:30-2:30pm</b>	
	Children 7-9yrs <b>XBOX, crafts, &amp; games</b>	Children 7-9yrs <b>Amusement games</b>	Children 7-9yrs <b>MOVIE AT THEATRE</b>	
	<b>3-5pm</b>	<b>3-5pm</b>	<b>3-5pm</b>	
	<b>Children 10-13yrs XBOX, crafts, &amp; games</b>	<b>Children 10-13yrs MOVIE at THEATRE</b>	<b>Children 10-13yrs Mystery activities</b>	



Early Learning and pre-school program at Banff Avenue Community House

## SAFETY TIPS FOR PARENTS

Under *No Community Left Behind* project, Ottawa Police Services have assigned additional officers to four communities in South East Ottawa, including Ledbury and Banff Community. However, that's no reason for parents to let their guard down.

Common sense tells us that the streets in the area are not entirely safe — this is particularly true for children. The Ottawa Police Service will always be available to respond to crime, but crime prevention needs active community participation. The police can't do it alone.

### Try to find out would your child know what to do if...?

- He is offered money for doing of passing on drugs?
- He is asked to steal from home?
- He is told not to talk about the illegal activities he witness, otherwise he will get beaten?
- A friendly stranger offered him a ride home?
- She's being bullied at school?
- The babysitter, a neighbour or relative wanted him to play a secret game?
- A friend dared her to drink some beer or smoke a joint?
- He came across some offensive material on the

These are some of the most common concerns voiced by parents. While it's difficult to teach children how to balance trust with caution, kids need to know common sense rules that can help keep them safe.

The following safety tips provide a good start for creating awareness and building the self-confidence your child may need to handle an emergency Contact your local Community Police Centre.

### The basics

- Make sure your children know that informing you or the police is safe.
- Be sure they know how to contact you or the police in an emergency, as well as how and when to call 9-1-1 to reach emergency services (police, fire or ambulance).
- Ask your children about their friends and try to meet them and their parents where possible.
- Discuss with the signs of possible troubles.
- Set a good example with your own actions — always lock doors and windows and see who's there before opening the door.
- Listen carefully to your children's fears and feelings about places, people or experiences that make them feel scared or uneasy.

- Encourage them to trust their instincts.

### At school and play

- Encourage your children to walk to and play at school with friends — not alone. Make sure they are taking the safest routes, and that they know where to go for help.
- Teach your children to settle arguments with words, not fists, and to walk away when others are arguing. Remind them that taunting and teasing can hurt friends and make enemies.
- Tell your child to stay away from strangers — especially those who hang around playgrounds, schoolyards or public restrooms.
- Always check out daycare providers, babysitters, after-school programs, etc. and discuss your child safety and crime prevention expectations.
- Teach your children that no one — not even a teacher, coach or close relative — has the right to touch them in a way that makes them feel uncomfortable, and that it's okay to say no, get away and tell a trusted adult.
- Encourage kids to be alert and to tell a trusted adult — you, a teacher, a neighbour, a police officer — about anything they see

*Continued on last page*

**Maria McRae**  
River Ward City Councillor



Councillor Maria McRae donated funds to community activities under No Community Left Behind Project. Maria McRae also arranged free Game Day Passes to Banff and Hetherington Community residents for Ottawa Junior "A" Senators hockey game.

FOR COMMUNITY SAFETY:

GET INFORMED AND GET INVOLVED.

GET TO KNOW YOUR POLICE PERSONNEL



Another view from Banff Community House AGM and TAs election.



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*Banff Avenue Community House appreciate support of the organizations and agencies supporting **No Community Left Behind** project. It is grateful to the commitment of the **Steering Committee members** in particular:*

- ◆ Rey Francis, Councillor Maria McRae's Office
- ◆ James Williams, Board member SEOCHC (Chairman)
- ◆ James Tanguay, Boys and Girls Club of Ottawa
- ◆ Scott Bradford, Executive Director, Boys and Girls Club of Ottawa
- ◆ Florence Brake, Community Developer, Ottawa Community Housing
- ◆ Superintendent Charles Bordeleau, Ottawa Police Services
- ◆ Constable Lisa Briggs, Ottawa Police Services
- ◆ Constable Mario Bergeron, Ottawa Police Services
- ◆ Leslie McDiarmid, Manager BBBF and Community Services
- ◆ Sylvie Manser, Director Banff Avenue Community House
- ◆ Matt Perkins, City of Ottawa Parks and Recreation
- ◆ Mohamoud Abdulle Youth Services Bureau
- ◆ Sue Skinner, South Ottawa Community Legal Clinic
- ◆ Eileen Dooley, Vice President, Community Services, United Way
- ◆ Andrew Sparling, Osgoode Veterinary Clinic
- ◆ Fouzia Mohammed, President of the Tenants' Association Banff Community

**March Break Activities: Monday March 13 to 17,  
 2006. Community Dinner and Information  
 Sessions: Thursday evenings at 6:00**

**COME OUT  
 &  
 GET INVOLVED**



Volunteers for the Food Cupboard  
 (Suzanne Angus-Right, Suzanne Potvin and Diane Dore-Left).

that doesn't seem quite right.

**At Home:**

- Talk to your children about the challenges they will face in the community (e.g. drugs, alcohol, vandalism, etc.) and help them develop strategies around saying no to peers or bullies.
- Monitor your children when they're on-line and monitor the amount of time they spend on-line. The best tool your child has for screening on-line material is his or her brain — teach them what is acceptable and how to deal with matters such as exploitation, pornography, excessive violence, hate literature and any other issue of concern to you.

- Let your child know that he or she can tell you anything, and that you'll be supportive.
- It's important that kids know it's okay to keep telling if they are uncomfortable — it may take more than one telling for parents or guardians to understand that inappropriate behaviour is occurring and take appropriate action.
- Be alert for changes in your child's behaviour that could signal abuse, such as sudden secretiveness, withdrawal from activities, unexplained cash or expensive items, refusal to go to school or a favourite activity, increased anxiety or unexplained hostility toward a particular person

or place.

- If your child is a victim of any crime — from stolen lunch money to sexual abuse — don't blame him or her. Listen, offer sympathy and report it to the proper authority.
- Following these basic safety tips provides a good start for safeguarding you and your family.

Know and contact your local Community Police Officers. Get in touch with the Community House and visit the Police Web site at [www.vot-tawapolice.ca](http://www.vot-tawapolice.ca) for additional crime prevention tips and information about Neighbourhood Watch.