

Banff Community Newsletter

SAFE COMMUNITY NEWS AND RESOURCES

Volume 1, Issue 3

March/April 2006

Tenants' Association Received Funding from Ottawa Community Housing

Ottawa Community Housing (OCH) has released \$2,200 to the Banff Avenue Community Tenants' Association.

This is the first time the Tenants' Association has received this grant from OCH since its inception in December 2004.

This grant will be utilized for undertaking community activities during 2006. Tenants' Association will plan these activities in consultation with the community and the Community House.

These activities will vary by

age group as well as seasons and occasions. Some activities will be organized for all families in general, whereas others will specifically address kids, youth and women needs.

The TA members have already identified and planned some activities, including celebrating **Community Safety Day** and an **outing for families to Mont Cascade**. These activities are intended to bring social harmony and provide recreational opportunity to the community.

The office bearers of the Tenants' Association believe that these activities will ease isolation for multicultural families and single parents. These activities will also provide opportunities for informal discussion on topic of shared interest and well being of the community.

Other than many other advantages, the OCH funding will consolidate the TA as it provides it with an opportunity to maintain accounts, plan activities and manage local events as a community organization.



Community members at the Toys Sale, organized by Banff Avenue Community House on April 29, 2006.

Youth Pizza Party and Ice Breaking Sessions

As an initial step towards engaging youth in positive activities and building trust with service providers, two meetings for icebreaking with youth were held.

The first meeting was held on March 8 and the second on April 12, 2006.

In these meetings, youth were given the opportunity to share and openly discuss issues relevant to health, safety and recreation in the community.

The initial interactions show that there are some misconceptions among youth. However, this is a sign of the general trend in the community. Other than providing

with opportunities for recreation, they need to be seriously engaged in discussion and dialogue.

This interaction with youth was found to be as much necessary for their health and well-being as it was with the adult population.

South East Ottawa Centre for a healthy Community is planning a subsequent meeting with the youth in collaboration with Boys and Girls Club in mid May. Staff from Boys and Girls club will facilitate an evening party with youth and understand and discusses some of the youths concerns and views about their community and their

relationship with service providers.

Regular support to youth drop-ins has been extended under *No Community Left Behind* project so as to provide youth with an opportunity to sit and interact with different service providers, open communication channels and build trust relationships.

The objectives of the upcoming youth activities; to increase youth interaction with partner agencies; engage them in thought provoking discussion, and reduce the influence of negative elements in the community.

Removing negative perception of the police service

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**



Residents are fully engaged on Community Clean-up Day on May 2, 2006.

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A view of the abandoned shopping carts collected on Community Clean-up Day.

FOR COMMUNITY SAFETY:

GET TO KNOW YOUR POLICE PERSONNEL.

is of paramount importance for making a difference. The activities identified for this purpose will provide youth possibilities to open up their minds to the reality and turn them away from the negative role models to establishing friendships with peers who have similar interests and values, as well as opportunities to form positive relationships with supportive adults in the community.

Adults, who are volunteering for the community devel-

opment activities in Banff community, can serve as role models and mentors, as well as providing social, emotional and instrumental support.

Trust in partner agencies and relationships with adults in the community will help youth establish the autonomy necessary for a successful transition to adulthood without getting influenced by the negative elements. The problem is that so far the youth are open to the negative influences but there is no con-

certed efforts to remove their misconception of many crime and crime prevention related actors and factors.

The engagement activities will be planned in a way to facilitate social integration of youth into the larger community, since such activities will frequently provide connections to adult community leaders, promote community values and a sense of social responsibility, and introduce youth to community organizations and how they function.

CRIME PREVENTION AT BANFF AVENUE

Crime prevention is a lot of things you might not think of; it's more than just locks, alarms and keeping an eye open for suspicious characters. Each of us is involved in crime prevention activities in our daily lives.

Helping your neighbour, coaching youth, taking part in community house activities, attending Tenants Association meetings, taking part in sport and recreation programs, having family safety plans and educating your family on crime prevention tips are some of the many things that contribute to the health and well being of your community.

Everyone has a role in making their home and their community safe and there are lots of ways to do it!

Crime Prevention Tips for Seniors

- Walk only in well-lit areas and do not burden yourself with packages or a bulky purse.
- If you suspect you are being followed, trust

your instincts: cross the street, go to the nearest home or business and call the police.

- Get to know your neighbours and ask Community House if there is a Crime Prevention program in your neighbourhood.
- Never let strangers into your home - if they require assistance, ask who you might call to help them.

Personal Safety Tips for Adults

In Your Community

- Don't obstruct your view with parcels that can slow you down.
- Pay attention to your instincts - if your gut tells you not to go one way, choose another path. If you feel you are being followed, quickly assess your options. Can you run

or change direction? Are there people nearby or houses or businesses to run to? Do what you can, fast. You may not be in danger, but it's best to play it safe.

- Contact Police if you see suspicious activity at 236-1222. If it is an emergency (other than life threatening) call: 230-6211.
- **You can leave anonymous tips about suspected activities in Banff Community to Officer Lisa Briggs at 613-236-1222 Ext 3434 or Officer Mario Bergeron at 236-1222 Ext 8836**

Crime Prevention Tips for Children

What Parents Can Do

- Write your children's names and addresses on their clothing out of view, as children are less likely



Views from Community Clean-up Day.

SAFETY TIPS FOR PARENTS

to fear strangers who know their names.

- Teach your children to know their full name, age, telephone number, area code, city, province and how to make both a local and long-distance phone call so that they can identify themselves and contact you if they run into trouble.
- Children need to be told that their safety is important and that they can play a big part in staying safe. Encourage your children to always report back to you about strange or frightening things that happen.
- To encourage an open dialogue with your children, tell them that you will not be angry with them about things that may scare or concern them. A good start is to talk to them in words you are comfortable with, such as:
"Your body is your own and no one should touch you or hurt you. If someone does touch you, say "No!" and then tell me."
"Sometimes friendly people, people you know, may do things or ask you to do things that are not nice. If they touch you or ask you to touch them, tell me."
- "Always tell me if these things happen to you be-

cause I love you and I want you to be safe."

Crime Prevention Tips for Youth

As children move from elementary-to middle school, there's a temptation to back away from participating in their activities.

While they can seem quite grown-up, they aren't done yet! They need and welcome parental involvement. This is the time when kids are exposed to alcohol and other drugs. Attend every activity you possibly can from games to performances to meetings with teachers.

Your commitment assures that your child knows how much you care.

Get to know your children's friends and their parents.

Invite their friends and their parents to a cookout at your home or a local park. Or invite the parents to meet for coffee or lunch.

Work with other parents to get a list of everyone's addresses, emails, and phone numbers so you can keep in touch with your child. Find out other parents' values regarding alcohol and other drugs. Hope that they have the same no use rules as you do, but don't assume. Find out!

Don't wait for the "Drug Talk".

Don't wait to have "The Drug Talk" with your child. Make discussions about tobacco,

alcohol, and other drugs part of your normal conversation. Know the facts about how drugs can harm your child. Clear up any wrong information, such as "everybody drinks" or "marijuana won't hurt you". Be clear about family rules for use of tobacco, alcohol or other drugs. Have a no use policy and be clear about the consequences if your child doesn't follow the rule.

Monitor children closely. Don't be an ostrich.

Everybody thinks their child is beyond taking drugs or getting involved in any other crime-related activity... nobody's beyond these. Know what your children are doing – their activities and how they spend their time. Know whom they are with and where they are. Your kids might not like your keeping tabs on where they are and what they're doing. Even good kids can get into trouble – parents need to trust but also verify. It's not pestering, it's parenting.

The FEAR factor.

Children who perceive that they will get caught if they get involved win something wrong are much less likely to get involved. It's much easier for a youth to say no if they can say to their peers "My mom or dad will ground me forever". Make it clear to your child's friends that you do not allow getting involved with drugs or any wrong doing.

Establish and keep family

Continued on last page



A family busy in cleaning their backyard.

FOR COMMUNITY SAFETY:

GET INFORMED AND GET INVOLVED.



Children making contribution to a clean community



SAFE COMMUNITY NEWS AND RESOURCES



Kids enjoying the occasion of Toys Sale.

rituals.

Establish daily rituals for connecting with your children that will continue throughout adolescence. For example: Eat dinner as a family, check in with your kids at the high and low points of their days, and hug them each time they come home.

Take time to listen.

It's important to take time to listen to your kids. Try to find

time to be with your child when he or she asks to talk to you. Don't say "in just a minute or "not right now."

Devote your attention to what your son or daughter is saying, because kids know when you're pretending to listen.

Set limits.

Part of what you can do as a parent is set limits. Let your kids know that you do not want them in risky situations.

Tell them you don't want them to ride in a car with a driver who's been using drugs or who's been drinking. Tell them you will not put up with them being in a place where drugs are being used. Be specific. Don't assume they know what you want unless you tell them.

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YOUTH CORNER

Dear youth!

As you become senior youth and then step into the teenage, the challenges you encounter grow and become increasingly complex.

The best way for you to face new challenges is to exercise your good judgment.

Here are some suggestion for you, which will help you deal with any new situations you may face.

- **Don't** react to violence with more violence. Settle arguments with words, not fists or weapons. Avoid forming an audience when others argue.
- **There** are groups of bullies who band together in "wannabe" gangs. Don't draw attention to their actions; that's what they want.
- **Refuse** to hang around with friends who plan to steal, vandal-

ize or commit other crimes.

- **If** you're in a situation and need advice on how to prevent crime or violence, call the Youth Against Violence Line (anonymously, if it makes you feel safer). You will receive assistance from school liaison or a youth.
- **Call** police officer in your community. It's a safe, simple and confidential way to get help and prevent crime.
- **If** you become the victim of harassment, violence or theft, or if you're in a situation and you don't know what to do, tell someone who can help or call the Youth Against Violence Line.
- **Take** a stand. When you see or hear something you know is wrong, speak up or get help. The less you tolerate violence, the less it will happen.



Community Volunteers giving a hand in managing Toys Sale.