



Orléans-Cumberland  
Community  
Resource Centre

# Newsletter

& the Community Caring Connection

September • October • November 2017



Orléans



## Literacy: not as common as you would think

September is the dreaded Back to School month. It should come as no surprise that this month also celebrates literacy worldwide: September 8th is International Literacy Day. A basic life skill for most of us, in reality, it is not so basic to some. According to United Nations Educational, Scientific and Cultural Organization (UNESCO), one in five adults in the world are still not literate and in Canada, 48% of adults have inadequate literacy skills. In Ontario, approximately 47% of people aged 16 to 65 have inadequate literacy skills.

In November 2005, Jacques Demers, currently a senator and a former coach with the Montreal Canadiens' coach with 15 years of experience as coach or general manager in the National Hockey League and many years as sports analyst, shocked the public by admitting that he was illiterate. Mr. Demers managed to hide his illiteracy so effectively that his wife Debbie only found out after an entire year of marriage.

The Offord Centre for Child Studies at McMaster University created the Early Development Instrument (EDI), a questionnaire that was completed by kindergarten teachers which looked at children's developmental health across five areas: physical health and well-being; emotional maturity; social competence; language and cognitive development; and communication skills and general knowledge. Results showed that in one of the rural communities of Orléans-Cumberland, 27% of children scored low in one or more of these areas. In Cumberland, the community with the largest number of children aged 6 or less, almost 22% (over one-fifth) were ranked as scoring low in one or more areas.



The Organization for Economic Co-operation and Development (OECD) and the Ontario Ministry of Education define literacy as the ability to "understand, process and respond to textual and numerical information, print and digital, if they are to participate fully in a society – whether as citizens, family members, consumers, or employees." In fact, these days, being literate does not only entail being able to read and write, but also being computer proficient when more and more information becomes digital only in nature. On November 17, 1965, UNESCO declared September 8 to be the International Literacy Day with the aim of highlighting the importance of literacy to individuals, communities and societies.

Contact North | Contact Nord is one of the agencies the Orléans-Cumberland Community Resource Centre is in partnership with. Over 4 million Ontarians in 600 small, remote, rural, Indigenous and Francophone communities across the province can participate in online and distance programs and courses from Ontario's 24 public colleges, 22 public universities, 76 district school boards, and 250 literacy and basic skills training providers without having to leave their community by accessing the services available from Contact North | Contact Nord. Please visit [orleans@contactnorth.ca](http://orleans@contactnorth.ca) for more information.

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Visit  
our website  
[www.crcoc.ca](http://www.crcoc.ca)



Find us on  
Facebook

240 Centrum Blvd.  
Unit 105  
Orléans ON K1E 3J4  
T 613-830-4357  
[info@crcoc.ca](mailto:info@crcoc.ca)

### Office Hours

Monday to Friday  
8:30am to 4:30pm

### Centre will be closed

Sept. 4th & October 9th, 2017

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### OC Transpo Buses

33, 135, 136, 137, 232  
stop near our building  
(Centrum Blvd. side)  
Tel. 613-741-4390

— Our programs and services are free of charge —

## Adults and families

**Intake and Intervention Program** – Talk to someone about stress, violence, crisis intervention, employment, bereavement, short-term counselling, advocacy, community education, etc. Call us for support and to discuss the resources available in the community.

**Info.** Tracy or Lisa (613) 830-4357

**Contact North** – Access to online education, course, programs, community referrals and more.

**Info.** (613) 830-4357 ext. 301 or [orleans@contactnorth.ca](mailto:orleans@contactnorth.ca)

**CFSO** – Counselling for individuals, couples and families. (service available on a sliding scale)

**Info.** Carole Barrette (613) 830-4357 ext. 406

**Employment Ontario** – Labour market related workshops. All workshops are offered free of charge in English and French. **Info:** (613) 741-9042.

**Action Housing** – Services for tenants and landlords related to housing, tenants' rights. Get information on your rights and responsibilities in order to avoid difficult situations. **Info.** Eddy Francillon (613) 830-4357 ext. 400

**Diabetes Program** – Information groups offered every month during the day and evening, in English and French. To register, call (613) 233-6655

**Francophone Association for Autism** – Information offered to individuals with autism and support to their family members. **Info.** [www.sfoautisme.org](http://www.sfoautisme.org)

**Life Enrichment for Senior Adults [L.E.S.A.]** – Counselling for adults 55+ experiencing problems with alcohol, medications, other drugs, and gambling – aiming to improve social / physical / psychological / spiritual health. **Info.** (613) 233-5430

**Financial counselling** - The Doyle Salewski firm offers counselling and solutions to people experiencing financial difficulties. **Info.** Falak Saadalla (613) 830-4357

**Ottawa Public Health** – Youth sexual health community clinics available to youth aged 29 and under. Wednesdays from 2pm to 5pm. **Info.** (613) 830-4357 to speak to Andrée Bourgault or Marie-Odile Grayson or to set up an appointment.

**Volunteer Program** – Volunteer opportunities to those who are interested in donating their time and talents to support OCCRC programs and services. Interested applicants please contact Rosanne for details.

**Info.** Rosanne Canzanella (613) 830-4357 ext. 307



## Babies, children & teens

**Early Years Centre : see middle of Newsletter for activities**

**First Words** – [speech & language services] Focus on prevention, early identification and treatment of speech and language problems in young children.

**Info.** Ottawa Public Health at (613) 580-6744 or visit [www.firstwords.ca](http://www.firstwords.ca)

**Dental Screening Clinic** – Offered every 3<sup>rd</sup> Friday of the month at the OCCRC from 9am to noon.

**Child Program [6-13]** – Individual counselling to discuss difficult matters at home, at school or in their environment. Bullying prevention workshops, support groups, such as social skills. Other social events as well, contact Hélène for details.

**Info.** Hélène Leblanc (613) 830-4357 ext. 152

**Youth Program [14-18]** –

**YOUTH WALK-IN** – Tuesdays 4pm–7pm when you can talk one on one with a Youth Worker about concerns, needs and resources.

**YOUTH SPACE** – Thursday nights 4pm–7pm where youth can come to meet other youth in their community, share experiences, have fun, discuss different issues or their needs.

**Info.** Tanya Lapointe Harris (613) 830-4357 ext. 140.

**Resources for military families** – The MFRC still offers counselling at the OCCRC.

**Info.** (613) 998-4844 or email at [capp@mfrnc-ncr.org](mailto:capp@mfrnc-ncr.org) and [www.familyforces.ca](http://www.familyforces.ca)

## Food Bank information

**Individuals and families coming to the food bank**

**Office Hours:**

Tuesday — 4pm - 7:00pm  
Thursday — 1:30pm - 4:30pm  
Friday — 9am to noon

*\*\*\*Please come in 30 minutes before closing time.*

**For donations**

**Office Hours:**

Tuesday — 11:30am - 3pm  
Wednesday — 9am to noon  
Thursday — 9am - 4:30pm  
Friday — 9am to noon



## Volunteer Program : A volunteers perspective

The OCCRC benefits from the contribution of many volunteers throughout the year who give their time and talents to support the services and program of the Centre. Below is a testimony of one of our volunteers, Cynthia St-Jean, from the Youth Program 14-18 years.



### **What motivates you to be a volunteer for our organization?**

*"I find my work as a volunteer very fulfilling. I really enjoy interacting with youth, listening to their stories, sharing a laugh with them, and the opportunity to explain my point of view to them. For me knowing that I am a part of a team (with the staff and other volunteers) motivates me to continue to be a volunteer."*

### **What is your role at the Centre?**

*"My role at the Centre is to get the room ready with other workers and volunteers. When youth get here I make them feel welcome. I also participate in the activities and workshops with them."*

### **What do you like most about your volunteer work?**

*"What I like the most at the Centre is interacting with the youth. I truly enjoy listening to their stories, laughing with them, giving them advice when they seek it. I very much like the fact that I can act as 'support' to them when they have problems, and they feel comfortable discussing them with me."*

### **Has this volunteer position changed anything in your life?**

*"This position has had an impact in my life on a personal level. Before I became a volunteer, I could not imagine myself working with youth, I had no interest in them. But now that I am a volunteer, I love my job, I enjoy the responsibilities and the role that comes with it. This job has opened my eyes. Now I feel like continuing my education in something youth related"*



## We want to hear your story!

Whether you are a client, volunteer, a donor, or simply a family member of someone who had visited our Centre, we would like your feedback.

As a non-profit organization that has the goal to continue making a difference in the community, we feel it is important to find out how our services affect you. We would like to know how and why you became involved with the Centre, what your experience was, whether you feel there are improvements to be made, etc., so that we can serve you the best way possible.

You can divulge as much information and stories as you are comfortable with, and your input can be anonymous.

If you are interested in sharing your story, please email us at [info@crcoc.ca](mailto:info@crcoc.ca).



## Would you like to...

- Receive our newsletter by email? Write to [info@crcoc.ca](mailto:info@crcoc.ca)
- Become a member of our **Community Caring Connection** (CCC)? Call 613-830-4357 x305
- Make a donation to the OCCRC? Please find the form on our website on the "Get Involved" page <http://croc.ca/get-involved/donate/>

# Together, we are making a difference

TICKETS ON SALE NOW!!!



2017's  
Title  
Sponsor

Steve Sicard PRESENTS PRÉSENTE  
**FLIPPIN' FOR CHARITY**  
2<sup>nd</sup> ANNUAL PANCAKE BREAKFAST  
**ON R'TOURNE POUR LA CHARITÉ**  
2<sup>nd</sup> DÉJEUNER AUX CRÊPES ANNUEL



On Saturday September 30th the Orléans-Cumberland CRC is proud to announce the return of Flippin' for Charity Pancake Community event hosted by Steve Sicard.

This year's event is being transformed into THE community event of the fall for Orléans-Cumberland. With delicious food options created by the talented team of Proulx Farm, family entertainment, Kid Zone, hay rides, games, prizes and so much more, ticket holders will not be disappointed!

This year we are honored to have Ford Canada ~ Jim Keay Ford Orléans partner with our event to offer "Drive4UR community" fundraising aspect to our grand event. Drivers can test drive the Ford line up free of charge and free of the pressure of sales! For every individual who participates, Ford Canada will donate \$20 to our Centre! Drivers can pre-register at [www.forddrive4ur.ca](http://www.forddrive4ur.ca) or simply register the day of the event.



If you are looking for a great way to enjoy our community don't delay... purchase your tickets today and join us on Saturday, September 30th for a community celebration! For tickets and more information, log on to our website [www.crcoc.ca](http://www.crcoc.ca), visit our Facebook Page (Orléans-Cumberland CRC), call 613-830-4357, email [cmackay@crcoc.ca](mailto:cmackay@crcoc.ca) or come by our main office (240 Centrum Blvd) TODAY!!

We would like to thank all of the event supporters, donors, advertisers, and volunteers... without your help and kind support, this event would not be possible!



## A Swinging success...

The hard working twins team of Denis Sauvé & Denise Hoffman along with their energetic planning committee returned again this year to host their widely successful annual charity golf tournament; "Twins' Causes". Last year this first time event raised more than \$15,000 for our Centre along with the Kelly Foundation.



TWINS' CAUSES



Orléans-Cumberland  
Community  
Resource Centre

LES CAUSES DES JUMEAUX

On Aug. 25, 2017 the event will hosted more than 144 golfers and numerous sponsors and donors that will help to raise much needed financial support and awareness for both charitable organizations. Thank you so much to Denis, Denise and their entire planning committee for their amazing work again this year! We cannot wait to see what the 2017 event will bring!



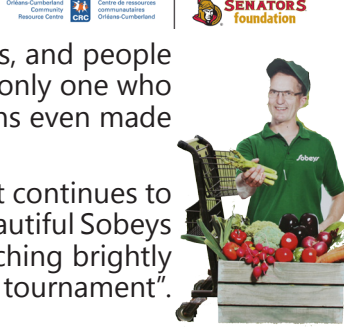
# Our Community at work...

## Another Successful year on the course

On July 7th, 2017 155 golfers took to the greens at GreyHawk Golf Course for the 6th annual Paul Rushforth Charity Golf Tournament in support of the Orléans-Cumberland Community Resource Centre and the Ottawa Senators Foundation to help raise \$35,000!

K6 Media stepped up their creative gene this year and created 9 life size cut outs featuring tournament host Paul Rushforth's face. "There was one of me in a ballet dress, and people had fun using it for target practice with a Nerf gun" remembers Paul. Paul was not the only one who was featured in the life size cut outs... event Title Sponsor Allan Foget of Sobeys Orléans even made a cameo.

Thanks to the dedicated support of the more than 34 sponsor and 50 donors, this event continues to grow in popularity, fun & success. Title sponsors, Allan & Eric Foget, owners of the two beautiful Sobeys here in Orléans ensured the Best Dressed team win for their two teams with their matching brightly coloured outfits. "You can just tell from the moment you drive up, this is a first class tournament". ~Allan Foget



This year's event featured a donation that went above and beyond the expectations of tournament coordinators and guests alike. Bryan Valiquette, owner of Brival Landscaping gathers a few partners (André Taillefer, Robert Plante Nursery, Permacon & Lavergne Renovation) to offer our evenings Live auction participants the opportunity to bid on a Dream Backyard Reno worth \$20,000!! When we asked Bryan why he was so passionate about contributing in such a big way not only via this incredible donation, but through his support since day one of this tournament he said; "We've been inspired by Paul's generous support of charities like the Sens Foundation and the Orléans-Cumberland Community Resource Centre for years, and with our entire management team having young families of our own we appreciate on a personal level the importance of giving back to the community whenever we can."



Team Brival Landscaping

Thank you to Paul and his team for including our Centre in the 1st class event... we look forward to the 2018 tournament and all it will bring to our community!



2017's Winning Team



The Policeman team playing nice with fireman Paul

## Christmas is just around the corner

It's hard to believe but Christmas will be here before we know it and the team at the Orléans-Cumberland CRC is already hard at work preparing for this year's upcoming Christmas Program. Last year this event helped more than 800 individuals and this year we anticipate those numbers to raise even more!



If you would like to help make a difference in an individual or families life this holiday season the 2017 Christmas sponsorship will be available in October for download on our Centre's website ([www.croc.ca](http://www.croc.ca)) or for pick-up by visiting our main office (240 Centrum Blvd. Orléans).

If you would like to host your very own "Angel Tree" and collect new, unwrapped gifts for children in our community please contact Cindy at 613-830-4357 ext. 305 or email [cmackay@croc.ca](mailto:cmackay@croc.ca) to receive our Angel Tree promotions package.





# Our Caring Community Corner...

## Thank you does not seem enough...

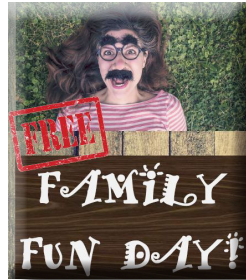
The list below shows many OCCRC supporters who donate food items to our Centre on a monthly basis. Your heartwarming contributions is what keeps our food bank full for those who need it.



- Dessureault YIG
- Farm Boy Orleans
- Giant Tiger -St. Joseph Blvd.
- Kardish Health Food Centre – Innes Rd.
  - Orléans United Church
- Pantry Plus – St. Joseph Blvd.
- Queenswood United Church
  - Sobeys Orléans
- St. Helen Anglican Church
  - Starbucks – Innes Rd.
  - Tim Hortons – Innes Rd.
  - Tim Hortons – St. Joseph

## Join us and help support this great new community event!

On Aug. 27, 2017 the team from *Centrum Chiropractic & Acupuncture Clinic (Orléans)* will host their first annual **"Free Family Fun Day"** at Millennium Park on Trim Road.



The event will feature a Free BBQ, games for all ages, Dunk Tank, bouncy castles, entertainment and more. The event will be kick off by a welcome speech by our city's very own Mayor Jim Watson and MP Andrew Leslie.



All food and cash donations from this grand family event will be given to our Centre's Food Bank and Youth Programs.

Please join us on Aug. 27th at Millennium Park for the family fun event... for more information please visit our web site [www.crcoc.ca](http://www.crcoc.ca)



Centrum Chiropractic and Acupuncture Clinic  
"Optimizing Your Health"

## Thank you for your very generous support!

# Upcoming Community Events

Are you looking for community events that support the OCCRC's efforts to build a better community? Please join us and these incredible businesses/ organizations/ groups hosting events in the fall of 2017.

**Aug. 27, 2017** – Centrum Chiropractic & Acupuncture Clinic is hosting their 1st annual **Free Family Fun Day** at Millennium Park. All food and financial donations will be giving to our Centre's Food Bank. For more information please visit [www.crcoc.ca](http://www.crcoc.ca)

**Sep. 9, 2017** – Real Canadian Super Store Orléans, Feed Everyone & Crime Stoppers will team up to host the annual **"Fill a Boat"** Food Drive where all donation will come the our Centre's Food Bank. For more information visit [www.crcoc.ca](http://www.crcoc.ca)



**Sep. 15-17, 2017** – The Heart of Orléans will host their 2nd annual **"Rib Fest"**. Right here in Centrum Plaza. For more information visit [www.crcoc.ca](http://www.crcoc.ca)

**Sep. 22-24, 2017** – OutGrow OutPlay will host their annual Fall children's consignment sale at the Superdome Sport Centre (1660 Bearbrook Rd.) where all donation will come the our Centre's Food Bank. For more information visit [www.crcoc.ca](http://www.crcoc.ca)

**Sep. 30, 2017** – 2nd Annual **"Flippin' for Charity" Pancake Community Event** will take place at Proulx Farm from 9am-2pm. For more information visit [www.crcoc.ca](http://www.crcoc.ca)

**Oct., 2017** – Hot Tots Consignment sale will take place at Béatrice- Desloges Secondary School where all donations will come to our Centre's Food Bank. For more information please visit [www.crcoc.ca](http://www.crcoc.ca)

**Nov. 4-5, 2017** – Traditions Craft Show - Capital Arisan Guild's Winter Craft Show will take place at Sir Wilfrid Laurier High School Saturday & Sunday from 10am- 4pm. Food and cash donations will be collected for our Centre.

**Nov. 2017** – 33rd annual Choir Fest Orléans will take place at the Pentecostal church at 1875 St. Joseph Blvd. For more information please visit [www.crcoc.ca](http://www.crcoc.ca)