



Heartwood House News

Heartwood House: au coeur de la vie
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A Connected Community: Thanks to Nerds On Site

Several months ago, Jay Carter and Craig Bloomfield from Nerds On Site offered to

donate their time to install a community high speed internet service that would significantly reduce the costs for Heartwooders. Thanks to their kindness our entire Heartwood community is connected to one high speed service resulting in huge savings for everybody! Jay and Craig have given countless hours toward the installation of the system and to making certain that each group was able to make a smooth transition from the old system to the new Heartwood system. We all offer many thanks to Jay and Craig for their kindness to our community.

Maureen Moloughney

Pictured at right: Jay Carter and Craig Bloomfield of Nerds On Site.



Great Glebe Garage Sale Means Electronics for Heartwood!

On Saturday May 27th the Glebe Garage Sale was not only buzzing with bargain hunters, but also with the shiny red Beetles of Nerds On Site. The cars made their way slowly up and down every street in the Glebe collecting old, unwanted computer equipment for Heartwood. For the second year in a row, Nerds on Site volunteers have collected several hundred pieces of old computer equipment for Heartwood to sell to a computer recycling company. This year's event raised \$1000 for the Heartwood Community – bringing true meaning to the old adage that one man's junk is another man's treasure. Many thanks to Chris Witham, Stan Zapaticky, Paul Miller, Tony Mili, Kie Szalakiewitz, Paul and Anne McManus, Ivan and Jennifer Harris, and John Brule for the gift of your time in aid of the Heartwood Community.

Maureen Moloughney

old computer equipment, you are helping us to raise funds for our community of sixteen charitable organizations. We are looking for 15 to 17" monitors, towers, keyboards, mice, scanners, printers, or fax machines. Heartwood raises money by selling this equipment to a computer recycling company who is able to recycle every component of your donation. If you have an item to donate, you can stop by Heartwood House any time from Monday to Thursday between 8:00am and 7:00pm or on Fridays from 8:00am to 5:00pm. We'll be glad to unload your donation from your car for you. For further information, please contact Maureen Moloughney at 241-5937.

Everybody Wins Electronics Recycling Fundraiser

Heartwood House is very pleased to offer the Ottawa Community an environmentally friendly way to dispose of old or unwanted computer equipment and to prevent such items from ending up in a landfill site. By donating your

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old computer equipment, you are helping us to raise funds for our community of sixteen charitable organizations. We are looking for 15 to 17" monitors, towers, keyboards, mice, scanners, printers, or fax machines. Heartwood raises money by selling this equipment to a computer recycling company who is able to recycle every component of your donation. If you have an item to donate, you can stop by Heartwood House any time from Monday to Thursday between 8:00am and 7:00pm or on Fridays from 8:00am to 5:00pm. We'll be glad to unload your donation from your car for you. For further information, please contact Maureen Moloughney at 241-5937.



ELTOC Talk

ELTOC would like to welcome our new education counsellor, Ann Thompson. Ann has been acquainted with ELTOC for a long time and served as one of our founding board members. Welcome Ann.

We would also like to say a fond farewell to Trudi Patrick who shared her expertise with ELTOC for over 10 years. We would like to wish her all the best in her new endeavours. Trudi has been accepted into the Masters in Library and Information Sciences program at the University of Western Ontario in London. We will miss Trudi and her infectious laugh.

ELTOC's Ann Tompson recently completed the half marathon (21 kilometres) during the National Capital Race Weekend. Ann finished within the top 100 for her age group with a time of 2 hours and 27 minutes. Way to go Ann!

The CBC recently hosted their annual Poetry Face-Off at the NAC's Fourth Stage. We would like to thank the CBC for donating the proceeds of this event to ELTOC.

Finally, our annual Art in the Park coffee and snack sale on June 3rd and 4th was a huge success despite the rainy start. Our board president, John Stewart, camped overnight on Friday to help ensure that people could get early morning coffees. Under his leadership and with the generous donations from Bridgehead Coffee and discounts from Bread and Roses, our volunteers raised over \$2000. We thank all of our dedicated volunteers and staff for taking the time to support our organization.

Leah Stinson

Coming Events at the HeARTwood Gallery

Don't miss the latest exhibition in the HeARTwood Gallery. From June 1st to June 29th Spirit Weave is on display. This is a group tapestry exhibition with recent works by artists and students of Moon Rain Centre for Tapestry Arts. You can view the work any time from Monday to Thursday from 4:00pm to 6:00pm or on Fridays from 12:00pm to 6:00pm or by appointment. Please contact Maureen at 241-5937 to book an appointment to view the Gallery Exhibition.

Maureen Moloughney

“Law & Order” is Stepping Out for Hopewell

Last year’s “Stepping Out for Hopewell” Fashion Show was a highlight of Ottawa’s social and charity scene, raising over \$40,000 for Hopewell. It was a truly exceptional evening where high fashion and delectable food was enjoyed by 160 socially conscious business and community leaders.

This unique event raises money to support the worthwhile work of Hopewell while providing a memorable evening for Ottawa’s leading citizens. Last year’s celebrity models included Sue O’Sullivan the Deputy Chief of Police, Max Keeping of CJOH, Catherine Clark of Rogers “In Good Company” and Georgia Morissette, Alanis’ mother.

The “Law & Order” theme for this year’s event will feature notable personalities of all shapes and sizes from Ottawa’s criminal justice system, modelling exclusive designer wear from Holt Renfrew at the National Capital’s most prestigious venue: The Royal Ottawa Golf Club. Our organizing committee is already hard at work, determined to make this year’s October 18th event unforgettable.

All proceeds raised at this event will be used for Hopewell’s support services and ongoing programs that offer young women and men with eating disorders the hope, information, and support they need to make healthy lifestyle choices, to advocate for themselves, and to ultimately take control of their recovery. All of this is accomplished while working closely with local hospitals, therapists, and other agencies.

Hopewell is currently seeking corporate sponsors and donations for the Silent Auction. Donations can include local crafts, gift baskets, vacation and travel, and combination packages with several donors, gift certificates, framed prints, attraction admissions, or sports memorabilia. The sky’s the limit!

See you there on October 18th.

Andrea Cooper

Around the “House”



From left to right starting at the top: Participants in ALSO’s Amazing Book Race fundraiser that raised approximately \$7000; Maureen along with Ray Long of RD Long Computers Ltd and Ivan Harris at the Great Glebe Garage Sale; Mike Ward enjoying the luncheon held in his honour; representatives from Heartwood and ALSO are the proud recipients of a grant from Project Clear Skies representatives Liane Bell and Michel Tessier; Maureen Moloughney is recognized by Amanda Manuel for her support of several LWP



participants in the OC Transpo Lost & Found volunteer program at LWP’s Engines of Success Banquet.



Get Involved with the Halifax Initiative

The world's oil, gas and mining industries account for nearly two-thirds of all violations of human rights, environmental laws and international labour standards. The extractive industries also account for most allegations of the worst abuses, up to and including complicity in crimes against humanity. Perhaps most surprisingly, two thirds of the world's extractive industry companies are listed on the Toronto Stock Exchange and are incorporated here in Canada.

Since 1999, the Halifax Initiative has been involved in monitoring Canadian extractive industry companies, and the public finance they receive through such institutions as Export Development Canada and the World Bank.

In June 2005, the Parliamentary Standing Committee on Foreign Affairs and International Trade (SCFAIT) tabled a landmark report on Mining in Developing Countries and Corporate Social Responsibility (CSR). The report recommends that the Canadian government move from its current voluntary approach to CSR towards implementing policies that condition public assistance for Canadian companies on compliance with international human rights and environmental standards. The report also identifies the need for binding legislation that holds companies accountable for their actions overseas.

The Government's October response to the SCFAIT report was highly disappointing (see Halifax Initiative's Issue Update October 31, 2005). However, it did commit to a series of public roundtables to foster discussion and analysis on the issues in the report, and to develop a set of clear recommendations for action by government, industry, and civil society to improve the Canadian extractive sector's CSR performance abroad.

The first roundtable will take place in Vancouver, on June 14-15, 2006. It will discuss the appropriate set of standards against which the extractive industries sector should be held accountable for their activities abroad. The remaining roundtables are scheduled, but yet to be confirmed: September 12-13 in Toronto, October 18-19 in Calgary, and November 15-16 in Montreal. Halifax Initiative is on the Advisory Committee for the Roundtables.

To get involved or to receive updates on the national roundtables, check out www.halifaxinitiative.org or contact Andrea Botto, Canadian Network on Corporate Accountability, cnca@halifaxinitiative.org (613) 789-9368.

Fraser Reilly-King

ADAO Workshops

The Anxiety Disorders Association of Ontario presents the Anxiety, Panic and Avoidance Behaviour Management Workshops. This is a 14 week program in which you will learn: how to reduce general body tension and anxiety using relaxation techniques; what may be contributing to your anxiety, panic and avoidance behaviours; how to improve your self-esteem; cognitive and behavioural coping strategies; how nutrition can lessen your anxiety and stress; assertiveness development; and much more! Classes begin each September, January, and March. Space in classes is limited, so be sure to register early. Registration is now open for the September class with a fee of only \$365. Fees include 14 workshops and our “Anxiety, Panic and Avoidance Behavioural Management Workbook” and accompanying CD. Courses run from 6:30pm to 9:00pm one evening per week for 14 weeks. All of our facilitators are Mental-Health Educators. For more information, or to register, please call 613-729-6761.

Cliff Clark

OVWSG's Plans for Fall

Our Annual Exhibition and Sale will take place from November 3 to 5 at the Glebe Community Centre. The theme this year is on silk, and the exhibition will feature displays on cultivation, silk spinning and weaving, and of course items woven with this luxurious and fine fibre. Admittance to the exhibition is free and everyone is welcome.

Several workshops are also being planned. These cover a wide range of topics, touching on aspects related to fibre and textiles. Three are currently being organized. One involves knitting and is entitled “Joy of Socks.” A second deals with colour, and a third with felting and embellishments for hats. These are all one-day workshops, usually held on a Saturday. Longer-term classes on weaving and spinning will also be offered. Full details and a brochure will be available in September, as well as outlines of several other workshops and courses.

LiveWorkPlay Says Goodbye to 2005-2006

The LWP community is excited to celebrate the accomplishments of people with intellectual disabilities, recognize volunteers and community partners, and enjoy the release of the film “Self-Advocacy Is” on the occasion of the Engines of Success banquet on June 21.

Engines of Success is an annual event for the entire LiveWorkPlay community to come together and reflect on the achievements of the year. Every individual with an intellectual disability who received support from LWP will have the opportunity to present his or her accomplishments to the sold-out banquet, which is being held at the Ron Kolbus Lakeside Centre.

At the LiveWorkPlay Annual General Meeting in September 2005 members voted strongly in support of a new mission statement: *People with intellectual disabilities will progress as self-advocates and contributing citizens while the organization ensures a high level of financial and moral accountability, transparency, and efficiency.*

Understanding the self-advocacy movement and helping to educate others about its goals and principles is a task that has involved participants from all LWP programs this year. This includes the production of a six-minute educational video, a project that has involved people with intellectual disabilities from ages 13-39, who did much of the writing and all of the acting! The short film will be a featured activity at the banquet, along with a slideshow featuring memories of 2005-2006.

Financial support for the production of “Self-Advocacy Is” and related activities undertaken this year came in part from a one-time grant from the City of Ottawa project “Intellectual Disability Pride.” Other activities included several Friday evening mini-conferences devoted to the topic of self-advocacy.

For more information about LiveWorkPlay and self-advocacy (including an internet version of “Self-Advocacy Is”) please see www.self-advocacy.ca .

The RESULTS Canada office will see some changes this summer.

RESULTS Canada

Lynn Dickson is leaving her post as

National Coordinator of RESULTS in June to pursue new challenges and is replaced by Chris Dendys. Chris is a seasoned advocacy and communications strategist and will no doubt bring energy and a great deal of skills and experience to the organization. Chris joins Labib El-Ali and Daniel Albrecht in the RESULTS office.

In June, RESULTS Canada volunteers are busy writing letters to their Members of Parliament and the Minister for International Cooperation to request that Canada take a leadership role in funding basic education in less developed countries at the upcoming meeting of G8 leaders in Russia, July 15-17. In many of the world's poorest countries, the goal of basic education for all is a distant one. Currently over 100 million children are out of school, and two-thirds of them are girls. While our children look forward to the upcoming summer vacation, millions of poor children never get the chance to go to school at all.

For information, visit www.resultscanada.ca.

Project Clear Skies

If it wasn't for the kindness of many donors in September 2001

Heartwood would never have been able to afford the office furniture and cleaning supplies that those kind people gave to us at that time. Over the past four and a half years, Heartwood's busy life has put the furniture and cleaning supplies to the ultimate test resulting in a need to say farewell to the old items and replace them with new furniture and cleaning equipment for our hardworking maintenance staff. On May 29th, Laine Bell and Michel Tessier from the Ottawa International Airport Authority presented a cheque to Heartwood in the amount of \$4,500 from Project Clear Skies, a community giving program designed to fund charities with much needed projects. Thanks to their kindness we are able to keep making our community the "best it can be!" Many thanks go out to the Ottawa International Airport Authority for its support.

Maureen Moloughney

Centretown Laundry Co-op

Our Mission: “The Centretown Laundry Co-op is a welcoming and caring community whose members develop personally and socially through an evolving community development program centred on an accessible, affordable, laundry facility for street cultured and low-income individuals.” The

Centretown Laundry Co-op began in 1999 responding to a determined need that many low-income people in the Ottawa area could not afford the day-to-day essential of clean laundry. Since then the organization has signed up nearly 1000 new members and developed two different programs. One is simply referred to as the (CED) program where members are paid to do laundry contracts for the community. The other is the Support Volunteer program where members help run the Co-op on evenings and weekends. Both provide modest financial help, training, and life skills for participants.

This summer is an exciting one for the Laundry Co-op because we have been selected as a beneficiary for the Dragon Boat Foundation’s big race fundraiser this June 24th and 25th. We also have some fun activities planned for our members such as a barbeque Friday June 16th, a trip to Fitzroy Harbour on July 18th, and another barbeque the last week of August that will involve other Heartwood House organizations.

Laundry Co-op Hours of Operation are:

Monday and Friday 9:00am to 4:30pm (last load at 3:00)

Tuesday, Wednesday, and Thursday 9:00am to 8:00pm (last load at 6:00)

Saturday 9:00am to 4:30pm (women only, last load at 3:00)

Scholarship for Nelson from Coop 301

It is my pleasure to announce that Nelson Ovalle is admitted full-time to the Faculty of Graduate and Postdoctoral Studies in Law at the University of Ottawa next September. “The Faculty offers you \$60,584 during your 12 first sessions to allow you to consecrate yourself to student life with a minimum of financial preoccupations. Your financial aid could increase if you receive the Dean’s grant and if you become assistant lecturer or researcher.”

We rejoice with Nelson because we know he has what it takes to realize this 5-year dream, from what we have seen this year in his dedication to his work at the Coop. (Every day, when I come into Reception, Lucas tells me with a big smile “Nelson is downstairs”). We try to figure out where he could be in the world when he graduates . . . one thing we are sure of is that wherever he is, he will bring his rich personality, his Spanish warmth, his potential, and his laugh.

The second piece of good news is that Nelson will keep one foot in the field by fulfilling the role of Director of Human Resources at Coop 301, an initiative he is in the process of developing. It aims to bring in workers that will take on some aspects of the work that have not yet been filled. We welcome this 10-hour pre week participation as a good balance in his very intensive endeavour. We thus offer Nelson all of our support!

Lucile Champagne

Contributors’
Corner

Thank you to all *Heartwood House: au coeur de la vie* member groups who contributed to this newsletter: Anxiety Disorders Association of Ontario, ALSO, the Capital City Mission, the Centretown Laundry Coop, Coop 301, ELTOC, the Halifax Initiative, the HeARTwood Gallery, Hopewell, LiveWorkPlay, the OC Transpo Lost & Found, the Ottawa Valley Weaver’s and Spinner’s Guild, and RESULTS Canada.

Lost & Found Volunteer News

The Big Guy, the one and only Mike Ward came to Heartwood for lunch with the community on Thursday May 25th. It was a grand visit and Mike was in his usual top form – cracking jokes and having great fun teasing all of us! Even Rita, our daily coffee friend stopped by for lunch commented to Mike: “you were the first one to accept me here and make me feel at home!” Mike has been dealing with colon cancer since last October and he recently moved into a nursing home. It was wonderful for all of us to spend time with Mike again. He never missed a day of work at the reception desk. In fact, Paul at LWP often joked that Mike should receive an award for perfect attendance. Spending time together with Mike was a reminder of the special community we share, the relationships we’ve built and the importance of honouring those relationships at such an important time. Our thoughts and prayers are with you Mike.

Maureen Moloughney

reading this newsletter and you would like to see CCM, don’t hesitate to drop in or give us a call at 241-2407. I would love to show you what we are all about. You can also visit our website at www.captialcitymission.com .

Capital City Mission Joins Heartwood

Capital City Mission is excited to be part of the Heartwood House Community. Since opening at the beginning of April our daily guests and friends and staff have felt very peaceful and at home at HH. CCM daily hours are 9:30am to 2:00pm Monday to Friday. We are also open on Monday and Thursday evenings from 6:30pm to 9:00pm. These hours change with the seasons. Some recent highlights for us were our Good Friday dinner and the Mike Ward Luncheon, not to mention seeing 90 to 125 of our community drop in on a daily basis!

I’d like to take this opportunity to thank Moe the miracle worker and every part of the Heartwood membership for being flexible and even elastic to fit CCM into the community. We are honoured to be here. It’s our commitment to “Unity in Community” at Heartwood. If you are

Timothy Meisenheimer