

Champlain Park Community Association
Association Communautaire du Parc Champlain

YOGA - FOR BEGINNERS AND INTERMEDIATES

(Minimum 10, Maximum 20)

Come and live the joy and well-being of your true self as you immerse yourself in the experience of yoga - postures, breathing and relaxation! Christine Manning, a Kripalu Certified Yoga instructor has agreed to continue our yoga classes for 10 weeks if we have 10 participants.

PLACE: Champlain Park Field House, Cowley near Clearview

TIME: Wednesdays 7:30 P.M. to 9:00 P.M., Jan. 12 to Mar. 16, 1994

FEE: \$45.00 Champlain Park Comm. Ass. members; \$50.00 for others.

REGISTRATION: 7:00 to 7:30 P.M. Wednesday, Jan. 5 at the Champlain Park Field House (Cowley near Clearview).

If unable to attend registration call Amy Kempster at 722-6039.

WINTER FITNESS PROGRAM (minimum of 10 required)

This low-impact aerobics class at the beginner-intermediate level is designed for those who wish to have fun while improving their cardiovascular conditioning, muscle strength, flexibility, etc.

PLACE: Champlain Park Field House, Cowley near Clearview

TIME: Monday and Thursday 7:00 to 8:00 P.M. Jan. 10 to Mar. 17

FEE: \$42 for CPCA members; \$45 for non-members

REGISTRATION: 7:00 to 7:30 P.M. Wednesday, Jan. 5, 1994 at the Champlain Park Field House (Cowley near Clearview).

GARDENING CLUB

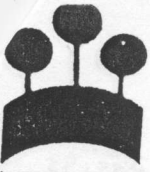
"Shed some light....PLEASE" In these dark winter days (Tuesday, January 11 at 7:00 p.m.) we will talk about planting seeds under both artificial and natural light. Bring your seed catalogues and lots of questions for our expert.

DONATIONS TO CHAMPLAIN PLAY GROUPS

The Play Groups would appreciate donations of clothes and accessories such as hats, necklaces, ties, old jackets, etc. for dress-up. As well we could use the styrofoam trays from your meat purchases.

BEST WISHES FOR THE HOLIDAY SEASON

Captain or Michael Chang 722-3344



CHANGES IN OR NEAR YOUR NEIGHBOURHOOD

Addition to Mosque: The mosque is planning a small addition on the south side. If you have concerns about this and/or wish to have input call your president, Jim Cocks at 781-7881

Addition to present Disease Control Centre building in Tunney's Pasture. Your President and newsletter editor attended a small meeting recently with Mr. McElrone of Health Canada. The Disease Control Centre at one time planned for Ross Avenue has been scaled back to an addition on the south west side to the present building on Holland Avenue. The addition will not include an incinerator. One of the existing incinerators in the Pasture has been decommissioned and the other meets government standards. Mr. McElrone indicated it may be retrofitted to meet higher standards when money permits.

NEIGHBOURHOOD WATCH SERVICES

VIAL FOR LIFE Senior citizens and others living alone could find this simple system vital in an emergency. Personal and medical information (such as your doctor's name, drug allergies, etc.) is placed in a vial and then put in your refrigerator. A sticker affixed on the refrigerator door alerts emergency personnel to retrieve the vial information if and when needed. A Vial with the form to fill out and the sticker for the refrigerator door can be obtained free from your block captain.

OPERATION IDENTIFICATION - seven electric engravers are available for residents to mark their household valuables. Please ask your Block Captain for the loan of one for up to three days. You can use either your Social Insurance Number or your driver's licence number. Give the registration card to your Block Captain (in a sealed envelope if you wish) who in turn will give the cards to Michael Cheng for delivery to the Ottawa Police in a bunch. Please do not send cards individually to the police. If you have an engraver left behind from the earlier program please contact Michael Cheng at 722-3344.

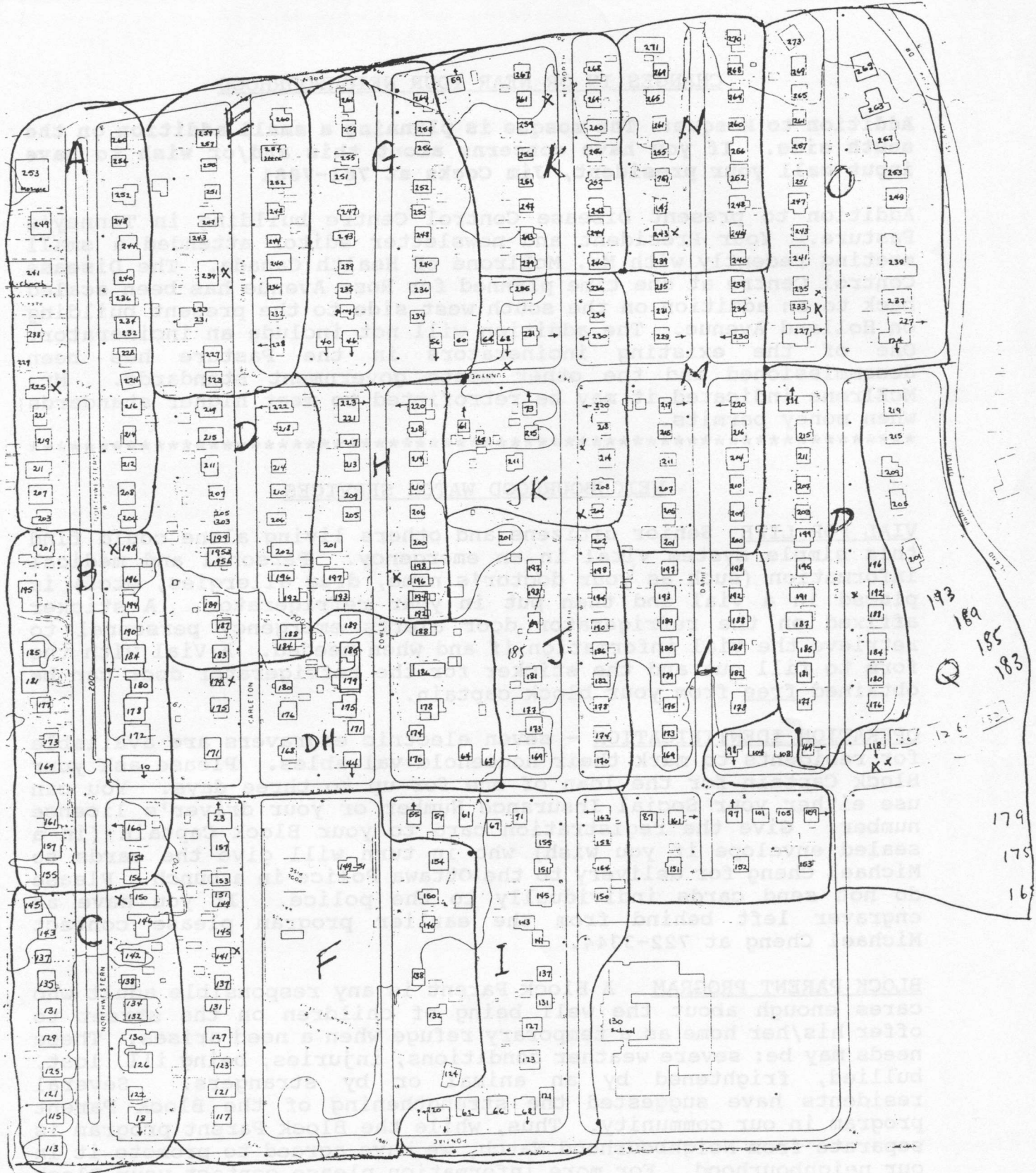
BLOCK PARENT PROGRAM A Block Parent is any responsible adult who cares enough about the well being of children on the street to offer his/her home as a temporary refuge when a need arises. These needs may be: severe weather conditions, injuries, being ill, lost, bullied, frightened by an animal or by strangers. Several residents have suggested the strengthening of the Block Parent program in our community. Thus, while the Block Parent program is separate from Neighbourhood Watch, we have agreed to promote it in our neighbourhood. For more information please contact your Block Captain or Michael Cheng 722-3344.

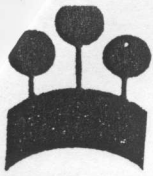
CHAMPLAIN PARK COMMUNITY

NEIGHBOURHOOD WATCH PROGRAM

BLOCK STRUCTURE

Dec. 93





MERRY CHRISTMAS! The police have warned that thefts from vehicles are particularly frequent during the Christmas season. They can easily break into your car or trunk. They suggest avoiding leaving your shopping in your unattended cars. Try to keep your parcels with you until you are ready to drive away. Always park your car in a lighted, visible area.

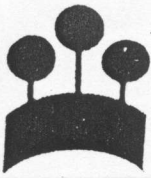
At a time of a diminishing police budget, increasing the strength of our Neighbourhood Watch program is an effective means to maintain security in our community. If you would like to help in the program (it won't take much of your time) please contact Michael Cheng 722-3344. The current organization of our Neighbourhood Watch Program follows.

CHAMPLAIN PARK COMMUNITY NEIGHBOURHOOD WATCH PROGRAM
Ottawa Police: D2/212/008

BLOCK	CAPTAIN	ADDRESS	PHONE
A	Brian Cornelius	225 Northwestern	729-6525
B	Anna Dolan	198 Northwestern	729-5722
C	Charlotte Wilson-Miller	150 Northwestern	761-1101
D	Lynne Bankier	183 Carleton	729-0955
DH	Jim McCormick	179 Carleton	722-3292
E	John Texeira	239 Carleton	725-9463
F	Nick Montero	141 Carleton	728-7545
G	Carol Arnason	247 Cowley	729-6639
H	Evelyn Sparks	196 Cowley	728-5552
I	Jo-Ann Benn	196 Carleton	729-1346
J	Verne Potvin	185 Keyworth	725-5423
JK	Tom Sauve	68 Sunnymede	728-0191
K	Lee Scott	261 Keyworth	729-3035
L	Bob Kempster	118 Clearview	722-6039
M	Carole Copeland	238 Daniel	729-7824
N	Helen Joseph	243 Daniel	722-4088
O	Lynda Fancy	233 Patricia	725-1315
P	Karen Maser	192 Patricia	722-6700
Q	Amy Kempster	118 Clearview	722-6039

Coordinator: Michael Cheng, 145 Carleton Ave. Tel. 722-3344

For description of the blocks see the map on the opposite page. Please contact Michael Cheng with any corrections. Block Captains, please complete updating of the residents' list in your block by Dec. 20 and send a copy to Michael Cheng.



WINTERFEST-VOLUNTEERS

Winterfest will be held Sat. Jan. 22, 1994. We would like volunteers for the following activities:
coordinator for food;
selling tickets for food etc.; bar;
indoor games organizer;
outdoor games organizer;
entertainment (a clown and face painters would be welcome). If you can help, call any member of the executive below:

- President: Jim Cocks 161 Northwestern 728-7881
- Vice-President: Tim Frank 197 Keyworth 729-0882
- Treasurer: Evelyn Sparks 196 Cowley 728-5552
- Secretary: Anna Dolan 198 Northwestern 729-5722
- Communications: Jim Kot 117 Carleton 729-5828
- Newsletter: Amy Kempster 118 Clearview Ave. 722-5039
- Rink Coordinator: Tom Sauvé 68 Sunnymede 728-0191

ATTENTION! HOCKEY PLAYERS!

Join in the fun! We are again organizing a "Senior's" (over 30) recreational hockey group. Outdoor hockey Tuesdays and Thursday evenings 7:00 - 9:00 P.M. at the Champlain Park rink will commence when the rink is ready. This is hockey for fun--no-contact, friendly competition, and great exercise. Contact Ken Stephenson 722-0336 for further information.

CHAMPLAIN PARK OUTDOOR RINK

We hope to offer again a combination high board and free skating surface. Weather permitting, the rink will be open for the Christmas holidays. Tentative hours are as follows:

- Monday: Closed
- Tuesday to Friday: 4:30 P.M. to 9:30 P.M.
- Saturday: 10:00 A.M. to 6:00 P.M.
- Sunday: 11:00 A.M. to 6:00 P.M.

Note: Bad weather (rain, warm spells) will cancel the rink opening for that day.

BEST WISHES FOR THE HOLIDAY SEASON