



OUR WEST SIDE STORY

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Ottawa West End Community Chaplaincy

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Upcoming points of interest:

- * Visit to Britannia United Church—May 29th
- * Rummage/Garage Sale at All Saints Lutheran Church—June 4th
- * Visit to Bromley Road Baptist Church—July 3rd
- * Camp Bitobi—July 11th—15th
- * Youth at Risk Canoe Trip—August 29th—September 1st
- * Musical Event at First Unitarian Congregation—September 9th
- * Visit to Kanata United Church—November 13th

Youth at Risk Canoe Trip

Once again the canoe trip for youth at risk will be offered for teens 13 to 18 years of age who are at risk of failure or dropping out of school. **The dates for this year's trip are August 29th-September 1st.** In past years the canoe trip has been held at the end of June but owing to the dates of summer school and the availability of our volunteer leaders the date for the trip has been moved to summer's end.



Lynette Chubb, leader and instructor with the Y Canoe Camping Club (YCCC) will once again be volunteering her time as a leader and is anticipating offering instruction to the canoe trippers. Last year all 9 participants completed the first level of Paddle Canada training; Lake Canoe Skills Introduction—Tandem Basic Canoe Skills.

Currently we have two

returning adult leaders and one leader in training who has completed her first year of university.



Spending four days camping in the wilderness and being on the water working together as a team provides these teens with a wonderful opportunity to learn and have experiences they otherwise would not have. It also helps them increase their self-confidence, build self-esteem, gives a feeling of accomplishment and teaches them to work together to accomplish a common goal. Living outdoors for a few days gives the youth an appreciation for the beauty of the environment and a desire to learn more about conserving it.

Total disbursements for the 2010 canoe trip totaled \$2289. We received several donations from some of our sup-

porting churches, groups and interested individuals and we are hopeful that donations will again be forthcoming for this endeavour. We are very grateful to the YCCC who donate lightweight canoes, paddles, and water safety equipment for this trip each year. This is a tremendous financial saving for OWECC.



Several teens have already expressed interest in attending this year's trip. We would be very grateful if financially supporting this opportunity for troubled teens is something you might be interested in.



Cooperative Family Camp at Camp Bitobi

Over 60 people of various ages enjoyed the Family camp in the summer of 2010. Camp Bitobi is located just north of Gracefield, QC. Just under a two hour drive from Ottawa.

This provides the people living in the neighbourhoods an inexpensive family holiday at a wonderful old church camp that enables families to share time together in the out-of-doors. The success of this camp is seen in the desire of many families to return year after year.

The dates for camp this year are July 11th—15th. Transportation is provided. The bus leaves Ottawa between 10—11 a.m. on Monday, July 11th and returns by 4 p.m. on Friday, July 15th.

As in previous years, the delicious meals will be provided by Don Guenther. Everyone helps with the clean-up in a cooperative effort.



Camp Bitobi is owned and operated by the Ottawa Presbytery of the United Church of Canada, the Ottawa Association of Baptist and the Ottawa Presbytery-Presbyterian Church in Canada. There is beach to enjoy with supervised swimming, paddle



boats, limited canoeing and sailing instruction; and 256 acres of unspoiled natural surroundings. Join the "Philosopher's Circle" for adults each morning, relax at the evening campfires with guitarist Martha and Maureen, stroll and enjoy the great outdoors in a nature walk, relax with your book, spend quality time with your family and participate in the craft opportunities for both children and adults.

There are unheated cabins that house 7-9 people. Not far away you will find running water, bathrooms and showers. Or if tenting is your preference there is plenty of space to pitch your tent.

The Dining Hall is not only the perfect place for the meals but also for snacks, games and crafts. It also has a lovely fireplace.

This is time for a holiday in the great outdoors that brings refreshment to body and soul. We

**"Life is not measured by the number of breaths we take but rather in the moments that take our breath away."
Anonymous**

welcome families from our supporting churches to join us in this wonderful camp opportunity.

Bring your sleeping bag, mosquito repellent, swim suit/towel, flashlight, rain gear, folding lawn chair, money to deposit for snack food at the Tuck Shop, sunscreen, additional clothing suitable to the weather and your personal medications.

Please call Rob or Elizabeth at the OWECC office if you are interested in attending.



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The Peace of the Wild Things

When despair for the world grows in me and I wake in the night at the least sound in fear of what my life and my children's lives may be, I go and lie down where the wood drake rests in his beauty on the water and the great heron feeds. I come into the peace of the wild things who do not tax their lives with forethought or grief. I come into the presence of still water. And I feel above me the day-blind stars waiting with their light. For a time I rest in the grace of the world, and am free.

Wendell Berry

June 4th OWECC Rummage/Garage Sale—Outreach

On **Saturday, June 4th** The Ottawa West End Community Chaplaincy is having a fundraising Rummage/Garage sale from **9 a.m. to 1 p.m. at All Saints Lutheran Church**—rain (inside) or shine (outdoors). Donations are most welcome. Please call the office if you have items to contribute. We ask you not to bring in tires, flammable items or baby equipment. Thank you!

Many thanks to Terry Edwards Framp-ton who is organizing this fundraising event for OWECC. Terry has organized several successful fundraising events for us over the past 18 months and we are extremely grateful for all the time and effort she volunteers on our behalf.

Outreach: Terry has also organized and is present at weekly knitting and crocheting groups in two of our four neighbourhoods. Folk are encouraged to make items for others from yarn that has been donated for this purpose. Terry has taught several to crochet the mats for Haiti created out of “yarn” made out of exterior milk bags.

Perhaps you will see samples of their work at our rummage sale.

“Life isn’t about waiting for the storm to pass. It’s about learning to dance in the rain.”
Unknown

September 9th Musical Fundraising Evening with Ernie Cox

On **Friday, September 9th, at 7:30 p.m.** OWECC will be hosting an evening with **The Rev’d Ernie Cox, musician of Gospel piano and Blues**, at First Unitarian Congregation of Ottawa, 30 Cleary Ave. Ticket price will be \$20 each. Stay tuned for more details.

Playing a mix of gospel & blues, the Rev’d. Ernie Cox has been winning fans all over the continent with his soulful voice and big piano chops—think Ray Charles meets Mose Allison. He has been performing Black Gospel music for many years, both in Ottawa and beyond. He was the opening act for the Montreal Jubilation Gospel Choir at the *Montreal Jazz Festival*, and a featured guest artist at the Montreal Jubilation Gospel Choir Christmas Celebration.

Ernie has performed at the *Ottawa Tulip Festival*, the *Perth Summer Festival*, the Gospel Tent at the *Ottawa Blues Festival*, the National Library Ottawa *Folk Festival*, the *Ottawa Summer Folk Festival*, the *Black Sheep Inn* with Ken Whiteley, and was opening act for blues singer Ray Bonneville at the *NAC’s Fourth Stage*. Most recently, Ernie returned to the *NAC Fourth Stage* for two sold-out headlining concerts — featuring his full band — to celebrate the release of his new CD *One More Time*.

Ernie started out playing in bars and coffee houses — part of Sneezy Waters’ band in the early 1970s, and ready to start a career devoted to music. With a Bachelors Degree in Music from the University of Ottawa, Ernie took on the role of Music Director at Ottawa’s Parkdale United and while there, he found himself being called down a different path towards the ministry. In 1980, Ernie graduated from Acadia University’s Divinity College and settled outside of Ottawa with his family, to take a church in the small town of Winchester, where his reputation as a great preacher and performer began to build.

After a few years, he returned to Parkdale United as *Minister of Music*. By 1990, Ernie’s accessible preaching and musical reputation were widely known, and he accepted an offer to lead his own church in Ottawa: *Fourth Avenue Baptist*.

Just a few years ago, Ernie retired from the ministry deciding to make his music accessible to everyone. His title says it all: retired from the ministry, and releasing his first major album at age 61 — *there’s always one more time*.

“It doesn’t matter whether you’re a person of faith or no faith, whether you’re an atheist or an agnostic or anywhere in between, gospel music just speaks to everybody because it has those common themes of joy, hope and optimism”

The Rev’d Ernie Cox

Spiritual Retreat

Our Spiritual Retreat was once again a happy success. Twenty-one people attended this retreat at the Marguerite Centre in Pembroke, April 29th—May 1st comprising of people from the neighbourhoods, supporting churches and chaplaincy staff.

We were extremely pleased to have Rita Myres as our facilitator once again. Rita is a Group Facilitator and Social Worker. Our theme this year was "Living in Community with Boundaries & Balance." Rita led us through four sessions over the course of the week-end which caused those present to think, learn and discover how they have balanced their own boundaries, personal and otherwise: what is good and works, and what may need improving and understanding.



Evenings were spent in conversation, playing games and even watching a movie. The week-end was a wonderful time of confidential sharing, learning, understanding, relaxation and enjoyment.

We would like to extend our sincere thanks to everyone who contributed so generously to help subsidize the folk from our neighbourhoods. The cost to attend this retreat at the Marguerite Centre is \$165, a cost that those living in low-income are often unable to afford. Because of the generosity of our 'Friends of Chaplaincy' over \$1200 was donated to help defray the costs of the retreat for many.

Chaplain's This and That

Foster Farm Community Garden First Efforts:

Thanks to mentor Gord Richardson, Clarke Topp and Jose Campos, a series of 12 garden plots 6'x6' have been prepared by hand on Ottawa Community Housing property behind the Foster farm Family House. Some basic tools have been purchased for use by 12 resident families who will soon be planting seeds and young plants in the hope of vegetable garden produce.

This is a trial project begun by Chaplaincy volunteers in conjunction with interested neighbourhood families in the 1065 Ramsey apartment building. Food costs will be reduced for those who enter into this project under the expertise of master gardeners Gordon and Clarke. We are pleased about the cooperation of Ottawa Community Housing in making this 864 square feet of productive soil available to this community garden initiative. This is a great step forward in producing fresh garden produce for at least 12 households.

Good Food Deal Revived:

Thanks to several Foster Farm residents including Mike Strickland and OWECC volunteers Frank Stoyles, and Ivy Williams, plus subsidies from Britannia United Church, Christ Church Bell's Corners and one interested Friend of Chaplaincy, some 23 Foster Farm residents and 25 residents of Regina Towers

received almost \$20 worth of fruit and vegetables in May for their \$5 investment. Mike buys from various suppliers in the area and because of the volume purchasing power, significant savings are realized by the participants. Here is what Regina Towers residents received for the \$5. (plus subsidy from Chaplaincy supporters): 1 complete watermelon, 6 cobs of peaches and cream corn, 1 cucumber, 5 pounds of good quality potatoes, a bunch of bananas, 5 small onions, 1/2 dozen apples! People immediately ordered for June because of the amount and quality of the produce. Family orders cost \$7.50 and several more items are included.

The key to this project is subsidies from individuals and churches. We have 2 more neighbourhoods wanting to participate; McEwen and Pinecrest Terrace. We know we will have 25 more orders alone from the McEwen Seniors building and a waiting list of 10-15 people. But we need to find subsidies! If a church would provide \$50/month or \$600/year, that enables us to offer a \$5 subsidy to 10 people per month. To date we have \$800. in subsidy from 3 sources for the balance of this

year. We require \$250/month in subsidies to purchase the next 50 orders. Will you or your church consider a monthly contribution to enable others to eat fresh fruit and vegetables? Call Rob or Elizabeth for more details of how your church or church group can assist the Good Food Deal to reach 100 households in Ottawa Community Housing. \$5/month helps an individual and \$7.50/month helps a family eat more nutritiously.

Adult Camp at Bitobi:

Considerable interest has been created in providing a second camp experience for adults only at Camp Bitobi. We are planning to provide a 4 day experience, Aug. 29th-Sept. 1st at the cost of \$60 per person for a 4 day camp, Monday to Thursday. Each morning there will be different workshops for campers on such themes as Citizenship, non-violent communication, personal health and spiritual beliefs and values. This camp is being organized in conjunction with Pinecrest-Queensway Community Health Centre and the House Coordinators from Morrison Gardens and Pinecrest Terrace. Total costs for the camp are estimated to be about \$3400 for 30 individuals. If you or your church group are interested in supporting this new outreach, please call Alayne Crossman, Bonnie Hunter or the office at 613 726-1418 for details. Cooperation for this camp has been very good to date and we hope this will be a positive first time experience for the adult only camp.

**"Every closed eye is not
sleeping, and every open eye is
not seeing."**

Bill Cosby
