



FIVE-O-SEVEN NEWS

Centre 507 • Safe haven, stepping stone • Serving Ottawa's disadvantaged since 1983
507 Bank St., Ottawa K2P 1Z5 • (613) 233-5626 • Housed in McLeod-Stewarton United Church

COOKING WITH ALL THE RIGHT INGREDIENTS

Centre 507's weekly cooking class serves up an opportunity for participants to hone their kitchen skills and enjoy a tasty hot meal.

The Friday afternoon cooking class is part of the Centre's Life Skills Management program, which also offers workshops in areas such as anger management and employment skills.

"I don't have an oven or anything, so I don't get any home-cooked meals. And cooking is fun," says participant Barkley Pollack.

What started out for some as being mainly about getting some food has developed into a recipe for having fun while mastering some skills.

"It's about making your own meal and being successful at that. It's a huge self-confidence booster to be able to succeed," says program coordinator Sonja Prakash.

"The community and the camaraderie that have developed have been really beneficial. Cooking brings people together."

The community and the camaraderie that have developed have been really beneficial. Cooking brings people together.

Participants have savoured the chance to make everything from beef stroganoff to chicken and dumplings—usually dishes with a good dollop of protein. They carefully follow the recipes and learn things such

as how to handle raw chicken. They also share tips with each other.

Gilbêrt Brooker, who has worked in restaurants, brings his own utensils, sharing tips on chopping safely and singing the praises of a curved wooden spatula.

Sonja didn't anticipate how successful and well attended the classes would be when they were launched last fall. Gerald Desjarlais has been to most of them. He makes sure the little radio in the kitchen is tuned to a station that plays tunes they can sing along to.

"It's something we need. It's mainly men here (at Centre 507), and men are not as domesticated, if you know what I mean," laughs Gerald, who has made some dishes again at home. "This is my way of learning recipes instead of just having hamburger or something that's already made."



Gilbêrt Brooker chops onions.



Ken Mackey, Gilbêrt Brooker and Barkley Pollack cook up a storm.



Placement student Angela Begin and Gerald Desjarlais test to see if it's cooked.

LIFE MANAGEMENT SKILLS AND STREET OUTREACH FUNDING RENEWED

Thanks to the folks in the Housing Branch of the City of Ottawa, federal and provincial funding has been renewed so that our Life Management Skills and Street Outreach services can continue.

As a result, three Centre 507 staff are being retained for another year to continue their fine services to participants.

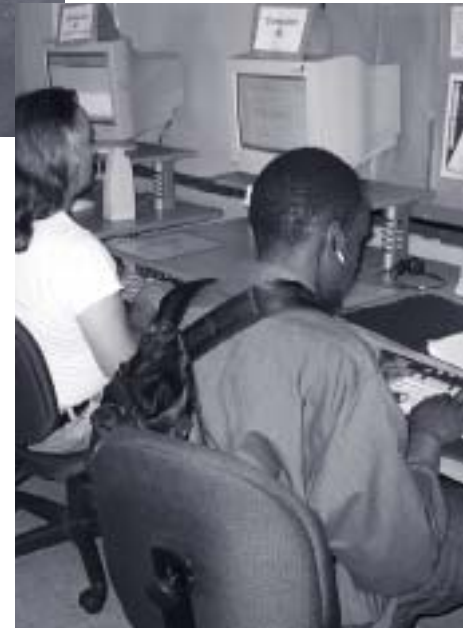
Jonathan Lorch and Michèle Ferland do street outreach the old-fashioned way. They walk the streets of Centretown six days a week. They provide supportive listening, supplies and referrals to other services.



Participants, staff and board members are very pleased with the Life Skills program, which is funded by the federal homelessness initiative. Although this source of funding will dry up after March 2007, we hope our success will help us find another source of funds before then.

The Centre considers this service very important and has offered it for years. Continued collaboration with other street outreach services is a condition of funding.

Life Management Skills worker Sonja Prakash will continue to lead workshops on budgeting, anger management and cooking. According to Connie Woloshuck, Manager of Residential and Support Services at the City, even people who obtain housing need life skills training to cope in their homes.



A LIFE MANAGEMENT SKILLS "GRADUATE"

Steve Robinson could be called a graduate of Centre 507's Life Management Skills program, which recently had its funding renewed. He credits the program's workshops on managing time, stress and anger with helping him get accepted into the culinary program at The Mission. Steve has also worked as a paid participant in the kitchen at Centre 507.

"I consider Centre 507 to be my launching pad," said Steve, before starting the culinary program in

March. "I'm a little nervous because I haven't always done well in school, but it's a great opportunity."

The Mission's culinary program involves six months of chef training, learning everything from recipes and knife handling, to safe food preparation and storage, to the business side of running a restaurant.

"My coming to Centre 507 has put me on this path. It's been a great help and a great blessing," Steve said.

NEW APPLIANCES THANKS TO PROJECT CLEAR SKIES

Centre 507 support worker Margaret Johnson says the food served to participants is a “precious commodity.” It’s the reason most people first come to the Centre. It explains the line-up outside the entrance each day at opening time. When food is put out on the table at 507, it quickly attracts a crowd.

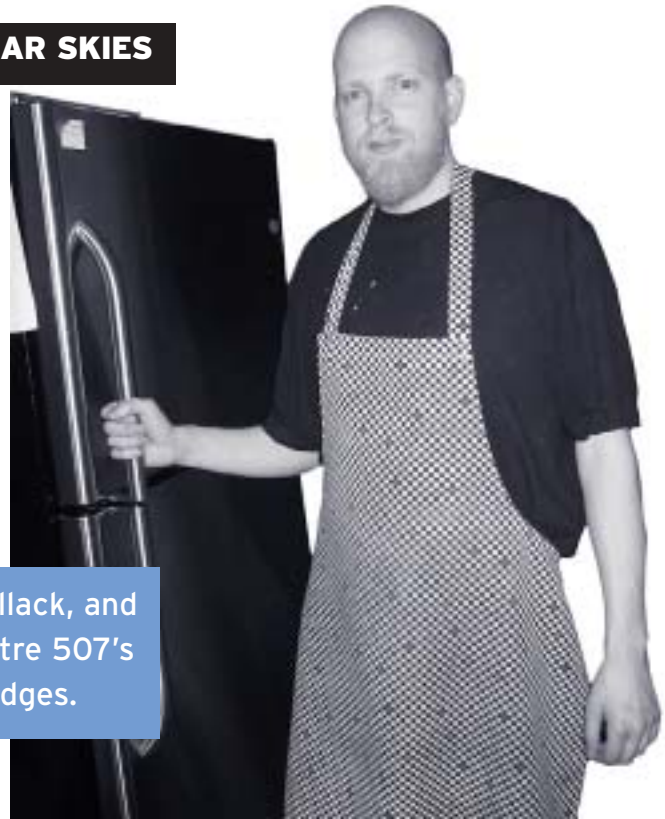
Staff and volunteers work hard to stretch what they have to feed as many as possible.

The last thing they needed to worry about was food going bad due to an old fridge that “kept shutting down,” said Margaret. While she and other staffers hated to waste food, they also had to “err on the side of caution” with spoilage to safeguard the health of participants.

These headaches have disappeared, thanks to \$5,000 from the Ottawa International Airport Authority’s Project Clear Skies. This contribution allowed the Centre to replace outdated and unreliable appliances with brand new stainless steel fridges and a stove.

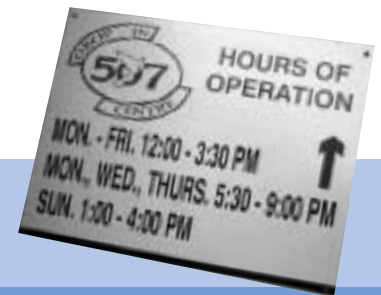
Kitchen volunteers Greg Towers and Grant Bougaize point out more advantages of the new appliances: more freezer space, more storage space, easy-to-clean stovetop, self-cleaning oven, room on the stovetop for both giant soup pots.

The Airport Authority sees its contributions as investments in the National Capital community that is responsible for its success. Its goal is to improve the region by funding projects for those in need.



Barkley Pollack, and one of Centre 507’s new fridges.

When another relief worker, Richard Leblanc, heard Margaret being interviewed for this story, he said: “Be sure to mention the old walk-in fridge.” When one of the old fridges was on the fritz, precious food was moved to a supply room with an open window and a closed door. The new Clear Skies fridge is a big improvement.



CENTRE 507: SAFE HAVEN, STEPPING STONE

Centre 507 is a drop-in centre that is open to all who seek a safe, friendly and supportive environment. Centre 507 participants are members of our community who may be disadvantaged either economically or socially. Homelessness, mental illness, addictions, health concerns, poverty, unstable housing, unemployment or loneliness are examples of issues faced by our participants.

Free services offered at Centre 507:

Supportive listening/counselling • Advocacy & referrals • Crisis intervention • Information on community resources • Community outreach workers from other agencies • Life management skills program • In-Centre chaplain • Hot food, snacks, coffee • Clothing & toiletries • Access to telephones, computers, fax & Internet • Needle exchange • Foot care clinic, barber, sewing/clothing repair • Recreational events and special outings • Thanksgiving & Christmas luncheons

CENTRE 507'S WISH LIST

In addition to financial contributions, Centre 507’s wish list includes the following items:

- Hygiene supplies (disposable razors, shampoo, toothbrushes, toothpaste, deodorant, etc.)
- Meal supplements such as Ensure or Boost
- Socks, men’s pants, shirts and sweaters

THANK YOU TO OUR FUNDERS AND DONORS...

Centre 507 would like to thank the numerous individuals who made financial contributions to its work. Without these donations, much of the work of Centre 507 would not be possible. Out of respect for privacy, we have not listed names of individual donors – but please know that individual donations are very much appreciated and needed.

Centre 507 gratefully receives ongoing funding from the City of Ottawa, the United Church of Canada and the Ottawa Presbytery of the United Church of Canada for the Day and Evening Program. Provincial Homelessness Initiatives funding (PHIF) supports Street Outreach, and the Supportive Community Partnerships Initiatives (SCPI) funds the Life Management Skills Program.

We would also like to acknowledge and thank the following organizations and congregations for their generous donations and contributions to the work of Centre 507 since our last newsletter in autumn 2005:

Ashton United Church
Barrhaven United Church
Centretown Emergency Food Centre
City View United Church
Community of Christ Church
First United Church
Hawthorne United Church Women (UCW)
Institute of Internal Auditors
Kingsway United Church
Loblaws Isabella
Loeb Glebe
McLeod-Stewarton United Church
Orleans United Church
Project Clear Skies, Ottawa International Airport Authority
Queenswood United Church
Riverside United Church
Rogers Cable Internet Ottawa
St. Andrew's United Church
St. Peter's Lutheran Church
The Ottawa Food Bank
The Embassy of the United States of America
United Way campaign pledges
Westminster Presbyterian Church
TD Canada Trust Orleans
Bells Corners United Church
Westpark Crafts

HOW TO SUPPORT CENTRE 507

Make a financial contribution

Any contributions are gratefully accepted. Cheques should be made payable to Centre 507. Income tax receipts are provided for donations over \$10. Donors to Centre 507 now have the option of making monthly donations as an automatic transaction from their bank accounts. If you would like to donate using this convenient method, please call 233-5626 to ask that a Pre-Authorized Remittance form be sent to you.

Donate practical items

Centre 507 accepts donations of practical items including men's clothing and hygiene supplies.

Volunteer

From our board of directors to individuals who volunteer to serve holiday luncheons, Centre 507 relies on volunteer time and energy to offer many of our services.

This newsletter is written, edited and designed by volunteers. Grateful acknowledgement is offered to Chisholm Communications for layout and design work and to Konica Minolta for printing. For more information, contact Centre 507.



CENTRE 507 STAFF

Steve Chenier, Support Worker
Michèle Ferland, Street Outreach Worker
Margaret Johnson, Support Worker
Daniel Lalonde, Acting Manager
Jonathon Lorch, Street Outreach Worker
Sonja Prakash, Life Mgmt. Skills Worker

Many dedicated relief staff and enthusiastic placement students

Board of Directors as of May 1, 2006

Betty Gross, Co-Chair
Roy Maddocks, Co-Chair
Bill Giggie, Vice Chair
Allan Porter, Treasurer
George Teather, Secretary

Matthew Bonsall, Grant Bougazie,
Gilbert Brooker, Dan Hayward (ex officio),
Susan Mailer, Joe McKendy,
Phil Normand, John O'Brien, Ted Pert,
Ron Scharfe, Richard Slocombe



YES!

I would like to contribute to the work of Centre 507.
Please find enclosed my donation of :

\$25 \$50 \$100 Other amount: \$ _____

Income tax receipts are provided for donations over \$10. Please fill out the following to receive a tax receipt:

Name: _____

Address: _____

City/town: _____ Postal Code: _____

Telephone number: _____

(This information will not be sold or shared in any way.)

Please make your cheque payable to Centre 507.

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