



# FIVE O SEVEN NEWS

Centre 507 • Safe haven, stepping stone • Serving Ottawa's disadvantaged since 1983  
Housed in McLeod-Stewarton United Church • 507 Bank St., Ottawa K2P 1Z5 • 613-233-5626 • [www.centre507.org](http://www.centre507.org)

## HATS OFF TO CENTRE 507 AND RAISING THE ROOF

When you buy a Raising the Roof toque you'll warm up on the outside and feel good on the inside, because you will be helping Centre 507 meet a fundraising target of \$15,000. Centre 507 is the local representative for the 2008 Raising the Roof campaign to reduce homelessness.

Selling toques is at the heart of a national campaign that has raised over \$2.5 million across Canada since 1996. The Centre will earn \$8 for every \$10 toque sold. Raising the Roof is Canada's only national charity dedicated to long-term solutions to homelessness.

This year, the goal is to sell 75,000 toques across the country. Canadians are asked to wear the toques proudly on Toque Tuesday, February 5.

Centre 507 is planning a variety of events in Ottawa leading up to and beyond Toque Tuesday. From stalls in malls to celebrities and politicians making a pitch, look out for your



chance to buy a toque and help reduce homelessness in Ottawa and across Canada.

"The campaign has local roots. City councillors participate in Toque Tuesday. And dozens of local businesses and organizations are ready to continue to offer their support," says Caroline Ann Giekes, the manager of Centre 507.

Across the country, Canadians sporting the toques will be joined by politicians and celebrities, including Rick Mercer, as well as Don Ferguson and Roger Abbott from the CBC's Air Farce comedy show. Halifax and Toronto will also

host comedy nights in the spring featuring Sean Cullen and others.

Corporate sponsors include Bank of Montreal, Canadian Tire, City of Ottawa Non-Profit Housing Corporation, Coca Cola, Direct Energy, Home Depot, Global Television and Royal Bank of Canada.

To find out more about supporting the campaign by buying a toque, selling them to your friends and co-workers, or volunteering your time, contact Matthew Bonsall at [matt@bonsall.ca](mailto:matt@bonsall.ca).

### WHAT YOU CAN DO TO HELP RAISING THE ROOF REDUCE HOMELESSNESS

Buy a toque and wear it with pride. Sell toques to your friends and co-workers.

Volunteer your time to help Centre 507 with the local Raising the Roof campaign. Even just a few hours can make a big difference.

Homelessness affects more people than you might realize. Help prevent homelessness among people you know by visiting [www.raisingtheroof.org](http://www.raisingtheroof.org) to learn about the warning signs of homelessness and what you can do.

Contact Centre 507 to learn more: [matt@bonsall.ca](mailto:matt@bonsall.ca).

*Solutions for Canada's Homeless*  
**RAISING THE ROOF**



# CENTRE 507 BOOK CLUB SPREADS A LITTLE MAGIC

Centre 507's book club participants are developing practical skills and having fun as they read Harry Potter.

The book club was launched this past summer. At their weekly meetings, participants came prepared to discuss one chapter of the first Harry Potter book. When they finished the book, they had pizza and watched the movie together. It was such a hit that they decided to read book two in the series.

"Many enjoyed the magic and the zapping of toads," says support worker Richard LeBlanc, who leads the discussions. "Others went a little deeper and talked about how they could identify with how Harry felt when he was being made fun of."

Book club meetings help participants develop conversation skills in group settings—listening carefully, building on what others are saying, learn appropriate times to break in and to encouraging others to join the discussion.

But on another level, the book club gives Centre 507 participants "another opportunity to get rid of that loneliness bug," Richard says.

"Our guys don't have much reason to smile. They have bad things happen to them all day, they have no money, they often have little to look forward to. If we can give them a reason to smile or even laugh a bit, if we can make their day just a little bit brighter, then that's an important job."

The book club has been possible in part thanks to a donation of books from Pat and Bob Renaud, Vicky Teather and the Ottawa Public Library, Main Branch. Richard is also hoping to get some books on tape, to encourage people who may not read very well to join the book club and take part in the discussions.

## TRADING PCs FOR PAINT BRUSHES

The Centre 507 stairwell is a lot brighter these days. Centre participants did the prep work, then a crew of generous Nortel volunteers came in for a day of painting.



## FRIENDS OF 507 DARRELL THOMAS TEXTILES

**W**ORLDS COLLIDED IN A GOOD WAY when Darrell Graham, owner of a high-end Bank Street fabric shop, recently donated a dozen handmade aprons to Centre 507.

Centre 507 and Darrell Thomas Textiles cater to different crowds. His



Fashion plates in hand-sewn aprons from Darrell Thomas Textiles

shop features high-end fabrics, soft music, a black leather couch, original paintings and over 50,000 buttons.

The aprons were made by some of Darrell's customers, who get together monthly with him to "stitch and bitch," as he puts it with a smile.

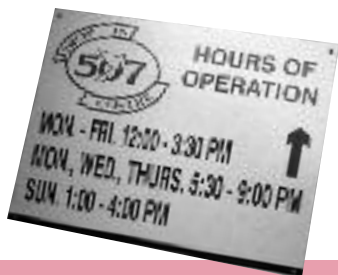
Each of the aprons features different fabrics and patterns, from plain denim and khaki, to a maple leaf motif, to a barnyard scene. Making the aprons took only an hour or so for the skilled sewers, but Darrell says that the feeling of helping out was "amazing." And the aprons

certainly come in handy, both for regular 507 kitchen duty and in the Centre's cooking classes.

The cooking classes are part of a series of life skills sessions that build participant self-esteem and help them move forward in their lives and, sometimes, even careers.

Even though his shop is only about 10 blocks down Bank Street from the Centre, Darrell hadn't heard of the place until 507 staff member Dan Lalonde dropped in with a copy of Five-O-Seven News. Darrell read it carefully, noting that the newsletter's wish list for donations, which included aprons, was pretty modest.

Darrell also mentioned the contribution to Centre 507 in his e-newsletter, which goes to about 350 of his clients. "This really speaks to the power of community," said Centre 507 manager Caroline Ann Giekes. "By spreading the word about his donation to Centre 507 and the work we do, Darrell has brought us to the attention of so many more people."



## 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 and the ongoing need for hygiene supplies (disposable razors, shampoo, toothbrushes, toothpaste, deodorant, etc.), Centre 507's wish list includes:

- backpacks and duffle bags
- new and gently used sleeping bags
- gently used running shoes and winter boots
- work boots and tool belts (construction quality) – some of our guys are finding work opportunities but don't have the necessary gear to get started!
- Canadian Tire money
- socks, gloves, hats and long underwear
- warm coats and blankets
- jam (it's a luxury that we just aren't able to offer)
- flowers and plants to dress up the tables
- can openers
- volunteers to answer the phone, organize donations, prepare soup, complete repairs, cut hair, play board games and chat with the participants

# THANK YOU TO OUR FUNDERS AND DONORS...

Centre 507 would like to thank the numerous individuals who have made financial contributions to our work. Without these donations, many of our services could not be offered. 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 supports the Street Outreach Program, and the Supporting Community Partnerships Initiative funds the Life Management Skills Program.

We would also like to thank the following congregations and organizations for their generous donations and contributions to the work of Centre 507 since our last newsletter in the spring of 2007:

Bell Street United Church  
Bell Street United Church United Church Women  
Campbellford Baptist Church  
Canadian Red Cross  
Centretown Community Health Centre  
Centretown Emergency Food Centre  
City of Ottawa Councillor Diane Holmes  
Community Foundation of Ottawa  
Community of Christ - Ottawa Congregation  
Dominion Chalmers United Church  
Emmanuel United Church  
Fallowfield United Church  
First United Church  
Friends and Family of Mr. Walter Bateson  
Glebe-St. James United Church  
Government of Canada's Supporting Community Partnerships Initiative  
Hartman's Independent Grocers  
McLeod-Stewarton United Church  
Nortel  
Orleans United Church  
Ottawa Public Library, Main Branch  
Project Clear Skies  
Queenswood United Church  
Queenswood United Church Men's Club  
Riverside United Church  
Shambhala Meditation Centre of Ottawa  
Shoppers Drug Mart, 702 Bank St.  
Southminster United Church  
St. Peter's Lutheran Church  
Woodroffe United  
The Ottawa Food Bank  
United Way campaign pledges  
Volunteer Ottawa  
Westminster Presbyterian Church  
Woodroffe United Church

## 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.

### Hire 507 Job Bank workers

507 Job Bank workers are available to do odd jobs around your home or business. Contact Margaret at the Centre.

### 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 [chiscom.ca] for layout and design work. For more information, contact Centre 507. Thanks also to the Public Service Alliance of Canada's Social Justice Fund for printing this newsletter.



## CENTRE 507 STAFF

Steve Chenier, Support Worker  
Michèle Ferland, Street Outreach Worker (on leave of absence)  
Caroline Ann Giekes, Centre Manager  
Margaret Johnson, Life Mgmt. Skills Worker  
Anupama Kwartá, Support Worker  
Daniel Lalonde, Support Worker  
Richard LeBlanc, Street Outreach Worker  
Jonathan Lorch, Street Outreach Worker

Many dedicated relief staff and enthusiastic placement students

### Board of Directors as of Nov. 1, 2007

Roy Maddocks, Chair  
Joe McKendry, Vice Chair  
Allan Porter, Treasurer  
George Teather, Secretary

Erin Bell, Matthew Bonsall, Tracy Davidson, Avrille Foenander, Bill Giggie, Dennis Howlett, Susan Mailer, Phil Normand, John O'Brien, Ted Pert, Frank Petrozzi, Ron Scharfe, Richard Slocombe, Sam Wigston



**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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Tel: 613-233-5626

Fax: 613-233-5088

Website: [www.centre507.org](http://www.centre507.org)

Email: [centre507@ncf.ca](mailto:centre507@ncf.ca)

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