



SOUTH-EAST OTTAWA  
COMMUNITY HEALTH CENTRE  
EVERY ONE MATTERS

CENTRE DE SANTÉ COMMUNAUTAIRE  
DU SUD-EST D'OTTAWA  
CHAQUE PERSONNE COMPTE

# Between Us Entre Nous

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## Do you know your Neighbourhood?

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SEOCHC describes its catchment area as: South from the Rideau River and Industrial Ave./Innes Rd. to Hunt Club Rd. and West from Highway 417 to Bank St./Sawmill Creek.

3 South-East Ottawa Community Health Centre's catchment area comprises the following 9 neighbourhoods:

- ◆ Billings Bridge–Alta Vista
- ◆ Elmvale–Eastway–Riverview–Riverview Park West
- ◆ Greenboro East
- ◆ Hawthorne Meadows–Sheffield Glen
- ◆ Hunt Club Park
- ◆ Ledbury–Ridgemont – Elmwood
- ◆ Playfair Park–Lynda Park–Guildwood Estates
- ◆ South Keys–Heron Gate–Greenboro West
- ◆ East Industrial

Some of these neighbourhoods may overlap with the catchment area of an adjacent Community Health and Resource Centre (CHRC).

According to the information from the 2006 census, 82,738

residents live in SEOCHC neighbourhoods. They represent 10.3% of the total population of the City of Ottawa among which 11.1% are seniors; 11.3% are children and; 13.5% are youth.

### Population in SEOCHC area by Age Groups

Of residents living in families, 21.3% are single parent families and 26.5% of the South-East Ottawa CHC catchment's seniors were living alone. The 2006 census indicates that the population living in the South-East Ottawa Community Health Centre catchment area was fairly well educated as 26% had completed at least high school, 5% completed an apprenticeship or a trade certificate, 15.4% completed college or CEGEP and 35% completed a bachelor's degree. However, unemployment, especially for youth, was higher than

average for the City. The youth unemployment rate among the residents in the South-East Ottawa Community Health Centre's catchment area was 14.3% compared to 13.6% for other Ottawa neighbourhood. The East Industrial neighbourhood carried the highest youth unemployment rate.

Another challenge in this catchment area is poverty. According to the information in the 2006 census many of the residents in this area were living below the Low Income Cut-Off (LICO, which is an important poverty benchmark). The average number of people living in poverty (20.3%) was considerably higher than the City average (14.1%). Some neighbourhoods, such as Ledbury and Hawthorne Meadows, were more affected with the poverty issue than others.



(Continued on page 7)



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## Connaissez-vous votre quartier?

Le Centre de santé communautaire du sud-est d'Ottawa (CSCSEO) dessert la zone bordée au nord par la rivière Rideau et l'avenue Industrial/chemin Innes, au sud par le chemin Hunt Club, à l'est par l'autoroute 417 et à l'ouest par la rue Bank et le ruisseau Sawmill. Cette zone comprend neuf secteurs :

- ◆ Billings Bridge–Alta Vista
- ◆ Elmvale–Eastway–Riverview–Riverview Park Ouest
- ◆ Greenboro Est
- ◆ Hawthorne Meadows Sheffield Glen
- ◆ Hunt Club Park
- ◆ Ledbury–Ridgemont–Elmwood
- ◆ Playfair Park–Lynda Park–Guildwood Estates
- ◆ South Keys–Heron Gate–Greenboro Ouest
- ◆ Est d'Industrial

Une partie de ces quartiers peut être desservie par un centre de santé et de ressources communautaires avoisinant.

Selon les données du recensement de 2006, 82 738 personnes habitent dans la zone desservie par le CSCSEO, soit 10,3 % de la population totale d'Ottawa. De ce nombre, 11,1 % sont des aînés, 11,3 % sont des enfants et 13,5 % sont des adolescents.

Parmi les résidents habitant dans une famille, 21,3 % forment une famille monoparentale, et 26,5 % des aînés dans la zone desservie habitent seuls.

Le recensement de 2006 indique que la population habitant dans la zone desservie par le CSCSEO avait un niveau d'éducation assez élevé : 26 % ont terminé au moins l'école secondaire, 5 % ont fait un certificat d'apprentissage ou de compétence, 15,4 % un diplôme d'un collège ou d'un cégep, et 35 % un baccalauréat. Toutefois, le taux de chômage, surtout chez les jeunes, y est plus élevé que la moyenne de la Ville. Le taux de chômage chez les jeunes s'y élevait à 14,3 %, par rapport à 13,6 % dans les autres quartiers d'Ottawa. Le secteur Est d'Industrial était particulièrement touché.

La pauvreté constitue aussi un problème affectant cette zone. Selon le recensement de 2006, bien des résidents de cette zone vivent sous le seuil de faible revenu, qui est une mesure importante servant à définir le seuil de pauvreté. Le nombre moyen de personnes qui y vivent

dans la pauvreté (20,3 %) était considérablement supérieur à celui de la Ville (14,1 %). Certains secteurs, dont ceux de Ledbury et de Hawthorne Meadows, sont encore plus touchés que les autres par la pauvreté.

Aussi, dans le sud-est d'Ottawa, la pauvreté infantile est un enjeu important. Le pourcentage d'enfants vivant dans la pauvreté s'y élève à 22,7 %, par rapport à 11 % pour la Ville. Les enfants de Ledbury sont les plus touchés par la pauvreté. Le sud-est d'Ottawa doit aussi composer avec un taux supérieur d'enfants qui ne sont pas prêts à réussir à l'école.

Le logement, surtout pour les locataires, était également une préoccupation puisqu'il est inabordable pour plusieurs personnes et que bien des secteurs souffrent de surpeuplement. De même, abstraction faite de l'excellent accès aux épiceries et aux restaurants, la nourriture saine y est inabordable pour bien des gens.

**Soumis par:**  
**Euphrasie Emedi,**  
**Community Developer,**  
**CSCSEO**



## Self-Advocacy: Taking Action, Something Everyone Can Do

When circumstances are difficult and important elements of your life feel out of your control, fostering a sense of independence and self-reliance is important. When you face barriers or navigate through systems that are unfamiliar and confusing, taking action on your own behalf, can be a bolstering act of self-care.

Have you ever written a letter to a newspaper editor? Asked a question at a meeting? Volunteered for an agency? Signed a petition? Helped a friend connect to a service in the community? If so, you have already had experience in being an advocate. Your communication skills, civic participation, personal history, and experiences as a family member and friend have prepared you for opportunities for self-advocacy.

The guidelines below are helpful when you find yourself having difficulty attaining a goal, a response, or an outcome that is important to you. **For example:**

- getting through to an Ontario Works caseworker to clarify something about your benefit
- arranging a payment plan with a utility company
- communicating with a landlord about a concern you have with your housing

conditions  
-inquiring about services available at a health care agency

Below are some simple tips:

### **Stay Organized**

**Keep** a folder and ask for copies of important pieces of information.

**Keep** a calendar and mark the dates and times of important appointments.

**Take** notes during meetings and phone calls.

**Keep** track of your phone calls and their outcomes, with dates and times.

**File** important emails

### **Communicate Well**

**Stay** in contact with staff who are directly responsible for the outcome you are looking for.

**Keep** them informed of any changes in your situation

**Ask** questions when you don't understand something.

**Identify** what you need as clearly as you can: be clear about what you want and why you want it.

### **Listen well.**

**Expect** to be an active and informed partner

**Learn** about the topic, issue or system of importance: research, read, ask questions.

**Find** out about your options and think about what you like and don't like about each.

**Ask** for solutions and offer

your own ideas for resolving a problem.

**Understand** your responsibilities: find out what your tasks are and complete them.

**Handle** problems and concerns constructively

**Be** polite, diplomatic and say "thank you".

**Take** care of yourself by dealing with your frustrations before and after your meetings or phone calls.

**Do** the best you can to focus on what you need, using simple straight forward language

**Allow** a reasonable amount of time for returned phone calls.

**Speak** respectfully and avoid raising your voice.

**Politely** contact superiors if you are having difficulty with front-line staff.

**Remember**, self-advocacy is an opportunity to be creative; keeping an open mind and staying flexible might help you find solutions you hadn't thought about before.

Being a self-advocate involves compromise, flexibility and a willingness to work with others with good will. Regardless of the outcome, feel good about taking action on your own behalf and don't forget to acknowledge and celebrate your small victories.

**Submitted by:**  
**Nikki Riklitis,**  
**Intake Worker, SEOHC**

## Why Budget?

### What is in it for you?

Just about everything. A carpenter would never start work on a new house without a blueprint. You would not get in a car for a cross-country road trip without a map. Yet many of us find ourselves in the circumstance of getting out on our own, making, spending, and investing money without a plan to guide us.

*Budgeting is about planning.*

*And planning is crucial to produce a desired result.*

### What is a budget?

A budget is a money plan. With it, you can organize and control your financial resources, set and realize goals. The basic idea behind budgeting is to save money up front for both known and unknown expenses.

### Seven Benefits of Budgeting

#### Know what is going on

Personal budgeting allows you to know exactly how much money you have. A budget is a self-education tool that shows you how your funds are allocated, how they are working for you, what your plans are for them, and how far along you are toward reaching your goals.

**"KNOWLEDGE IS POWER."**

### Control

A budget is the key to enabling you to take charge of your finances. With a budget, you have the tools to decide exactly what is going to happen to your money.

You can be in control of your money, instead of your money controlling you.

### Organization

Even in its simplest form, a budget divides funds into categories of expenditures and savings. They can also provide the foundation for a simple filing system to organize bills, receipts, and financial statements.

### Communication

If you share money with anyone, having a budget that you both create together is a key to resolving personal differences about money handling. The budget is a communication tool to discuss the priorities for where your money should be spent.

### Take advantage of opportunities

Knowing the exact state of your money affairs and being in control of them, allow you to take advantage of opportunities. Have you ever wondered if you could afford something? With a budget, you will never have to wonder again...you will know.

### Extra time

All your financial transactions are automatically organized for tax time. Having this information saves you time digging through old records.

### Extra money

A budget will almost certainly produce extra money.

Unnecessary expenditures, once identified, will never have to be paid again.

Savings, even a small one, can be accumulated and made to work for you.

**Submitted by:**

**Lynn DuBroy**

**Home Management**

**Counsellor**

**Adapted from Budget Yes.**



## Challenge for Earth Day

Earth Day is Thursday, **April 22<sup>nd</sup>**. This year will be our third annual Earth Week Staff Challenge. Why don't you challenge your friends and family too?

1. Walk or take public transit to work from **April 19<sup>th</sup> to 23<sup>rd</sup>**.
  2. Avoid bringing anything disposable to work (eg. lunches and snacks)
  3. Wear "green clothing" on Thursday, **April 22<sup>nd</sup>**
  4. Take the eco footprint challenge.  
[www.myfootprint.org](http://www.myfootprint.org)
- ◆ Green clothing, or eco clothing, is made from hemp, organic cotton, bamboo, and soy, as well as re-claimed, recycled and vintage materials. Second hand clothes are also acceptable.

**Submitted by:**  
**Jeannie Page,**  
**Green Team Member, SEOCHC**

## Centre Comings and Goings

Staff Changes Sept /09 to April 1, 2010

### New Staff

Virginia Wolfe, Service Coordinator  
Dr. Katherine Lariviere, Physician  
Namrata Patel, Nurse  
Lise Patenaude, Nurse  
Deborah Andrews, Health Services Manager  
Aishatu Seid, Nurse Practitioner  
Lisa McLeod, Medical Secretary  
Laurie Larouche, Health/Social Services Reception  
Stephanie Brown, Health/Social Services Reception  
Karim Guirguis, Chiropractor  
**Youth Workers:** Kadra Jama, Mohammed Hassan,  
Rim Khazall, Susan Lopez, Amal Hussein, Ahmed  
Khalif

### Departing Staff:

Alison Price, Family Visitor  
Doug Hoover, Admin. – IT/LAN  
Kari Drouin, Employment Support Specialist  
Mary Kahara, Chiropractor (Maternity Leave)  
Khadra Yonis, Nurse, (Leave)  
Dr. Christie Diekmeyer, Physician (Leave)  
Abid Ullah Jan, Com. Dev. Proj. Coordinator, NCLB  
Caroline Hudon, NCLB

### Changes:

Virginia Montoya, from Purchaser to Greeter  
Tina Roche, from Greeter to Purchaser  
Christina Driedger, from Program Assistant to  
Community Support Coordinator  
Sandra Morrison, from Medical Secretary to  
Program Assistant  
Linda Lafrance, from Health Services Manager to  
Nurse Practitioner

### Welcome Back:

Angela Warren, Housing Outreach Worker  
(Maternity leave)  
Christine Gloade, NP (Maternity Leave)  
Julie Gauvin, CDPM Coordinator

# South-East Ottawa



## Breanna' Bio

Breanna Gibbon is the Youth Health Promotion Coordinator for South-East Ottawa Community Health Centre. She has been with the Centre since mid August and comes to us from Big Brothers Big Sisters Ottawa, where she worked as a Mentoring Coordinator in their In-School programs. Breanna has over 5 years experience working with youth in a variety of different settings ranging from residential group homes, to rehabilitative group facilitation for young offenders. Breanna is a graduate from Bishop's University with Honors in Sociology, and a Minor in Criminology, Communications and Cultural Studies. Breanna is quoted as saying " I have wanted to work with at risk

youth from a very early age and feel privileged to be able to do so in such a great setting that South-East Ottawa CHC provides. I grew up in South-East Ottawa and not only am I familiar with the area, but feel like I have a vested personal interest in working with the youth in the area." For information on the youth programs being offered, please feel free to contact Breanna at: [breannag@seoche.on.ca](mailto:breannag@seoche.on.ca).



## Girl Power

South-East Ottawa Community Health Centre has been running a successful Multicultural Girl's Fitness and Healthy Living Program for over a year. Part of the success of the program can be attributed to the variety of unique participants and the array of personalities they bring to the group, ranging from flamboyantly extroverted to painfully shy and introverted. Two particular participants who started off their experience with the girls program over a year ago as being very reserved and shy have blossomed into flamboyantly extroverted leaders within the community.

Because of their positive experience in the program, these two participants wanted to share their experience with other girls within their community. With some guidance, they applied for and received a Youth Action Grant through United Way in order to expand the group to younger girls and branch out to a different location in the community. They have grown so tremendously during the duration of the program that

# Youth ROCK

they have evolved from their shells and are now facilitating this second Girl's Program at Heron Rd. Community Centre. As true inspirations to the other girls, they are active contributors to the program in coming up with activity ideas, introducing themselves and the group to the workshop instructors and making sure to give one-on-one time with the participants. They now express themselves with confidence and never shy away from the opportunity to make a difference. Great work girls !!!

**Submitted by,**  
**Rim Khazall,**  
**Youth Worker, SEOCHC**



**Submitted by,**  
**Rim Khazall,**  
**Youth Worker, SEOCHC**

*(Continued from page 1)*

## **Brain Awareness Week**

Following a group session on Brain Awareness Week, the participants of the Girl's Program were skating at Brewer Park Arena. During the outing, a young male staff member of the arena would continually spray different groups of skaters when he skidded to a fancy stop in order to speak to them. One of the girl's in the program took note of his actions and by the third time he did it to their group, she informed him matter of factly that he was being immature because his frontal lobe wasn't fully developed yet! Somewhat stunned the male staff member approached the youth worker for clarification. The youth worker confirmed the participant's theory and explained to him that the previous week they had learned that since he was under 21 that his frontal lobe is still developing and that this particular area of the brain is well known for its executive functions. The statement that the participant had made about his maturity was well warranted.

Also in South-East Ottawa, child poverty was significant issue. The average of children living in poverty in this area was 22.7% compared to 11.1% of children in Ottawa, living in the same situation. Children living in Ledbury were the most affected with poverty. Another continuing concern in the South-East Ottawa area was that a higher rate of children assessed as unready to succeed at school.

Housing, especially for tenants, was also a concern as it was unaffordable for many and overcrowding in many neighbourhoods. Similarly, notwithstanding the excellent accessibility of grocery stores, convenience stores and restaurants in the catchment, healthy food is also unaffordable for many.

**Submitted by:**  
**Euphrasie Emedi,**  
**Community Developer,**  
**SEOCHC**

## Why Volunteer - Benefits to the Community - and You

### Volunteering builds your community

Volunteering encourages interaction between people living in a community and strengthens community connections.

When you volunteer, you are actually improving the life of your own community, and creating *social capital* at the same time. Social capital is a kind of *currency for healthy living* and grows when people in the community are involved in civic activities and earn the trust and cooperation of others. The more social capital there is, the healthier and more vibrant your community.

### Boost your own health

Feeling connected to community can also play a key role in how healthy you feel. According to [researchers from Harvard University](#), volunteering is a reflection of social connectedness, which is strongly associated with the health of the people in that community.

Results from the [Canadian Community Health Survey](#), which takes a close look at how connected Canadians feel from coast to coast, show that two-thirds (64%) have a strong sense of community belonging. Of

this group, two-thirds also feel that their health is excellent or very good.

### Reduce your stress

According to Harvard cardiologist Herbert Benson, known for his work on [the relaxation response](#) (the body's ability to shift into a deep state of rest), the health benefits of doing good things for others are similar to those experienced by anyone who practices yoga, spirituality and meditation, namely a slowing down of heart rate and a decrease in blood pressure.

The key may lie in the sense of calmness that comes from helping others, also known as *the helper's high*. These altruistic feelings reinforce the sense that one's life has a purpose. In turn, this enhances self-esteem, which then provides the motivation for a person to make better lifestyle choices.

### Find new purpose

As we grow older, [volunteering appears to give new meaning to life](#), reducing anxiety and depression and increasing life satisfaction. A [University of Michigan Study](#) of 423 older couples found that people who make a contribution to the lives of others may help to extend their own lives.



Volunteer Canada

### SEOCHC Volunteer Program

From April 2009 to December 2009 we've had 220 volunteers give over 10, 000 hours to support various programs at South-East Ottawa CHC.

Here is a breakdown of what our volunteers do:

#### Administrative Support:

12 volunteers, 385 hours.

#### Board and Committees:

28 volunteers, 318 hours.

#### Fundraising:

4 volunteers, 75 hours.

#### Community Services Team:

105 volunteers, 5531 hours.

#### Income Tax Program:

8 volunteers, 129 hours.

#### Social Services:

51 volunteers, 3584 hours.

#### Health Clinic:

12 volunteers, 814 hours.

There are so many different types of work, but always one goal: To make a difference in the community and support those in need.

*We appreciate each and every volunteer and can't say THANK YOU enough!*

**Why not sign up to volunteer at SEOCHC today. Call Lisa, Volunteer Coordinator, at: 613-737-5115 ext. 2326**



## Pourquoi faire du bénévolat ? - Le bénévolat entraîne des avantages pour la collectivité et pour vous-même

### Le bénévolat contribue à bâtir votre collectivité

Le bénévolat encourage les interactions entre les membres des collectivités et renforce les liens entre les gens.

Lorsque vous faites du bénévolat, vous contribuez à améliorer la vie de votre propre collectivité, tout en créant un *capital social*. Le capital social constitue en quelque sorte une *réserve permettant de vivre en santé* qui s'accroît lorsque les gens de la communauté s'engagent dans des activités à caractère civique, et arrivent à gagner la confiance et à susciter la collaboration des autres. Plus le capital social est élevé, plus la collectivité est dynamique et en santé.

### Le bénévolat est bon pour la santé

Le fait de tisser des liens avec la collectivité peut aussi jouer un rôle important dans votre état de santé. Selon des [chercheurs de l'Université Harvard](#) (*disponible en anglais seulement*), le bénévolat est un reflet de la solidité des liens sociaux, lesquels ont un effet direct sur la santé des membres de la collectivité.

Les résultats de [l'Enquête sur la santé dans les collectivités canadiennes](#), qui

constitue une analyse approfondie de la solidité des liens que les Canadiens ont le sentiment d'avoir d'un océan à l'autre, montrent que les deux tiers des répondants (64 %) éprouvent un fort sentiment d'appartenance à leur collectivité. Les deux tiers de ce dernier groupe ont aussi le sentiment d'être en excellente ou en très bonne santé.

### Le bénévolat réduit votre taux de stress

Selon Herbert Benson, cardiologue de l'Université Harvard reconnu pour ses travaux sur [la réponse de relaxation](#) (*disponible en anglais seulement*) (la capacité que possède le corps de se mettre dans un état de détente profonde), les bienfaits pour la santé qu'entraîne le fait de se dévouer pour les autres sont semblables à ceux que procure la pratique du yoga, de la spiritualité et de la méditation, c'est-à-dire un ralentissement du rythme cardiaque et une diminution de la pression sanguine.

Cela s'explique peut-être par le sentiment de calme que procure le fait d'aider les autres, que l'on appelle *l'euphorie de l'aidant*. Ces visées altruistes renforcent le sentiment d'avoir un but dans la vie, ce qui, en retour, entraîne un accroissement de l'estime de soi. L'estime de soi, quant à elle, procure aux

gens la motivation nécessaire pour faire de meilleurs choix de vie.

### Le bénévolat vous aide à trouver un sens nouveau à la vie

Au fur et à mesure que nous avançons en âge, [le bénévolat peut donner un sens nouveau à notre vie](#) en réduisant le risque d'anxiété et de dépression et en augmentant le sentiment de satisfaction face à l'existence. En effet, selon une [étude réalisée à l'Université du Michigan](#) (*disponible en anglais seulement*) portant sur 423 couples plus âgés, les gens qui contribuent à améliorer la vie des autres pourraient également contribuer à accroître leur propre longévité.



**Bénévoles Canada**

# Health Promotion for Seniors

## WISE WOMEN GREAT MEN NEW DIRECTION NETWORK

Wednesdays 1:00 - 3:00 p.m.  
(unless otherwise noted)

**For information & registration call:**  
**Jocelyne Pion,**  
**Health Promoter for Seniors**  
**613-737-5115**  
**ext 2323**

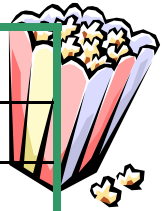
April 21	Diabetes Type II prevention with Arabic Women's group
April 28 11:30 a.m.-3:30 p.m.	Outing to Windsor Park (new retirement home) 990 Hunt Club Rd.
May 5	Understanding Taxes
May 12	Estate planning and getting well organized before you die.
May 19 11:30 a.m.-3:00 p.m.	Eating out at the Green Door Restaurant with a beautiful walk along the canal
May 26	Internet and identity fraud. Prevention and what to do if it happens to you.
June 2 1:00-4:00 p.m.	Let's get cooking healthy Mediterranean dishes (all in one dish) and let's eat!
June 9	Thyroid gland. It's function and malfunctioning
June 16 12:00-3:00 p.m.	CPR and defibrillator training in conjunction with the Arabic Women's group
June 23 11:30 a.m.-3:30 p.m.	Visit to St. Patrick's Home (long-term care facility) 2865 Riverside Dr.
June 30	Process in planning for Long Term Care (and Fall 2010 planning)



## MOVIE BUFFS

For Seniors 50 and better  
*Showtime: Friday, 1:00 p.m.*  
*suggested \$2.00 donation*

April 16	Up in the Air
April 30	The Blind Side
May 7	The Informant
May 21	Crazy Heart
June 4	The Time Traveler's Wife
June 18	Everybody's Fine



## Smoking Cessation

The next Smoking Cessation Program will start on June 9<sup>th</sup> at South-East Ottawa Centre and will run for 8 weeks, every Wednesday from 6:30-8 pm.

"Most people find it hard to quit smoking. Quitting can be hard, but it's not impossible. [Many people like you have quit smoking](http://www.lung.ca/protect-protegez/tobacco-tabagisme/quitting-cesser/how-comment_e.php). You can too.

Counseling, medications, and other supports can help you quit. If you've tried quitting smoking before but couldn't do it, try again. Each time you try, it will get easier. You will be one step closer to quitting for good. Now is the best time to quit. It's never too late. "

[http://www.lung.ca/protect-protegez/tobacco-tabagisme/quitting-cesser/how-comment\\_e.php](http://www.lung.ca/protect-protegez/tobacco-tabagisme/quitting-cesser/how-comment_e.php)

If you are motivated and have a plan to quit, you can and will stop. It is the single most important step you can take to ensure and improve your health. Not everyone is in the same place when it comes to being ready to quit. That's why we are offering you the opportunity to check out our program once a week for 8 weeks to help you with the decision of becoming smoke-free.

Your commitment to quit smoking permanently will be much easier to sustain if you have strong, positive support around you. Friends and family can be helpful, but they may not understand the depth of what smoking cessation means to you, especially if they've never smoked. Some people have tried before, but are still willing to try again.

If you decide to come out to our 8 week smoking cessation program you'll meet people who are going through what you are, or have been there and can offer constructive advice. Your resolve will be bolstered more than you can imagine just by being around others who have the same goals you do.



**Don't give up  
giving up.**

You'll meet others who are ready to begin the journey towards becoming a non-smoker too. Bring a list of your questions and find out more about the program that's helped so many others kick the habit!

We look forward to having you come and join us.

**Submitted by,  
Beate Evans,  
Clinical Coordinator,  
SEOCHC**

***Between Us ~ Entre Nous*** is published three times a year by South-East Ottawa Community Health Centre.

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**Proof Reader:** Diane Doxtater

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Ottawa, ON K1H 8K7  
613-737-5115

The opinions expressed in this Newsletter are not necessarily those of the Board of South-East Ottawa CHC.



## HELLO BONJOUR - By: Michael Franti

I don't need a passport to walk on this earth  
Anywhere I go 'cause I was made of this earth  
I'm born of this earth, I breathe of this earth  
And even with the pain I believe in this earth  
so I wake up every mornin' and I'm steppin' on the floor  
I wake up every mornin' and I'm steppin' out the door  
I got faith in the sky, faith in the one  
faith in the people rockin' underneath the sun

'cause every bit of land is a holy land  
and every drop of water is a holy water  
and every single child is a son or a daughter  
of the one earth mama and the one earth papa, so  
don't tell a man that he can't come here  
'cause he got brown eyes and a wavy kind of hair,  
And don't tell a woman that she can't go there  
because she prays a little different to a god up there,

You say you're a Christian 'cause God made you,  
You say you're a Muslim 'cause God made you,  
You say you're a Hindu and the next man a Jew  
And we all kill each other 'cause god told us to? NAW!

Hello, hello! (Hello, hello)  
Bonjour, bonjour! (Bonjour, bonjour)  
Hola, hola! (Hola, hola)  
Konnichiwa, konnichiwa wa!  
Hello, hello! (Hello, hello)  
Bonjour, bonjour! (Bonjour, bonjour)  
Hola, hola! (Hola, hola)  
Konnichiwa, konnichiwa wa!

Follow me, follow me, let me take you to the dance hall  
now to come on, rock this rhythm (rockin' rockin')  
Follow me, follow me, follow me  
let me take to the dance hall now  
now to come a skankin'  
Follow me, let me take to the dancehall  
now to come a rock this rhythm  
Follow me, let me take to the dancehall  
in a Spearhead style  
Now hear this!

So you dance to the rhythm  
bounce to the rhythm

*If you have been at  
SEOCHC on a Friday  
morning, you have  
heard this song  
playing over the  
intercom. It is the  
Centre's new theme  
song! So sway to the  
music and greet your  
neighbour.*

*Here is a sample of  
**some** of the lyrics.*

