



THE ECHO

Carleton Golf & Yacht Homeowners Association
Newsletter – November 2009

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Letter From the President

Well we are knee deep in fall and the leaves that surround us. CGYHA had a great summer topping it off with a successful Street Party. Please read the recap from Tammy about it.

Our information night on generators was a success and some of our neighbours have had them installed and some are considering. We trust that those who came out to the meeting found it useful and informative. We appreciate the interest in this and CGYHA was happy to assist in the process. A big Thank You to Marv Sywyk for making it happen!

We have some events to look forward to during these darkening days. November's Club Night....Christmas Decorating Contest...our Christmas Party and Tea...and of course Santa's visit. Please refer below to all the upcoming events and mark them in your calendar.

I am sure by now you have received your directory. If you have any questions or concerns, please call one of the Executive, their names and phone numbers are listed. Also, we were pleased to offer you the new "babysitting" list. I hope it is useful to some of you.

I hope everyone has a happy, healthy and safe Holiday Season!

Annual Christmas Tea with Santa

Our Annual Christmas Tea with Santa will be held on Sunday December 13th from 2:00 – 4:00 at the Carleton Golf and Yacht Club in the Anniversary Room.

There will be cookies and candy canes, hot chocolate and tea, crafts and a sing along! And of course, the most special guest of all.....SANTA!

Like last year, please think of others less fortunate and bring a non-perishable food item for the Food Bank or hats and mittens for the Ottawa Mission. Great time to think of others!

Holiday Decorating Contest 2009

Your CGYHA is again offering a Holiday Decorating Contest. Judging will take place on Sunday, December 13th at dusk. So be sure to have your lights on and decorations just right.

Winners will be announced on our website (CGYHA.com) and posted at the mailboxes.

Wishing you happy decorating and a happy holiday season!

Street Representatives

The CGYHA welcomes new Street Representatives Sarah Merrett, Marilyn McQueen and Brian Fritsch who will be covering homes on Marina Drive, Rideau Valley Drive and Clingin Lane respectively. Watch for them as they deliver your next newsletter!

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Annual Street Party

The 6th Annual Street Party was a great success with again records being set for attendance. A great time was had by all and the weather worked in our favour.

Special thanks to Mr. Jamie Robinson at the Manotick Independent who graciously donated all the food, drinks, condiments, corn and ice. His generosity is much appreciated.

Thanks to the Carleton Golf and Yacht Club for donating the BBQ and propane.

Thanks to Marv and Linda Sywyk and Bob and Mona Schuller for hosting the festivities.

We are also very grateful to all the volunteers who helped with the cooking, corn husking, set-up and clean-up.

Thanks to all who helped make the 6th Annual Street Party a success!

A Message From the Golf Course

The 2009 golf season is now just about complete, though a few of our dedicated golfers will continue to play until they lose their balls in the snow! And while we hope that the flurries are far away yet, I will take this opportunity to remind homeowners that the golf course is private property, even in the winter. There are dangerous areas that can be hidden under the snow for you and/or your pet, and there is also potential to damage our tees and greens. As such we will be closing access points to the course once the snow is here to stay.

Instead of using the golf course, why not visit the clubhouse??!! Regular dining service ceases at the end of October, but we continue to host meetings, banquets, anniversary parties, office retreats and much more. We have our Chef and serving staff available year-round, so we can cater any type of event you may like to host, with capacity for groups of up to 160! We have even begun doing some home catering for a few of our members, so contact us as opposed to the same-old same-old caterers out there!

No events planned? How about Christmas shopping??!! We will be opening our Pro Shop select days in December and homeowners are more than welcome to come to the club to look for a gift for that special someone, or perhaps that last stocking stuffer! Maybe a membership for the family?!

That's it for this edition....as always I am happy to answer any of your questions about the club by phone or email to manager@carletongolf.com.

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We had a very successful meeting on gas-powered back-up electrical generators last month. At least six households went forward to protect their home against power failure. If you want more information about quotes and services received, please call Marv Sywyk at (613) 563-0260 or email him at msywyk@rogers.com

Be Safe Be Seen

**Blowing snow, a frigid cold nor darkened morn and eve
Will not slow our hardened souls while others leave the greens
Joggers, walkers, waiting for buses – they're on the move again
Nothing stops - time moves on, and Lassie needs to pee
Go Fairway, Marina, do Bunker when you can
See Aston, Clingin, Timagami and Woodland
Be safe out there, make sure you can be seen**

As the days grow shorter, we wish to remind our pedestrians and our drivers of the need to exercise good safety habits in the community.

Pedestrians need to make an effort to stand out against the background. Combine bright colours with reflective material for daytime, low light and night conditions. Walk on the shoulder of the road facing oncoming traffic. Control dogs with a short leash.

Drivers need to slow down when passing pedestrians. The lack of sidewalks in the community requires drivers to share the road and take extra precaution. Slippery conditions add an additional safety dimension for both vehicles and walkers.

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February is Heart & Stroke month. Canvassers are needed to go door-to-door to collect for this cause that has affected us all at one time or will do so in the future. Our money stays in the Ottawa area primarily for research in this deadly area. If you want to volunteer to be a canvasser (10 – 12 houses), please call Marv Sywyk at (613) 563-0260 or email him at msywyk@rogers.com. Please support your canvasser when he or she comes to your door.

ROTIS Line Offers Help to Vulnerable Seniors

Are you concerned about a senior in your community? Are you unsure how to help? Help the Aged (Canada) has collaborated with Ottawa Public Health, the Regional Geriatric Program of Eastern Ontario, VHA Health and Home Support, and a network of community resources to offer the Reaching Out to Isolated Seniors (ROTIS) program. This program allows community members to help connect vulnerable seniors with assistance they might need as they age.

Research shows that up to 10% (10 000) of seniors in Ottawa have little or no meaningful contact or support in times of need. This can happen gradually as people age. An isolated senior may be the sole caregiver for an increasingly ill spouse, or their spouse dies. Perhaps they leave their community and their social network to live closer to their children. Sometimes physical or mental health issues make it difficult to go outside. Some seniors isolate themselves. They may be afraid to lose their independence, or be embarrassed by physical or mental health changes. Other seniors don't consider themselves "isolated," but seem to fall more often, neglect themselves, or have financial problems. Some seniors know their health is deteriorating, but don't know whom to call for help. Isolated seniors are vulnerable to falling through cracks in the medical and social systems. ROTIS helps seniors maintain their independence and overall well-being by connecting them to appropriate services such as fall prevention, chronic disease management, mental health support, spiritual care, home helpers, and friendly visitors.

If you are concerned about a senior in your community, please speak with them or call the ROTIS line at **613-562-6381**. For more information about ROTIS, including to book presentations for your workplace or community group, please contact Olivia Guiliani (Olivia@helptheaged.ca) or Andrea Monahan (Andrea.Monahan@ottawa.ca), call 613-232-0727, or visit www.isolatedseniors.ca.