



R.R. No. 1, Portland, Ontario K0G 1V0

(613) 272-2209

**School Committee** Schools committees are an important and valued vehicle for communication and involvement in the school community. The Rideau Centennial School committee consists of parents and teachers and usually meets 4 or 5 times per year. Principals, vice-principals and trustees are ex officio members of the committee. The primary function is to develop ideas, foster insights and to offer suggestions and requests which may be related to the school programs and activities. Minutes are kept and are available upon request. This year's executive is:

- Chairperson - Penny Capell
- Secretary - Peggy Bond
- Treasurer - Cindy Dopson

At the initial meeting, held October 5, the following items were discussed:

- (i) **Playground equipment for very young students** This will be the major focus of the school committee's fundraising work this year. Brochures were available from several companies, showing basic structures and options available.
- (ii) **Family Dance - Friday, November 20, '92** Bingo and/or cards and a bakesale will be additional features this year. More details to follow.
- (iii) **Bus Patrols** Bus Patrols can ensure safety when passengers are getting on and off buses. Older students are trained in this responsibility and are not involved in discipline on buses. To date Rideau Centennial has not had bus patrols but, as a result of a request at the meeting, we will pursue this.

**Monthly Bakesales**

Once a month we plan to have a bakesale at which students may purchase items for recess and noon hour snacks. Each class will be asked to provide items for the sale for one month only. All students will be able to buy at each sale. Money raised from the sales will be used for the primary playground equipment.

**"Understanding the Trauma"** - Childhood Sexual Assault (Conference held at The Cove, Westport, September 29,30, 1992)

Our children are our future. We must make concerted efforts to be sure that all children are nurtured in their development. Yet the staggering reality is that 1 in 2 girls and 1 in 3 boys are sexually assaulted, with the average age being less than 5 years. Every Canadian child is at risk. Child sexual abuse is a criminal offense in Canada; a child is anyone under the age of 18 (The Criminal Code and the Canada Evidence Act) Children as young as 3 months of age have died as a result of sexual abuse.

These facts, and others equally startling were addressed by Dianne Garrels (Psychotherapist), Dr. William Marshall (founder of Kingston Sexual Behaviour Clinic), Pat Hollingsworth (Clinician, Family and Children's Services), and Doug MacIntosh (Crown Attorney) at a recent conference sponsored by Family Focus. Reported cases of child sexual abuse increased from 249 in 1980 to 1628 in 1986.

Adult survivors of childhood sexual abuse can access help through Family Focus, family doctor, Canadian Mental Health Association, and/or Family and Children's Services. The trauma doesn't just go away; professional help may be needed.

The Report of the Special Advisor to the Minister of National Health and Welfare on Child Sexual Abuse in Canada, Reaching for Solutions, 1991, is available at the school, if anyone wishes more information on this topic. All residents of Ontario have a legal obligation under the Child and Family Services Act (1984) to report their knowledge of a child's abuse or neglect to Family and Children's Services (F.C.S.).

**HIGHWAY #7 COMMUNITY DEVELOPMENT CORPORATION** AGENTS FOR CMHC

BOX 310, SHARBOT LAKE, ONTARIO K0H 2P0 (613) 279-2113

**CMHC'S HOMEOWNER RRAP PROGRAM OFFERS HELP TO MAKE MAJOR HOME REPAIRS**

**WHAT IS HOMEOWNER RRAP ?**

Homeowner RRAP is a Canada Mortgage and Housing Corporation program which offers ONE-TIME, FORGIVABLE AND/OR REPAYABLE LOANS to low-income homeowners who desperately need major home repairs.

The program helps homeowners of single homes, mobile homes and condominiums, but not rental units; by providing loans to bring a home, which is at least 5 years old, up to minimum health and safety standards.

**HOW MUCH CAN I BORROW ?**

The maximum loan is \$25,000. Part of the loan may not have to be paid back.

**WHAT REPAIRS QUALIFY ?**

Your house must need MAJOR repairs in one of the following areas: the structure, electrical system, plumbing system or heating system. You may also get help with fire safety hazards or to relieve overcrowding. Normal maintenance or modernization work does NOT qualify. REPAIRS ALREADY COMPLETED ARE NOT ELIGIBLE.

**DO I PAY BACK THE FULL AMOUNT ?**

You may not have to pay back all of the loan. Up to \$5000 may be forgivable depending on your income. As your income increases from \$13,000 to \$23,000 the forgivable amount decreases. At \$23,000 there is no forgivable amount, only a repayable loan. Homeowners "earn" the forgivable amount by continuing to own and live in the house for five years.

If the repairs cost more than the forgivable loan then you must either pay the difference in cash or pay back a loan. Repayable loans are at low interest rates and may be taken out for a period of up to 20 years.

**FOR MORE INFORMATION ABOUT HOMEOWNER RRAP OR OTHER RRAP PROGRAMS CONTACT:**

Highway #7 Community Development Corporation  
P.O. Box 310, Sharbot Lake, Ontario. K0H 2P0  
(613) 279-2113

or contact the nearest CMHC office

**Christmas Craft Market**  
1992  
Saturday, November 28  
10 a.m. - 3 p.m.  
Rideau District High School  
Elgin, Ont.  
Admission \$2, Children under 12 free  
(price of admission includes draw ticket on gift basket)  
Sponsored by Rotary Club of Gananoque

**SHOP EARLY FOR CHRISTMAS**  
**at the Christmas Craft Market**  
**Saturday, November 28, 1992**  
**10:am to 3:00 pm**  
**Genuine hand-crafted items on sale**  
**at the Rideau District High School**  
**Elgin, Ontario. Many new vendors**  
**and "old time favourites" have the**  
**perfect gift for you.**  
**ADMISSION \$2.00 (includes a draw**  
**ticket on a gift basket)**  
**Homemade lunch available.**



**Rideau Lakes**

**Horticultural Society**

After suffering the slings and arrows of outrageous weather, local gardeners have put their gardens in order for the winter months. Eternally optimistic, enthusiastic gardeners are ordering catalogues and planning their 1993 garden which will be the best one yet!

The September meeting with the program "Members Sharing Ideas" was one of the best in 1992. The wealth of talent in the Rideau Lakes area is truly amazing. David Hockey spoke on Vegetable Garden Shortcuts. Karen Earl and Craig Buxton, our two Master Gardeners-in-Training outlined assistance and help available in solving garden problems. Cecelia Powell spoke on Medicinal Herbs and Their Uses. Beth Kerr-Wilson showed us how to create appetizing Vinegars from Herbs. Margaret Alexander and Lena Morrison explained the procedure for Drying Fruits and Herbs Using a Dehydrator. Heidi Wilke created a lovely floral arrangement using flowers picked from her own garden. Val Kennett introduced us to the beauty of the weeds and flowers growing wild throughout our own countryside.

On September 4th, members had an interesting tour of Evergreen Farm at Oxford Mills. This is the setting for the T.V. program which is called From A Country Garden, shown on Channel 16, Saturday at 12 noon.

The Fall Plant Swap was held on October 6th. It was a fun evening with a good selection of plants and produce available.

The next meeting will be held at Forfar Hall on November 3rd at 7:45 p.m. This will be the Annual Meeting. Officers and Board Members for 1993 will be nominated and elected. Your input is important. We hope you will be there. If you are a newcomer to this part of the world, you will find it a great way to meet friendly folk with a love of gardens.