

SCAO EXECUTIVE COMMITTEE  
MINUTES OF 3<sup>rd</sup> MEETING

April 27, 2006

Attendance:

1. Galal
2. Mohamed Khalifa
3. Mohamed Bashier
4. Salma
5. Hamid Ayoub
6. Hafiz Sidig
7. Hamid Bushra

Absent:

Nahid Alwad (Out of town). This notice received by Mohamed Bashier

1- The meeting welcomed the South Ottawa Community member Goodwill. Goodwill introduced the idea of the city health program initiative "Walking with a Pedometer". The idea behind the program is to encourage the community member's specially the elder people to be more physically active. As he mentioned people with an African background are more vulnerable to high blood pressure. Physical activities including walking will decrease the risk.

The Ottawa city through Goodwill will be able to lend our community up to 20 pedometers with the calendars for 3 weeks if we ready to take the responsibility of the pedometers.

These pedometers could be purchased with the cost around \$13 each.

**Galal has to publish the idea of a "Walk Club" in the News Letter**

2- The meeting approved the minutes from the second meeting

**Hamid Bushra has to send copies of the minutes after updating to the board members**

3- Work Plan for the Youth Activities

Hafiz briefed the meeting about the discussion which he had with the different youth. He emphasized the fact that we are dealing with a wide spectrum of interest. The meeting agreed on the continuation of this every day task.

**Hafiz to finalize the questionnaire and to develop a list of the youth (names, addresses, contact numbers, education institutions, etc ...)**

All the members have to participate in bringing new ideas on how to attract the youth to the activities.

4- Salma and Mohamed Khalifa briefed the board on the meeting held with the sub committee. Proposed activities from the members include:

- A poetry Gathering (Nado Shiriea)
- Discussion Meetings
- Family Picnics
- Family Activity Program
- Sudanese Broad Casting Program
- Kids Day

These suggested activities has to be implemented and SCAO has to fill its agenda with these events

Regarding the Independence 50<sup>th</sup> Anniversary

- The rent price for a hall it cost \$ 555. This cost could be minimized if we decide to rent one room instead of 2 rooms. Still Mohamed and Salma will continue looking for more options.

The plan of celebration still under discussion. This is our major activity during the coming month.

5- The meeting confirmed to follow the previous tradition of donation \$60 /family. Board members are asked to lead this campaign.

6- The meeting received a confirmation from the RCMP regarding the proposed meeting with SCAO. SCAO has to make the proper arrangement for this event. ( Date and Time)

7- Mohamed Bashier has to follow up the Ottawa City Proposal for Community Fund

8-SCAO made some suggestions regarding the contents and editing of the News Letter and the Web Site. (Please correct me if I am wrong, with the age I started to forget many things)

The coming news letters will contain:

- a- Call to the community about the walking club
- b- Call to the community for the fund raising from Afaf ElShibli
- c- Add some links to article from Sudaneseonline. I don't know where is this fit in the News letter or in the website
- d- Any other events, notices, etc....

Please revise this minutes, and if you have any thing to edit , add or delete send it to me before the coming meeting which will be on May 25<sup>th</sup> at @7:00 at the same place.

Thanks  
Hamid Bushra  
04/05/06