



شارك في الحملة العالمية
للتضامن من أجل علاج
شاعرنا العظيم محجوب
شريف



**Support SCAO's
Good Parenting
Campaign** by attending
June 10th extended video
& discussion sessions,
facilitated by Mohamed
Bashier

Finance Manager,
Sudan and Kenya
Programs. A senior
position opens to all
Sudanese with PACT.
For more detail on the
position contact Tag
Elkhazin.
for more details on 'PACT'
nature click here

**هل توقفنا قليلا عند ماساة هذه
الاسرة**

Istaza Afaf Elshibly
appeals to the
community and will
organize a fund raising
event (Community BBQ)
[Read more](#) & Stay tuned

SCAO UP-COMING EVENTS

* Women Breakfast Club (Celebrating Mother's day,
Saturday 20th, 06 at Cora's in Meravile RD 1545 at 9:00 AM)
First SCAO's BBQ for this summer May 27th, 06. (Event
will be confirmed if weather permit).

* Continuation of SCAO's Good Parenting Campaign,
Parenting Video & discussion, Saturday June 10th at 3:00 PM
at Heron Gate Community Centre. Bring some snacks, coffee
or tea to share with others. Baby sitting available.

* **50th anniversary of Sudan independence celebration,**
target date June 24th, 06. A detailed e-mail will be issued
separately.

* **SCAO's BOD is** seizing a golden opportunity to arrange for
indoor community meeting with **RCMP** to explore RCMP role
towards ethnic communities & future job opportunities for
SCAO's youth. This meeting is scheduled for June – Stay
tuned



**SCAO's UP-COMING
HEALTH PROJECT**
In partnership with City of
Ottawa

Walk & Explore Ottawa,
SCAO's Fitness Club

SCAO has vowed to introduce new openings of programs and
activities to its membership through building bridges with the
mainstream organizations and government agencies. There are
many services and programs that are already in place and we
would like our community to be a beneficiary of these programs
The Board has invited the City of Ottawa's Multicultural Health
program to assist our community become **PHYSICALLY ACTIVE**
through their Pedometer Walking Program for Less Active Adults.
This program encourages people to walk using a pedometer that
would count their steps.
A "Pedometer" or "Step-Counter" is a small tool that clips to your
waistband or belt. It records the number of steps you take and
acts as a motivational tool to remind you to walk more and be

SUPPORT CRHE's
 FUND-RAISING
 LUNCHEON
 SATURDAY MAY 27 th,
 2006 [Read more](#)



The community wellbeing reading corner:

- [The power of non-violence punishment.](#)
- [Tips on Surviving the Squeeze](#)
- [Money Management](#)

Suggested Articles to read

- [/ 1 / 2 / 3 / 4 / 5 /](#)

[Call to Sudanese and Sudanese-origin Professionals living in Ottawa for participation in the TOKTEN Developmental Projects in Sudan](#)

SCAO Appeals to the community to participate in the book fair & display which is going to be a part of the 50th anniversary. Participate by giving BOD members the books and their list to be presented in the exhibition. Also SCAO managed to establish a relationship with a publisher in Cairo, Egypt. If you are interesting in specific books, please provide us with the list, and we will request them on your behalf. Payment will be collected after books arrival to Ottawa.

Support your community members established business

<p>Ali Alawad Performance Auto Care. Car Wash & electronic services 1575 St Laurent blvd Tel. 747-8668</p>	<p>Fikri Salama Final Deal Auto Care Auto-mechanic Tel. 748-3325</p>	<p>Nahid Alawad Global Village Documents Legalized translation Tel. 590-3102</p>	<p>Zenab Amien Océan Travel & Cruises Ltd. Travel agent for all Airlines (416) 502-8200 1-877-819-9929</p>
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more active.

The overall objective of the program include:

1. Raise awareness among the community for active lifestyles.
2. Increase number of adults engaged in physical activity.
3. Increase awareness of resources and programs promoting physical activity throughout the year.
4. Support community leaders in promoting year-round physical activity.

The City of Ottawa will lend us about 20 pedometers for the period of two weeks. Each participating person will receive one pedometer and use it for the mentioned duration. This little device that you wear on your waistband will count your steps when you walk inside the home, from a room to a room, to the kitchen, to the washroom and also during any kind of work you do. At the end of the day you will register the number of steps that the device shows on its screen. This exercise will hopefully motivate you to walk more and more and at the end of the two- week period you can buy your own pedometer for as low as \$11.

If you interested, please contact any of the Board members and put down your name before May 20th.... BUT

REMEMBER: THERE IS ROOM FOR ONLY 20 PERSONS.

Participants will be considered on the basis of first come first served.

This sounds like a new SCAO's Fitness Club (Walk & Explore Ottawa) is about to be born. Be part of it & challenge yourself to push your limits.

SCAO BOD is initiating a campaign to update the community website, this process requires volunteer with good English written skills to help in editing currently posted material and future posting. Please submit your name to help taking SCAO's reputation step forward.