



citizen advocacy
parrainage civique

rapporT

Winter 2009-2010

ISSN 1180-503X



EVERYDAY CHAMPIONS
ÉTOILES DU QUOTIDIEN



CHANCE FOR CHOICE
L'OCCASION DE CHOISIR



REAL PLANS FOR REAL LIFE
VOTRE PLAN, VOTRE VIE

Citizen Advocacy matches volunteers from the community with people who are isolated and vulnerable because of a disability. Established in 1974, Citizen Advocacy is supported by United Way/Centraide.

Parrainage civique associe bénévoles et personnes ayant une incapacité qui sont isolées et vulnérables à cause de leur handicap. Établi en 1974, Parrainage civique est soutenu par Centraide/United Way.

A Holiday Message

By Brian J. Tardif, Executive Director

I recently had the pleasure of reading *Coffee on Sundays* written by Barbara Lawson Reesor. A gift from Kathy Banville, who has been matched with Sharon Anderson for more than 18 years, the book has reminded me of the milestones we have experienced in the last year. The author, a former Occupational Therapist at Rideau Regional Centre in Smith Falls tells the story about several former residents of this institution, many of whom have or have had a relationship with a volunteer advocate following their move to the community. The contrast between current day reality with the stories in this book, provides an excellent illustration of the tremendous progress we have made regarding how people with disabilities are valued as contributing members and citizens of the community. 2009 marked the historic occasion of the closure of the last three remaining institutions for people with developmental disabilities in Ontario, including Rideau Regional Centre. And in 2009, we have begun to see the impact of the Accessibility for People with Disabilities Act and the introduction of new standards for customer service. Both of these initiatives contribute to solidifying the shift to an inclusive community for all.

At Citizen Advocacy, we have reached a new milestone and have exceeded 296 individuals with a disability supported by 272 citizen volunteers. We continue to be blessed with an increasing number of supporters and donors along with sustained support from our funders the City of Ottawa, the Ministry of Community and Social Services, the United Way Ottawa and the Ontario Trillium Foundation. Through a program evaluation, we have heard from those who are in a match relationship how their relationship with a volunteer advocate impacts on their improved sense of well-being and increased self-confidence.

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Rapport is a newsletter published every 4 months by Citizen Advocacy of Ottawa. Citizen Advocacy assists people living with a disability in enhancing their quality of life by overcoming barriers to personal choice and community participation. A volunteer based, non-profit organization, Citizen Advocacy relies on the support of foundations, grants, memberships, and personal donations to augment funding from the United Way, Province of Ontario, City of Ottawa and the Trillium Foundation.

Suggestions and submissions for publication, as well as questions and comments of general interest, are invited and should be sent to the attention of the Editor - Rapport. Submissions may be edited for length and content at the discretion of the organization.

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We heard about how volunteer advocates help with many issues of daily living, and provide opportunities to participate and engage in community activities.

As the Holiday Season rolls around once again, we are about to embark on the second decade of the 21st century. **I want to extend warmest wishes to all volunteer advocates, protégés and supporters of Citizen Advocacy with hopes that 2010 will bring you an abundance of peace and happiness in all that you do, and new and exciting milestones.**

Holiday Office Hours

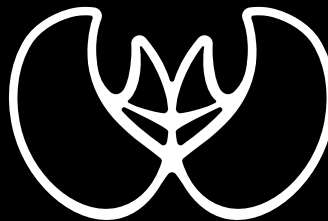
Citizen Advocacy of Ottawa will be closed over the holidays between December 24, 2009 and January 1, 2010. The office will re-open at 9am on Monday, January 4, 2010.

Here is a list of emergency contact numbers that may be useful should you require immediate assistance during the holidays:

Distress Centre: 613-238-3311
Mental Health Crisis Line: 1-866-996-0991
In an emergency call: 911

Save the Date!

Evening in the Maritimes
La Soirée dans les Maritimes
CA's Annual Fundraiser
Thursday, May 27, 2010
Hilton Lac Leamy



Celebration of People

The 9th annual Celebration of People Awards were presented on December 3rd to 13 individuals and organizations that have made a lasting and positive difference in the lives of persons with disabilities in our community.

Célébration pour tous

C'est lors de la 9ième cérémonie annuelle «Célébration pour tous», tenue le 3 décembre, que treize individus et organisations ont reçu un prix prestigieux pour avoir marqué de façon positive et durable la vie des personnes ayant une incapacité dans notre communauté.

2009 Recipients / Récipiendaires 2009



Accessibility by Design Award
Prix Accessibilité intégrale
Delcan Corporation



Employer Award
Prix de l'employeur
Cycle Salvation



Advocacy Award in Memory of Agnes Wee
Prix de la défense d'une cause à la mémoire d'Agnes Wee
John & Anne Toft



Hospitality and Tourism Award
Prix de l'hospitalité et du tourisme
Canada Science and Technology Museum



Artistic Excellence Award
Prix de l'excellence artistique
André Lanthier



Sports Award
Prix des sports
Mike Roy



Career Award
Prix de l'excellence professionnelle
Marco Casalese



Volunteer Award
Prix des bénévoles
Darcy Quartermaine



Citizenship Award in Memory of Cathy Kerr
Prix du civisme à la mémoire de Cathy Kerr
Gerda Mulder



Volunteer Opportunities Award
Prix de l'organisation bénévole
Heartwood House



Education Award*
Prix de l'éducation
Freedom at Depth / Liberté en Profondeur Canada



Youth Award in Memory of Susan Meyer
Prix jeunesse à la mémoire de Susan Meyer
Christine Judd-Campbell



Employee Award
Prix de l'employé(e)
Scott Stokes

*All photos except * by Jean Boulay.*

Everyday Champions

In each newsletter Citizen Advocacy introduces you to a member of the Board of Directors and a volunteer. In this issue we are pleased to introduce Peter Roorda, board member, and Gary Duke, events volunteer!

Peter Roorda has been a volunteer advocate for two years and is matched to John. They hit it off right away and have been getting together weekly from the outset -- both of them are really enjoying the relationship.



Peter with his protégé John

Together they have attended the Citizen Advocacy Picnic and Holiday party finding both a lot of fun.

Peter joined the CA board six months ago. In his words, "I knew little about CA when I began as an advocate, but I was immediately impressed by the CA staff and volunteers, their focus on what is an obvious need in the community, and the optimism that they bring to their task. Joining the board is an opportunity for me to participate in CA in a new way. With a high tech engineering background, it's a bit out of my field, but I'm hoping to find ways of adding some value."

Peter has attended Evening in the Maritimes in the spring and as a new member of the board he wanted to learn more about Celebration of People. Peter says "I knew this was a big event, but I really wasn't expecting such a level of enthusiasm and emotion in the winners and the audience. I was truly moved."

Last spring Peter ran the 10K in the Ottawa Race Weekend in support of CA. He says the last few kilometres were pretty painful. But, he's been training more this year and come May, he plans to beat his race time and raise more money for CA.

Peter has worked for 16 years in the local high tech community and works as a product line manager at JDS Uniphase, an optical communications company.

A father of three teenage daughters, Peter says "that alone should qualify me for some sort of medal, no?" He is also a birder, avid reader, an Anglophile and loves to canoe and swim.

Gary Duke has been volunteering with Citizen Advocacy since 2007, motivated to help CA produce Evening in the Maritimes. Gary has been very helpful in stage managing and producing both Evening in the Maritimes (EITM) and Celebration of People shows. This includes coordinating all of the people involved in the production of the events, ensuring that staging, sound, and lighting are set up properly on event day, and running all of the video, sound and PowerPoint components of the events. He is also a member of the steering committee for EITM.

Gary has been a volunteer with various sports organizations since he was a teenager: starting leagues, sitting on executives, coaching, fundraising, flooding outdoor rinks and maintaining baseball diamonds. Today, he's still involved with baseball and volleyball.

A veteran of the video/staging business (30+ years) Gary has been learning his craft since 1972. In addition to his volunteerism with CA, he assisted the United Way/Centraide Ottawa from 1986-2004 and more recently donated production services to the IN Community (DPCR) for their 50th Anniversary Gala.

According to Gary "What impresses me is the dedication of the advocates who become engaged with a match and help them to a better life. So many people fall through the cracks in our society and Citizen Advocacy helps in correcting that. Sometimes all it takes is a simple connection to make someone's life better. I do such a small part but hopefully I can contribute to the success of Citizen Advocacy. I'm still a big kid and I get such a kick out of doing live shows. Evening in the Maritimes is such a great gig!"

Newest Matches

Everyday Champions

August

John Weir & Guy P.
Elizabeth Young & Francine L.
June Leblanc & Debra S.
Andrew Wismer & William W.
Pierre Richard & Stephen S.
Ahsan Mahmood & Richard S.

September

Mila MacDonell & Justin Y.
Joanna Heath & Caitlin L.
Sandy MacKay & Ian B.
Ryan Gencarelli & Stephane B.
Jackie McKenna & Lang T.
Jessica Mei Stewart & Linda H.

October

Sylvie Laplante & Claudette C.
Pauline Kinsella & Doris K.
Barbara Feldman & Anna C.
Kevin Clinton & Duncan S.

November

Jennifer Proulx & Gerda M.
Adam Stanford & Jason T.
Kyla Rafuse & Dana B.
Erin Lang & Danielle H.
Laurie Beattie & Debra A.
Ivy Liu & Brenda A.
Thuan Do & Duc T.
Milena Gibson & Alexandra A.

Chance for Choice

August

Anthony De Young & Evelyn S.
Chantal Ladouceur & Inez B. and Audrey D.

September

Megan Hooper & Joyce S.

October

Christiane Delon & Rachelle L.

Group Home Project

October

Cheri-Ann Olsen & Christian Horizons Ottawa 1

November

Michael Gendron & ICSS Colonial

Hello!

By Brittany Amell, Social Work Student

Hi there! Many of you may have seen me around the office or at functions and wondered who I am. Well, my name is Brittany and I am a fourth year Social Work student from Carleton. I'm doing my placement here at Citizen Advocacy and have been around since the beginning of September. In short, I love it. I get to do many different things here, including meeting many of you! I really enjoy meeting matches because it warms my heart to see how happy many of you are together. It's a beautiful thing.

I am a Jill of all things! I love to practice and teach Yoga and meditation, exercise, play guitar and sing, read, watch Gilmore Girls and movies, listen to live music and eat. My passions and hopes for the future include pursuing my Master's in Counselling and Spirituality at St. Paul's University and leading workshops on various topics that incorporate spirituality, the heart and wisdom.

United Way Campaign

Citizen Advocacy continued its commitment to raising money for the United Way / Centraide campaign in Ottawa and achieved a resounding success! Through employee contributions as well as special events, like our annual bake sale, Citizen Advocacy raised \$2,264.00! Many thanks to all who participated in this year's success.

CA Annual Picnic

By Lesley Hoyles, Special Events & Communications Coordinator

Despite heavy rain and a very chilly August day, about 50 people came out to celebrate summer at the Citizen Advocacy Annual Picnic. Though it was unseasonably cool outside, we were all cozy in the Stanley Park Fieldhouse. Protégés, advocates, Board members and nearly all CA staff were on hand to sample delicious barbequed hot dogs, hamburgers and veggie burgers. Due to our indoor location, the usual balloon toss was off, but everyone had a great time playing “Pass the Object” and “People Bingo”. We also had a raffle for the first time this year, which helped to offset our costs. Yasir Naqvi, MPP, pulled the numbers and raffle winners walked away with great prize packages including museum passes, coffee and tea, and movie tickets. Our fantastic DJ Jim Virgin kept everyone moving, and we all danced the afternoon away, proving that a little bad weather is not going to dampen our spirits!



Playing “Pass the Object”

Social Activities Club: Update and Call for New Members

By Annie-Pier Miron

The Halloween Party was a success! Everyone had great costumes and the movie was just scary enough! Thank you for your presence, it's always nice to see matches participate with enthusiasm in the activities. A special thanks to Erin, Shelly, Chrissy and Ildiko for their contribution.

If you are interested in organizing activities and want to spend time with your advocate or protégé doing so, we are looking for you! The social activity club welcomes new members. For information contact Annie-Pier at 613-761-9522 ext 245 or by e-mail at amiron@citizenadvocacy.org.

An Educational Evening on Personal Safety

By Siddhartha Kumar and Brittany Amell

An education evening on ‘understanding personal safety for people with disabilities’ was held on August 18th and was a great success. It was well attended by many advocates in spite of rain. They all enjoyed an interesting session by Linda Osmond of Catholic Family Services. There was lots of discussion around real situations faced by some of our advocates and all questions were well answered.

It was encouraging to see involvement from both new advocates and seasoned ones. Advocates left with a better and deeper understanding of their protégés and their living situations.

The session provided some practical tools which would be useful in a day to day interaction with people with disabilities. A participant commented after the session, “I’m better informed and learned the easiest way to be with my protégé is to be natural and consider them to be like everyone else”.

Citizen Advocacy would like to extend its gratitude to Newport Restaurant for providing pizzas for the evening.

Consumers Advisory Committee Volunteer Award

Once again this year the CAC presented a deserving volunteer with a Consumers Advisory Committee Volunteer Award at the annual dinner and dance in December. This award is given to someone who has been respectful, compassionate, patient, a good listener, and who has been involved in a range of activities at CA. While there are many people in the Citizen Advocacy family who fit this description, this year CAC has selected Chris Peterson as the recipient of its annual volunteer award. Chris has gone above and beyond as an advocate for Luc. Luc says that you couldn't ask for a better friend and confidant than Chris. Through legal issues, a big move, and other hard times, Chris has stood by Luc's side and provided him with support. Chris is well deserving of this award and is a wonderful example to those who are counted among 270+ volunteers.

Consumers Advisory Committee Call for New Members

The Consumers Advisory Committee (CAC) of Citizen Advocacy is looking for new members. This committee was developed by our Board of Directors to address the concerns of people with disabilities and to inform the Board of these concerns. To become a member of the CAC you need only be a matched protégé or have been matched at some point and be waiting to be rematched. If you are interested in finding out more about the committee, contact Robert Adolfson at 613-761-9522, ext. 227 or e-mail radolfson@citizenadvocacy.org.

News from the Real Plans for Real Life team

By Joyce Lundrigan

Season's Greetings to everyone from Andrea, Roxanne, and me in the Real Plans for Real Life team.

It has been very busy time for us, with the team developing and facilitating plans with 75 people since our program began! In addition, our team had the opportunity to participate in a facilitators forum held in Cambridge on October 29th. This forum was the second one the team attended this year, with the goal to further define independent facilitation and expand the work within Ontario.

Aside from the brainstorming sessions, this forum provided us with an excellent opportunity to meet with facilitators, families and self-advocates from different areas of the province. It was wonderful to hear of experiences from families and self-advocates on how independent facilitation helped the self advocate determine and achieve a life plan based on what the person wanted, and not just matching a person's needs to available services.

For me, one of the most inspiring stories was hearing of the groundwork that started in 1988 by the Deohaeko Support Network to create the Rougemount Housing Cooperative. This 100-unit cooperative was designed as an intentional community, so 6 individuals with intellectual disabilities could have their own home with their own individual support networks, and be full members within a larger housing community. To hear what is possible when self-advocates and families work with agencies as partners helps provide our team with direction on what may be achieved in our city.

We look forward to continuing our work in the New Year, and continuing to think outside the box to help people create lives for themselves.

Match Anniversaries

Everyday Champions

September 2009

- 7 Sam Hawas & Willie W.
- 7 Ruth Mellor & Marsha G.
- 4 Eve Arany & Saskia B.
- 4 Lucia Van Oordt & Maria G.
- 3 Barry McKenna & Shirley C.
- 2 Brendan Roy & Steven S.
- 2 Loren Bekeris & Donna Lee H.
- 1 Katie Tallo & Valery H.
- 1 Stella Ross & Mary Frances G.
- 1 Jennifer Scrim & Carly W.
- 1 Alexandra Leversedge & Malinda C.

October 2009

- 25 Shelley Ann Morris & Marcella K.
- 19 Alan Cohen & Lee W.
- 16 Michael Wall & Steve F.
- 10 Colin Griffiths & Eddie S.
- 9 Jeff Ickovich & Paul A.
- 9 Céline Kelly & Freda W.
- 8 Richard D'Addese & Robert W.
- 7 Helen McFarlane & Laura A.
- 7 Susan Spence & Virginia B.
- 4 Carole Lapointe & Marguerite F.
- 2 Claus Abel & Vince C.
- 2 Alex Larose & Jorge de A.
- 2 Holly Smith & Corrie M.
- 1 Aleksandra Minic & Deborah B.
- 1 Izabella Sowa & Molly K.
- 1 Ghislaine Saumure & Christine B.
- 1 Shelagh Heatlie & Biljana N.

November 2009

- 31 Richard Marion & Maurice K.
- 21 Christiane Delon & Freda W.
- 21 Eric Plunkeet & Jeff M.
- 20 Maggie LeMay & Madeleine H.
- 9 Grant Johnston & Denise T.
- 6 Noelle Grosse & Kristen H.
- 5 Carl de Jong & Bob P.
- 5 Simon Snoxell & Wayne B.

November 2009 cont.

- 4 Julie Broczkowski & Karyna L.
- 4 Patricia Bowa & Diane C.
- 4 Ryan Kelly & Craig M.
- 3 Jennifer Acres & Suzanne St. J.
- 3 Matthew Mason-Phillips & Frank C.
- 2 Kelly Stang & Marika S.
- 1 Jessie Gurudevan & Pauline S.
- 1 Jonathan Young & Michel L.
- 1 Michelle Crook & Melissa A.

December 2009

- 15 Bob Stevenson & Glenn F.
- 12 Pui Wah So & Christine C.
- 10 Laurence Émard & Simone P.
- 7 Elaine Butcher & Shannon M.
- 7 Celine Leblanc and Jacquie St. D.
- 6 Avril d'Silva & Judy J.
- 5 Elizabeth Geehan & Shona F.
- 5 Owen Griffiths & John M.
- 5 Robert Adolfson & Rocky W.
- 4 Bill Dolan & Daniel B.
- 3 Erica Walker & Suzanne H.
- 2 Bill Gelling and Jacqueline MacDonald & David Hope
- 1 Beverley Hunt & Debra N.
- 1 Patricia Wallinger Stacey & May W.

Chance for Choice

September 2009

- 2 Anna Bilsky & Marjorie U.

October 2009

- 1 Yolande Mennie & Vivian C.

November 2009

- 5 Savi Narayanan & Ethel T.
- 4 Chris Ferko & Charles J.
- 3 Jennifer Knudson & Marguerite G.
- 1 Anne Stern & Joyce H.
- 1 Laurence Émard & Roland L.

December 2009

Group Home Project

- 3 Ana Gabriella Renart & Georgette L.
- 3 Richard D. MacPhail & Ruth B.
- 2 Julia English & Josephine F.
- 1 Viviane Asoh & Ron S.

November 2009

- 5 Erin Bateman & Foyers Partage
Group Home

Holiday Dinner and Dance

By Lesley Hoyles, Special Events & Communications Coordinator

On Sunday, December 13th, 264 of Citizen Advocacy's friends and family came together at the Hellenic Banquet Centre for the Annual Holiday Dinner and Dance. With snow falling outside, the group celebrated the holiday season with great company, a delicious turkey dinner with all of the fixings, and great music provided by Jim Virgin from Virtronics DJ Service.

During the evening, Brian Tardif, CA Executive Director and MC for the evening, honoured advocates celebrating milestone anniversaries with a special presentation. Celebrating 5 years as advocates were: Robert Adolfson, Erin Bateman, Simon Snoxell, Owen Griffiths, Mavis Mason, Jayasri Sundaram, Viji Sundaram, Adrian Raghunandan and Chris Walters. Gil Barrows, Greg Enns, Savi Narayanan, Nan Wang, Pam Sawyer and Carly Sorensen are also celebrating 5 year anniversaries but were unable to attend the party.

Lori Streefkerk celebrated her 10 years as a volunteer advocate at the party this year. Céline Kelly is also celebrating her 10 year anniversary but was unable to attend.

Celebrating 20 years' service is Maggie Lemay. Shelley-Ann Morris is celebrating 25 years as an advocate with CA. Advocates celebrating 20 and 25 year anniversaries will receive a Citizen Advocacy vest and a special luncheon with Brian Tardif, Executive Director, and Board President, Frank Reid.

Many thanks to everyone who has helped support this event, including the Gloucester Lions Club, who donated \$1000, which helped keep ticket prices affordable to all guests who attended; Chef Jason, Mary Dimas and Costa Koskoletos of the Hellenic Banquet Centre for doing a wonderful job again this year; Veronica Langelier or "Mrs. Claus" for helping secure many raffle and door prizes; Jane Caskey, CA Board member and basket-maker extraordinaire; the Hampton Inn and Conference Centre for donating 6 turkeys for our dinner; all vendors and donors who helped supply the food (for a complete list, see *Donors, Sponsors, and Supporters* on page 11); all of CA's members who generously donated that little bit extra on top of the ticket price; and our volunteers: Cheryl Bourgeois, Tim Mills, Michelle O. and the fantastic CA staff!

Long-Term Care Facility Project

By Sheila Robertson, Chance for Choice Program

A year ago, Rapport noted the start of a year-long project to find new ways to provide advocacy support to residents in long term care facilities. Funded by the City of Ottawa, a \$10,000 grant funded discussions with a number of long term care facilities about the project and the roles that advocates could play. Two facilities agreed to participate, with a third expressing interest. Three advocates were matched with 5 individuals in one facility; the second facility had not referred any specific individuals by the time the project ended. Now that the project has formally ended, the existing matches have been absorbed into the regular Chance for Choice program and continue to be supported.

Community Action Days: Museum Visit

By Thony Jean-Baptiste, Everyday Champions Program

Another excellent opportunity was offered to the protégés who are on the Citizen Advocacy waiting list to spend a day at the Museum of Civilization with some employees of Human Resources and Skills Development Canada. The activity was held on Community Action Day, a day where employees of the public and private sectors volunteer in groups in the community.

Not only did the protégés leave with big smiles on their faces but this event brought an increased awareness of the needs of our community. The words of the participants say a lot about what they received from this experience:

Before embarking on this experience, none of us had actually heard of Citizen Advocacy. As we received more information, we were excited to discover that we were being given an opportunity to interact closely with a segment of the community that we would not otherwise get to in our everyday lives. At first, many of us were a little nervous and not knowing what to expect. After the introductions were made, tensions eased and the exploration and fun began!

This experience has resulted in an increased awareness of just how many people are looking for companionship, friendship and simply a chance to get out and have some fun once in a while; in that regard, the protégés weren't that different from our group of volunteers. It was such a rewarding experience to see the smiles and hear the laughter from the protégés and volunteers alike! This day created memories that we know will carry us forward until our next volunteer experience.

To the protégés who participated, thank you for sharing in this experience with us. Seeing your genuine smiles really brought home to us the importance of volunteering in our community, and that small acts of kindness can make a big difference in peoples' lives.

With thanks,

Christine Brunke, Naomi Johnson, Francine Prévost, Henri & Suzanne Savoie, Dianna Pierre, Salome Fung, Sarah Lee, Tuyet Tran, Terry Hind, Yolla Chamoun, Narmin Mohammed

Get training for the 'Run for Everyday Champions'

Brian Tardif, Executive Director of Citizen Advocacy, invites you to participate in the Ottawa Race Weekend on May 29 & 30, 2010. He will be running the 10K – what race will you run? Join us for some healthy fun with your family and friends, and use this great opportunity to fundraise for Citizen Advocacy. Don't worry if you're not the "marathon type". There are races of different lengths: 2K Family Fun, 5K, 10K, half marathon, and the marathon. **Ready to join our team?**

Step 1: Let us know you're interested by calling 613-761-9522 or sending an email to events@citizenadvocacy.org. Request a pledge form.

Step 2: Go to <http://www.runottawa.ca> and click on 'Registration Information'. Sign up!

Step 3: Encourage your family and friends to donate to Citizen Advocacy! Then return your pledge forms and money collected to the Citizen Advocacy office at 312 Parkdale Ave by Friday, May 21, 2010 at 3pm and be eligible for a prize!* For every \$100 raised, runners will have their name entered into a draw for two free tickets to Citizen Advocacy's Evening in the Maritimes event (takes place May 27th).

**If you do not wish to participate in the prize draw, you may hand in your pledge forms and money collected by Monday, May 31st at 5:00 p.m.*

Donors, Sponsors and Supporters

Thank you to the following donors, sponsors, and supporters for their donations to Citizen Advocacy. Where possible, please show your support to the businesses, services, and firms listed below.

9-to-5 Coffee Services	Glebe Meat Market	Peter Roorda
Algonquin College Florist Program	Gloucester Lions Club	Saunders Farm
Aenos Food Services	Great Canadian Theatre Company	The Savoy Society
Roberta Anderson	Hampton Inn & Conference Centre	Susan Spence
Harry Beatty	Hartman's Your Independent Grocer	Grace Strachan
Chiara Belli	Haunted Walks of Ottawa	Lori Streefkerk
Virginia Beshara	Hellenic Banquet Centre	Elaine Sullivan
Anna Bilsky	Marianne Hope	Sweet Rosie's Food Emporium
Bissonette's Your Independent Grocer	Jasbeer Kotowaroo	Tannis Food Services
Linda Borgia & Family	Deborah Langelier	Tina & Mike Tremblay
Bridgehead Wellington	Veronica Langelier	Moe & Heathie Turner
Suzanne Hill Brooks	Colette Legault	United Way/Centraide Ottawa
Canada Agriculture Museum	Loblaws, Carlingwood	Jennifer Forbes Walker
Canadian Aviation Museum	M&M Meat Shop, Montreal Rd	The Works Gourmet Burger Bistro
Canadian Museum of Nature	MacCartney Farms	
Canadian War Museum	Maryann & Mike Mason	
Jane Caskey	Mavis Mason	
Kerry Cavlovic	Diane McGuire	
Cineplex Odeon	Mini Golf Gardens	
Kevin Clinton	Councillor Bob Monette	
The Club Variety Show	The Mud Oven	
George Cook	Yasir Naqvi, MPP	
Costco Nepean	Neilson Dairy	
Colette Deavey	Newport Restaurant	
Barbara Delaney	Helen & Nick Nicholas	
Fairlawn Your Independent Grocer	Joe Oombash	
Barbara Feldman	Paul's Boat Lines	
Councillor Peggy Feltmate	Councillor Shad Qadri	
Andy Gelling	Real Canadian Superstore, Eagleson Road	
John & Cathy Gelowsky	Diane Rivers	
Walter & Norma Gelowsky		

Join the Evening in the Maritimes Committee!

Do you have experience in sales, fundraising, communications, or events coordination? Help organize Citizen Advocacy's major fundraiser, Evening in the Maritimes, by joining the organizing committee. Meetings are held the 3rd Monday of the month in the evening, and more often closer to the event date which is May 27, 2010. To learn more about this opportunity, please email events@citizenadvocacy.org or call 613-761-9522 and ask to speak to Jennifer.

A Final Farewell

By Doug Bailey, Volunteer Advocate

Many years ago I read a bit in the paper looking for advocates to look after those in need – in need meaning many things – someone to talk with, to walk with, to travel to events and go sightseeing.

Not long after I started, I was hooked. I had many protégés over the years, all good people, who simply needed a friend, a companion, to listen, to enjoy once again the chance to share special times such as birthdays, Christmas dinner, special days such as parades, going for drives, going to theatres, and so on.

I am now getting up in age and have just had my latest, and very good friend, pass on to his Heavenly home. With regret, I must say I will not be able to take on another protégé simply because my wonderful wife of fifty-two years is not well. We are both kept busy with medical appointments and the like.

So farewell my friends and keep up the fine job. A smile a day is first class pay.

Yes, I believe in a community that welcomes and values all people with disabilities!

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