



citizen advocacy
parrainage civique

Rapport

Winter 2005 - 2006

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

Parrainage civique associe bénévoles et personnes handicapées qui sont isolées et vulnérables à cause de leur handicap. Établi en 1974, Parrainage civique est un organisme participant de Centraide/ United Way.

The perfect gift

By: Brian J. Tardif, Executive Director

The Holiday Season is, for many, equated with gift giving. We ponder questions about what shall we give to those who are an important part of our lives.

Volunteer Advocates are providing the gift of friendship and support all year long. Here are but a few examples of the gifts advocate provide:

“For over three years Michel has been there for Ron guiding him when important decisions about personal safety and financial security needed to be made.”

“She didn’t have any clothes that fit. They were all either too big or too small, so I took her shopping. We now have a couple of annual shopping trips to ensure she has the clothes she needs to be comfortable.”

“He (advocate) has helped me grow up and gain confidence in myself.” “He (protege) just needed someone that he could trust and talk to, someone who would listen.”

“We’ve been celebrating our birthdays together for the past 15 years. She has helped me stand up for my own rights.”

“Over the 8 years that we have been matched, my presence has helped him have a safe, comfortable and friendly place to live; be accepted into the community as my friend and part of my family; put things in place to prepare for the future.”

“He couldn’t find a doctor, therefore he couldn’t get his prescriptions renewed, so I took him to my own doctor.”

Please see *Perfect gift* on page 2

CONTENTS

Dates to remember	2
Advocacy in Action	3
Annual Picnic	3
The Elder Abuse Puzzle - What next?	4
Snapshot of the waiting list	4
Everyday Champions	5
Newest Matches	6
Educational events	6
Rapport online	6
Donors and Supporters	7
Surprise	7
What will we do this week?	7
Holiday Dinner and Dance	8
Purchase with a purpose	8
Match anniversaries	9

Rapport is a newsletter published every 4 months by Citizen Advocacy of Ottawa. A United Way member agency, Citizen Advocacy assists people living with a disability in enhancing their quality of life by overcoming barriers to personal choice and community participation.

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 agency.

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Social Activities Club

Perfect gift continued from front cover

“We found him a new place to live that provides greater independence. I will be there to support him to maintain his independence.”

At Citizen Advocacy gift giving is a mutual affair.

“It doesn’t even feel like volunteering. My protegee is a wonderful guy and a good friend.”

“We are like sisters and we value our time together”.

“We are friends in the truest sense of the word - always looking out for each other.”

“Throughout their match they have grown to be family.”.....” She is a huge part of my life.”

On behalf of the Board and the Staff, a heartfelt thank you to all advocates for your gifts that reduce isolation, of freely given unpaid relationships, of time that is so precious, the gift that builds self-esteem and confidence, of listening, trust, understanding, and acceptance. And thank you to proteges, who through the gift of your presence, teach us how to view capacities and assets differently, about trust, understanding, acceptance, and courage. As we say goodbye to 2005 and welcome 2006, I hope you enjoy a safe and happy holiday season and healthy new year.

Dates to remember

2005

December 26, 2005 to January 2, 2006 - the Citizen Advocacy office is closed.

2006

January 3 - The office re-opens.

February 19 - Movie Day for proteges.

February 28 - Advocates Education Evening to learn about “Supports for people with disabilities”.

September 10 - Annual Picnic

December 10 - Holiday Dinner and Dance

Advocacy in Action

By Richard d'Adesse, Volunteer advocate

Five years ago I began volunteering my time for people in need. Whether it was the lack of total fulfillment in my career, the need to expand my life beyond work and play, or just a sense of obligation to others in the community, my long-held thoughts of volunteering were finally propelled into action. I chose Citizen Advocacy because I wanted to feel first hand as though I was making a difference in someone's life. The matches I've had at Citizen Advocacy have definitely given me that and more.

My protégé, Robert, and I have enjoyed a number of different activities, on a weekly basis, over the last four years. During the winter months, we've skated on the Rideau Canal, skied the slopes of Camp Fortune and visited the ice sculptures of Winterlude. In summer, we've gone for long walks along the Rideau Canal, through the Byward Market and around the Parliament Buildings, enjoying the outdoors while exploring our capital city. Some of the other activities we've shared together are: Bytowne movies, IMAX films, go-karting, Senators hockey games, classic car exhibitions, Christmas shopping, bowling, family reunions, eating-out and more.

Being with Robert has opened up my eyes to some of the challenges and barriers he faces in life. At the same time, it has given me the chance to try to make a small dent in these obstacles.

What I quickly began to realize was that spending time with Robert was no different than spending time with other friends. Some days we can get on each other's nerves, but most days we have a great time and enjoy more than our fair share of laughs. I particularly enjoy the fact that Robert is quite social and outgoing. There is never a shortage of people we meet and talk to in our time spent together. After a hard day at the office, Robert's candidness and happy-go-lucky demeanour is exactly what I need to take away the stress of the workplace.

People with disabilities are everywhere. For too long we have shunted them aside, not because they can't contribute to our society, but likely because of

our own inability to understand and to take the time to connect with them. With our world becoming more and more "me" centered, we seem to have lost a sense of responsibility to others. Citizen Advocacy has given me the chance to try to change that.

Protégés, do you have a few hours a month to volunteer?

The Consumer Advisory Committee, a group of protégés working for protégés, is looking for new members to bring fresh ideas and enthusiasm to the committee. Meetings are once a month, during the daytime hours, and held at the Citizen Advocacy office. Call Andrea Podruski at 613-761-9522, ext 229, for the date of the next meeting. Come and check us out!

Annual Picnic

A new location, the New Edinburgh Park, brought smiles to the faces of picnic attendees; it is a delightful place to host a picnic. Mother Nature provided a beautiful sunny, temperate day for the 125 or so guests that celebrated the joy of summer and matches getting together to renew friendships. As always, the master-chefs at the BBQ were kept busy cooking almost 150 burgers and ten dozen hot dogs or tofu dogs.

Match partners and game-masters Rob Lukshis and Tom S. had participants and on-lookers alike laughing during the games portion of the afternoon. As always, people on the side-lines shared advice freely and cheered on the participants. Citizen Advocacy's version of Bingo, which requires that players meet or greet at least 15 different people, had players calling out, "Who has seen Lord of the Rings?" and "Do you know what an Everyday Champion is?"

Many hands make light work. Thank you to everyone who donated their time, and to those who offered. An event like the Annual Picnic would not happen without you!

The Elder Abuse Puzzle – What Next?

By: Sheila Robertson, Coordinator of Programs

Remember the March 31, 2005 workshop on elder abuse? Many people who attended said they wanted more opportunity to meet and talk about the issue. So, on October 18, 2005, Citizen Advocacy provided this opportunity. About 60 people attended the day-long session and, thanks to the able facilitation of Robbie Giles, everybody dug in and worked hard.

The morning began with brief outlines of some initiatives already underway in Ottawa. Anne Lafortune, the provincial elder abuse consultant for eastern Ontario, spoke of the Province's Strategy to Combat Elder Abuse and her role. Barbara Burns, chair of the Council on Aging's Steering Committee on Elder Abuse, spoke of a number of initiatives undertaken through this committee by various members. Angie Hamson, an elder abuse counsellor and coordinator of a new consultation service for service providers, explained how this service worked and how service providers could access suggestions on how they might respond in particularly complex situations of elder abuse. Sheila Robertson outlined the Chance for Choice program at Citizen Advocacy of Ottawa.

In our several discussion groups throughout the day, we identified gaps in addressing elder abuse – ranging from appropriate emergency “safe” beds through need for a local champion for the issue through to legislative anachronisms. We worked on steps that could be taken to address some of these gaps and what role individual agencies might play in this. One of the exciting outcomes was an undertaking by representatives from a private sector retirement residence and a long term care facility to seek an immediate commitment from their organization to make a bed available at a reduced rate for emergency purposes.

At lunchtime we were treated to a spirited talk by Joyce Zuk, Executive Director of Citizen Advocacy Windsor-Essex. She told the story of how Citizen Advocacy in Windsor-Essex worked with other

organizations in the community to build a coalition to work against elder abuse. For its part, Citizen Advocacy Windsor-Essex hosts a full-time worker for cases of elder abuse.

At the end of the day, we also asked participants for suggestions on what role they saw Citizen Advocacy playing in the whole issue of elder abuse. We received a number of suggestions. As the Board of Directors is working now on a strategic plan for Citizen Advocacy for the next three years, these suggestions will be forwarded so they can decide which of these ideas it makes sense for Citizen Advocacy to take on over the next few years.

Thanks again to Ruth Mellor for chairing the organizing committee for this event, to Jean McKibbin and Anne Lafortune for their help as committee members, and to Barbara Burns, Angie Hamson and Anne Lafortune for their presentations (and Anne was also on the organizing committee). A very successful day!

Snapshot of the waiting list

There are currently 189 protégés waiting to be matched to a volunteer advocate. Each month we publish a few profiles in the hopes you will know the perfect volunteer for the one of these proteges. If you know that “perfect someone”, please ask him or her to contact Heather Badenoch at 613-761-9522, ext 222, or hbadenoch@citizenadvocacy.org. Heather will be happy to explain what Citizen Advocacy does, who we serve and discuss the upcoming information session dates.

Jim is a senior in a west end long term care home. He has a good sense of humour and past involvement in theatre and broadcasting. Jim has no family or friends to visit him and would really benefit from someone to drop in and spend a little time with him one on one.

Joanna, in her 80s, lives in Kanata and could really benefit from someone for company, a good laugh and sometimes a drive for lunch or errands. She's an active lady with strong spirit, a great sense of humour and stories to tell.

Everyday Champions

In this issue we are pleased to introduce you to Marta Siemiarczuk, Board Member, and the Bingo Team. We hope you enjoy meeting these Everyday Champions.

Marta Siemiarczuk is a lawyer with Borden Ladner Gervais LLP and joined the Citizen Advocacy Board of Directors this year. Marta received her Bachelor of Laws from the University of Ottawa Faculty of Common Law in 2002 and was called to the Bar of the Province of Ontario in 2003.

Marta is a member of Ottawa's General Litigation Practice Group and has a very diverse practice including Administrative, Human Rights, Construction, defamation and media Law. Marta has developed significant experience in the area of education law with a particular focus on matters relating to children with disabilities. Marta also practices in the area of Insurance Defence.

"Citizen Advocacy provides an invaluable service to our community for both protégés and advocates alike," says Marta. "It provides protégés the opportunity for meaningful participation within the community, while at the same time adding meaning and purpose to the lives of advocates through the bonds that are formed between advocates and protégés. I am thrilled to have become a Director of such an important and necessary organization."

Outside of her professional life, Marta loves the outdoors, including camping, hiking and canoeing - especially with her rambunctious Springer Spaniel named Barney. Marta also loves music, especially live music, gardening and loves to cook (and eat!).

Bingo Team

Citizen Advocacy hosts a bingo every Tuesday at 7 p.m. at Bingoland South, 9 Slack Road. Captain of the Bingo Team captain and long-time advocate, Priscilla Lanois was asked to introduce the regular team members to our readers.

Priscilla says, "Volunteering with Citizen Advocacy gives me the opportunity to give something back to the community. As an advocate, I get to be a friend

to a great lady, Barbara, and Barbara's mother, Madge. We often get together with my sister, Marguerite, to go shopping, see a movie, go on picnics, visit with family members, assist with medical appointments, and go on long drives out in the country. We have spent many hours together."

Cathy enjoys the social aspect of volunteering, and helps out at Bingo and special events to support people who are unable to come out. She also volunteers with Y.B.C. bowling, helps the older aged adults in her community, and really likes to be out in the social world.

For Carol, being a volunteer is an important part of her life; helping others makes her feel good about herself. In that last 40 years Carol has volunteered at little league baseball, bowling, hockey, for United Way and at the Alexander Community Centre. She also knits and crochets for people in her community. As a volunteer, Carol is a very busy lady!

Joan has been a volunteer at many organizations over the past 21 years. A real people-person, Joan is currently involved in twelve different charities.

Julie has been volunteering for charities in her community for almost 20 years. Volunteering gives her an opportunity to meet many different people, and she gets great satisfaction from helping out.

The only male amongst the regular team members, Shawn enjoys a special place in the hearts of the bingo team members. Shawn enjoys being a volunteer because he likes being with people and doing what he can to help. Shawn also volunteers for Y.B.C., and coaches for the Redskins football.

Christine volunteers because it gives her the satisfaction of knowing that she is making a difference in someone's life. Christine says, "This allows me to be a better person for helping out in any way that I can. For this, I believe that in the future there will be plenty of people with warm loving hearts that will be there for my family and if ever we needed it."

Next time you're at Bingoland South for the Tuesday, 7 p.m. bingo, say, feel free to say "Howdy" to these hard working volunteers.

Newest Matches



Everyday Champions

AUGUST

Charles Melnyk & Daniel A.

SEPTEMBER

Eve Arany & Saskia B.
Lucia Van Oordt & Maria G.

OCTOBER

Carole Lapointe & Marguerite F.

NOVEMBER

Julie Broczkowski & Karyna L.
Hanna Kelly & Elaine H.
Patricia Bowa & Diane C.
Ryan Kelly & Craig M.

Chance for Choice

OCTOBER

Sarah Hamilton & Marjorie U.

NOVEMBER

Chris Ferko & Charles J.
Raffaella Zumpano & Doris K.
Bill Dolan & Hope H.
Eva Levesque & Gisela B.

Educational events

On Saturday, October 15th, advocates and proteges enjoyed a morning Meet & Greet. Advocates and proteges alike came in great numbers, and with much enthusiasm. The day started with coffee, muffins, and lots of chatting, before splitting up into groups. Participants had an opportunity to talk about their match in a supportive atmosphere, and provided frank feedback about what is great about the match, and what, if any, are the challenges.

Advocates and proteges alike enjoyed and appreciated the opportunity to hear other people's experiences. Requested feedback regarding educational opportunities convinced the Social Work Team to continue the Education Evenings for advocates, and possibly introduce similar sessions for proteges.

An Advocate Education Evening to talk about Depression was held On Saturday, November 22nd. Three speakers were invited and each brought excellent and differing perspectives to the topic. Thank you to Kelly Howson, a Mental Health Outreach worker from the Pinecrest-Queensway Community Health Centre, Mark Patton, a counselor with Family Services and Donald S., a former member of the Board of Directors and a matched protege for sharing their thoughts and experiences.

The speakers were very interesting, informative, and pleasant. It was indeed a validating experience for our advocates, and reiterated the great support they offer to proteges. From all speakers the underlying message was "just be there." Just be there for your protege, family, friends or people you know who might be suffering from depression as the dark winter months approach. To advocates and proteges alike, please remember that there is always someone to talk to if you are feeling down or need support. Do not hesitate to connect with your social worker at Citizen Advocacy and he or she can help to find appropriate support services.

Rapport online

Did you know that Rapport newsletter is available online? You can visit www.citizenadvocacy.org, and click the News and Events tab to read back issues.

If you would prefer to receive your newsletter electronically, email info@citizenadvocacy.org with Electronic Rapport in the subject line. Please remember to include info@citizenadvocacy.org in your buddy or safe list.

Donors and Supporters

Thank you to the following donors and supporters for their donations to Citizen Advocacy's events. Please show your support to the businesses, services and firms listed below.

Robert Adolfson	Arnies Food Service
Linda Borgia	Joan Brown
The Butchery	Connaisseur Café-Coffee
Centrepointe Theatre	Côté Poultry
Joe Diamond	Farm Boy (Kanata)
Gary's Food Basics	Mike Giunta
Glebe Meat Market	Hellenic Banquet Centre
Herb & Spice	Langelier Family
Mr. and Mrs. M. Mason	McKale's Service Centre
Neilson Dairy	Paul's Boat Lines
Pelosso Cleaners	Mary Lou Raincourt
Bruce and Joan Riley	Sobeys
Ottawa Lynx	St. John Ambulance
Moe and Heather Turner	Virtronics DJ Service
Dixon Warren	Weston Bakery
Heather Badenoch & Nick Tkotz	
Canada Agriculture Museum	
Canadian Aviation Museum	
Canadian Museum of Civilization	
Canadian Museum of Contemporary Photography	
Canadian Museum of Nature	
Famous Players Coliseum Theater	
Farmers Pick Fruits and Vegetables	
Giant Tiger, 1085 Wellington Street	
Giovanni's Fine Italian Cuisine	
Harvey's Hamburgers, Bells Corners	
Loblaws, Carlingwood Shopping Centre	
Malcolm and Gloria MacLeod	
National Gallery of Canada	
Perkins Family Restaurant, St. Laurent	
Veronica's Saturday Afternoon Euchre Club	

Citizen Advocacy of Ottawa
NEEDS YOU!

- ◆ Do things you enjoy with someone new
 - ◆ Set your own schedule
- ◆ Develop new skills with training and support
 - ◆ Know you are helping

TEL: 613-761-9522
Support to people with disabilities
A United Way agency

Surprise!

In June of this year, the Board, Staff and friends of Citizen Advocacy stunned Brian Tardif, Executive Director, with a surprise party to honour his 20 year anniversary with Citizen Advocacy.

Brian was presented with one of the first Everyday Champions gold pins, and a spa gift certificate.

Never one to be lost for words, Brian quickly gathered his thoughts and shared stories and tales with guests.

Congratulations, Brian, on a job well done.



Executive Director Brian Tardif receives a gold pin from Patricia Parker, President, in recognition of his twentieth anniversary with Citizen Advocacy.

What will we do this week?

By the Social Activities Club

The Social Activities Club is pleased to offer the following opportunities for matches to get together. If you would like to join an activity, email activitiesclub@citizenadvocacy.org, and list the appropriate activity leader in the subject line.

- Wednesday Bowling. To join us for bowling, send an email to the attention of Jayasri.
- Shoot pool. On the last Sunday of each month. To find out the exact time and location, send an email to the attention of Llyle.
- Saturday Shopping (occasional). If you want to get together to do some social shopping (window shopping, trying things on), send an email to the attention of Avril.

If you know of any upcoming events or happenings that might appeal to matches, please contact Jackie McKenna 613-761-9522 ext. 230, or send an email to jmckenna@citizenadvocacy.org.

Holiday Dinner and Dance

“Bigger and better than ever”, that’s sums up this year’s Holiday Dinner and Dance. Just over 270 people joined together on Sunday, December 11, to celebrate the joy of this holiday season with companionship, fine food, and, of course, dancing.

During the evening, anniversary gifts were presented to long-term volunteers. Receiving five-year silver pins were Richard D’Addese, Georgia Pavlou, and Dick Lee. Ten-year gold pins were presented to Linda Griffiths, Shirley Potvin, Charlene Watson and Veronica Langelier. Volunteers who have been with Citizen Advocacy for 15 and 20 years were invited to a luncheon with Brian Tardif, Executive Director, and Patricia Parker, President. Celebrating 15 years are Louise Crone, Filip Vink, and Maggie Lemay. Advocates who were unable to be present during the evening, but still celebrating milestone anniversaries:

- 5 years - Jeff Ickovich, Stephanie Johnson, Celine Kelly, Evelyn Mallett, and Kelly Partridge.
- 10 years - Margaret Strycio and Melody Tomka.
- 15 years - David Moore and Grant Johnston
- 20 years - Alice Bell and Arne Haaland .

Margie C. and Luc P. presented advocate George Cook with the Consumers Advisory Committee’s second annual Volunteer Award.

Ottawa’s own blues-lady, Maria Hawkins, had guests strutting their stuff to such perennial favourites as Mustang Sally, Take Me to the River, mixed with a few popular Christmas favourites. Larry Hinds, Virtronics DJ Service, who has contributed his disc jockey services for the last 17 years, finished off the evening with a medley of popular and fondly-remembered tunes. It seemed that the evening’s end, arrived much to early.

Community support for our Holiday Dinner and Dance was, as always, outstanding. Much appreciation and many thanks go to the

- vendors who donate the food (see Donors and Supporters list on page 7)

- Gloucester Lions Club for supporting the ticket price and keep the evening affordable to all!
- fabulous staff at the Hellenic Banquet Centre. Nick-the-chef cooks the delicious meal and Mary Dimas and David Woods ensure offer all of the charming touches that make our event special
- Langelier Family, Veroninca Langelier and volunteers at Veronica’s Saturday Euchre Club. Starting in August, Veronica takes letters of request for donations to the businesses in her area. In addition, Veronica and the members of her Saturday Afternoon Euchre Club host Euchre games every Saturday (1 p.m. at St. Anthony’s Soccer Club). The funds raised from these regular games and the occasional Super Euchre are shared between Citizen Advocacy, Centre 507 and the Food Bank.
- volunteers who take time away from the party to staff the Raffle and Craft Tables and the Coat-check - Paul Bergeron, Cheryl Bourgeois, Thony Jean-Baptiste, Tim Mills, Nadine Pilon, Simon Snoxell and Wayne B., John Sullivan, Aman Tiwana, Masha Tiwana Bhullar, Nick Tkotz, Chris Walters and Rejean R.

Thank you all.

Purchase with a purpose

Citizen Advocacy is blessed to have the support of so many people, businesses and companies. In most issues of Rapport newsletter we publish a column that recognizes our event Donors and Supporters, along with a request to support these establishments where possible.

We all have stores we frequent, a favourite grocery store, butcher, clothing outlet or boutique, and the list goes on. On one of your shopping trips, take a moment to speak with the store manager and ask what charities the store supports. How is your hard-earned dollar re-invested back into our community? And, please, next time you’re looking for a new “favourite store”, consider one of our great supporters!

Match Anniversaries

Everyday Champions

of years **SEPTEMBER 2005** matched

- 10 Charlene Watson & Dayna P.
- 7 Doug Bailey & Earl Q.
- 3 Sam Hawas & Willie W.
- 3 Ruth Mellor & Marsha G.
- 1 Jody Grenier & Kris P.
- 1 Rejeanne Lacroix & Roger T.

of years **OCTOBER 2005** matched

- 21 Shelley Ann Morris & Marcella K.
- 18 Karen Maubach & Judy M.
- 15 Alan Cohen & Lee W.
- 12 Michael Wall & Steve F.
- 6 Colin Griffiths & Eddie S.
- 5 Jeff Ickovich & Paul A.
- 5 Céline Kelly & Freda W.
- 5 Stephanie Johnson & Jean H.
- 4 Richard D'Addese & Robert W.
- 3 James Hicks & Robert K.
- 3 Susan Spence & Virginia. B.
- 2 May Lee & Lang T.
- 1 Gil Barrows & Manfred A.
- 1 Amanda Bennett & Wendy H.
- 1 Amanda Eros & Brenda S.
- 1 Joshua Kibambe & Mamadou C.
- 1 Mary Shay & Margaret E.

of years **NOVEMBER 2005** matched

- 27 Richard Marion & Maurice K.
- 17 Christiane Delon & Freda W.
- 17 Eric Plunkeet & Jeff M.
- 16 Maggie LeMay & Madeleine H.
- 12 Lori Cameron & Veronica A.
- 10 Shirley Potvin & Joan B.
- 8 Alan MacDonald & Pat W.
- 5 Grant Johnston & Denise T.
- 2 Noelle Grosse & Kristen H.
- 2 Andrew McKinder & James L.
- 2 Connie Ridout & Fran M.
- 1 Ruth Bankey & Bonnie V.
- 1 Carl de Jong & Bob P.

- 1 Natasha Gauthier & Trudy P.
- 1 Simon Snoxell & Wayne B.

of years **DECEMBER 2005** matched

- 16 Arne Haaland & Scott B.
- 11 Bob Stevenson & Glenn F.
- 8 Pui Wah So & Christine C.
- 7 Margie Young & Barbara R.
- 7 Laurence Émard & Simone P.
- 3 Elaine Butcher & Shannon M.
- 3 Celine Leblanc and Jacquie St. D.
- 2 Avril D'Silva & Judy J.
- 1 Elizabeth Geehan & Shona F.
- 1 Owen Griffiths & John M.
- 1 Robert Adolfson & Rocky W.

Chance for Choice

of years **OCTOBER 2005** matched

- 2 Shannon Timpson & Mrs. S.
- 1 Anundip Gill & Kathy L.

NOVEMBER 2005

- 1 Jennifer Faubert & Sadie K.
- 1 Savi Narayanan & Ethel T.

DECEMBER 2005

- 2 Carmella Tugade & Julia D.

Group Home Project

of years **AUGUST 2005** matched

- 2 Trevor Cummins & Kodiak Group Home
- 2 Samuel Getachew & Albion Group Home

of years **NOVEMBER 2005** matched

- 1 Erin Bateman & Foyers Partage Group home

Celebration of People marks International Day of Disabled Persons

By: Heather Badenoch, Community Relations and Resource Development Officer

The fifth annual Celebration of People Awards event honoured individuals and organizations in our community who promote inclusion and excellence by their personal or corporate example. The event included the In My Shoes program and the Celebration of People Awards Dinner.

Again this year, Celebration of People included the In My Shoes program – a unique cross-disability educational experience. People with disabilities mentored community leaders for up to two hours, from November 28 to December 1. Community Leaders enhanced their understanding of the challenges and opportunities experienced by people with disabilities as they go about learning, living, working, and socializing in Ottawa.

In My Shoes matches included:

- Tracey Marcinov mentored Susan Bihun, Regional Director, Ministry of Community and Social Services.
- H'Art Studios of Ottawa mentored Max Keeping, News Anchor, CJOH.
- Keven Smith Worthylake mentored George Chin, Manager, Ministry of the Attorney General.
- Monica Elaine Campbell mentored Rita Celli, News Anchor, CBC Canada Now.

Eleven awards highlighting a diversity of achievements were presented at the Celebration of People Awards Dinner, December 1 at the Ottawa Congress Centre. These awards recognize the achievements of individuals, community groups, businesses large and small; and government organizations that have truly had a positive and lasting impact on people with disabilities. Citizen Advocacy board member Michael Giunta was our Master of Ceremonies for the evening. Special guests included **Mayor Bob Chiarelli** and **David Willsie**, Co-captain of the Canadian National Wheelchair Rugby Team.

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

NL_12_2005

Here is my contribution of:

\$25 \$35 \$45 I prefer to give \$ _____

Name: Dr. M. Miss Mme. Mr. Mrs. Ms. _____

Address: _____ Apt./Unit _____

City: _____ Province: _____ Postal Code: _____

Telephone Number: (_____) _____ Email: _____

My cheque payable to "Citizen Advocacy of Ottawa" is enclosed.

Please bill my: Visa Master Card

Card No: _____ Expiry date: _____

Cardholder Name: _____

Signature _____

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