



citizen advocacy
parrainage civique

r a p p o r t

Summer-Fall 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



Lifetime Networks

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 vulnérable à cause de leur handicap. Établi en 1974, Parrainage civique est soutenu par Centraide / United Way.

Call for Nominations for the 2010 Celebration of People awards is now open!

It's that time of year again! You are invited to nominate and put the spotlight on individuals and organizations in our community who promote inclusion of people with disabilities and excellence by their personal or corporate example. The deadline for nominations is **Tuesday, October 5th, 2010 at MIDNIGHT.**

Award finalists and recipients of this year's thirteen awards will be honoured and celebrated at the 10th annual Celebration of People Awards event on **Thursday, December 2nd, 2010** at the Hampton Inn Ottawa and Conference Centre on Coventry Road.

What's New for 2010

Early Bird Nominations – Now Being Accepted

Nominate early! Submit your nomination forms by midnight Wednesday, September 8th to be entered into a draw for two free tickets to the 2010 Celebration of People event! Good luck to all the early birds!

The **FINAL** deadline for all submissions is midnight on Tuesday, October 5th.

A New Award!

The Hospitality and Tourism Award has now been expanded into a Customer Service Award. This award recognizes outstanding customer service initiatives from any provider of goods and services within the Ottawa service sector that goes above and beyond the requirements to facilitate accessibility and inclusion.

Visit www.celebrationofpeople.com to find out more about this exciting new award and submit your nominations now!

How to Nominate

Visit www.celebrationofpeople.com, complete and submit the online nomination forms electronically. Hardcopies may also be downloaded and printed from the website, or you can request a nomination form by calling 613-761-9796, TTY 613-725-6175 or by emailing info@celebrationofpeople.com.

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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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Dates to Remember

- August 28:** Annual Summer Picnic
- September 6:** Labour Day (office closed)
- September 8:** Celebration of People early bird nomination deadline
- September 16:** Cruise for a Lifetime
- September 25:** Bowl-A-Thon for Everyday Champions
- October 5:** Celebration of People nomination deadline
- October 11:** Thanksgiving (office closed)
- November 1:** CAC Volunteer Award nomination deadline
- November 11:** Remembrance Day (office closed)
- December 2:** Celebration of People
- December 12:** Holiday Dinner & Dance

Go Green!

Citizen Advocacy encourages you to go green! Joining our e-newsletter list will help save trees and reduce the use of paper and envelopes. An added bonus is that you will help us to keep postage costs down. E-newsletter members receive e-mail notification when the latest issue has been posted on our web site: www.citizenadvocacy.org. You can read the newsletter online or download it to your computer.

To join the Green Team and receive an e-mail notice about the latest newsletter publication and other events and happenings at Citizen Advocacy, please send an e-mail to info@citizenadvocacy.org or call the office at (613) 761-9522. Remember to include info@citizenadvocacy.org in your safe list!

Optez pour le Vert !

Parrainage civique vous encourage à opter pour le Vert! En vous inscrivant à notre liste d'envoi de « e-bulletin », vous serez en mesure de sauver des arbres en réduisant l'utilisation du papier et des enveloppes. De plus, vous allez aussi nous aider à diminuer les frais reliés à l'envoi par la poste. Les membres de « e-bulletin » recevront un message qui leur fera savoir que le dernier numéro est disponible sur le site: www.citizenadvocacy.org. Vous pourrez alors lire le bulletin sur Internet ou le télécharger sur votre ordinateur.

Si vous voulez vous joindre à l'équipe verte en vue de recevoir un avis sur la publication du dernier bulletin et sur les activités réalisées à Parrainage civique, veuillez nous envoyer un courriel à info@citizenadvocacy.org. Vous pouvez aussi nous téléphoner au (613) 761-9522. N'oubliez pas d'inclure info@citizenadvocacy.org dans votre liste de contact en toute sécurité!

Upcoming Events

Bingo!

If you enjoy playing Bingo, please support Citizen Advocacy by playing at Bingoland South at 9 Slack Road (www.bingolandsouth.com). Citizen Advocacy hosts the bingo game on Tuesday evenings at 7 p.m.

It's Picnic Time!

The Citizen Advocacy Annual Picnic will be held on **Saturday, August 28th, 2010** at **New Edinburgh Park** (also known as Stanley Park), at 193 Stanley Avenue. OC Transpo route #9 stops closest to the park. If you still haven't placed your BBQ food order, if you have any questions or need more information, please contact the Citizen Advocacy office at (613) 761-9522. We hope to see you there!!

Le picnic annuel du Parrainage civique se tiendra le **samedi, 28 août 2010** au **parc New Edinburgh** (aussi appelé le parc Stanley), au 193, avenue Stanley. L'autobus #9 passe devant le parc. Si vous n'avez pas encore donné votre commande pour le BBQ, si vous avez des questions ou si vous voulez plus d'information, SVP contactez le Parrainage civique au (613) 761-9522. On espère vous voir au picnic!!

The First Annual Bowl-A-Thon for Everyday Champions is Quickly Approaching!

The Bowl-A-Thon for Everyday Champions is a brand new fundraiser to bring Citizen Advocacy supporters together, raise funds for our Everyday Champions Programs, and most of all, to have fun! The Bowl-A-Thon will take place on Saturday, September 25th at the RA Centre, which is a fully accessible venue.

Put together your own team of four, come up with a great team name, and get ready to bowl! Or call us and we'll help put a team together for you. Each bowler must raise a minimum of \$40.00 in pledges in order to participate (this cost includes admission, one hour and 15 minutes of bowling time, shoe rental, light refreshments and a loot bag). Raffle tickets will be sold for a chance to win lots of fabulous prizes! Prizes will also be awarded for the **most** money raised, the **highest** score and the most **team spirit** – so feel free to wear costumes and act a little silly!

Contact Meghan Maack at mmaack@citizenadvocacy.org or 613-761-9522 x 240 to register your team, get your pledge forms and choose your start time—either 1:00 or 2:30 p.m.

Social Activities Club:

Ottawa 67's Game Planned for October!

The Social Activities Club provides opportunities for our matches to meet one another, participate in planning activities and have fun together! During a brainstorming session in May, the members decided to plan and organize an outing to see an Ottawa 67's hockey game in October. Volunteer advocate Mike Murphy, who works as Director, Strategic Communications at Rx&D, has kindly secured the generous sponsorship of a corporate box of seats for the game. Citizen Advocacy would like to thank Rx&D for their wonderful support for this event! The Social Activities Club will be announcing the exact date one month before the game. All matched protégés and advocates will be contacted regarding the details of this event. Please stay tuned as this is going to be an **awesome** hockey experience!

Canada's Research-Based Pharmaceutical Companies  Les compagnies de recherche pharmaceutique du Canada

Volunteer Advocates, Mark Your Calendars!

Citizen Advocacy will be holding a Meet 'N' Greet for volunteer advocates on Tuesday, October 19th at 5:30 p.m. It will be a great chance to meet fellow advocates, new ones and seasoned ones, and to share experiences, discoveries and ideas.

Cruise for a Lifetime

You're invited to Citizen Advocacy's *Cruise for a Lifetime*: live music, magician, raffle, live auction and much more!

Thursday, September 16th, 2010
Hull Marina, Jacques Cartier Park
Boarding: 6:45 p.m.

Cruise: 7 p.m. to 10 p.m.

Tickets: \$60

events@citizenadvocacy.org // (613) 761-9522

Vous êtes invités à *la Croisière pour la vie* de Parrainage civique: groupe de musique, magicien, tirage, enca et plus encore!

Le jeudi, 16 septembre 2010

Marina de Hull, Parc Jacques Cartier

Embarquement: 18h45

Croisière: 19h à 22h

Billets: \$60

events@citizenadvocacy.org // (613) 761-9522



BOAT LINES LTD. OTTAWA

Special Thanks from Citizen Advocacy

Ticket donors provide opportunities for matches to attend events in the community. Thank you to **United Way Ottawa!**

Thank you all for sharing your experiences in the Focus Group held on July 6th, 2010. It was a useful evening, and the deliberations will be helpful in guiding us in making effective group home matches and supporting them well.

Thank you to all the volunteers who helped to prepare this newsletter for distribution!

Success with Citizen Advocacy's Newest Fundraising Efforts!

Citizen Advocacy has been very busy this year building new avenues of financial support. Last year, we initiated a Run for Everyday Champions fundraiser, which was tied to the Ottawa Race Weekend in May 2009. Citizen Advocacy raised \$2,373 in donations! This year the event expanded in terms of an increased number of participants and revenues gained. In May of this year 19 people representing Citizen Advocacy raised approximately **\$7,800**. (*Please see the spring 2010 issue of RAPPOR for more details.*) Bravo runners and walkers! Our internal resources never cease to amaze us. We know there are more runners out there who are connected to Citizen Advocacy and we welcome them to join us next year to walk or run on our behalf. And, yes, we **will** have Citizen Advocacy T-shirts for all participants! Let's aim for a new goal of, say, \$10,000!

This year the Consumers Advisory Committee made the decision to take action and fundraise for Citizen Advocacy as well. Its members organized and held a bottle drive at Dundonald Park on Somerset Street on June 12th, 2010 and grossed \$138 for Citizen Advocacy. That's **a lot** of bottles, folks! Good job guys and gals! Not only was this fundraiser a financial success but it was also a great source of pride and enjoyment for all the CAC members. Stay tuned for more great fundraising ideas from the Consumers Advisory Committee!

Evening in the Maritimes

On Thursday, May 27th over 715 people gathered at the Hilton Lac Leamy to celebrate the 16th annual Evening in the Maritimes. We are proud to report that this year's event netted over \$80,000 for Citizen Advocacy!

With the former Congress Centre still closed for renovations, this year's Evening in the Maritimes was held for the second time at the Hilton Lac Leamy in Gatineau. Guests were greeted by the Celtic sounds of *The Rambling Fiddlers* who played throughout the reception while guests had the chance to browse and bid on the fantastic array of silent auction items. This year, members of the *Ottawa Police Service Pipe Band* piped everyone into the ballroom where guests enjoyed the main attraction: a traditional five-course lobster supper. Throughout dinner, guests could purchase raffle balloons, which for the fourth year sold out quickly! Then, to top the night off, Newfoundland's Celtic rock group *Rawlins Cross* entertained guests for the remainder of the evening.

Evening in the Maritimes is Citizen Advocacy's major fundraiser and could not be the success that it is without the help of its supporters! Thank you: Honorary Co-Chairs Randy Pettipas, President and CEO, Global Public Affairs and Vern White, Chief of Police, Ottawa Police Services; Kurt Stoodley of /A\ Morning for once again serving as emcee; the Organizing Committee who contributed their time and expertise during the many months of planning that lead up to the big event; the Corporate Sales Team for encouraging companies to purchase tables; OttawaKiosk.com for providing a free listing on their events calendar; and a big thank you to all the volunteers who helped out during the day and evening of the event. Many thanks to our sponsors – Bell, Global Public Affairs, Tofcon Construction Inc., The Ottawa Citizen, /A\ Morning & 93.9 Bob FM, Le Château, Spicers, and the Hilton Lac Leamy.



Thank you to the following donors, sponsors and supporters for their donations to Citizen Advocacy's Evening in the Maritimes fundraising event. Where possible, please show your support to these generous organizations.

Corporate Sponsors

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Global Public Affairs
TOFCON Construction Inc.
Le Château

In-Kind Sponsors

Tony Szydluk
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The Hilton Lac Leamy

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East Side Mario's

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Corporate Table Supporters

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Cisco Systems	Kott Lumber	Wesco

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Match Anniversaries

Everyday Champions

May	21 George Cook & Rodney B.	2 Ross Kouhi & Brad A.
2010	20 Louise Crone & Margaret C.	1 Angela Wagner & Debra A.
	19 Filip J. Vink & Donald S.	
	12 Jody Dixon & Moira F.	July
	12 Melody Tomka & Cynthia M.	2010
	12 Lorraine Trudel & Sharon K.	18 Allan Lewrey & Michael C.
	6 Chris Walters & Réjean R.	17 Marie Charron & Lucille L.
	5 Greg Enns & Joseph D.	14 Robert Lukshis & Tom S.
	4 Marcel St. Jean & Gordon G.	13 Paule and Jose Sacroug & Jean-Guy M.
	3 Jenna Fowler & Analisa K.	10 Priscilla Lanois & Barbara W.
	3 Lorraine Yorke & Esther C.	9 Yolla Baroud & Norma S.
	2 Michelle Crook & A. Rosa S.	6 Mavis Mason & Lois R.
	2 Amy C. Walpole & Adria C.	6 Adrian Raghunandan & John R.
	2 Erica Leszkowiat & Elsi M.	5 Jean Boulay & Joseph O.
	2 Michelle Ferguson & Pat C.	5 Jayasri Sundaram & Tracey K.
	1 Dominic Ozimierski & Daniel A.	5 Neena Kushwaha & Debby A.
	1 Ginette Couture & Françoise L.	4 Francisco Tuguigui & Alexander F.
	1 Monica Song & Odile E.	2 Kathleen Hart & Chantal C.
	1 John Brzustowski & Andy G.	2 Patricia Smith & Sophia T.
	1 Ellen Lye & Chantal S.	1 Lisa Gibson & Karine L.
	1 Salvator Ndayizeye & Dickens P.	1 Fiona MacDonell & Julienne W.
	1 Joyce Mankarios & Trisha C.	1 Shane Gregan & Kevin C.
	2 Carol-Ann Deveau & Barbara R.	1 Harry Beatty & Donald D.
		1 Lisa Suzanne Fitzpatrick & Frances W.
		August
		2010
June	19 Sharon Anderson & Kathy B.	13 Sheila Robertson & Monique P.
2010	19 Arnie Francis & Ernest S.	10 Melody Tomka & Alison B.
	16 Margaret Watson & Angela D.	9 Cecelia Pinto & Afza B.
	15 Veronica Langelier & Pierrette P.	4 Jocelyne Moran & Jackie W.
	13 Stacey Norris & Dennis F.	4 John Quinn & Guy L.
	9 Alice Bell & Diane R.	3 Domenic Di Loreto & Vikas T.
	8 Joe Diamond & Chris M.	3 Nathalie Gougeon & Micheline B.
	7 Avril D'Silva & Gloria S.	3 Thy Dinh & Amy S.
	7 Marie Gwilym & Françoise G.	1 John Weir & Guy P.
	5 Ginette Couture & Lorraine B.	1 Elizabeth Young & Francine L.
	5 Jenny Hough & Caryn C.	1 June Leblanc & Debra S.
	3 Nicola Kerridge & Julie Eileen C.	1 Andrew Wismer & William W.
	3 Dan Paquette & Philip D.	1 Pierre Richard & Stephen S.

Chance for Choice

May	4 Claus C. Abel & George D.	July	2 Zoe Selena Mabry & Grace H.
2010		2010	
June	7 Jean Dlouhy & Vena S.	August	7 Yolla Baroud & Imelda W.
2010		2010	7 Jana Trembinski-Wilburn & Lillian B.

Group Advocacy Project

May 2010	6 Pam Sawyer & Christian Horizons	August 2010	1 Anthony De Young & Evelyn S. 1 Chantal Ladouceur & Inez B. and Audrey D.
July 2010	1 Joanne Vezina & Christian Horizons 1 Rene Vezina & Christian Horizons		

Newest Matches

Everyday Champions

April 2010

Eliane Guillemette & Tracy B.
Justin Mensen & Ryan B.
Preet Brar & Diane R.

May 2010

Stacey Sauv  & Therese B.
Prossy Kawesa & Karen K.
Emily Douglas & Brenda L.
Michael Parkhouse & Viateur V.
Eric Lavergne & Chris H.

June 2010

Angela Coolin & Brenda F.
Patricia Parker & Melody B.
Kathryn Cousineau & Ashley L.
Shannon Townsend & Carol Lee M.
Rob McKenzie & Willis P.
Brienne Griffiths & Carmelle G.

July 2010

Melissa Fuerth & Patty-Ann S.
Abigail Martinez & Susan T.
Angeles Albornoz & Marguerite B.
Lynne Zimcik & Nicki B.
Aggrey Semi & Allen M.
Mike Grimes & Robin B.

Chance for Choice

April 2010

Mike Francis & Richard D.

June 2010

Elizabeth Styffe & Diana B.
Ana Favas & Lorna C.

July 2010

Bill and Liliana Perry &
Dawn P. and Reuven R.

Introducing Lifetime Networks

This past June, transition plans were implemented for a small local organization, Lifetime Networks Ottawa, to merge with Citizen Advocacy and become a program with our organization. We will officially launch this initiative on Thursday, August 19th here at the Citizen Advocacy office. Lifetime Networks Ottawa has been involved in the lives of people with disabilities and their families since 2000 and was created with the support of Citizen Advocacy as their official sponsor.

The Lifetime Networks Program will facilitate the establishment and continuation of a loving and caring Personal Network in the lives of people with a disability. The model is based on the Planned Lifetime Advocacy Networks (PLAN) of Vancouver. The program focuses on personal future planning for families with a relative with a disability through the assistance of a trained facilitator in the creation of a personal support network aimed at ensuring a safe and secure future for the person with the disability. In addition, this program will also offer regular workshops for families and their family member with a disability, as well as recreational activities.

A number of people who have a Lifetime Network also have a volunteer advocate, or are waiting to be matched to a volunteer advocate. At Citizen Advocacy, we believe there are a number of synergies that can be created between our Everyday Champions matching program, the Real Plans for Real Life Program and the Lifetime Networks program that will strengthen and build this program to impact the lives of more people with disabilities. For example, recreational activities and workshops will be open to all volunteer advocates and protég s, along with people who have been a member of the Lifetime Networks organization. And, we know there are many people that could benefit from a personal support network who are currently on the Citizen Advocacy waiting list, or may have a volunteer advocate.

An Advisory Committee of the Board has been established and is very busy working out the details of exactly how this program will be actualized within Citizen Advocacy. In the meantime, we are busy organizing the "Cruise for a Lifetime" fundraiser for Thursday, September 16th. Learn more about this terrific event in this newsletter.

News from Lifetime Networks



New contact information:
 Lifetime Networks
 Citizen Advocacy of Ottawa
 1 Community Place
 312 Parkdale Avenue
 Ottawa ON K1Y 4X5
 613-748-7162
 Fax: 613-761-9525
 Email: lno@citizenadvocacy.org
 Web: www.lifetimenetworks.ca

Five reasons to be an Associate LNO member

1. Free access for your family member with a disability to the Fran Ages Recreational Fund outings
2. Free family orientations
3. Workshops at a reduced fee
4. Social networking/mutual support
5. The latest updates on new initiatives

Five reasons to be a Lifetime LNO member

1. LNO will assist you in setting up a network of friends around your loved one with a disability
2. The network will be there, monitored by LNO, throughout the lifetime of your loved one
3. Your loved one will be safe and secure having people in his/her life
4. Your loved one will have people in his/her life who care about them, are interested in them and love them
5. You will have peace of mind knowing that your loved one will not be alone when you are gone



Tyze was developed by Planned Lifetime Advocacy Network of Vancouver to create personal, private, secure, online networks that

strengthen relationships and address isolation. The primary beneficiaries are people with disabilities, seniors and people experiencing life challenges, as well as the agencies, businesses, and governments who provide support to them.

As an affiliate of PLAN, Lifetime Networks Ottawa will have access to a Tyze site, training and ongoing support to help us build online personal networks for our members. For more information please visit www.tyze.com or email us at lno@citizenadvocacy.org.

Oct. 7th: Wills & Estates workshop
 Registration required

Oct. 14th: Registered Disability Savings Plan workshop
 Registration required

Nov. 6th: Beyond Graduation
 9:00 a.m. to 3:00 p.m.
 Registration required

Oct. 2nd & Nov. 27th: Family Social and Dance
 7:00 p.m., Dovercourt Community Centre

Advocacy in Action
by James Kane, Volunteer Advocate

Steve and I have been hanging out together for about a year and a half and in that time we've developed a pretty great friendship. We share a number of common interests involving computer and console gaming and movies. Every now and then I give Steve some financial and career advice, and in return he has explained quite a few things about computer hardware to me. Some of the more simple yet fun activities we have enjoyed doing together include: cooking, socializing with friends, driving

around the neighborhood and taking walks through the dog park. I even taught Steve how to play pool at a billiards bar.

Befriending Steve has been a very enriching experience for me. Steve has helped me to become a better mentor and a better listener, and I have shown Steve how to be more open with new people and new experiences. We have shared a lot of laughs and good times together, and I'm positive there will be many more good times to come!

Everyday Champions

In each newsletter, Citizen Advocacy introduces you to a member of the Board of Directors and a volunteer. We are pleased to introduce Jane Caskey, board member, and Peter Whelan, volunteer advocate!

Jane Caskey joined Citizen Advocacy's Board of Directors in 2007. She first learned about Citizen Advocacy through her involvement with other boards in the community, and was very impressed with Citizen Advocacy's mission and meaningful work in helping people with disabilities. Jane has a special interest in this area, as in her career she was actively involved with laws and policies relating to human rights, including disability issues.

Jane has an arts degree and a law degree from the University of Saskatchewan. She worked as a diplomat and an international negotiator for many years, was an international lawyer and negotiated the Law Of The Sea Treaty as well as a number of other international environmental treaties in the 1970's and 80's. Jane later served as Senior Advisor on women's employment issues. She served as a member of the board and chair of the board of Amethyst Women's Addiction Centre prior to coming to the board of Citizen Advocacy.

Jane has now been retired for eight years. In addition to her work on the Board at Citizen Advocacy, Jane takes part in various fundraising activities, including creating the costumes for a theatre group called the New Edinburgh Players. Each year they do seven performances at the end of April, and five of those nights are used to raise funds for various non-profit organizations within the community, one of which is Citizen Advocacy! Jane enjoys art, theatre, music, as well as sewing, reading and cooking. She is also a VERY enthusiastic baseball fan, and was one of the FIRST people to sign up for season tickets to the Fat Cats! And, she is, of course, a loyal Saskatchewan Roughrider fan!

When asked what she enjoys most about being a member of the board, Jane says: "First and foremost, it is very important work to be associated with. Secondly, Citizen Advocacy is a very well run organization. I like the people very much; the advocates, protégés, staff and other board members. Citizen Advocacy makes a real effort to include people with different kinds of backgrounds and strengths to bring to the table. Everyone is genuinely committed to what they're doing."

Peter Whelan has been a volunteer advocate with Citizen Advocacy for just over a year and a half now. When asked what motivated him to join Citizen Advocacy, Peter says: "I felt that I wanted to do some volunteer work and was exploring options around Ottawa when I came across Citizen Advocacy's website. The work that Citizen Advocacy is involved in sounded very interesting and worthwhile so I decided to look into it – but I dragged my feet for a few weeks. Shortly thereafter I attended a Timeraiser event in Ottawa which Citizen Advocacy attended. It was at that event that I decided to commit to volunteering."

Peter has an undergraduate degree in education and a Master's degree in international relations, and is presently employed with Export Development Canada as a political analyst. Apart from a few occasional volunteer experiences, becoming a volunteer advocate with Citizen Advocacy is Peter's first long term volunteer commitment.

In 2009, Peter and his protégé had the pleasure of attending Citizen Advocacy's gala fundraising event Evening In The Maritimes. The two of them had a wonderful time, so much so that Peter decided to come back again this year as an event volunteer! Peter says that he really enjoys volunteering at Citizen Advocacy and particularly enjoys spending time with his protégé doing a wide variety of activities, including: going to hockey games, visiting museums and taking road trips to Quebec. "Other times we just like to hang out with each other and chat over a cup of coffee."

Peter really enjoys travelling; in fact, he met his wife Melanie while they were both teaching high school in the UK. He also enjoys sports – both as a participant and as a spectator – and divides his year between playing rugby in the summer and hockey in the winter. This year he's also trying his hand at golf, "but so far I haven't had much success!" he laughs.

Thinking of volunteering with Citizen Advocacy?
Contact Hilary at (613) 761-9522 x 233 or at
halbers@citizenadvocacy.org!

Call for Nominations for the Consumers Advisory Committee Volunteer Award

Do you know a Citizen Advocacy volunteer who is respectful, compassionate, patient, a good listener, and has been involved in a range of activities at Citizen Advocacy? If so, why not nominate him or her for the Consumers Advisory Committee Volunteer Award? Often those who are familiar with Citizen Advocacy think immediately of our *volunteer advocates* when volunteers are mentioned. However, this award honours *all* people who perform a volunteer service here. This means that the person you nominate might be a volunteer advocate, but could also be a protégé who gives their time helping out at Citizen Advocacy events, doing office work, or putting together mail-outs. They could also be a board or committee member, or any other Citizen Advocacy volunteer. Those who are nominated should, in your estimation, represent the spirit of a Citizen Advocacy volunteer!

Nomination forms can be downloaded from the CA website by visiting the "Getting Involved" section and clicking on the link under the "Consumers Advisory Committee" heading.

Nominations can be submitted at any time during the year and must be received before **Thursday, November 4th, 2010**. At that time the Consumers Advisory Committee will choose the current year's award recipient and this person will be honoured at the Annual Dinner and Dance on December 12th. For more details call Sophie Leclair-Roberge at (613) 761-9522, ext. 245 or email sleclair@citizenadvocacy.org.

Consumers Advisory Committee: Call for New Members

In its continuing effort to serve and support people with disabilities and to advise the Board of Directors of Citizen Advocacy on issues that directly concern them, the Consumers Advisory Committee (CAC) is looking for new members. Being a member of the CAC gives individuals an opportunity to work more closely with Citizen Advocacy (CA) and to become actively involved in advocating for the rights of people living with disabilities and much more.

The purpose of the Committee, as outlined in the CAC Membership Handbook, is to provide training to protégés about what it's like to sit on a committee; to be part of a group that has goals; to provide input to the CA Board of Directors about matters that affect people with disabilities generally, and protégés in particular; to raise the awareness of protégés and what they have to offer Citizen Advocacy; and to increase the self-esteem of all members as productive members of Citizen Advocacy.

To become a member of the CAC you need only be a matched protégé or have been matched at some point and are waiting to be re-matched. This is great opportunity for you to get involved and make new friends. If you are interested in becoming a member or if you would like more information about the CAC, please contact Sophie Leclair-Roberge at (613) 761-9522, ext. 245 or e-mail sleclair@citizenadvocacy.org.

Farewell from Roxanne Vermette

For the last 18 months I have had the utmost pleasure to work with some extraordinary individuals and families. My experience at Citizen Advocacy will be one that I will hold dear to my heart. I have had the opportunity to share my expertise and knowledge with amazing co-workers, and in return have learned so much from each and every one of you. I have truly enjoyed being part of such a remarkable agency that takes pride in what they do each and every day. I plan to continue to support Citizen Advocacy, just in a different way. Thank you for all of your support and friendship. I would like to welcome Paul Soublière to Citizen Advocacy. He will be my replacement in the Real Plans for Real Life program.

Ma dernière année à Parrainage civique fut une expérience enrichissante qui sera sans doute très mémorable. J'ai eu le privilège de faire connaissance d'individus et de familles exceptionnelles. J'ai eu l'opportunité de partager mes connaissances et expériences avec une équipe dédiée et extraordinaire.

Je suis fière d'avoir fait partie d'une agence qui joue un rôle important dans notre communauté. Continuez votre bon travail. Merci pour votre support et pour votre amitié. J'aimerais souhaiter la bienvenue à Paul Soublière qui prendra la relève de mes tâches dans la programme Votre plan, votre vie.

Have a good summer.

Passez un bon été.

Farewell from Lesley Hoyles

After nearly a year of working with Citizen Advocacy, I have accepted a new job working with an international organization that supports women's rights. I feel so lucky to have spent the last year getting to know many of you through events like our picnic and holiday party, and getting to contribute to the success of events like Celebration of People and Evening in the Maritimes. The Citizen Advocacy family is so great, and I will really miss working with and spending time with all of you.

See you next summer! from Jennifer Forbes Walker

Hello everyone! I am currently taking one year of maternity leave from Citizen Advocacy to be at home full-time with my new baby boy, Callum. He was born on May 23rd in good health and the whole family is doing very well. Thanks to everyone for their well wishes, and see you next summer!

Hello from Paul Soublière

C'est avec enthousiasme que j'accepte le rôle de Facilitateur dans le Programme Votre plan, votre vie. J'espère que mes 20 ans d'expérience dans ce milieu serviront bien à améliorer la vie des participants dans ce programme. Je suis impatient de faire la connaissance de tout le monde et de travailler ensemble à bâtir une communauté accueillante pour nous tous, incluant les personnes ayant un handicap.

It will be a pleasure to meet everyone involved with Citizen Advocacy as together we walk the talk of building an inclusive community.

Hello from Meghan Maack

Hello! I'm Meghan Maack, and I am the new Special Events and Communications Coordinator. I am thrilled to join the amazing team here at Citizen Advocacy. My role is to help support the agency in organizing events and to assist in raising funds for Citizen Advocacy. I hold a Bachelor of Arts from Carleton University and have worked in non-profit organizations in Ottawa, including the Ottawa Dragon Boat Race Festival. I live in Hintonburg with my family and we are involved in many different community initiatives. I look forward to meeting all of the protégés, advocates, supporters, and other members of the organization over the coming weeks. There are many events that are currently being organized including the Annual Picnic in August, our first annual Bowl-A-Thon and Boat Cruise in September, the Celebration of People event in December, and our Holiday Dinner and Dance. I am very proud to be a part of the amazing work being done at Citizen Advocacy, and I welcome you to contact me if you have any questions about the upcoming events.

Hello from Hilary Albers

Hello! My name is Hilary Albers, and I am handling Jennifer Forbes Walker's position as Communications and Fund Development Officer at Citizen Advocacy while Jennifer is on maternity leave until the beginning of June 2011. I am really enjoying this opportunity to be a part of such a dedicated and caring team of individuals, and to help support the agency in all of its communications and fundraising initiatives. I hold a Bachelor of Applied Arts from Ryerson University's Radio & Television Arts program. After 18 years of working in Toronto for various marketing and advertising agencies, I decided to move to Ottawa and enjoy the quieter side of life. I live on a hobby farm one hour south of the city with my husband, two dogs, one house cat, two barn cats and 18 sheep. What a change! Working with Citizen Advocacy is my very first non-profit experience, and it's wonderful to be doing work that carries true value and meaning. I've had the pleasure of meeting many of you already at the AGM, various board meetings, and at Evening in the Maritimes. I'm looking forward to getting to know more of Citizen Advocacy's members and supporters at all of our upcoming events this fall!

Wedding Bells Ring Out Congratulations!

On May 8th, 2010 two of Citizen Advocacy's oldest protégé members Michael Meagher and Mona Zakaib were joined in marriage. Michael and Mona have been friends for almost twenty years now. Throughout that time, their friendship grew steadily and their marriage is the result of the special bond that they share. The newlyweds are still living in their respective domiciles while they look for suitable accommodations that will allow them to say good morning in person instead of by phone. Congratulations Michael and Mona from all the staff and members of Citizen Advocacy!

Consider the Benefits of Monthly Giving

Supporting Citizen Advocacy on a monthly basis is convenient, automatic and effective for both donors and Citizen Advocacy. Here are the benefits:

- Spread your donation out over the year instead of giving one lump sum
- Save time and money by not having to mail in your gifts
- Safe and easy way to give to Citizen Advocacy, since your gift is automatically made through your secure bank account or credit card
- Cost-effective for Citizen Advocacy because it helps to keep our administrative costs low, meaning more of your money is directed to our core work
- By giving to Citizen Advocacy on a monthly basis, you are providing a stable and reliable source of funding to ensure the long-term future of Citizen Advocacy

Complete the form below or give us a call in order to set up your monthly gift in an amount of your choosing. As a monthly donor, you may increase, decrease, postpone or stop donations at any time. Thank you for your consideration!

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

Donate online at www.citizenadvocacy.org!

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Here is my contribution of: \$25 \$50 \$100 Other \$_____

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

Please bill my: Visa MasterCard American Express

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Cardholder name: _____

I would like to begin my **monthly donation** of \$_____ payable the 1st or 16th of each month. I understand that on the date I have specified each month following, the amount I have indicated above will be automatically deducted from my bank account (please attach a void cheque) or charged to the credit card above.



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