



**citizen advocacy**  
**parrainage civique**

# rapport

Winter 2010–2011

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  
RÉSEAUX POUR LA VIE  
*affiliate of/offilié de PLAN™*

**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.

## A Holiday Message

By **Brian J. Tardif, Executive Director**

Another year is coming to a close, and what an amazing year it has been. This season's holiday dinner and dance was the perfect finale to a busy, rewarding and exciting year. At Citizen Advocacy, one of our aims is to invite ordinary citizens to become intentionally involved as volunteer advocates with others in our community who struggle to be included, and remain isolated because of a disability. It is our goal that through these intentional relationships, life lasting friendships will develop that having deep meaning for both partners in a match. Our success at achieving this mission is measured by several factors, not least of which is the unprecedented number of long standing advocates and match relationships. It was my distinct pleasure to recognize a range of match milestones including fourteen 5 year advocates, four 10 year advocates, two 15 year advocates, five 20 year advocates and two 25 year advocates at the holiday dinner and dance. It is these advocates and the stories of their match relationships that exemplify inclusion and contribute to reducing isolation for people with disabilities. We have also seen a number of successes for individuals participating in the Real Plans for Real Life Program whereby our small team of facilitators work with individuals and families to articulate and strive for a vision of a better life for themselves. And, we are broadening our capacity to assist people build a better life through planning with the establishment of the Independent Facilitation and Person-Directed Planning Program. This initiative is possible through

the help of a grant from the Ontario Trillium Foundation. Add to this development the inclusion of the Lifetime Networks Program, aimed at creating and sustaining circles of support for individuals with disabilities, not only is the staff team growing and we are bursting in our office space, we are reaching and impacting the quality of life of greater numbers of people. So, as we take a moment to reflect and appreciate this holiday season, we also extend our appreciation to the many hundreds of people who have contributed in so many ways to our success this past year and to enriching the lives of so many in our community through Citizen Advocacy. May your holidays be blessed with the happiness and the warmth of others around you, and may you continue to share your blessings throughout 2011.

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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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**Holiday Office Hours**

Citizen Advocacy of Ottawa will be closed over the holidays between December 24, 2010 and January 1, 2011. The office will re-open at 9am on Tuesday January 4, 2011.

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, please call 911

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

**Save the Date!**

**Evening in the Maritimes  
La Soirée dans les Maritimes  
Citizen Advocacy's Annual Gala Fundraiser**



**Thursday May 12, 2011  
Hilton Lac Leamy**

## Celebration of People ~ Célébration pour tous

The 10th Annual *Celebration of People* Awards were presented on December 2nd to 12 individuals and organizations that have made a lasting and positive difference in the lives of people with disabilities in our community.

C'est lors de la 10ième cérémonie annuelle *Célébration pour tous*, tenue le 2 décembre, que douze individus et organisations ont reçu un prix prestigieux pour avoir marquée de façon positive et durable la vie des personnes ayant une incapacité dans notre communauté.

### 2010 Recipients / Récipiendaires 2010



Accessibility By Design Award  
*Prix accessibilité intégrale*  
**André Marcoux & Popovic  
Routhier Architects Inc.**



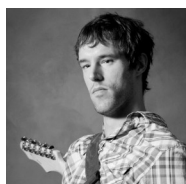
Education Award  
*Prix de l'éducation*  
**Hannah Beach**



Advocacy Award  
in Memory of Agnes Wee  
*Prix de la défense d'une cause à  
la mémoire d'Agnes Wee*  
**Ruth Mohammed**



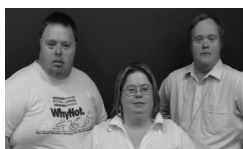
Employee Award  
*Prix de l'employé(e)*  
**Glen Kennedy**



Artistic Excellence Award  
*Prix d'excellence artistique*  
**Lucas Haneman**



Employer Award  
*Prix de l'employeur*  
**Loblaws Supermarket Ltd.  
Carlingwood Mall/Supermarché  
Loblaw Ltd., du centre commercial  
Carlingwood**



Career Award  
*Prix de l'excellence professionnelle*  
**Scott Harford, Heather Green,  
Paul Knoll—CMHC/SCHL**



Sports Award  
*Prix des sports*  
**ROC Swimming**



Citizenship Award in Memory of  
Cathy Kerr  
*Prix du civisme à la mémoire  
de Cathy Kerr*  
**Bobby Mitchell**



Volunteer Opportunities Award  
*Prix de l'organisation bénévole*  
**The Doctors of Shredding  
Le groupe Doctors of Shredding**



Customer Service Award  
*Prix du service à la clientèle*  
**Wendy Lefebvre  
TD Canada Trust**



Volunteer Award  
*Prix du bénévolat*  
**Megan Ellwood**

## Everyday Champions

In each newsletter, Citizen Advocacy introduces you to a member of the Board of Directors. We are pleased to introduce Ruth Koch-Schulte: 2<sup>nd</sup> Vice President and member of the Executive Committee of the Board.



EVERYDAY CHAMPIONS  
ÉTOILES DU QUOTIDIEN

**Ruth Koch-Schulte** was recruited by Citizen Advocacy Executive Director Brian Tardif to join Citizen Advocacy's Board of Directors in

early spring of 2009 and was formally appointed to the Board at the Annual General Meeting in June of that same year. She serves as 2<sup>nd</sup> Vice President and is a member of the Executive Committee of the Board.

Ruth feels that services for people with physical and developmental disabilities are very important and essential to the wellbeing of any community. She knew about Citizen Advocacy; the vital services it provides and the organization's effectiveness in "advocating" and supporting individuals as they strive to live their lives to their fullest potential with in our community.

In Ruth's former position as Executive Director of the Ottawa Children's Treatment Centre she was involved in the children's sector. She got to know Brian during the restructuring of Developmental Services for Children and Adults by the Ministry of Community and Social Services, and throughout the process became more aware of the various adult services and their associated programs. Ruth welcomed the invitation to become a Board member, and felt that it would enable her to further contribute to supporting and advancing the work of Citizen Advocacy as well as other important services within the community. She adds that Brian's leadership in the community was an important motivator for her.

Ruth was a member of the CA Board committee that was formed specifically to explore Lifetime Networks of Ottawa's proposal to join Citizen Advocacy. This initiative resulted in Lifetime Networks becoming a new program within CA. Ruth has attended Evening in the Maritimes for the last 2 years, Celebration of People, and this year she also attended a fundraising event at the New Edinburg Theater as well as Cruise For A Lifetime in support of Lifetime Networks.

Ruth has a bachelor of Arts Degree and a Masters of Social Work Degree from the University of Manitoba as well as a Health Management Services Certificate from the Canadian Hospital Association. She has a professional background in both Health and Social Services. Earlier in Ruth's career she worked in Child Welfare in northern Manitoba. She later worked at the Hospital for Sick Children in Toronto as Director of Social Work, and subsequently moved into hospital administration as Director of Professional Services. In 1994 Ruth came to Ottawa to manage the Ottawa Children's Treatment centre. Shortly thereafter she was asked by CHEO to manage their Rehabilitation Program, as the two organizations were a natural fit.

Since her retirement, Ruth has undertaken several different volunteer activities including: reading in the preschool kindergarten program at Cambridge Elementary School; assisting in the Donor Tree Program at the Canadian Experimental Farm and assisting in the Botany Department of the Canadian Museum of Nature. Ruth is also on the Board of Directors of the Children's Aid Society of Ottawa where she acts as President.

When asked what she enjoys most about being a member of the Board, Ruth says that she enjoys the camaraderie amongst the members and finds the Board meetings both interesting and stimulating. "It is a very effective Board and things get done!" She also really enjoys the social events.

Coming from Manitoba, Ruth is a curler of course and enjoys the sport once a week at City View Curling Club. She also enjoys painting in watercolour and takes courses at the Ottawa School of Art. Ruth also travels back to Manitoba at least once a year for a special visit her family and friends.

## Everyday Champions

In each newsletter, Citizen Advocacy introduces you to a volunteer advocate.  
We are pleased to introduce June Carter!



EVERYDAY CHAMPIONS  
ÉTOILES DU QUOTIDIEN

**June Carter** has been a volunteer advocate with Citizen Advocacy for a year and a half now. When asked what motivated her to join Citizen Advocacy, June says: "I am the youngest of ten kids and had parents who were elderly by the time I was in my twenties. My mother lived with me not long before she passed away, and I saw how difficult it can be - both socially and in terms of daily living activities - for people who have physical as well as other disabilities. I also saw how difficult it can be to ask for help. Both my parents are now deceased and I decided that I wanted give back to my community by helping others with similar needs."

June holds degrees in Political Science, Sociology and Law, and is presently working for the Federal government in the field of police oversight. Prior to that, she worked for 6 years as a lawyer for a small Ottawa law firm. June has volunteered in the past for various individual events, but has not volunteered on a regular basis since she was a university student. She says that she's very happy to get back into it. "Being a volunteer advocate has been a great experience, and the people at Citizen Advocacy have been wonderful!"

June's protégé is for the most part unable to attend many social functions, so the two mainly share their visits together at home - talking about movies, books, their families, pets, and about the challenges of life in general. June and her match periodically make it a wing night, just to spice things up! June says that she really enjoys her involvement with Citizen Advocacy. "I have developed a great friendship with my volunteer match. While it is enormously gratifying to know that you are positively affecting someone's life, the friendship goes both ways. I love the simple things in life: family, friends, food, books, movies, music... And it's really the people around you who make it all so enjoyable!"

### News from Real Plans For Real Life

It's been another busy year with the Real Plans for Real Life team, and the following story is an account of how our program helped one participant realize one of her dreams. ~ Joyce Lundrigan, Facilitator

#### My Meeting with Max Keeping

by Bev Hully, as told to Joyce Lundrigan

I have watched Max on the news since I was very young, and was really upset when he decided to retire. He is my favourite newscaster. I mentioned this to Joyce, and talked about what I would say if I ever met Max.

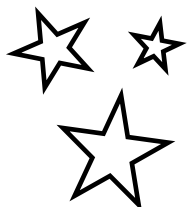
I was so surprised when my Mom told me that Citizen Advocacy arranged for me to meet him in person at the news studio. I can still see him walking through the door, and sitting down with me. I prepared three questions to interview him, and he answered them openly with some unexpected responses! He told me how he started in the news business, and how he wrote his own news stories, and his help with CHEO. He is a nice guy who helps a lot of kids.

Max spent an hour with me. He toured the station with me. I loved the control room, and all the little TVs in the room. I was surprised how many people worked together in such a small room, and they worked together as a team. The newsroom was interesting. It is really large room, much bigger than the control room. Two cameras are in front of Carol Anne Meehan. I feel sorry for her because Max retired; her friend and partner was gone.

These are memories that will stay with me forever.



REAL PLANS FOR REAL LIFE  
VOTRE PLAN, VOTRE VIE



### Newest Matches

#### Everyday Champions

##### AUGUST

Liz Michel & June M.  
Kate Lalumiere & Van D.

##### SEPTEMBER

Matthew Norton & Andrew B.  
Stéphanie Lalonde & Christine B.  
Michael Asumang-Birikorang & Martin G.  
Gillian Simpson & Malinda C.  
Laura MacLean & Carol L.  
Sharon Peake & Molly K.  
Julia Burbidge & Joanne S.

##### OCTOBER

Mike Murphy & Manfred A.  
Maggie Fondong & Marguerite F.  
Jonathan Yat Hin Yeung & Joseph L.  
Cynthia Meghaizel & Annie M.  
Bruce Jardine & Mark E.

##### NOVEMBER

Michelle Crook & Brenda Lynn M.  
Cara O'Connell & Amber W.  
Meghan Ronson & Cindy W.  
Shemery Pancho & Krystal W.

#### Chance For Choice

##### SEPTEMBER

Evelyn Kumi & Daphne P.

### Match Anniversaries



#### Chance For Choice



##### September 2010

3 Anna Bilsky & Marjorie U.  
1 Megan Hooper & Joyce S.

##### October 2010

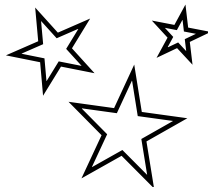
2 Yolande Mennie & Vivian C.

##### November 2010

6 Savi Narayanan & Ethel T.  
2 Anne Stern & Joyce H.

##### December 2010

4 Ana Gabriella Renart & Georgette L.  
3 Julia English & Josephine F.  
2 Viviane Asoh & Ron S.  
1 Asmae El Bouhali & Betty-Jean B.



## Match Anniversaries

### Everyday Champions

#### September 2010

- 8 Sam Hawas & Willie W.
- 5 Lucia Van Oordt & Maria G.
- 3 Loren Bekeris & Donna Lee H.
- 2 Katie Tallo & Valery H.
- 2 Stella Ross & Mary Frances G.
- 2 Jennifer Scrim & Carly W.
- 1 Mila MacDonell & Justin Y.
- 1 Joanna Heath & Caitlin L.
- 1 Ryan Gencarelli & Stephane B.
- 1 Jackie McKenna & Lang T.
- 1 Jessica Mei Stewart & Linda H.

#### October 2010

- 26 Shelley Ann Morris & Marcella K.
- 20 Alan Cohen & Lee W.
- 17 Michael Wall & Steve F.
- 11 Colin Griffiths & Eddie S.
- 10 Jeff Ickovich & Paul A.
- 10 Céline Kelly & Freda W.
- 9 Richard D'Addese & Robert W.
- 8 Helen McFarlane & Laura A.
- 8 Susan Spence & Virginia. B.
- 5 Carole Lapointe & Marguerite F.
- 3 Claus Abel & Vince C.
- 3 Alex Larose & Jorge de A.
- 3 Holly Smith & Corrie M.
- 2 Aleksandra Minic & Deborah B.
- 2 Ghislaine Saumure & Christine B.
- 2 Shelagh Heatlie & Biljana N.
- 1 Sylvie Laplante & Claudette C.
- 1 Pauline Kinsella & Doris K.
- 1 Barbara Feldman & Anna C.
- 1 Kevin Clinton & Duncan S.

#### November 2010

- 32 Richard Marion & Maurice K.
- 22 Christiane Delon & Freda W.
- 22 Eric Plunkeet & Jeff M.
- 21 Maggie LeMay & Madeleine H.
- 10 Grant Johnston & Denise T.
- 7 Noelle Grosse & Kristen H.
- 6 Simon Snoxell & Wayne B.
- 5 Julie Broczkowski & Karyna L.
- 5 Patricia Bowa & Diane C.
- 4 Jennifer Acres & Suzanne St. J.
- 4 Matthew Mason-Phillips & Frank C.
- 1 Adam Stanford & Jason T.
- 1 Kyla Rafuse & Dana B.
- 1 Erin Lang & Danielle H.
- 1 Laurie Beattie & Debra A.
- 1 Ivy Liu & Brenda A.
- 1 Thuan Do & Duc T.

#### December 2010

- 16 Bob Stevenson & Glenn F.
- 13 Pui Wah So & Christine C.
- 8 Elaine Butcher & Shannon M.
- 8 Celine Leblanc and Jacquie St. D.
- 7 Avril d'Silva & Judy J.
- 6 Elizabeth Geehan & Shona F.
- 6 Owen Griffiths & John M.
- 6 Robert Adolfson & Rocky W.
- 5 Bill Dolan & Daniel B.
- 4 Erica Walker & Suzanne H.
- 3 Bill Gelling and Jacqueline MacDonald & David Hope
- 2 Patricia Wallinger Stacey & May W.
- 1 Anna Bilsky & Veronica A.
- 1 Milena Gibson & Liette T.

### Group Home Project

#### September 2010

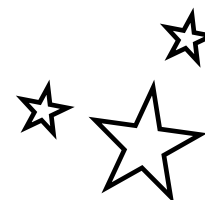
- 1 Cheri-Ann Olsen & Christian Horizons Ottawa 1

#### October 2010

- 1 Michael Gendron & ICSS Colonial

#### November 2009

- 6 Erin Bateman & Foyers Partage



## Hello from Ann Harrison

As you many of you know Lifetime Networks has opened a new and exciting chapter with its recent merge to Citizen Advocacy. As part of this merger I have been brought aboard as the new Lifetime Networks Program Coordinator. Most of my career has been spent working and volunteering in the not-for-profit sector; working for an organization with a heart is something that is very important to me. I would like to express how excited I am to be working on such a fantastic and important program. For families who have loved ones with special needs, ensuring the long term health and happiness of their child, sister, brother, or friend is of the utmost importance and concern. Lifetime Networks is a vital program in our community and I am thrilled to be a part of it.

## Hello from Isabel Marti

Yes....I am back once again. After spending three years living abroad I am back at Citizen Advocacy working three days per week. It was really nice to see so many matches at the picnic this past summer. I had a chance to say hello in person to so many old and new friends of Citizen Advocacy. It felt like I never left! Thank you all for the warm return reception. I'm looking forward to seeing you all at our up-coming events in the new year!

## Hello from Christine Martinelli

My name is Christine Martinelli and I have been hired to manage the Independent Facilitation and Planning Project. My job is to set up a new program that will give more families and self-advocates access to Independent Facilitators. Through person-directed planning and a variety of facilitation tools, Independent Facilitators will work closely with self advocates and their families to create life plans. This is very exciting work for me because I get to help shape this program so that it best meets the needs of those we serve. I get to draw upon my skills as a life coach, a presenter, a project manager and a mom. What I love the most about this program is that I'm learning how much this work resonates with me and honors my values of collaboration, accomplishment, family and personal growth. I feel so fortunate that I get to do work that is meaningful while helping others to achieve the same! Stay tuned to future newsletters to learn how the program is progressing.

## Community Action Days: Trip To The Museum

**"I am having such a fantastic day..."**

By Siddhartha Kumar, Everyday Champions Program with input from François Lavallée

On October 7<sup>th</sup> Citizen Advocacy participated in the United Way and Volunteer Ottawa's Community Action Days for a third consecutive year. On this day, a number of protégés currently on our waiting list to be matched had the opportunity to enjoy a fun outing at the Museum of Civilization in Gatineau. The protégés were matched for one day with volunteers from the Training and Learning Directorate of the Canada Revenue Agency. Once again, the Museum of Civilization was very generous in providing us with complimentary admission tickets as well as two wonderful tour guides.

Here is how the CRA volunteers summed up their experience:

*For some of us, interacting with those who have a disability was a new experience. Fear and concerns of the unknown surfaced. Some of us wondered if we would be accepted by our protégés and if they would enjoy our company. This is quite ironic since, our protégés deal with these fears on a daily basis as disabilities are still widely stigmatized in today's society. However, any uncertainties we had about the day were quickly alleviated when we were matched with our protégés. We just clicked! Some of the comments which remain in our minds include: "I am having such a fantastic day, I do not want to leave" which came from a young girl in the group and "I'm glad we met".*

Many thanks to Éliane Laberge, Special Events Coordinator, Public Affairs at the Canadian Museum of Civilization for helping to coordinate the visit and for making us all feel so welcome.

## News from Lifetime Networks



### The Four Walls of My Freedom

Donna Thomson, a founding member of Lifetime Networks Ottawa, has recently released "The Four Walls of My Freedom". This powerful family memoir chronicles her own experiences in parenting her son Nicholas (now 21 years old). Nicholas, who as a baby was diagnosed with Cerebral Palsy, has journeyed a difficult road in coping with his disability but was lucky to have a supportive family by his side.

Donna shares with the reader vivid descriptions of the personal challenges she faced raising her son and examines her philosophical views of society and its responsibility to uphold the rights of citizens with disabilities. As the reader learns more about Nicholas what shines through are his unique gifts and personality. As parents who foster the capabilities and interests of their son, Donna and her husband encourage Nicholas to be involved in what interests him. Activities such as adapted skiing, neighborhood ice hockey, ball hockey, and train rides topped the list of his favorite childhood pastimes.

An important theme that shines throughout her story is the value she places on personal support networks. The importance she places on friendships and contacts surrounding a person with disabilities is truly reflective of her belief in the importance of programs such as Lifetime Networks.

"The Four Wall of My Freedom" is available for purchase on Amazon.ca

### Cruise For A Lifetime

On September 16<sup>th</sup>, 2010 Lifetime Networks members and friends cruised the Ottawa River in support of the Lifetime Networks Program. Participants enjoyed a fun filled evening of live music, a wandering magician, and delicious food and drink. The highlight of our evening was the live auction with auctioneers Liz Snell, Lifetime Networks Advisory Committee Chair, and our special guest J.J. Clarke. Thank you to the extraordinary work of the Boat Cruise planning committee for making the evening a huge success. Thank you also to our sponsors Brio Strategies, Paul's Boat Lines, Whitewater Village Luxury Cottage Club, Doyle Homes, Jorgensen Roofing, Andrew Cudmore – Investors Group, Bekkers Pet Care, Colleen Green, Dr. Mahmood Gozar, K. Jacqueline Curran, Gail Jorgensen, Marilyn Clarke, Meg Warwick, Nathalie Dussault, Richmond Home Hardware – Doug Kazda owner, Rejeanne Lalonde, Robert Garrow, Snell House Foods, Cheddar Et Cetera, Pretty Pots Flowers & Gifts, Dessureau YIG, Poppa Bean Coffee.

### It's That Time Again...

Membership renewals are just around the corner. Lifetime Networks Members will be receiving their renewal forms in the mail this month.

If you are interested in receiving a membership form or would like to learn more about the Lifetime Networks Program please contact:

Ann Harrison, Program Coordinator  
613-761-9522 ext. 248

### Beyond Graduation Workshop

On Saturday, November 13th the Lifetime Networks Program hosted "Beyond Graduation". This workshop provided students and their family members to take a glimpse forward and facilitated planning for life after graduation. The focus of this workshop was to explore the students' goals and dreams for their future. A panel of community representatives speaking from their experience also as parents shared on a variety of topics including: housing, further education, employment, and recreation. Families networked with one another and learned from those who have already experienced life after graduation. There is already a waiting list for the next workshop.

Special thanks to our Beyond Graduation planning committee for making this workshop a huge success!

## Our Hockey Night In Canada

By Mike Murphy

Sport has the power to bring people together whether it is to witness a great global spectacle like the Vancouver Olympics or a community event like our recent Citizen Advocacy Social Activities Club hockey night at the Ottawa 67's home opener on October 1st.

My protégé Darryl and I are avid sports fans. The benefits of this social outing for us were twofold. We got to watch the rebirth of a traditional rivalry between the 67's and the Oshawa Generals and at the same time meet 50 new friends including Executive Director Brian Tardif who has done incredible work in growing the organization.

Ottawa's incoming mayor Jim Watson showed his commitment to community service and volunteerism by taking time out of his hectic campaign schedule to join us at the game. Former Ottawa 67's star and NHL veteran Doug Smith shared his inspirational story with those in attendance. Doug sustained a life threatening spinal injury while playing in Europe at the age of 29. He has chronicled his remarkable recovery and his ideas about dealing with adversity in a book entitled " Thriving in Transition."

This event also gave us an opportunity to raise community awareness about Citizen Advocacy and draw attention to the fact that there are more than 230 people with disabilities in the Ottawa region, often living in isolation, waiting to be matched with a protégé. Some folks have been waiting for almost five years, which is far too long.

This event was made possible through the professionalism and dedication of the Citizen Advocacy team, especially Sophie Leclair-Roberge and Hilary Albers. I would like to thank the 67's for their support as well as my employer, Canada's Research Based Pharmaceutical Companies (Rx&D) for their sponsorship and commitment to grass-roots community building.

They have helped us get the message out: "Don't delay, join Citizen Advocacy today".

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

### Bowl-A-Thon for Everyday Champions

By Meghan Maack, Special Events & Communications Coordinator

On Saturday, September 25th forty-five Citizen Advocacy protégés, volunteer advocates, board members, staff and supporters came out to enjoy a fun afternoon of bowling, snacks and prizes at the RA Centre. The day was a great success, everybody had lots of fun and the RA Centre's bowling lanes were filled with laughter, music and camaraderie as everyone spent time connecting (and competing!) with each other, all while raising close to \$3000.00 for our Everyday Champions program.

A raffle was held and prizes were given out to individuals and teams who raised the highest amount of pledges, the highest team score, and to the team who showed the "Best Bowling Team Spirit".

This was our first Citizen Advocacy Bowl-A-Thon, but certainly not the last! Plans are already being made to hold a second event in 2011! Details will follow in the New Year.

Many thanks to everyone for supporting the day – especially Gord Aiken and Steve Mitchell from the RA Centre who made us all feel so very welcome.

## **Ready, Set, Start Training! Run For Everyday Champions**



EVERYDAY CHAMPIONS  
ÉTOILES DU QUOTIDIEN

Brian Tardif, Executive Director of Citizen Advocacy, invites you to participate in the Ottawa Race Weekend on May 28 & 29, 2011. 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](mailto: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!

Step 4: Return your pledge forms and money collected to the Citizen Advocacy office at 312 Parkdale Ave by Friday, May 20, 2011 at 3:00 p.m. and be eligible for a prize!\*

For every \$100 raised, runners will have their name entered into a draw. Prize details to come soon.

\*If you do not wish to participate in the prize draw, you may hand in your pledge forms and money collected by Monday, May 30th at 5:00 p.m.

## **Citizen Advocacy Annual Picnic**

By Meghan Maack, Special Events & Communications Coordinator

### **Wasn't that a party?!**

Amazing summer weather + great music + tasty food + over 130 friends = 2010 Citizen Advocacy Picnic!

Protégés, advocates, Board members and CA staff were on hand to sample delicious barbequed hot dogs, hamburgers and veggie burgers. Games this year included the introduction of the "Blanket Beach Ball Toss", the always popular "Water Balloon Toss" and the CA picnic tradition - "Get to Know You Bingo". Hilary Albers MC'd the event and was helped by our fantastic DJ Peter from Virtronics DJ service. They were easily able to keep the crowd up and moving, many attendees danced the afternoon away. Others chose to find a nice shady spot and enjoy a late summer picnic in the beautiful park setting. Orders are in for a repeat performance next year. Don't forget to bring your sunscreen!

Thinking of volunteering with Citizen Advocacy?

Contact Hilary Jane Albers

(613) 761-9522 x 233

[halbers@citizenadvocacy.org](mailto:halbers@citizenadvocacy.org)

## Annual Holiday Dinner and Dance

On Sunday, December 12<sup>th</sup>, 275 of Citizen Advocacy’s friends and family came out for the Annual Holiday Dinner and Dance at the Hellenic Banquet Centre despite the freezing rain! Everyone celebrated the holiday season and enjoyed great company, a delicious turkey dinner with all of the fixings, entertainment by Dominic Darcy The Singing Policeman and great dance music provided by Peter Barnette from Virtronics DJ Service.

During the evening, Citizen Advocacy Executive Director Brian Tardif recognized all of the volunteer advocates who were celebrating milestone anniversaries with a special presentation.



### Happy Anniversary to all our wonderful volunteer advocates!

<p><b>5 YEARS</b></p> <p>Chris Petersen Julie Broczkowski Bill Dolan Jean Boulay Lucia Van Oordt Patricia Bowa Neena Kushwaha Ginette Couture Carole Lapointe Kerry Cavlovic Glen Russell Chris Andrews Jenny Hough Elizabeth Styffe</p>	<p><b>10 YEARS</b></p> <p>Richard D’Addese Jeff Ickovich Georgia Pavlou Evelyn Mallett</p> <p><b>15 YEARS</b></p> <p>Veronica Langelier Linda Griffiths</p>	<p><b>20 YEARS</b></p> <p>Alan Cohen Anna Bilsky Louise Crone Grant Johnston Lorraine Yorke</p> <p><b>25 YEARS</b></p> <p>Arne Haaland Cynthia Throop</p>
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#### Many thanks to everyone who helped support this event:

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 and for continuing their commitment to keeping this event affordable for our guests; Veronica Langelier or “Mrs. Claus” for helping secure many raffle and door prizes; Jane Caskey, CA Board member and Lifetime Networks Advisory Committee Member Simone Joannis for putting the beautiful gift baskets together; 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, please see the *Donors, Sponsors, and Supporters* on page 15); all of CA’s members who generously donated that little bit extra on top of the ticket price; and the fantastic CA staff!

#### 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 Pampered Chef party, Citizen Advocacy raised \$1,615!

Many thanks to all who participated.

## Thank You, Peter!

By Shelley Ann Morris

Marcella and I got a lift from another advocate/protégé match, Peter Roorda and John, to last year's Holiday Party. At dinner, talk turned to running. Pete ran the 10K with Citizen Advocacy in the 2009 Ottawa Race Week End. I was still very new to running, having completed only four 5K runs. "So, are you going to run the 10K next year?" Peter asked. "OK! I will." No sooner had the words flown out of my mouth when I thought "Oh my! What have I done?" I said it. I would somehow find a way to do it.

In March 2010 I began the 8-week 10K clinic at the Running Room with my brother-in-law, Bill. Bill and the other participants encouraged me along through cold, wet Saturday morning training sessions. Our instructor, Julia Brothers, provided lots of support and very useful information which would be instrumental in my crossing the finish line on race day. Instructor and participants alike all heard me as I whined my way through training. "I hate everything!" was my favourite expression. Gradually, the weather warmed and my running improved. I was actually starting to enjoy our runs! The class also included another visually-impaired runner, Leona Emberson. She too was aiming for the 10K at the end of May. Julia, Jeff Dodds, Phil Marsh and the Bank Street Running Room team provide excellent support to all runners!

Peter and I talked about his guiding me through the 10K. I admired his courage as he had never guided a visually-impaired runner before. Running and guiding takes lots of skill; anticipating the crowds, keeping the blind runner from smacking into obstacles (and other runners!), watching out for the terrain underfoot and providing a 'running' commentary for the blind athlete.

Peter and I decided to practice a couple of times before race day. We joined the Bank Street Running Room Sunday morning practice club one beautiful day in May. With no training at all, we soon were running as if we had run many times before. The route took us through Carleton University—over the locks! Eventually, we made our way back to the Running Room itself. Our second outing took us along the Western Parkway from Andrew Haydon Park all the way up to Woodroffe Avenue and back again. As we ran along, we chatted about why we liked running and the lessons that it teaches us, lessons we can use on the road and in life.

Race Day arrived sunny, and pleasantly warm—ideal for most runners, but not for me. I am very day-blind. Even with the best of sunglasses, glare still poses a problem. This would add to the challenge. Peter's wife, Brigitte drove us close to the start line as this race draws monumental crowds. Everyone wished us well as we went to join our corrals. There we met Brian, Robert, Rocky and other CA members who dare take on the 10K route. We lurched to the start-line, over the timing mats, and began by thundering south down Elgin Street. There's nothing quite like the sound of thousands of running shoes all striving toward the same goal. I'm always encouraged by cheering from the sidelines as many turn out to watch. As Peter is a much more experienced and accomplished runner, he was able to run quite easily while I plapped along, with effort to keep pace. Peter kept sight of the 70-minute 'pace bunny' (a runner sporting bunny ears and carrying a sign, helping participants to keep pace with their anticipated finish times). I'd set a very conservative finish, between 60-70 minutes. Peter would warn me when that 70-minute bunny was nearby; she was the one to beat.

We rounded the corner at the Pretoria Bridge and WHAM! I was completely blinded by a face full of sunshine! Normally my guide runs beside me, but this time I took Peter's arm and he guided me for about a half a kilometer until we were facing north on Queen Elizabeth Drive and my sight returned again. As we ran north along Queen Elizabeth Drive we could hear cheering in the distance. The home stretch was close by, as was the pace bunny. Soon we could hear the familiar whine of the timing mats and see the finish line—but not before I let fly with a few good swear-words!

*...continued on page 14*

**Thank You, Peter! (continued from page 13...)**

By Shelley Ann Morris

*...continued from page 13*

After the race, family and friends came to congratulate us. Bill and Leona finished in the respectable mid-to-late 50 minute range. I finished in 70 minutes 24 seconds, a fairly good first effort for me.

This adventure reminds me of the help and support that we give to our protégés. With our help, our protégés are able to do things that they may never have dreamed were possible. Whether it's something as simple as boarding a bus or as complex as managing a bank account, advocates inspire, encourage and empower in many ways. Two years ago, I never would have thought I'd complete my first 10K race. I too feel inspired, encouraged and empowered. Thank you, Peter!

**Consumers Advisory Committee  
Volunteer Award**

This year there has been an abundant amount of nominations for the Consumers Advisory Committee Volunteer Award. This tells an important story about the amount of caring, thoughtful and devoted volunteers involved in Citizen Advocacy of Ottawa. We would like to thank all who have taken the time to recognize a volunteer who has made a significant impact in the lives of community members.

The CAC have selected Pat Parker as the recipient of its annual volunteer award. Pat Parker has been made her mark here at Citizen Advocacy in many different ways. She is known to be an easy going person who would help many she comes across. She has given much support to Kay as a volunteer advocate and has been involved in her life for over eight years until Kay's passing. Kay expressed a love for Pat and has been there through some challenges times.

Pat has since been matched up with Melody and is supporting her in various ways. She has also been on the board of directors for CA for approximately seven years. Over these year she has had taken many roles and responsibilities but we know that whatever she does she takes it to heart and gives 100 %. Thank you for being such an important person at CA and contributing to the community.

**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 individuals with disabilities and to inform the Board of these concerns. To become a member of the CAC you need only be a matched to a protégé or have been matched at some point and be waiting to be re-matched. 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](mailto:radolfson@citizenadvocacy.org).



**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 3<sup>rd</sup> Monday of the month in the evening, and more often closer to the event date which is Thursday May 12, 2011.

To learn more about this opportunity, please email [events@citizenadvocacy.org](mailto:events@citizenadvocacy.org) or call 613-761-9522 and ask to speak to Meghan.

## Event Donors, Sponsors and Supporters

Thank you to the following donors, sponsors, and supporters for their kind donations to Citizen Advocacy's events throughout the year!  
Where possible, please show your support to the businesses, services and firms listed below:

Angeles Alborno	Mavis Mason
Anna Bilsky	Meagan Perks
Anthony Connors-Vachon	Metro Beechwood
Billings Bridge Centre	Mini Golf Gardens
Canada Aviation Museum	Moe & Heather Turner
Canadian Museum of Civilization	Museum of Nature
Canadian Museum of Nature	National Gallery of Canada
Canadian War Museum	Nine to Five Coffee Service
Carol Larose	Ottawa 67's Hockey Club
Cineplex Odeon	Ottawa Senators Foundation
Chris & Yvette Petersen	Peggy Feltmate
Colette Deavey	Peter Roorda
Dale and Marnie Suykens	RA Centre
Dale Rorwick	Roberta Anderson
Dan Paquette	Royal Oak - Wellington
Diane Holmes	Saunders Farm
Diane McGuire	Shelly Bolger
Diane Rivers	Susan Spence
Dianne Pritchard	Simone Joanisse
Dominic D'Arcy "The Signing Policeman"	Tannis Foods
Elaine Sullivan Butcher	The Royal Oak - Wellington
Fil's Diner	The Table Restaurant
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Gloucester Lions Club	Veronica Anderson
Great Canadian Theatre Company	Veronica Langelier
Hellenic Banquet Centre	Virginia Beshara
Hilton Lac Leamy	Virtronics D.J. Service
Ildiko Fejes	West Park Bowling
Isabel Marti	Weston Bakeries
Jacqueline MacDonald	Yasir Naqvi
Jane Caskey	Yuk Yuk's
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Lady Dive Tours	
Laura Cameron	
Lori Streefkerk	
Louis' Restaurant	
Lynne Zimcik	
Lyon's Turkey Farm Ltd.	
Marianne Hope	



**Yes, I believe in a community that welcomes and values all people with disabilities!  
Donate online at [www.citizenadvocacy.org](http://www.citizenadvocacy.org)!**

Circle one: Dr. M. Miss Mme Mr. Ms. Other \_\_\_\_\_

Name: \_\_\_\_\_

Apt. / Unit: \_\_\_\_\_ Street address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal code: \_\_\_\_\_

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**NL\_12\_2010**

Please invest my donation to Citizen Advocacy wherever it is needed most:  Citizen Advocacy

I would like my donation to be invested towards the following program(s):

- Everyday Champions  Chance For Choice  Real Plans For Real Life  Lifetime Networks

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.

**You can also donate on our website: [www.citizenadvocacy.org](http://www.citizenadvocacy.org)**



**citizen advocacy  
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- I would like this to be an anonymous donation. Please do not publish my name.  
 I would like more information about including Citizen Advocacy in my will.

Thank you for your support. We do not sell, trade or otherwise share our mailing lists. If at any time you wish to be removed from this or any other mailing, contact us at (613) 761-9522 or at [info@citizenadvocacy.org](mailto:info@citizenadvocacy.org). Citizen Advocacy is a registered charitable organization, # 13036 2817 RR0001. Tax receipts will be issued for donations of \$10 or more, subject to Canada Revenue Agency guidelines.

Citizen Advocacy of Ottawa, 312 Parkdale Avenue, Ottawa ON, K1Y 4X5

