



citizen advocacy
parrainage civique

Rapport

Summer-Fall 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.

Evening in the Maritimes raises one million dollars for Citizen Advocacy!

Evening in the Maritimes, presented for the first time by Jost Kaufmann Seafood Corp., raised over \$140,000 this year, bringing the 12-year total from this event to over \$1 million!

Although fund raising is the main purpose of the *Evening*, many things continue to make this one of the best attended annual events in the city. For this year only, Evening in the Maritimes moved back to its original location at the Aberdeen Pavilion, re-introducing that true “church basement” supper feel. The energy during the evening was high as people visited around the room, sampled edibles from the pre-dinner Shrimp and Oyster bar, kept a vigilant eye on their silent auction bid, or stood up to get measured for a ‘wingspan’ of raffle tickets. With all of this activity, combined with the wonderful entertainment of *Evans and Dougherty* with *Dave McIsaac*, people just couldn’t help but dance!

“We’re incredibly proud of the residents of Ottawa and our business partners who continue to support Evening in the Maritimes and Citizen Advocacy year after year,” said Brian Tardif, Executive Director of Citizen Advocacy. Thank you to those who helped make the evening such a success:

Judy Richards, of Davidson’s Jewellers, and **Shirley Westeinde**, the Westeinde Group, who served as our Honorary Co-chairs; the **Organizing Committee** who contributed their time and energy over the months of planning; the **Corporate Sales Team** who encouraged companies to purchase tables; and the many volunteers who helped out in various ways on the day and evening of the event.

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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. A volunteer based, non-profit organization, Citizen Advocacy relies on the support of foundations, grants, memberships, and personal donations.

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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- Michelle Caputo
- Avril d'Silva
- Doreen Goudy
- Judy J.
- Thony Jean-Baptiste
- Kim Kilpatrick
- Brian Oelberg
- Social Activities Club

Consumers Advisory Committee Volunteer Award

The Consumers Advisory Committee wishes to recognize the efforts of the volunteers at Citizen Advocacy. If you know someone who is respectful, compassionate, patient, a good listener, and who has been involved in a range of activities at Citizen Advocacy, and if you would like to nominate them for the Consumers Advisory Committee Volunteer Award, please use the nomination form. The deadline for nominations is September 29, 2006. Nominations forms will be enclosed with *Rapport* newsletter until that date.

Dates to remember

September 4 - Office closed for Labour Day.

September 10 - Annual Picnic.

September 26 - Advocate Educational Evening: What is Advocacy?

October 14 or 15 - a Match Event to either Gatineau Park or the War Museum.

November 7 - Advocate & Protégé Educational Evening: How to vote.

November 13 - Office closed.
- Municipal Election.

December 5 - Celebration of People Awards Dinner.

December 10 - Winter Holiday Dinner and Dance.

Email me the newsletter!

Citizen Advocacy takes pride in its newsletter, *Rapport*, and strives to provide the best possible service to our readers. To help keep printing and delivery costs down, you can choose to receive an electronic copy of *Rapport* (in .pdf format). To register your preference for an e-copy of *Rapport*, please email info@citizenadvocacy.org. Remember to include info@citizenadvocacy.org in your buddy or safe list!

Advocacy in Action

Volunteering is a gift you give yourself
By Doreen Goudy, Advocate

For three years I have been sharing two to three hours once per week with Richard. We have explored all over Kanata. I have shown him where many places are located and how to get there.

During the summer we look after the gardens at the Kanata Senior Centre. We have received many compliments on their appearance. Richard feels justly proud of having been a part of the gardens and their upkeep.

I also got him involved in carpet bowling at the Centre. Everyone there has made a great effort to make him feel welcome and included.

I feel that Richard is a lot happier now than when I first met him and I know he looks forward to our Tuesday outings.

Transit tax break

Starting in July 2006, save your expired transit passes — they're your receipt for income tax!

You'll be able to claim a portion of the cost of your transit pass on your 2006 Income Tax Return. You'll also be able to claim transit passes for your dependents. This will apply to monthly, semester and annual passes, as well as ECOPASS.

The non-refundable tax credit will be 15.25% in 2006 and 15.5% in 2007 of the cost of your pass. The credit will apply to the portion of the cost of transit passes after June 30, 2006.

More information can be found at OC Transpo's website: www.octranspo.com, or contact your Citizen Advocacy Social Worker (see page 2 for contact details).

What I learned on my summer vacation

By Michelle Caputo, Office Assistant

Months before summer begins, students everywhere search frantically for a job to fill their vacation time, and wallets! Most of my peers got the standard desk job with the government doing nothing more than filing or shredding day after day with little sense of the greater purpose behind their work. I have been fortunate enough to avoid this fate and stumble upon Citizen Advocacy.

I have been working here since late June as the summer student. My tasks may be similar to those of my peers but my position is much more rewarding. As an Office Assistant, I come in contact with advocates and protégés on a daily basis and I get to see how happy they are to have found our agency. I know in doing the simple office tasks that I am helping to free up the time of my co-workers to do the more important jobs that affect people in the community.

I would like to thank all the members of the Citizen Advocacy team for their patience and guidance. From the very beginning they have been very encouraging and welcomed me with open arms. I have the greatest respect for the Citizen Advocacy team, who work every day to better the lives of others. I hope to work with them again in the future and I will take everything I have learned here with me as I continue my studies. I wish Citizen Advocacy all the best in their future endeavors!

Annual Picnic update

The Citizen Advocacy Annual Picnic will be held on **September 10, 2006** at **New Edinburgh Park** (also known as Stanley Park), 193 Stanley Ave. Invitations will be included in mail-outs during August and early September, including this newsletter. Have questions or need more information? Contact the Citizen Advocacy office at 613-761-9522. We hope to see you there!!

Newest Matches



Everyday Champions

APRIL

Valerie Charbonneau & Kim C.
Diane Goyette & Grace Amanda V.
Chrisy Groves & Ildiko F.
Sabrina Guerin & Bonnie V.
Julie Krewski & Suzann S.
Dailson Oliveira & Michael F.

MAY

Glory Itaketo & Valerie R.
Sherry Liu & Cameron C.
Marcel St. Jean & Gordon G.
Jonathan Wallace & Jeffrey D.
James Woolley & Willis P.

JUNE

James Thompson & Michael D.

JULY

Francisco Tuguigui & Alexander F.

Chance for Choice

MAY

Claus C. Abel & George D.
Eva Levesque & Gilberte M.
Linda Stevenson & Sadie K. (resumed)

LunchAbility offers bilingual, citywide programs along with a nutritious meal to adults with physical disabilities (18-59 years). It features accessible environments, attendant care, and volunteer support at a minimal cost per program.

To register call Stephanie Emmons at 613-737-5115, ext. 336, TTY: 613-739-8197, email: stephaniee@seohc.on.ca

Places to go, things to do

By the Social Activities Club

The Social Activities Club is pleased to offer the following suggestions or opportunities for matches to get together.

Match Events

- ★ Citizen Advocacy picnic, September 10
- ★ A trip to Gatineau Park, October 14 or 15
- ★ Halloween Activities at Saunders Farm, sometime in October

Look for details on these events to arrive in your email or mailbox closer to event time...

Cool sites and sights to check out for activities

- ★ Free guided tours at Rideau Hall from July 1 to Sept 4
www.gg.ca/visitus/index_e.asp
(613) 991-4422 / 1 866 842-4422
- ★ Gatineau Hot Air Balloon Festival beginning Sept 1
www.ville.gatineau.qc.ca/fetes-ang.htm or
www.ville.gatineau.qc.ca/fetes.htm
- ★ Fall Rhapsody at Gatineau Park
Sept 29 to Oct 15. Free admission and parking. Wheelchair accessible
www.capitaleducana.ca
1-800-465-1867
- ★ Free screening of great films, outdoors every Friday and Saturday night of the summer in Dundonald Park
www.centretownmovies.org
- ★ Wednesday Bowling. To join us for bowling on Wednesday evening, send an email to activitiesclub@citizenadvocacy.org to the attention of Jayasri.

Tell us more about events in YOUR community or neighbourhood, send details to Jackie McKenna jmckenna@citizenadvocacy.org

Match Anniversaries

Everyday Champions

of years
matched

May 2006

- 17 George Cook & Rodney B.
- 16 Louise Crone & Margaret C.
- 15 Filip J. Vink & Donald S.
- 10 Elizabeth Hawkson & Debra S.
- 10 Margaret Strycio & Irene B.
- 8 Jody Dixon & Moira F.
- 8 Melody Tomka & Cynthia M.
- 8 Lorraine Trudel & Sharon K.
- 4 Dianne Darch & Ruby S.
- 2 Chris Walters & Réjean R.
- 2 Jeff Snyder and John Dryden & Mohammed P.
- 2 Wan Jayathilake & Joey L.
- 1 Greg Enns & Joseph D.
- 1 Frances Pharand & Deana June C.-D.
- 1 Janet Sutherland & Rhonda W.

June 2006

- 18 Catherine Frey & Claudette L.
- 15 Sharon Anderson & Kathy B.
- 15 Arnie Francis & Ernest S.
- 12 Margaret Watson & Angela D.
- 11 Veronica Langelier & Pierrette P.
- 9 Stacey Norris & Dennis F.
- 9 Beverly Galenzoski & Margo L.
- 5 Alice Bell & Diane R.
- 4 Joe Diamond & Chris M.
- 3 Chris Andrews & Ken H.
- 3 Avril D'Silva & Gloria S.
- 3 Marie Gwilym & Françoise G.
- 1 Ginette Couture & Lorraine B.
- 1 Jenny Hough & Caryn C.

July 2006

- 14 Anna Bilsky & Ruth T.
- 14 Allan Lewrey & Michael C.
- 13 Marie Charron & Lucille L.
- 10 Robert Lukshis & Tom S.
- 9 Paule and Jose Sacroug & Jean-Guy M.
- 7 Kathleen Buckley & Olivia L.
- 6 Priscilla Lanois & Barbara W.
- 5 Yolla Baroud & Norma S.

of years
matched

- 5 Kelly Partridge & Kelly T.
- 4 Diane Crytes & Linda C.
- 3 Llyle Duchene & Todd S.
- 2 Lorna Charbonneau & Brenda R.
- 2 Greg Enns & William B.
- 2 Sofia Mantcheva & Stéphanie L.
- 2 Mavis Mason & Lois R.
- 2 Adrian Raghunandan & John R.
- 1 Jean Boulay & Joseph O.
- 1 Jayasri Sundaram & Tracey K.
- 1 Jennifer Villamere & Suzanne St. J.
- 1 Neena Kushwaha & Debby A.

August 2006

- 9 Sheila Robertson & Monique P.
- 6 Richard Lee & Philip D.
- 6 Melody Tomka & Alison B.
- 5 Cecilia Pinto & Afza B.
- 3 Ross Laver & Gordon S.
- 2 Carly Sorensen & Abyan A.
- 1 Charles Melnyk & Daniel A.

Chance for Choice

June 2006

- 3 Lisa Clark & May B.
- 3 Jean Dlouhy & Vena S.

July 2006

- 5 Dianne Pritchard & Lillian W.

August 2006

- 3 Yolla Baroud & Imelda W.
- 3 Jana Trembinski & Lillian B.

Group Advocacy Project

May 2006

- 2 Pam Sawyer & Christian Horizons

August 2006

- 3 Samuel Getachew & Albion Group Home
- 3 Trevor Cummins & Foyer Partage

A learning experience with Citizen Advocacy

By Brian Oelberg

I am in the final stage of a Masters of Social Work program through McGill University, and have just completed a twelve-week field placement at Citizen Advocacy. As an agency mandated to provide support for individuals living with disabilities, this gave me the opportunity to learn more about an area of social work that I have had very little experience with. I hoped I would learn about disability issues and how Citizen Advocacy functions to enhance the lives of those involved.

In these three months, I have come to realize the extent to which Citizen Advocacy enhances the lives of those with a disability. Some individuals living with a disability may have become estranged from family and friends or may never have had very positive support from others around them. Many individuals with disabilities have limited support from paid professionals in their lives. The quality of contact with someone paid to spend time compared to the companionship of a friend can be expected to be quite different. By being matched with a volunteer advocate, protégés have the opportunity to reconnect with their community and receive the type of companionship and friendship that they may not otherwise have. The experience of being matched can be mutually rewarding for the protégé and advocate. Both are given the opportunity to learn about each other and through the experience share a bond and enrich their lives.

I was able to meet with a number of protégés, both individuals who are already matched to an advocate as well as those waiting to be matched. Through this experience my eyes have been opened to what it must be like to live with a disability. It has also been made abundantly clear how beneficial and positive it can be for protégé to be matched with someone who cares and who wants to spend time getting to know them and

enjoying their company. The contrast is being isolated and separated from their community.

My experience as a student social worker has been greatly enhanced by being given guidance and support from the knowledgeable and caring staff. This has been instrumental in helping me understand the scope and role of this organization in the community. I have enjoyed learning the role of a social worker within Citizen Advocacy.

Designating your United Way donation

This year the United Way/Centraide campaign launch will start with a breakfast at the Ottawa Congress Centre on Thursday, September 15 and the achievement celebration will be on Tuesday, November 28. We hope that you will participate and be a hero in someone's life.

You may choose to allocate your donation to Citizen Advocacy of Ottawa. The process is very easy. In the section of the United Way pledge card that allows you to designate your donation to any registered Canadian charity, write our full name, Citizen Advocacy of Ottawa, and charitable business registration number: 13036 2817 RR0001. United Way will take care of the processing and allocation. Your Employee Campaign Manager will be able to explain the process. If you have any questions, please feel free to contact Citizen Advocacy at 613- 761-9522.

A heartfelt thank you to everyone who has designated their United Way contribution to Citizen Advocacy. The names attached to directed donations are not available to us under current United Way/Centraide privacy regulations. We may not be able to personally thank this important group of supporters, but we know you are out there and are most grateful for your consideration.

Thank you!!!

Social activities

Thank you to everyone who attended the following social activities. We hope you had fun!

Protégé Movie Day

by Thony Jean-Baptiste, Social Worker

On Saturday, May 27, 21 participants attended the Movie Day at Citizen Advocacy. This event offered protégés the opportunity to get together and watch “The Other Sister,” a romantic comedy, starring Juliette Lewis, Diane Keaton, Tom Skerritt, and Giovanni Ribisi.

It was a pleasant afternoon where everybody could have a great time, laugh, talk and express his/her satisfaction during the short period of discussion that followed the movie. It was a fun occasion for the protégés to get out and have an enjoyable discussion. There was a unanimous decision to hold another movie day in the future and a lively discussion on whether the next one should be an action movie, while others put emphasis on a romantic one. A participant, who is getting married in September, declared during the discussion: “I really like the movie because it is going to be the same for us”.

Visit to a fire station

by Avril d’Silva, Advocate and
Social Activities Club member

June 10, 2006 arrived a bright, sunny day but accompanied by chilling winds. The Social Activities Club with Citizen Advocacy staff had arranged an opportunity for matched advocates and protégés to visit Fire Station No. 11 on Preston Street.

All of the members of the fire station team who were on service that afternoon came out to extend a very warm. The senior officer introduced us to his staff and gave us a brief explanation of a fire station. Then we separated into two groups and went off in different directions for a tour.

The first area was the Dispatch Room where they demonstrated how the first 911 or fire calls come through. They actually performed a mock demo,

and, folks, the alarm is so loud it shakes you alert in seconds! We got to see the room in which the firefighters dress in their equipment, the infamous shiny fire poles on which they slide down (no demonstration sadly) from their sleep areas above, the oxygen tanks that they carry on their backs when entering into burning fires, the masks and special communication instruments. They took us to the fire trucks and opened up all the nooks and crannies where life-saving equipment, like axes, saws etc., are stored compactly.

One match in our group were adventurous and got fully dressed in a firefighter’s uniform. It was even more touching to see the firemen help the protégé into the fire truck. To see her happiness sitting in the driver's seat of this huge fire truck was awesome!

We were advised at the beginning of the tour that should a fire or emergency call come through, we would have to quickly move out of the way and leave the area in an orderly fashion, as the staff would then have to report to the call immediately. Thankfully there was no call that afternoon which made our tour an interesting experience.

Firefighters are truly amazing people, to be able to make a career choice risking their own lives in order to save others is a noble calling.

A big thank you to the firefighters of Station No. 11 for giving us all this wonderful opportunity and making it an afternoon to remember.

Disability Travel Card

The Easter Seals/March of Dimes Disability Travel Card allows an attendant travelling with a person who has a permanent disability, to travel at no cost on participating motor coach busses and Via Rail.

Only persons with a permanent disability who require a support person when travelling can apply for the card. Terms and conditions apply. The application form and regulations can be found at www.esmodnc.org, or call your Citizen Advocacy social worker at 613-761-9522 for information.

Educational events

Thank you to the speakers and everyone who attended these recent Citizen Advocacy training opportunities.

Budgeting

On May 10, 2006 an education evening focusing on budgeting was held at Citizen Advocacy. The invited speakers were Chantal Johnson from MoneyWise and Maurice G. representing protégés from Citizen Advocacy. As a bonus Mary Pickard, from MoneyWise, and Claire Black, from the Independent Living Resource Centre, were also in attendance in a supporting role.

This was the first education evening attended by both advocates and protégés and the 48 people who came to the meeting were a testament to the importance that both placed on the evening's topic. The atmosphere was one of animation with much interaction between the speakers and attendees. Feedback obtained from the audience indicated clearly that the evening was a success with most people finding the questions and answers, as well as the resulting discussions, very helpful. Many thanks to those who participated in this event.

Dementia

On June 7th, June Kemp from the Alzheimer Society of Ottawa gave a most informative and very practical presentation on dementia to advocates. She explained briefly the various types of dementia, the effects of dementia on individuals, and things to keep in mind when being with someone with dementia. For example, she explained

- how dementia can affect a person's senses; how this, in turn, can affect how they experience everyday things; and how we can be sensitive to this and know how best to approach them;
- how memory mechanisms can be affected, and how we can best respond if people with dementia are remembering differently from the way we see things.

The presentation was excellent and we hope to be able to do this again in the future, as many of us

who have aging protégés or family members of our own, or who are ourselves aging, could learn much. Please let us know if you would like us to do this topic again next year.

Upcoming workshop: How to vote

You are invited to join us for the next educational evening which will be held on **November 7, 2006**. This evening will offer information and guidance to explain the voting process so you can exercise your right to vote in the City of Ottawa municipal election on November 13, 2006. An information flyer will be distributed close to the event date.

Supported Volunteer Program for People with Physical Disabilities

By Kim Kilpatrick, Volunteer Ottawa

Hello! I am the Coordinator of the new Supported Volunteer Program for People with Physical Disabilities at Volunteer Ottawa. This program is for people with mobility and/or sensory disabilities. I will help people with disabilities find the right volunteer positions in the community; educate organizations in the community about the great talents of volunteers with physical disabilities; and conduct focus groups and workshops in the community.

I have been a volunteer in many capacities since my teens and feel very passionate about volunteering, and about people with disabilities having volunteer opportunities. I have been totally blind since birth and have a guide dog named Gia, who is a female golden retriever. When I am not coordinating volunteers, I am a Music Therapist and a storyteller

I feel very strongly that people with disabilities are a huge untapped resource to managers of volunteers and I am very much looking forward to seeing this program grow and flourish. Thanks to the Ontario Trillium Foundation for the grant to run this program. To contact me please call (613) 736-5266 ext. 227 or by e-mail at kim@volunteerottawa.ca.

Donors, Sponsors and Supporters

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

Event tickets

Many thanks to the **Cumberland Lions Club** for providing complimentary tickets to the Melody of Music XXV, held in August. Donations to community events are very much appreciated as they enable matches to benefit from the various activities in and around the Ottawa area.

Evening in the Maritimes

Corporate Sponsors

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Everyday Champions

In this issue, Citizen Advocacy is pleased to introduce you to Chris Walters, Board Member and Volunteer Advocate, and Avril d'Silva, Volunteer Advocate. We hope you enjoy meeting these Everyday Champions.

Chris Walters was born and raised in Toronto and spent his summers at the family cottage in Haliburton on Lake Kashagawigamog (say that three times fast), where he still escapes to now and then. His first summer jobs were at lake resorts washing dishes and tending bar – two skills that have served him well to this day. In 1987, he graduated from the University of Western Ontario with an English and Political Science degree and worked as a gopher (as in “go-for this, go-for that”) at Toronto’s Saturday Night magazine where Canada’s literary greats – Robertson Davies, Margaret Atwood and Mordecai Richler – would occasionally pass by his cubicle.

In 1990, Chris went to England to obtain a Masters degree in International Relations and had the good fortune to visit a L’Arche community in France as the guest of Pauline Vanier, the widow of Georges Vanier, Governor General, 1959-1967.

“The experience really made me appreciate and respect people living with disabilities and at the same time I became a believer in the benefits of helping others – ‘little L’Arche miracles’ – that Mme. Vanier said she witnessed everyday,” he says.

Not deterred by the wet weather, Chris ended up staying in England for nearly 10 years. In London, he started up a monthly newspaper for Canadians living overseas and found work as a public affairs officer for the Commonwealth Secretariat which occasionally took him to exotic places like Papua New Guinea and Zimbabwe. He also had the honour to meet Trevor Huddleston, Desmond Tutu and Nelson Mandela – some of the great names associated with the anti-apartheid movement in South Africa. An avid swimmer, Chris volunteered for many years with Pimlico Puffins, a weekly swimming group for people with disabilities.

Chris left England in 1999 to take a job in communications with the federal government and now works at Foreign Affairs and International Trade Canada. He settled near Main Street in Ottawa East, which was ideal for him because he likes to walk or bike wherever he can. Volunteering with Citizen Advocacy was a great way for him to feel a part of his adopted city. And it was his love of bicycling which made him a natural fit for Réjean R., with whom he has been matched as an volunteer advocate since May 2004. Réjean also loves to bicycle and the pair often spends the summer evenings bicycling around, hanging out at coffee shops, or taking trips to the movies.

Chris was nominated to the Board of Directors of Citizen Advocacy in 2005 and has sat on the Strategic Planning Task Group.

Avril d'Silva

By Judy J., Protégé

Avril and her family of four hail from Bombay, India. Having spent several years globe-trotting, working in Moscow, Russia and in Muscat, Oman they have finally settled down in Canada. Being passionate about family and wanting to give back to the community, Avril joined Citizen Advocacy in February 2003, and we were matched in December of that year.

The first thing I learned about Avril is that she loves to cook; and I love Chinese food. Periodically Avril comes over to my place and cooks up enough Chinese food to fill my freezer for at least two months. It’s a wonderful treat when I get tired of my own cooking!

Avril has a very interesting job at the Ottawa Hospital as the Undergraduate Education Coordinator. She manages the medical students from the University of Ottawa, and other Canadian Universities who visit to study, preparing their rotations, teaching and examination schedules for the year they spend learning at the hospital before graduating as physicians.

*Please see **Champion** on page 11*

Avril has a second protégé, Gloria, with whom she was matched June 2003. In the early days, visiting Gloria at St. Vincent's on alternate Saturday afternoons meant wheeling Gloria around the courtyard on sunny summer days, and up and down the halls during the winter. Now the three of us go window-shopping at the malls and have done several other activities together.

We have been to concerts, seen the famous Royal Lipperzanner Stallions, a circus at Lansdowne Park, and we recently visited a local fire hall along with a group of several other Citizen Advocacy matches.

We love attending all Citizen Advocacy events - especially those with good music and great food. Last year Avril and I attended Evening in the Maritimes. Avril enjoyed the lobster and I danced the night away to good old Maritime Fiddle music.

When my 60th birthday came up, Avril and my friend Phyllis in Hamilton got together via email, unknown to me, and organized the biggest surprise birthday bash I ever had in my life!

I told Avril that I was once married and had a baby boy, and that I wondered from time to time where and how he was. Well, guess what ... Avril got on the computer and found him. My son is now in his 30's and living on the other side of the earth. We email each other frequently. He and his wife have a baby boy and I am now a grandma.

Avril and I also sit on the Social Activities Committee. This committee researches and plans activities for other matches. The goal is to find activities that are free or low cost, such as visiting a museum, shopping, bowling or seeing a movie.

With the support of her boss and family, Avril has been able to juggle schedules and devote time to both Gloria and myself. We have both become an integral part of Avril's nuclear family. Avril enjoys her friendship with us both, each in her own special way. I am blessed to have Avril for an advocate. She has brought a lot of wonderful things into my life, and for all of that I thank her and Citizen Advocacy for a great match.

Celebration of People

Celebration of People 2006 marks the 14th anniversary of the United Nations International Day of Disabled Persons. The Celebration of People Awards honour individuals and organizations in our community who promote inclusion and excellence by their personal or corporate example. Twelve awards highlighting a diversity of achievements will be presented at the Awards Dinner on Thursday, December 5, 2006, at the Ottawa Congress Centre.

You are invited to nominate a friend, colleague, client, employee, or employer who meets the awards criteria, and are encouraged to consider nominating an individual or organization whose accomplishments have yet to be publicly acknowledged. The deadline for nominations is noon, Friday, October 16, 2006.

The Celebration of People Call for Nominations booklet will be available in September. It can be downloaded from www.celebrationofpeople.com, or to request a copy, call 613-761-9796, TTY 613-725-6175 or email info@celebrationofpeople.com

The Celebration of People awards are

- Accessibility by Design Award, sponsored by the City of Ottawa.
- Artistic Excellence Award, sponsored by the National Arts Centre.
- Cathy Kerr Citizenship Award, sponsored by Disabled Persons Community Resources.
- Career Award in honour of the First Lady of Taiwan Wu Shu-chen, sponsored by the Taipei Economic and Cultural Office, Canada.
- Education Award, sponsored by the Rehabilitation Centre of the Ottawa Hospital.
- Employee Award, sponsorship available.
- Employer Award, sponsorship available.
- Hospitality & Tourism Award, sponsorship available.
- Sports Award, sponsored by the National Capital Region YMCA-YWCA.
- Volunteer Award, sponsored by Low Murchison LLP.
- Volunteer Opportunities Award, sponsored by the A-Channel.
- Youth Award, sponsored by the Ottawa Children's Treatment Centre.

Planning for Citizen Advocacy's future

Since she's been matched to her volunteer advocate, Louise's health has become much more stable, she is more positive and focused in her thinking, and she has become more comfortable with her peers.

Joan's doctor told us that, were it not for the support of the Volunteer Advocate, she could not see Joan continuing to live on her own.

Georgia does not have any family, so she is invited to spend every holiday with Rosemary, her husband, and sons.

As you make plans for your estate, consider making a gift that will endure far beyond your lifetime. You can leave a legacy to ensure Citizen Advocacy of Ottawa reduces the isolation of people living with disabilities far into the future.

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

NL_08_2006

Circle one: Dr. M. Miss Mme. Mr. Mrs. Ms.

Name: _____

Address: _____ Apt./Unit _____

City: _____ Province: _____ Postal Code: _____

Telephone Number: (_____) _____ Email: _____

Here is my contribution of: \$25 \$35 \$45 I prefer to give \$ _____

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

Please bill my: Visa Master Card

Card No: _____ Expiry date: _____

Cardholder Name: _____

Signature _____

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 or charged to my credit card.

I am enclosing a cheque marked "void" to begin my automatic monthly donation.

Or you can give over the internet at www.citizenadvocacy.org.



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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 of Ottawa in my will.

We do not sell, trade or otherwise share our mailing lists. If at any time you wish to be removed from this or another mailing, simply contact us by phone at (613) 761-9522 or via email at info@citizenadvocacy.org. Citizen Advocacy of Ottawa is a registered charitable organization. Tax receipts will be issued for donations of \$10 or more. Thank you for your support. Contact us: 312 Parkdale Ave, Ottawa, ON K1Y 4X5.

Citizen Advocacy Annual Picnic

You are invited to join us for a day of merriment, fun, and food. By popular request, we will be returning to the New Edinburgh Park, also called Stanley Park (corner of Stanley Ave and Dufferin Road).

When: September 10, 2006, 11 a.m. - 3 p.m.

Where: New Edinburgh Park, 193 Stanley Ave

The Time-line

11 a.m. - noon

Sign -in

Pick up your Bingo Card

Purchase BBQ tickets



noon - 1:30 p.m.

Picnic Lunch or BBQ

2:00 p.m.

Join in individual or team games and activities or spend time relaxing with friends

2:45 p.m.

Dessert!

3:00 p.m.

Clean-up (all hands welcome)

The Menu

You are welcome to bring a picnic lunch or purchase food from the BBQ.

BBQ Prices

Hamburgers: \$2.00

Cheeseburgers: \$2.25

Hot Dogs: \$1.50

Tofu Dogs: \$1.50

Soft Drinks/Water: \$0.50

The BBQ is available to everyone. Please reserve your BBQ order no later than noon on Wednesday, SEPTEMBER 6th. To place your order, call 613-761-9522 or send an e-mail to info@citizenadvocacy.org!

There are no picnic tables, so please bring a lawn chair or suitable seating. Bring extras and make new friends!

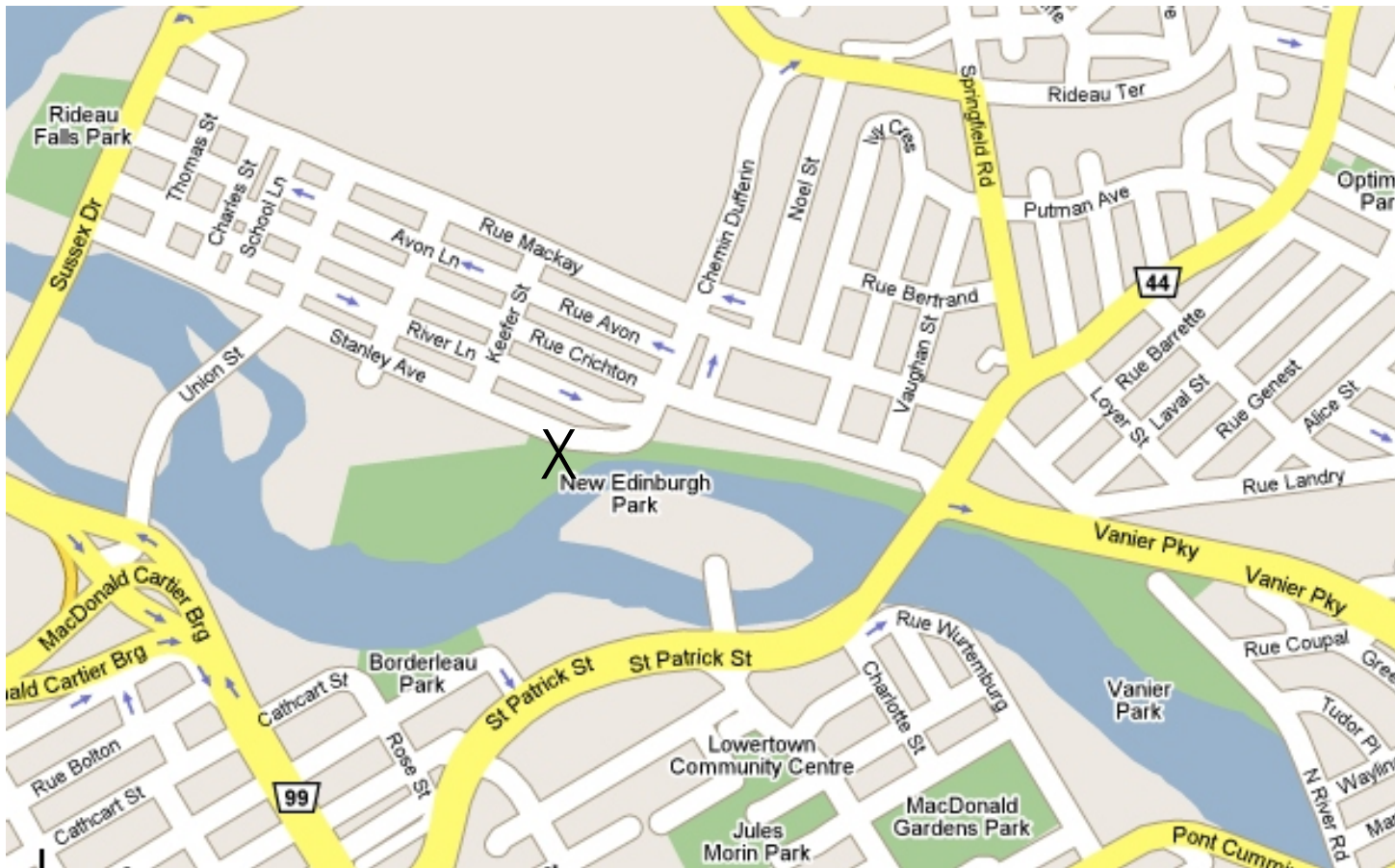
Directions

Access to the New Edinburgh Park (also called Stanley Park) can be obtained at the park entrance on Stanley Ave. There is limited on-site parking, however street parking is free and plentiful!

OC Transpo route #3 stops at the intersection of Chrichton and Dufferin Road (The Vanier Parkway becomes Chrichton Street when it crosses St. Patrick Street). From Dufferin, walk to Stanley Ave, it is the next street. For more detailed directions, check out OC-Transpo's trip planner at www.octranspo.com, click on Travel Planner.

There is NO rain date for the picnic. On September 8, a message will be left on the office answering machine (613-761-9522) confirming the picnic details. If the weather dictates the picnic be cancelled, a new message announcing the cancellation will be recorded no later than 9 a.m. on the morning of the picnic.

New Edinburgh Park
(also called Stanley Park)
193 Stanley Ave



X marks the spot where the Citizen Advocacy picnic will be held on September 10, 2006.

Map from www.maps.google.ca



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Consumer Advisory Committee Volunteer Award

Call for Nominations

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? The Consumers Advisory Committee invites you to nominate him or her for the Consumer Advisory Committee Volunteer Award. The person you nominate could be

- an advocate
- a Board or Committee member, or
- a protégé who volunteers at special events, helping with mail-outs, office work, at special events., etc.,
- a Citizen Advocacy volunteer at-large.

In general, we are looking for that someone whom you think represents the spirit of a Citizen Advocacy volunteer! Nominations must be received at the Citizen Advocacy office by 4 pm, September 29th 2006.

Your Name: _____

Your address: _____

Your Phone #: H) _____ W) _____
Cell) _____

Email: _____

I would like to nominate _____
for the CAC Volunteer Award. (name of person you are nominating)

Volunteer's Phone #: H) _____ W) _____
Cell) _____

Email: _____

Reason(s) for nominating this volunteer

If you require assistance in completing this form, please contact your Citizen Advocacy social worker at 613-761-9522.