



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

# rapport

Winter 2011–2012

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/affilié 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

For many people, December and the holiday season is a time to reflect on the past year's activities, successes, challenges, good fortune, good health, both happy and sad times and the range of relationships we have in our community. We share gifts, glad tidings and memories with one another. We celebrate friendships and for many of us, we have a rich circle of family and friends with whom we celebrate. Our work at Citizen Advocacy gives us pause to think about those who are less fortunate as a result of disability, people who experience more exclusion in life than inclusion, people who feel the impact of some of the greatest "diseases" in North America – loneliness, isolation and meaninglessness. People with disabilities in Ottawa face a number of exclusions, not simply from employment, but from education; transportation; safe, accessible and affordable housing; safety nets and adequate supports and services such as health care.

There is growing evidence that supportive relationships with family, friends and others in our community contribute to better health. Social support networks can help people solve problems and deal with adversity, as well as maintain a sense of mastery and control over their lives. Some experts have concluded that the health effect of social relationships may be as important as established risk factors such as smoking, lack of physical activity, obesity and high blood pressure. This directly relates to the importance of the many

match relationships we have created between volunteer advocates and people with disabilities. The positive impacts of your relationships on reducing isolation and increasing overall wellbeing, health, safety, participation in the community and access to appropriate support services have been confirmed both in literature and in our years of experience with matching programs.

During this holiday season, on behalf of all the Board and staff of Citizen Advocacy, we salute and celebrate the many relationships that have been created through our Everyday Champions, Chance for Choice and Lifetime Networks programs. Thank you for sharing good fortune and your personal gifts. I encourage you to recognize and celebrate your contributions and the impact they make on others in our community.

### A recipe of friendship

By Barb Fowlke, Self Advocacy

Sprinkle softness  
A recipe of thoughts joy and dreams  
Sprinkle kindness with sharing and sweetness  
A recipe of likeness with hope  
Friendships whispers  
A recipe of faith and goodness  
Sprinkle forgiveness with warmth  
A recipe of cheer  
Sprinkle gentleness  
A recipe of wishes with peace  
Friendships echo  
sprinkle smiles of each other

May your holidays be blessed with the happiness and the warmth of others around you, and may you continue to share your blessings throughout 2012.

**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 from December 26, 2011 to January 2, 2012. The office will re-open at 9am on Tuesday, January 3, 2012.

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:** 613- 722-6914  
**In an emergency, please call 911**

## Save the Date! Evening in the Maritimes



EVENING IN THE  SOIRÉE DANS LES  
**MARITIMES**

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

# Thursday May 31, 2012

Hilton Lac-Leamy

**Have you visited the new Citizen Advocacy website?**

**[www.citizenadvocacy.org](http://www.citizenadvocacy.org)**

You may see some familiar faces there!  
Special thanks goes out to Matt Gibson at Flewid for all of his time, effort and patience.

## Celebration of People ~ Célébration pour tous

The 11th Annual *Celebration of People* Awards were presented on December 1st to 13 individuals and organizations that have made a lasting and positive difference in the lives of people with disabilities in our community.

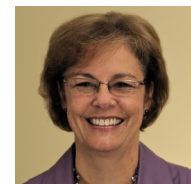
C'est lors de la 11ième cérémonie annuelle *Célébration pour tous*, tenue le 1 décembre, que treize individus et organisations ont reçu un prix prestigieux pour avoir marquée de façon positive et durable la vie des personnes ayant une incapacité dans notre communauté.

### 2011 Recipients / Récipiendaires 2011

Accessibility By Design Award  
*Prix accessibilité intégrale*  
**Jim Middaugh AXS**



Education Award  
*Prix de l'éducation*  
**Ottawa Network for Education**  
— **Kathy McKinlay**



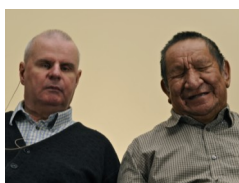
Advocacy Award  
*Prix de la défense d'une cause*  
**Merry Cardinal**



Employee Award  
*Prix de l'employé(e)*  
**Jean-Paul Catellier**



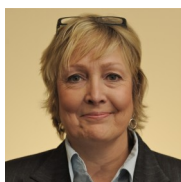
Artistic Excellence Award  
*Prix d'excellence artistique*  
**David Froom & Joe Oombash**



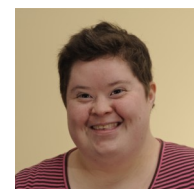
Employer Award  
*Prix de l'employeur*  
**Dave Hobson — Food Basics**



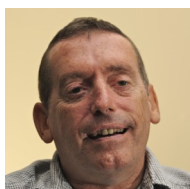
Career Award  
*Prix de l'excellence professionnelle*  
**Traci Walters**



Youth Award in Memory of Susan Meyer  
*Prix jeunesse à la mémoire de Susan Meyer*  
**Anna Coulombe**



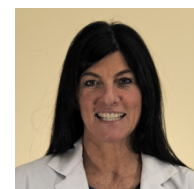
Citizenship Award in Memory of Cathy Kerr  
*Prix du civisme à la mémoire de Cathy Kerr*  
**Randy Romain**



Sports Award  
*Prix des sports*  
**Jacob Mathews**



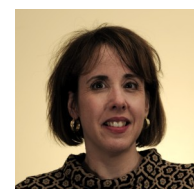
Volunteer Opportunities Award  
*Prix de l'organisation bénévole*  
**Ottawa Hospital P.A.R.T.Y. Program**



Customer Service Award  
*Prix du service à la clientèle*  
**Capital City Condors**



Volunteer Award  
*Prix du bénévolat*  
**Mary Dufton**



In each newsletter, Citizen Advocacy introduces you to a member of the Board of Directors and a volunteer. We are pleased to introduce Nadia Effendi, board member, and Robert Lukshis, volunteer advocate!

**Nadia Effendi** has been a member of the Board of Directors at Citizen Advocacy since May of 2009. When asked what motivated her to join the Board, Nadia said that she wanted to have a direct and clear impact in the community. When a former CA Board Member and colleague of Nadia’s resigned, it opened the door for Nadia to join an organization where she could have the type of impact she was looking for.

Nadia’s involvement with Citizen Advocacy reaches beyond her role as a Board member, she works hard to promote CA’s premiere gala fundraising “Evening in the Maritimes” by encouraging her firm and others in the legal community to support the event as a corporate donor.

Nadia works as a commercial litigations lawyer with Borden Ladner Gervais LLP. Nadia also does a great deal to give back to the legal community by volunteering on several professional associations and helping clients in need. She is particularly proud of her recent contribution to help veterans fight for their disability pension from the federal government. Nadia is also involved on the Board of the Community Information Centre of Ontario, which is responsible for the 211 program.

Nadia went to law school at the University of Ottawa and has also completed some studies in Business Administration in New Brunswick. When asked what Nadia enjoys the most about being involved with CA, she said that she is always struck by how much can be accomplished with very little when you bring together different people from all different walks of life.

**Robert Lukshis** has been a volunteer with Citizen Advocacy for 15 of years. When Robert graduated from university and began his career, he was compelled to help out in the Ottawa community and explored different volunteer opportunities. His first volunteer experience was with the Social Network for Youth, a group that teaches life skills to teenagers with disabilities, which is where Robert first met Tom. Robert then progressed to supporting the Grad Club, part of the same organization, but for older participants, where Robert was matched with Tom as part of a work placement program and then joined him to celebrate his graduation from the program. Later, when Tom became involved with Citizen Advocacy, and his volunteer advocate moved across the country, CA reached out to Robert to reconnect him with Tom – that was in 1996 and they have been matched ever since!

Robert and Tom have had a long-standing relationship. They do all sorts of activities together. Some of their favorite activites include; movies, hockey games, boat rides, bowling and mini-golf. Robert also told us that he really enjoys helping out with the CA summer picnic, especially organizing the social games such as the relay races and the water balloon toss. When asked what he enjoys most about his involvement with CA, Robert said he is inspired by the interaction he observes between the matches and the positive contribution CA makes in the community.

In terms of professional work, Robert is a Project Manager with Allen Vanguard, a company that designs and builds protection equipment for the police and the military. Robert has a degree in Physics and Computer Science as well as certification as a Project Manager. In his free time, Robert enjoys being physically active and likes to encourage others to do the same. Not only is Robert an avid paddle boarder, but he has organized a running group at work, which has gained popularity among colleagues and folks from neighbouring companies.

## Newest Matches

### Everyday Champions

#### AUGUST

Morgan Dierickx & Faezeh K. P.  
Michelle Lauzon-Baptista &  
Kelly-Ann D.  
Tim McCarthy & Jason T.  
François Couture & Jacques B.  
Jennifer Blomqvist & Vivian P.

#### SEPTEMBER

Stuart Laubstein &  
Christopher G.-B.  
Rob Meredith & Ted L.  
Shirin Zarghami & Catherine B.  
Kathi Subramaniam & Bruce U.  
Rima Khurana & Karen K.  
Sabareena Chowdhury & Louise M.  
Nick Therrien & Neil B.

#### OCTOBER

Omar Kazmi & Duc T.  
Kimberley Hyslop & Glenn S.  
Rick Burns & Andy G.  
Judy Threinen & Nancy B.  
Anna Wilk & Anna C.

#### NOVEMBER

Pamela Khoury & Jean-Marie D.

## Everyday Champions



### Advocacy in Action

By Amanda\*, Volunteer Advocate

EVERYDAY CHAMPIONS  
ÉTOILES DU QUOTIDIEN

Melissa\* and I got together as we usually do, for coffee and conversation, when she asked me for assistance with returning a bracelet she had purchased from a national-chain jewellery store. She had been unsuccessful in trying to return it on her own.

In her own account, Melissa has some difficulty with impulse buying as a result of symptoms from an acquired brain injury. She bought this bracelet on a whim paying its cost in monthly installments in order to afford it. Weeks after purchasing the bracelet a friend of Melissa's told her that her bracelet was not the brand-name she thought she had purchased. Melissa was disappointed to learn this and tried to return it, even dealing with the same clerk who sold it to her in the first place.

Melissa's request to return the bracelet was refused when she could not produce her original sales receipt. Melissa told me she remembers wearing the bracelet home from the store and for this reason does not think she was given a receipt, nor could she locate one after an extensive search!

I accompanied Melissa to the jewellery store for a second attempt at returning the bracelet. This time she brought records in the form of the store payment plan that she used as credit to buy the bracelet. Melissa asked me to speak on her behalf. I asked the store clerk to see their return policy. Indeed an original sales receipt was needed and the payment plan documents were not adequate. We learned that in Melissa's circumstance, a customer could exchange an unwanted item or receive store credit in the form of a gift card.

After explaining the details to Melissa and confirming she understood them, she opted to accept the gift card which is valid at any location of the national jewellery store. Although we were able to return Melissa's bracelet she would have preferred to receive cash instead of the gift card. We are currently looking into available options to exchange the card online for another store or have someone give her its cash value.

Certainly this situation could happen to anyone. What stands out for me as an advocate is what Melissa said to me as we left the store together, "Amanda, why did they give you better service than me?" To be honest, I don't know the real answer as I wasn't with Melissa during her first attempt at returning the bracelet. But I said to her "well, I think it is because we are here as a team and when people team up they accomplish more."

*\*Names changed to protect privacy*

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

CA staff invite you to participate in the Ottawa Race Weekend on May 26 & 27, **2012**. 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 18, 2012 at 3:00 p.m. and be eligible to win a prize!



## Real Plans for Real Life



REAL PLANS FOR REAL LIFE  
VOTRE PLAN, VOTRE VIE

When meeting with a person referred to the Real Plans for Real Life program, we like to describe our involvement as a facilitator to that of a taking journey. We take this journey with the person and their family to help them achieve a life they wish to have, and that sometimes this journey can be a very difficult one. One such person we went on this journey with is Amanda, a woman in her late 40's, with an intellectual disability, a psychiatric illness that was untreated for several years, and diabetes. (name changed).

I first met Amanda 4 ½ years ago, when she had just moved into a supervised boarding home. This was a very emotional time for Amanda, as prior to her hospital stay she was living in her own apartment supported by various family members. However, as her family members aged and Amanda's own health needs increased, her support system broke down. She became more isolated and withdrawn from her professional supports and society, and less able to care for herself. She was hospitalized to stabilize her diabetes, and released into the care of a boarding home. Returning to her home was not an option, and this loss of independence was a very traumatic one. Amanda was living in an environment where she had to share her personal space with others, abide by structured meal times with no choice over the menu, respect a curfew, and although she was surrounded by people she felt more alone than ever before.

Through Person Centered Planning, Amanda was able to identify what was important to her, and this did not just include supports within the developmental services sector. Amanda was linked with Meg, a volunteer through the Everyday Champions program, and this match has evolved into a real friendship where Amanda is included in many of the family's activities and outings. Meg will say the emotional support in this relationship is not just one way. People who have experienced Amanda's smile will often comment on how powerful an experience this is and how it's hard to feel down when she is smiling at you. Likewise, Amanda will often identify Meg as one of the people most important to her, and who has greatly reduced the loneliness she was experiencing in her life. Meg supported Amanda through many of the challenges she faced in terms of her housing and her health.

In fact, safe and secure housing seemed elusive for Amanda, as housing providers felt Amanda was a difficult person and non-compliant. For three years and several housing providers, Amanda's need for self-determination and personal choice was often in conflict with the rules of the agency supporting her. Success was finally met about 1 ½ years ago, and today Amanda lives in a supportive housing environment where they respect her independence and her right to make her own choices, even if the choices are not always positive ones. While respecting her choices they are still able to meet her medical health needs. Amanda worked with her supports and the Community Diabetes Education Team to overcome her fear of needles, and is now monitoring her blood sugar levels and gives herself her own insulin injections. Although living a healthier lifestyle is still a work in progress, she is losing weight and walking more, her diabetes is more stable than it has been for several years, and she no longer feels lonely and dependant on others.

Now, a few years after my initial involvement, Amanda would say she has been linked with secure supports and friendships that will help her face future transitions in her life. Although she enjoys calling me on occasion to let me know how she is doing, my services as a facilitator are no longer needed.

### Newest Matches

#### Chance for Choice

##### AUGUST

Nadine Hogan & Shirley B.  
June Hansen & Lucille B.

##### SEPTEMBER

Sufia Nurani & Grace H.

##### NOVEMBER

Robert Mudge & Beulah B.  
Catherine Jenkins & Marg C.  
Melissa Aggerwal & Elsie H.



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





## Match Anniversaries

### Everyday Champions

#### September 2011

6	Lucia Van Oordt & Maria G.
4	Loren Bekeris & Donna Lee H.
3	Katie Tallo & Valery H.
3	Stella Ross & Mary Frances G.
3	Jennifer Scrim & Carly W.
2	Mila MacDonell & Justin Y.
2	Joanna Heath & Caitlin L.
2	Jackie McKenna & Lang T.
2	Jessica Mei Stewart & Linda H.
1	Matthew Norton & Andrew B.
1	Michael Asumang-Birikorang & Martin G.
1	Gillian Simpson & Malinda C.
1	Laura MacLean & Carol L.
1	Sharon Peake & Molly K.
1	Julia Burbidge & Joanne S.

#### October 2011

27	Shelley Ann Morris & Marcella K.
21	Alan Cohen & Lee W.
18	Michael Wall & Steve F.
12	Colin Griffiths & Eddie S.
11	Jeff Ickovich & Paul A.
11	Céline Kelly & Freda W.
10	Richard D'Addese & Robert W.
9	Helen McFarlane & Laura A.
9	Susan Spence & Virginia B.
4	Holly Smith & Corrie M.
3	Aleksandra Minic & Deborah B.
3	Ghislaine Saumure & Christine B.
2	Sylvie Laplante & Claudette C.
2	Barbara Feldman & Anna C.
2	Kevin Clinton & Duncan S.
1	Mike Murphy & Manfred A.
1	Maggie Fondong & Marguerite F.
1	Bruce Jardine & Mark E.

### Chance For Choice

#### September 2011

4	Anna Bilsky & Marjorie U.
2	Megan Hooper & Joyce S.

#### October 2011

3	Yolande Mennie & Vivian C.
2	Pauline Kinsella & Doris K.

#### November 2011

7	Savi Narayanan & Ethel T.
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#### December 2011

4	Julia English & Josephine F.
3	Viviane Asoh & Ron S.

#### November 2011

33	Richard Marion & Maurice K.
23	Christiane Delon & Freda W.
23	Eric Plunkeet & Jeff M.
22	Maggie LeMay & Madeleine H.
11	Grant Johnston & Denise T.
8	Noelle Grosse & Kristen H.
6	Julie Broczkowski & Karyna L.
6	Patricia Bowa & Diane C.
5	Jennifer Acres & Suzanne St. J.
5	Matthew Mason-Phillips & Frank C.
2	Kyla Rafuse & Dana B.
2	Erin Lang & Danielle H.
2	Ivy Liu & Brenda A.
1	Michelle Crook & Brenda Lynn M.
1	Cara O'Connell & Amber W.
1	Meghan Ronson & Cindy W.
1	Shemery Pancho & Krystal W.

#### December 2011

17	Bob Stevenson & Glenn F.
14	Pui Wah So & Christine C.
9	Elaine Butcher & Shannon M.
9	Celine Leblanc and Jacquie St. D.
8	Avril D'Silva & Judy J.
7	Elizabeth Geehan & Shona F.
7	Owen Griffiths & John M.
7	Robert Adolfson & Rocky W.
6	Bill Dolan & Daniel B.
5	Erica Walker & Suzanne H.
4	Bill Gelling and Jacqueline MacDonald & David Hope
2	Anna Bilsky & Veronica A.
2	Milena Gibson & Liette T.
1	Amanda Graham & Pat S.
1	Sally Sleiman & Sonia G.

### Group Home Project

#### September 2011

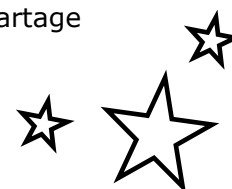
2	Cheri-Ann MacKinlay & Christian Horizons Ottawa 1
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#### October 2011

2	Michael Gendron & ICSS Colonial
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#### November 2011

7	Erin Bateman & Foyers Partage
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## News from the Independent Facilitation and Planning Project

Since the official launch of our service, we have been focusing our efforts on promoting Independent Facilitation and Planning. Our facilitators and our practicum families have been instrumental in getting the word out. They have been educating families by participating in presentations at support group meetings and responding to questions based on their personal experiences.

An inspiring article was co-written with the mother of one practicum family that demonstrates the positive impact planning has had for her daughter Jessie. Check out page 11 in the fall newsletter on the Down syndrome website.

Meetings have been scheduled with numerous agencies, associations and support groups to further raise awareness about this new service. What is most exciting is that we're beginning to get some traction and inquiries from educators who are looking for tools and strategies that will help students continue to move on in life as they complete their final year in high school. What a perfect opportunity for Independent Facilitation and Planning!

### Farewell to Mrs. Cynthia Maxwell (1930—2011)

By: Melody Tomka

If you knew Cynthia, you would end up loving Cynthia. She had a smile for everyone. She made friends easily. Through Citizen Advocacy, I met her for "brekkie" every Saturday morning at a now defunct restaurant in the Elmvale Acres Mall. Cynthia always had many friends at her table and if someone was sitting alone at another table, Cynthia was the first to initiate a conversation. The next week and all the weeks after, that person would be sitting at Cynthia's table, among many other friends. Cynthia was able to make many good and lasting friends, because she stopped, she smiled and she talked.

Cynthia had a "benign tremor", what I call the "Katherine Hepburn" disease. Her entire body would shake constantly, making it impossible for her to write, and very difficult for her to eat. The chronic and constant trembling zapped her energy and tired her out. In her mid-70's, Cynthia underwent brain surgery. Doctors placed a "pacemaker" in her brain to help curb and slow down the trembling. It worked ... for a while. I became Cynthia's letter writer, and through those letters, I met many other friends of Cynthia's from a distance.

Citizen Advocacy introduced me to Cynthia thirteen years ago. I was the advocate and she was the protégé. That didn't last long. We became friends, and for that I will always be grateful to Citizen Advocacy. Cynthia died 81 years young and she went peacefully. I miss her, and I will always treasure the memories.

### Citizen Advocacy Annual Picnic

By Meghan Maack, Special Events & Communications Coordinator

Amazing summer weather + great music + tasty food + over 130 friends = 2011 Citizen Advocacy Picnic!



Protégés, advocates, Board members and CA staff were on hand to sample delicious barbecued hot dogs, hamburgers and veggie burgers, cooked to perfection by Krackers Catering. Games this year included the introduction of the "Toilet Paper Mummy Wrap", the always popular "Water Balloon Toss" and the CA picnic traditions - "Get to Know You Bingo" and the "Guess Jar". CA staff member Paul Soubliere MC'd the event and was helped by our fantastic DJ Peter from Virtronics DJ service. Some attendees were involved in every game and went wild for the "Chicken Dance", while 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.

## News from Lifetime Networks



### Murder on the Menu – What a Night!

The Lifetime Networks Programs first annual Murder on the Menu was a great success. The reviews are in and the guests are raving! The ambiance at the National Arts Centre was classy and refined, a perfect canvas for the Big Time Murder Production Company to work their magic. Guests were treated to a gourmet experience with a delicious four course meal prepared by Chef Michael Blackie. Everyone laughed the night away. Thank you to everyone who attended. You all helped us raise almost \$13,000 for Lifetime Networks!

Special thanks also to:

Speakers: David Hope and Jillian Soame  
Our amazing crew of event volunteers  
Murder on the Menu Planning Committee  
Invesco (sponsor)  
CI Investments (sponsor)  
The Ottawa Citizen (media sponsor)  
RBC (major donor)  
Jorgensen Roofing (donor)  
MBNA  
Individual donors

### Beyond Graduation – A success!

On October 20<sup>th</sup> high school students and their families gathered at Glebe high school for our 3<sup>rd</sup> installment of the Beyond Graduation Workshop. The purpose of this day was to start talking about a very exciting topic, high school graduation. Graduation is an important milestone in a young adult's life. As exciting as it is to graduate it can also be a time of nervousness for students and their families as they anticipate their future. Through discussion, planning, and the support of families who have already been through the transition, workshop participants were able to achieve some guidance as they approach this important milestone. Good luck to all of the future graduates!

If you are a high school student with a disability, or have recently graduated high school, you are invited to attend our next beyond graduation workshop in the spring. This workshop is for both students and parents/family members alike.

Call for details:

Ann Harrison  
Lifetime Networks Program Coordinator  
613-761-9522 ext. 248

### *Is your Lifetime Networks Membership up for renewal?*

Lifetime Networks will be sending out membership renewal forms on the anniversary of your membership. If you are a member be sure to watch the mail for your renewal form. If you would like more information on Lifetime Networks membership please contact:

Ann Harrison, Program Coordinator  
513-761-9522 ext. 248

## 14th Annual Ottawa Celebrity Sports Dinner — October 24th, 2011

Citizen Advocacy of Ottawa was thrilled to be selected as one of the recipient charities for the **14th Annual Celebrity Sports Dinner**, a sold out event that took place on October 24th at the Hampton Inn. A group of 25 Citizen Advocacy volunteers came quickly to the call to fill various volunteer roles.



Volunteer Coordinator Patrice Berdowski sent the following thank-you note:

**I want to thank all of you for your time and energy that you brought to the 14<sup>th</sup> annual Sports Dinner!**

**The event was a HUGE success because of the great volunteers.  
I am honored to have met and worked with such a dynamic group.  
Thanks to everyone who helped!**

Funds raised at Ottawa Celebrity Sports Dinner will be directed to the **Fran Ages Social Outings Club**, a fund that was started by Fran Ages, in honour of her birthday, that is used to provide recreational and social opportunities for individuals with disabilities. Social activities in 2012 will help lessen the loneliness experienced by many family members with a disability.

## Annual Holiday Dinner and Dance

On Sunday, December 11<sup>th</sup>, 270 of Citizen Advocacy’s friends and family came out for the Annual Holiday Dinner and Dance at the Hellenic Banquet Centre. Everyone celebrated the holiday season and enjoyed great company, a delicious turkey dinner with all of the fixings, entertainment by “Elvis” and great dance music provided by James Virgin from Virtronics DJ Service. Thanks goes out to MBNA Bank of Canada for helping out by providing us with volunteer helpers.

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

Many thanks to everyone who helped support this event. Thanks to 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 and her elves” for helping secure many raffle and door prizes. Our turkey donors; The Hampton Inn and Conference Centre, the Hilton Lac Leamy and Tannis Foods. The event would not be a success without the help from all the CA staff and board members who continue to help every year. For a complete list of all donors, please see the *Donors, Sponsors, and Supporters* on page 11.

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

**5 YEARS**

Steve Hick  
 Brian Joynt  
 Gerald Lalonde  
 Michelle Lauzon-Baptista  
 Matthew Mason-Phillips  
 Jocelyne Moran  
 Hiren Prabhakar  
 Marcel St. Jean  
 Drahomira Stehlikova  
 Jenna Elizabeth Swan  
 Chrisy Tremblay  
 Erica Walker

**10 YEARS**

Blaine Chessie  
 Philip Hogarth  
 Helen McFarlane  
 Veronica Petro  
 Cecilia Pinto

**15 YEARS**

Richard Kastler  
 Robert Lukshis  
 Janet Roper  
 Melody Tomka

**20 YEARS**

Sharon Anderson  
 Allan Dolenko  
 Arnie Francis  
 Filip J. Vink

**25 YEARS**

Priscilla Lanois




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### Consumers Advisory Committee Volunteer Award 2011 recipient—Wendy Duross

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

The CAC have selected Wendy Duross as the recipient of the Volunteer Award. Wendy has been involved with Citizen Advocacy since 2003, as a volunteer member of the Evening in the Maritimes organizing committee. Wendy has been Chair of the committee and has also ran the silent auction for the past few years. Under Wendy’s very organized style, the auction raised \$15,040 in 2010 and \$16,875 in 2011! Recently Wendy also volunteered at the Murder on the Menu event as well as the Ottawa Celebrity Sports Dinner. Thanks Wendy for the amazing contribution you make to Citizen Advocacy!

## **Bowl-A-Thon for Everyday Champions**

By Meghan Maack, Special Events & Communications Coordinator

On Saturday, October 15th thirty-one 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, the lowest team score and to the team who showed the "Best Bowling Team Spirit". Participants had fun, raised funds, were physically active and were treated to a loot bag for their efforts.

This was our second Citizen Advocacy Bowl-A-Thon, plans are already being made to hold a third event in 2012! 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. We will be back next year!



## **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:

Absolute Comedy	Invesco	Ottawa Senators Foundation
Auntie Lu Lu's Kitchen	Isabel Marti	Owen Griffiths
Bekkers Pet Care Inc.	It's a Belle Creation	Park Omega
Bella's Bistro	Jane Caskey and Friends	Paul Dewar
Billings Bridge Plaza	Jorgensen Roofing	Paul's Boat Lines
Brymark	Joseph Henry Cutting Boards	Poppa Bean
Caza's Cuisine	Judy Colaneri	Pretty Pots Flowers and Gifts
CI Investments	Justin Trudeau, MP	ProShine Car Wash
Costco Wholesale	Karen Ellison	RA Centre
Delta Ottawa – City Centre	Karters Korner	RBC
Dennise Albretch	Krown Rust Control	Rejeanne Lalonde
Diane Holmes	LeFleche Adventure	Running Room
Dr. Moore, Chiropractor	Lisa Buffam	Saunders Farm
Eco Odyssee	Loblaws – Carlingwood	Snell House Foods
Fil's Dinner	M&M Meats	Sue-Anne Souliere
Giant Tiger	MBNA	Tannis Foods
Gloucester Lions Club	Meagan Middleton	Ta Da Desserts
Great Canadian Theatre Company	Mini Golf Gardens	The Ottawa Citizen
Hampton Inn	Museum of Nature	Thunderbird Golf
Haunted Walks Ottawa	Nathalie Dussault	Virtronics Disc Jockey Service
Hellenic Banquet Centre	National Arts Centre	Xaver Guitars
Hilton Lac-Leamy	New Edinburg Pub	Yasir Naqvi, MPP
	Ottawa 67's	Yuk Yuk's

### **Everyone needs friends!**

If you are a young adult with an intellectual disability who wants friends, this website is for you!

[www.ibelong.ca](http://www.ibelong.ca)

The website features videos, stories, activities, documents, and "Listen Buttons" if you don't feel like reading. L'Arche Canada has created this website due to a need for resources to aid those with intellectual disabilities to learn about and form satisfying, mutually enriching friendships. Take a few minutes and visit this new and exciting website!



**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: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**NL\_12\_2011**

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

Card #: \_\_\_\_\_ Expiry date: \_\_\_\_\_

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**  
**parrainage civique**

- 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

