



citizen advocacy
parrainage civique

Rapport

Summer - Fall 2004

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

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

The tenth edition of *Evening in the Maritimes ... a record breaking event!!!*

by Pat Parker, Chair, Organizing Committee,
President of the Board of Directors and Advocate
and Barry McKenna, Evening in the Maritimes founder

Anniversaries are for celebrating and this year's edition of *Evening in the Maritimes* was an occasion worthy of a grand celebration: ten amazing years of "FUNdraising"!

It started with a casual remark over dinner on June 20, 1994. The diners were CA Social Worker Jackie McKenna and her husband, Barry. The meal was a five-course affair with seafood chowder, mussels, lobster, potato salad and rhubarb crumble. The venue was St. Ann's Church basement in Hunter River, Prince Edward Island.

About a year later (May 24, 1995 to be exact) close to 500 people gathered in the Aberdeen Pavilion to enjoy the same meal and to be entertained by the Irish Descendants from Newfoundland. With help from nine people from St. Ann's and more than 100 Citizen Advocacy volunteers, the first *Evening in the Maritimes* raised \$4,500. From its inception to the latest and greatest event where more than \$85,000 in profits have been realized, Citizen Advocacy's signature

fund raising event has remained true to its theme: raising funds through an evening of down-east fun, food and entertainment.

The tenth edition broke several records

- largest profit ever (\$85K+)
- more people in attendance (823)
- largest sales of corporate tables (43)
- largest individual sales (355)
- best revenues generated by the Silent Auction and Raffle (\$24,000), and
- best dance floor ever, energized by the toe-tapping tunes of Slainte Mhath.

Please see *Maritimes* continued on page 6

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Pictures of your match

We often use pictures of matches in promotional materials, slide shows and more... Do you have pictures of the two of you engaged in silly antics, playing sports, or just hanging out?

Digital photos can be emailed (in the highest resolution possible, please) to Heather Badenoch, at hbadenoch@citizenadvocacy.org. Photographs which are not electronic can be mailed or dropped off at the office to be scanned and returned..

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

Suggestions and submissions for publication, as well as questions and comments of general interest are invited and should be sent to the attention of the Editor - Rapport. Submissions may be edited for length and content at the discretion of the agency.

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This newsletter is written and produced by volunteers and staff members of Citizen Advocacy.

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Thank you for your United Way designated donation

We would like to take this opportunity to thank everyone who designated their United Way contribution to Citizen Advocacy. The names attached to directed donations are not available to us under current United Way/Centraide regulations, so we are not able to personally thank this important group of supporters.

From the Board of Directors, staff, matches (including all of those going through the match process), and all of the volunteers involved in fund raising activities, please accept our **thanks**.

This year the United Way/Centraide theme is **Invest in Hope**. The campaign launch will be held on September 24th and the achievement celebration will be on November 30th.

If you have made the decision to allocate your donation to Citizen Advocacy of Ottawa, 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. For the “do-it-yourself-er”, the procedure is very simple; just complete 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) on the sheet. United Way will take care of the processing and allocation.

CAC Volunteer Award

The Consumers Advisory Committee (CAC) 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 CAC Volunteer Award, please use the nomination form enclosed with this issue of *Rapport*.

Advocacy in Action

Editor's note: This column is most often written by an advocate, however the article below submitted by match partners Jennifer Guth and Mireille D. truly embodies the "Advocacy in Action" spirit. It was written in response to Heather Badenoch's article, "Why so modest?" published in the Winter 2003-2004 issue of *Rapport*. If you don't have a copy of that issue, feel free to visit Citizen Advocacy's website at www.citizenadvocacy.org and download a .pdf version.

"Why So Modest" - a response

By Jennifer Guth, Advocate, and Mireille D., Protégé

HB: Citizen Advocacy volunteers do wonderful things. Talk about it!

J&M: Last summer, my advocate and I went on a guided tour of the gardens at Rideau Hall. There were only two other people with us. The tour was 1.5 hours and worth the visit!

HB: Many people say, "I'd like to volunteer, but don't know how to spend time with a person with a disability". This perception is one of the top barriers to volunteering.

J&M: It is very hard to overcome this kind of barrier, especially when many of us have gone through life aware of persons with disabilities, but were unable to help them at that time in their lives. When you volunteer, you become a friend - automatically! - to a person with a disability. And that's a big help to them!

HB: From what I hear, many protégés say that they spend quality time with their advocates.

J&M: Amongst the two of us we always find things to do together that do not cost a lot of money. Even just getting together and talking about our families and our interests.

HB: Share simple stories and funny anecdotes with friends, family, and colleagues about the time you spend with your protégé.

J&M: This helps break down the barrier when it comes to encouraging others to spend time with a

person with a disability. At the Christmas Party in December 2004, Elvis threw me a blue teddy bear, it landed on my chair. This year we both enjoyed ourselves at dinner and we laughed all the way through "Shrek2".

HB: Talk about your match with people! Let people see this is a person with abilities, interest, hobbies aspirations, and character.

J&M: Last Christmas we saw the Canadian version of the Nutcracker at the National Arts Centre. Ooh what character! I also show Jennifer my drawings that I have done in drawing class she likes them too. But most of all, she tells me that I sew beautiful cloth bags That makes me happy!

HB: Tell them about volunteering with Citizen Advocacy is flexible around work, school, and family. That you make your own hours and pick your own activities.

J&M: My advocate works. No matter what, we get together when we can even for short visits like a cup of coffee or lunch. We also e-mail and telephone each other so that we are never out-of-touch.

HB: Tell them it's rewarding and that you make a difference.

J&M: When we do meet we feel good about the visit. Afterwards we both continue to feel good and that we have made a difference in each other's lives.

Ottawa Renegades "Pack the Park"!



For every ticket purchased to the Ottawa Renegades vs. Hamilton Tiger Cats game on October 30th, \$5.00 will go to United Way.

United Way will be trying to break the record for the highest attendance at a sporting event in the City of Ottawa! For details and ticket purchase information, check out www.unitedwayottawa.ca.

From the Executive Director's desk

By Brian Tardif, Executive Director

The “hazy, lazy, crazy days of summer” are few and far between this summer, not only in terms of our weather, but also with respect to the activities here at Citizen Advocacy.

Citizen Advocacy continues to flourish thanks to the efforts of many people. As you will read in this edition of *Rapport*, there are a number of exciting things happening.

In 2004 we continue to break records with respect to advocate recruitment and the development of new match relationships, and have exceeded many of the goals established in the last multi-year plan.

Although we have reduced the waiting period of protégés wanting an advocate, the number of people seeking the support of an advocate remains at record levels as more and more people approach us for support and assistance.

The 10th Anniversary of our signature fundraiser, *Evening in the Maritimes*, broke a few records (see the article on front cover of this issue of *Rapport*)

We have added a new program at Citizen Advocacy, the Ottawa Resolution Service (the program mandate and description can be found on page 5).

We have instituted a number of educational and informational evenings for matched advocates.

After almost 30 years, the one-to-one matching program, which is the core of Citizen Advocacy, has a new name. In May 2004 we launched the name **Everyday Champions**. This name was carefully developed with the assistance of McMillan and a number of key supporters in the community. It was tested among advocates, protégés, and a wide range of associates and volunteers involved with Citizen Advocacy.

Advocates are champions every day as they share their time and offer friendship and support to the person with whom they are matched. Protégés are champions as they teach us all about the capacities of people regardless of disability. Everyday Champions will accompany the name Citizen Advocacy to provide more clarity to our main program

This summer also saw Citizen Advocacy participate in the highly successful Alcatel HOPE Volleyball BeachFest as a recipient charity. The proceeds from this event will prove very helpful as we prepare to expand our staff yet again in the coming months to support our growth and development.

Long term sustainability remains a key focus of the Board Directors of Citizen Advocacy. To this end, a core group of people have been busy over the summer months preparing for Citizen Advocacy's first ever “Direct Mail Campaign”. Although we have been very fortunate to have the financial support of the United Way, the Ministry of Community and Social Services and the City of Ottawa, the growth in their support is limited and is not increasing sufficiently to sustain our overall program growth.

The coming months include plans for the Annual Picnic, the annual Christmas Dinner and Dance, another information evening for advocates, and the implementation of another Celebration of People to mark the International Day of Disabled Persons, December 3rd. Watch for news about the “In my Shoes” program for the celebration of people and the Awards Dinner and Dance, December 3rd. Check out the www.celebrationofpeople.com website in mid-September for details.

On behalf of the Board and Staff of Citizen Advocacy, thank you for your contributions to our efforts towards enhancing personal choice and community participation for people living with disabilities and making Ottawa a more inclusive community that welcomes and values the participation and contribution of all its citizens, including those with disabilities.

United Way/Centraide Ottawa Ambassador of the Year - Shelley Ann Morris

Citizen Advocacy would like to congratulate Shelley Ann Morris for receiving the United Way/Centraide Ottawa Ambassador of the Year award.

Shelley has been a volunteer with Citizen Advocacy since 1984. In addition to being matched to Marcella K. for 20 years, Shelley has supported the agency through committee work, staffing display booths at community events, voicing our need for volunteers through the United Way Speaker's Bureau and submissions to *Rapport*.

For those who have not yet met Shelley, she is not one to shy away from life's challenges! Shelley doesn't allow her white cane get in the way of climbing all 1776 CN Tower steps every October for the past eight years to support United Way! And being blind certainly doesn't stop Shelly from actively talking to everyone who will listen about her work with Citizen Advocacy, Canadian National Institute for the Blind (CNIB) and the Ottawa Independent Living Centre (OILC).

Congratulations Shelley!!

Ottawa Resolution Service for Adults with a Developmental Disability

A New Program for Citizen Advocacy

By Sheila Robertson, Chair/Facilitator

Over the past few years, the Ministry of Community and Social Services (MCSS) has been making changes in the way services for people with a developmental disability are organized and delivered. One of the challenges has been to find a way to resolve the situations of people who are "falling through the cracks", or whose disability is so complex no single agency can provide the supports

necessary and a solution at the community level is needed..

In the Ottawa area, Citizen Advocacy was chosen to develop, lead and provide a "home" for this service. The *Ottawa Resolution Service for Adults with a Developmental Disability* (ORS) started in January, 2004 and is led by a steering committee consisting of the leaders of six agencies (including Citizen Advocacy) and a provincial government representative. The steering committee oversees the process as a whole, and reviews the situation of individuals that have been referred to see if a resolution process is the best solution.

If a Resolution Meeting is convened, the individual him/herself, family members, advocates and individual professionals and agency representatives as appropriate are requested to participate. The purpose of the meeting is to generate creative and innovative ideas and options, and develop a mutually agreed action plan for resolving the particular problems that a person is facing in obtaining suitable services and supports.

So far the ORS has received eight enquiries and four formal referrals. There have been Resolution Meetings respecting one individual and a meeting for another person is scheduled within the month. The process is a new one, and we expect it will continue to evolve.

The combined experience of the members of the Steering Committee, including the wisdom that Brian Tardif brings as Chair of the "Exceptional Circumstances Committee" (an informal predecessor to this program), has made the development of the process go very smoothly. The steering committee is supported by a part-time Chair/Facilitator (me) who chairs the steering committee meetings and organizes and facilitates the individual Resolution Meetings.

There is a separate, and somewhat different, process for children which is managed from the Ottawa Children's Treatment Centre.

If you have any questions about the adult resolution service, please feel free to contact me at (613) 761-9522, ext 224 or by email at srobertson@citizenadvocacy.org

Maritimes continued from front page

How does one fund raiser continue to be successful and not wear out its welcome with the community at large? Over ten years we have conscientiously reviewed each event and believe we have learned from our mistakes, capitalized on our successes, and continue to be fuelled by the enthusiasm of an incredibly hard-working volunteer committee which, in turn, is buoyed by the unfailing support forthcoming from the professional staff of Citizen Advocacy. Over ten years we have been extremely fortunate to have high profile and generous members of our community serve as Honourary Chairs of this event.

On this tenth anniversary, all past Honourary Chairs participated. We are sincerely grateful to **Ms. Penny Collenette** (Executive-in-Residence, University of Ottawa), **Chief Vince Bevan** (Chief of Police, Ottawa Police Service), **Mr. John Kelly** (Chairman, NexInnovations Inc), **Mr. John A. MacDonald** (President and Chief Operating Officer, Allstream), **Mr. Austin Thorne** (President, Bridges AGT Consulting) and **Mr. Jim Watson** (MPP Ottawa West, Minister of Consumer and Corporate Affairs).

As well as the much-needed funding that the *Evening* generates, the event has raised the profile of Citizen Advocacy immeasurably. Through the event, we have gained significant friends, public awareness and community recognition.

The scope of this event requires ongoing participation from the community and Ottawa's corporate citizens and individuals responded. A large number of corporations support *Evening in the Maritimes* as sponsors or supporters through the purchase of a corporate table or donations to the silent auction and to the raffle. A complete list of these generous companies and individuals is found on Page 7 of this newsletter. In addition, our community reaches out and offers monetary contributions so that Citizen Advocacy "matches" may attend this fabulous evening;

For a second year we must particularly thank our title sponsor, **Sobeys**, as well as our second level sponsors, **Bell** (musical entertainment) and **NexInnovations Inc.**

(pre-dinner reception). These corporations are integral to the success of our event through both their financial support and their participation.

Evening in the Maritimes supports the various programs of Citizen Advocacy: Everyday Champions, Chance for Choice, the Group Home Project and Short-term matching program. This event allows Citizen Advocacy to continue its work in assisting people with a disability who live in our community. Every person who participates in *Evening in the Maritimes*, in any way is, in effect, lending valued support to these worthwhile programs.

We hope to see everyone back for next year's event which is already on our calendar:

Wednesday, May 25, 2005.

To the tireless committee members who share the vision of Citizen Advocacy and know how important it is to our community, please take a bow.

Committee Members

Heather Badenoch	Gillian Brouse
Michele Casey	Diane Cloutier
Isabelle Des Chênes	Wendy Duross
Kevin d'Entremont	Ron Kerr
Dick Lee	Barry J. McKenna
Dianne Pritchard	Brian J. Tardif

With the able assistance of these fine folks, the committee was able to work miracles at the 10th Anniversary of the *Evening in the Maritimes*.

Anna Bilsky	Eric Goodwin
Jeremy Kantor	Edwina MacDonald
Jennifer Nihmey	Neil O'Doherty
Ann Ranson	Frank Reid
Victoria Sunderland	

An honourable mention has to be made to Cheryl Bourgeois who so beautifully dressed the Silent Auction tables!

Donors, Sponsors and Supporters

On behalf of the Board of Directors, Staff, Volunteer Advocates and Protégés, thank you to the following contributors, supporters and sponsors who made the *Evening in the Maritimes* such a great success. With your help this has grown into both a fantastic fund raiser and a major event in the Ottawa entertainment scene.

Corporate Sponsors

Sobeys
Bell
NexInnovations Inc.

Corporate Supporters

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BMW Canada
Caponis Ristorante
Celtic Cross Pub
Cisco Systems Bluesfest
Mayor Bob Chiarelli, City of Ottawa
Classy Image Salon & Day Spa
Davidson's Jewellers
Delta Ottawa Hotel & Suites
EXEL Contracting
Football Canada
Frank Reid
Gamble's Nursery
Ginn Photographic
Glebe Emporium
Grace Johnston
Great Canadian Theatre Company
Great-West Life Assurance
Hockey Country Show
HSBC Bank Canada
Hull, Chelsea & Wakefield Steam Train
Hy's Steak House
Just Imagine Home and Garden Décor
Knock On Wood Communications

Le Cordon Bleu Paris Ottawa Culinary Arts Institute
Le Moulin Wakefield Mill Inn
Lila Nathans
Maggie Fietz
Magic Light Publishing
Majic 100
Malen Framing
Manse Bed and Breakfast
Mastron Mechanical Contracting Ltd.
Max Keeping, CJOH TV
Mike Duffy, CTV News
NAC Orchestra
National Arts Centre
Nexinnovations
Odyssey Theatre
Ottawa 67's
The Ottawa Citizen
Ottawa Congress Centre
Ottawa Folklore Centre
Ottawa Police Service
Ottawa Senators Foundation
Ottawa Tennis and Lawn Bowling Club
Phillipson & Baum Photography
The Power Within
Robert Fontaine, CBC Radio One
Rod Phillips, Ottawa Citizen
Roz Tabachnik
Score Golf Magazine
Shirley McNight
Sobeys
Stepping Stone Inn
StuArt Illustrations
Taipei Economic and Cultural Office
Texas Chop House / Salty's Cajun Kitchen
Tim Deslippe
Tops Car Wash
West End Hyundai
Y Focus Ottawa

Raffle Prize Donors

WestJet
Via Rail
Prince George Hotel, Halifax
Casino Nova Scotia Hotel, Halifax
Westin Nova Scotian Hotel, Halifax

Notes from the (Group Home Project) Advocate Handbook

The Goals of the Group Home Project are:

- ▶ Strive to create a balance that respects and values the professional integrity of the agency while at the same time keeping the advocate directly focussed on the instrumental and expressive needs of the resident;
- ▶ Ensure that Advocates are responsive to the individual needs of the residents (when required);
- ▶ Assist to create a home environment whereby an optimal standard of care is delivered to the resident;
- ▶ Act as an impartial and objective third party to ensure that the resident receives a standard of service delivery that facilitates the highest possible quality of life and human dignity;
- ▶ Provide information that assists in systemic change and policy development;
- ▶ Assist to address the residents' concerns that may include, when required, mechanisms that are designed to achieve problem resolution;
- ▶ Promote awareness and understanding of the resident's quality of life among service providers, families and interested parties;
- ▶ Demonstrate the value of volunteer advocacy support as an ongoing feature of service delivery for vulnerable adults.

Snapshot of the waiting list



Perhaps you know someone who would be a great match for one of these protégés.

Darryl is about 50 years old and lives in a large residence in central Ottawa. He has family in the area, but does not see them very often. Darryl enjoys going to the movies, playing games, baking or going out for coffee. Currently he is working on getting a part time job and has a bus pass which allows him the freedom to get around the city on his own. Darryl is always full of compliments and jokes! Darryl lives with a mental illness, but is doing very well and would like to be matched to someone close in age.

Are you a baseball fan who has a sense of humour and accepts people as they are? Steven is 33 years of age and has learning disabilities. Steven lives in the Kanata-area and is a sports fan, specifically baseball, and would very much like to attend some games with a match partner. Steve enjoys country music, concerts, movies, lifting weights and exercising.

Looking for protégé who is a man's man? Gordon is a married 63 year-old English speaking gentleman who lives in South Ottawa with his wife. He is partially sighted which limits his ability get out on his own. Although he does the grocery shopping for him and his wife (who is blind), Gordon could use some help with this and other tasks. He is a non-smoker and enjoys going out for a coffee and on occasion for a meal. Gordon is easy to talk to and looks forward to a match with the right advocate.

What I learned on my summer vacation

By Neetu Shukla, Office Assistant

I have enjoyed working at Citizen Advocacy this summer. I have learned a variety of skills and gained knowledge that I will surely be able to take on with me in my future. I have had the opportunity to meet some of the most interesting protégés and advocates and they have shared with me some of their most incredible stories.

The Citizen Advocacy team has also been great to work with this summer. They have shown me a perspective on life that I had never seen before. I feel that through Citizen Advocacy I have learnt a lot more than at any other summer job. I have certainly discovered that Records Management is not a career path for me! All the best to Citizen Advocacy in the upcoming Capital Campaign.

Match Anniversaries

Everyday Champions

of years MAY 2004 matched

- 15 George Cook & Rodney B.
- 14 Louise Crone & Margaret C.
- 13 Filip J. Vink & Donald S.
- 8 Elizabeth Hawkson & Debra S.
- 8 Margaret Strycio & Irene B.
- 6 Jody Dixon & Moira F.
- 6 Melody Tomka & Cynthia M.
- 6 Lorraine Trudel & Sharon K.
- 5 Lisa Marie Kovachik & Wanda M.
- 2 Dianne Darch & Ruby S.
- 1 Nancy Ogden & Katie P.

of years JUNE 2004 matched

- 16 Catherine Frey & Claudette L.
- 13 Sharon Anderson & Kathy B.
- 13 Arnie Francis & Ernie S.
- 10 Margaret Watson & Angela D.
- 9 Veronica Langelier & Pierrette P.
- 7 Stacey Norris & Dennis F.
- 7 Beverley Galenzoski & Margo L.
- 3 Alice Bell & Diane R.
- 2 Joe Diamond & Chris M.
- 1 Chris Andrews & Ken H.
- 1 Avril D'Silva & Gloria S.
- 1 Marie Gwilym & Françoise G.

of years JULY 2004 matched

- 12 Anna Bilsky & Ruth T.
- 12 Allan Lewrey & Michael C.
- 11 Marie Charron & Lucille L.
- 8 Elsbeth Fallak & Nancy V.
- 8 Robert Lukshis & Tom S.
- 7 Paule and Jose Sacroug & Jean-Guy M.
- 5 Kathleen Buckley & Olivia L.
- 4 Priscilla Lanois & Barbara W.
- 3 Yolla Baroud & Norma S.
- 3 Kelly Partridge & Kelly T.
- 2 Diane Crytes & Linda C.
- 1 Llyle Duchene & Todd S.
- 1 Reshna Kishnani & Phillipa P.
- 1 Wasiem Shehzad & Gerry L.

of years AUGUST 2004 matched

- 14 David Moore & Clarence H.
- 7 Sheila Robertson & Monique P.
- 4 Richard Lee & Philip D.
- 4 Melody Tomka & Alison B.
- 3 Cecilia Pinto & Afza B.
- 1 Will Eros & Mark G.
- 1 Jennifer Guth & Mireille D.
- 1 Sunita Joshua & Suzanne H.
- 1 Ross Laver & Gordon S.
- 1 Tammy McIntosh & Cheryl F.
- 1 Robyn Wheat & Saskia B.

Chance for Choice

of years MAY 2004 matched

- 1 Linda Stevenson & Sadie K.

of years JUNE 2004 matched

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

of years JULY 2004 matched

- 3 Dianne Pritchard & Imelda W.

of years AUGUST 2004 matched

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

Group Advocacy Project

of years JUNE 2004 matched

- 2 Jessica DiZazzo - Foyer Partage

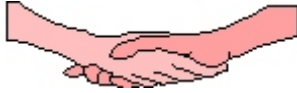
of years JULY 2004 matched

- 1 Julia Hsin - Foyer Partage

of years AUGUST 2004 matched

- 1 Samuel Getachew - Foyer Partage
- 1 Trevor Cummins - Foyer Partage

Newest Matches



Everyday Champions

APRIL

Gopal Mohan & Yves B.

MAY

Chris Walters & Réjean R.
Jayasri Sundaram & Cindy J.
Jeff Snyder & Mohammed P.
John Dryden & Mohammed P.
Reshma Kishnani & Cassandra U.
Wan Jayathilake & Joey L

JUNE

Ashleigh Fortune & Brenda L. M.
Greg Enns & Tony H.
Lori Tanner & Lesley C.

JULY

Lorna Charbonneau & Brenda R.
Greg Enns & William B.
Huguette Jean-François & Louise F.
Huguette Jean-François & Michele F.
Sofia Mantcheva & Stéphanie L.
Mavis Mason & Lois R.
Adrian Raghunandan & John R.
Marvin Zalman & Ron T.

See you 'round

By Jennifer Murakami

My four months at Citizen Advocacy have passed really quickly. It seems like just yesterday I was writing an article to introduce myself, and the Canadiens were still in the playoffs. Now, my placement is over and my beloved Habs have spent the summer golfing with the Sens!

I really want to thank everyone who made this placement an incredible learning experience for me. Over the summer, I have met a lot of terrific people and I have packed a lot of learning into the past four months. My experience has helped me as a social worker and a person.

I look forward to seeing everyone at CA events in the future. I'll be the one wearing the Montreal Canadiens sweater - yes, I am obsessed - and with the giant belly - yes, I am pregnant, yeah!

Thanks again, and take care.

Red hots, popcorn, peanuts ...



Joe Diamond and Chris M. enjoy the United Way/Centraide Day at Lynx Stadium. A big thank you to the Ottawa Lynx, United Way/Centraide and everyone else who made attendance possible!!

Citizen Advocacy of Ottawa

NEEDS YOU!

Do things you enjoy with someone new ♦ Set your own schedule
Develop new skills ♦ Know that you are helping

TEL: 761-9522

Support to people with disabilities ♦ A United Way agency