



citizen advocacy  
parrainage civique

# Rapport

Spring 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.

## Citizen Advocacy celebrates highest number of active matches in 31 year history

By Heather Badenoch, Community Relations and Resource Development Officer

In our 31 year agency history, Citizen Advocacy has supported more than 1,000 people with disabilities in a match relationship. Over the years, matches have started and matches have [sadly] ended. Still, we're always tracking how many matches are currently active. We're always aware of how many volunteer advocates are matched to protégés *right now*.

On March 20, social worker Jackie McKenna matched Volunteer Advocate Alan Acton to Ben D. This was a milestone match, bringing us to an all time high of 200 currently active matches!

Alan and Ben have now been matched for a few weeks and have gotten together three times. Together, they have been for a walk, to the movies, and to a 67s game.

Ben is 28 years old and had been on the waiting list for a volunteer advocate since February 2001. He is pleased about his match to Alan. "Things are going good", says Ben. "He's a cool guy. I like him because he's a safe guy. He's safe with his car.

I really, really, really trust him". When asked about future outings, Ben said "I'd like to take him to the gym on Elgin". "I like that street and it's a nice area. I'm going to take him on a tour".

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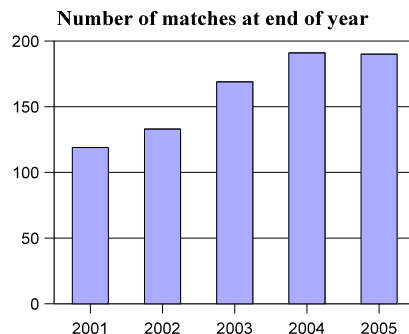
This newsletter is written and produced by volunteers and staff members of Citizen Advocacy.

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Heather Badenoch  
Erin Bateman  
Judy J.  
Mary Shay

*Citizen Advocacy celebrates* continued

“He’s a great guy”, says Alan, the volunteer advocate, a Financial Consultant. “It’s more like two buddies getting together – not like an obligation”.



On April 10, there were 203 matched advocates and 214 matched protégés. There are more matched protégés than advocates

because some advocates are matched to all the residents of a group home, and because several advocates are matched one-on-one to more than one protégé.

## Dates to remember

### 2006

- April 14-17 - Office closed for Easter weekend.
- May 6 - Match event: Bowling at the RA Centre.
- May 10 - Advocate Education Evening: Budgeting.
- May 22 - Office closed for Victoria Day.
- May 24 - Evening in the Maritimes fundraiser.
- May 27 - Protégé Movie Day.
- June 7 - Advocate Education Evening: Dementia.
- June 10 - Match Event: Let’s visit a firestation.
- July 3 - Office closed for Canada Day.
- August 7 - Office closed for civic holiday.
- September 4 - Office closed for Labour Day.
- September 10 - Annual Picnic.
- November 13 - Office closed for Remembrance Day.
- December 5 - Celebration of People Awards Dinner.
- December 10 - Holiday Dinner and Dance.

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@seoche.on.ca](mailto:stephaniee@seoche.on.ca)

# Advocacy in Action

By Judy J., Board member, Protégé

This column is most often written by an advocate about volunteering with Citizen Advocacy. This month, however, we are pleased to share with you the speech that protégé and Board member, Judy J. used when making appearances representing Citizen Advocacy as part of the United Way Speakers' Bureau.

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How would you like to be a part of an organization that refers to its clients as Everyday Champions? That organization is Citizen Advocacy and it is funded by United Way.

One of the things that Citizen Advocacy does is to match volunteer advocates with people with a disability for friendship and support, if needed.

First I will tell you about my disability. It is a visual disability. I have some difficulty with depth perception which means not being able to judge accurately where things are in space. Because of this disability I cannot drive a car or ride a bicycle.

You can't see my disability. I can't see it either. But sometimes you can see its results. For example: When I was a teenager I was asked to "pour tea" at a family wedding reception. Now get the picture, a fancy silver tea pot loaded with hot tea, a teeny weeny cup and saucer and a pourer with poor depth perception. A recipe for disaster. Well, I poured, I missed the cup, and the tea sloshed all over the fine white linen table cloth and ran down onto the laps of the distinguished guests. Needless to say I did not feel like an Everyday Champion. I felt more like leaving town.

Now about Citizen Advocacy. The first thing they did was to match me up with a volunteer advocate as a part of the Everyday Champions program. My match, her name is Avril, is a very supportive friend to me and we attend many activities together. She is also a great cook and she knows I love Chinese food.

But one day Avril did something very special for me. I told her that I had been married and had a baby boy, and after the marriage failed I lost contact with my son, and didn't know where he was.

Well Avril being the efficient person she is, got on the internet and she found my son. Would you believe, my son is on the other side of the earth, and Avril found him. Now my son and I email each other and his wife just had a baby boy. And my son and his wife asked me for suggestions as to what to name the baby.

But Avril didn't stop there. When my 60th Birthday came up, Avril and one of my friends got together and gave me the biggest Birthday bash I ever had in my life. All my friends were there, and there was enough food to feed an army. I got lots of loot, I mean gifts.

And as a result of that Birthday party my friends all know each other and they all know Avril. We all do things together. For example, when my friend Phyllis comes to visit me from Hamilton, Avril invites us both over for dinner. When Avril and I went to the circus, my friend Ainslie, who likes animals, also came along. It is like I am part of a large community of friends now.

And that is how I see Citizen Advocacy – a community of people who care about each other. There address is 1 Community Place. As a community we all get together, staff, board members, advocates and protégés – and we all have fun! There are summer picnics, Christmas parties, volunteer recognition night and of course, Evening in the Maritimes, where we all get to eat lobster.

As I get more involved with Citizen Advocacy, I am beginning to have what I feel is a very accurate perception of how the organization works. They don't "see" disabilities. They see people, and people come with special gifts and abilities. Citizen Advocacy is very good at tapping into what people, even those with disabilities, can do.

*Please see "Advocacy" continued on page 4*

*“Advocacy” continued from page 4*

For example, somehow they found out, (I think Avril told them) that Judy knows “about every activity and event in Ottawa that is free”. And I do. When you are on a Disability Allowance you look for all the freebies you can get.

So now there is a social committee where Avril and I and other matches get together with a staff person and we are making a monthly calendar of free events in Ottawa that other matches can attend.

Yes, Citizen Advocacy has given me the gift of recognizing something that I do well and the opportunity to use that knowledge to benefit others. That is a real gift.

And they never once asked me if I could pour tea. Instead they invited me to be on their Board of Directors. And now here I am, standing here on behalf of United Way, speaking to you and I really do feel like an Everyday Champion.

Thank you!!

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## **Ten digit phone dialling mandatory as of June 2006**

By June 17, 2006, all residents of Ottawa and Gatineau will be required to dial the area code as well as the seven digit phone number - ten digit dialling. This move affects the regions served by area code 613 in Ontario and 819 in Québec.

Not sure if you need to dial ten digits? Visit [www.dial10.ca](http://www.dial10.ca). Check out the “Checklist for programming” section to ensure you don’t miss updating important equipment (alarm system, fax machine, speed-dial lists, cell phone, etc).

Start communicating your 10-digit number now!

## **Newest Matches**



### **DECEMBER**

Bill Dolan & Daniel B.

### **JANUARY**

Drahomira Stehlikova & Lynn L.

Doreen Goudey & Richard D.

### **FEBRUARY**

Mary-Jane Erickson & Mable M.

Gerald Lalonde & Dan M.

Jocelyne Moran & Erin D.

Peggy Howman & Bo-Ashley B.

Brian Joynt & Jeffrey B.

### **MARCH**

Justin Hick & Mark G.

Hiren Prabhakar & Gerry L.

Marcel Charbonneau & Gerald L.

Claudette Lagrandeur & Jean F.

Lorraine Haddad & Gerda M.

Alan Acton & Benoit D.

Evelyne Borkowski-Parent & Malinda C.

Michelle Lauzon & Marguarita S.

Jenna Elizabeth Swan & Katie P.

Tina Couture & Marc N.

### **An invitation to Protégés**

We are the Consumer Advisory Committee, a group of protégés working for protégés. And we’ve been doing it for ten years.

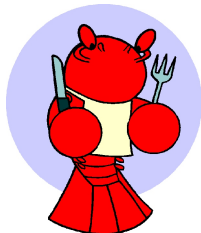
We need new members to bring new ideas and new enthusiasm. Come and check us out!

When? We meet at Citizen Advocacy once a month. Call Andrea Podruski at 613-761-9522, ext 229, for the date of the next meeting.

Come and check us out!

# Evening in the Maritimes - the lobsters are coming on May 24th!!!!

Yes, that time is again almost upon us. Now in its 12<sup>th</sup> year, Evening in the Maritimes has blossomed into one of the city's premiere events. Not only do we serve a terrific lobster dinner with all the trimmings (alternate meal available upon request), we have great entertainment to boot. Back by popular demand are Halifax musicians Evans and Doherty, with Dave MacIsaac as an added feature. Speaking of added features, our new title sponsor, Jost Kaufmann Seafood Corp, will be hosting an Oyster and Shrimp Bar as part of the pre-dinner reception.



We'd love to have you join us for a fun evening of great food and outstanding entertainment. If you can't join us on May 24th (or even if you can), there are other ways to help CA make this the best fundraiser ever. Here's how you can get involved and help:

- ▶ Provide items for the Silent Auction and the Raffle – all donors will be recognized in the newsletter, Rapport, and items of \$100 in value or more will be acknowledged in the Dinner Programme.
- ▶ Sell tickets
- ▶ Obtain Corporate Sponsorships and/or sell Corporate Tables – details are available from the Citizen Advocacy office
- ▶ Volunteer to staff a silent auction table, as a greeter or put your great sales skills to work and sell raffle tickets

To participate in any way, please contact the Citizen Advocacy Office at 761-9522 and leave your name and telephone number for the Committee to contact you or by email at: [info@citizenadvocacy.org](mailto:info@citizenadvocacy.org). Thanks for your help – we truly appreciate it!

## Educational events

Citizen Advocacy would like to thank the three guest speakers who spoke at the Advocate Education Evening on Wednesday, March 1:

- Stephanie Emmons, South-East Ottawa Centre for a Healthy Community (SEOCHC)
- Sharon Singleton, City of Ottawa Essential Health Service, and
- Sherry McKinnon, Ottawa Community Care Access Centre (OCCAC).

A wealth of information was shared with those in attendance.

Stephanie talked about her work with adults with physical disabilities aged 18 to 59, describing their very successful programs, LunchAbility and SociAbility, as well as their caregiver workshop, respite care and cleaning services. More information at [www.communitysupportottawa.ca](http://www.communitysupportottawa.ca).

Sharon spoke to our advocates about the City of Ottawa's connection to the Ontario Works (OW) and the Ontario Disability and Support Program (ODSP) as well as the support that the City of Ottawa can provide to people with disabilities in terms of mobility assistive devices, medical and dental support, family benefits, and personal care supplies. For more information on accessing supplies, visit [www.ottawa.ca](http://www.ottawa.ca), click on the Public Health tab and then Health and Support Services.

Sherry presented information with respect to *in-home services*. OCCAC is the key to services to people who are senior citizens and on a waiting list to receive the services of a nursing home as well as respite care. More information can be found at [www.ottawa.ccac-ont.ca](http://www.ottawa.ccac-ont.ca).

Pizza, cookies, and refreshments were enjoyed during the evening. Much interest was shown in the subject matter of each speaker and the question and answer period active and lively. Be sure to consult Rapport for upcoming 2006 events so you can plan to attend. If you have any questions regarding the guest speakers and their respective community support programs, please call the Citizen Advocacy office at 613-761-9522.

# Annual General Meeting

Citizen Advocacy's Annual General meeting on March 29 was attended by thirty five people. Outgoing President Pat Parker spoke of Citizen Advocacy's activities during 2005, both within the agency and in the community. Highlights included:

- A workshop on elder abuse: The Elder Abuse Puzzle, Where Do I Fit?, and the follow-up consultation, The Elder Abuse Puzzle, What Next?
- A national research project, in conjunction with Beals Lalonde and Associates, regarding housing for people with intellectual disabilities.
- The success of the annual Evening in the Maritimes fundraiser in support of Citizen Advocacy.
- The development of the three year Personal Representative Pilot Project to assist individual who have no family support and will re-integrate into the community from Rideau Regional Centre.
- Another successful Celebration of People Awards Dinner honouring individuals and organizations in our community who promote inclusion and excellence by their personal or corporate example.
- The work of the Board and Staff to develop a new strategic plan covering 2006-2009.
- The completion of new logos for Chance for Choice and the Ottawa Resolution Service.
- The success of Citizen Advocacy in building its capacity to generate revenues.
- The expansion of Citizen Advocacy's office space within 1 Community Place.
- The addition of another social worker to provide support and sustain the growth of Citizen Advocacy's programs.

Brian Tardif, Executive Director, illustrated the work of Citizen Advocacy with a few match stories and spoke to the dedication of our volunteers. Brian also addressed several of the ideas that arose out of the Strategic Plan for 2006-2009.

- Provide more support to children who have disabilities.
- Explore other avenues of funding.
- Explore the need and opportunity for Citizen Advocacy's expansion to Eastern Ontario, including Renfrew, Lanark County, Storemont Dundas Glengarry, and Prescott Russel.
- The responsibility of Citizen Advocacy to develop a role within the Ottawa community to meet the demand for Disability Awareness Education and Training.
- Address the growing problem of elder abuse and seniors with disabilities through the Chance for Choice program.

Guest speaker Rosemary Laurin, Vice-president of Family Service à la famille Ottawa, spoke about the increasing need for nonprofits to look to social enterprise. Social enterprise is earned-income business or strategy undertaken by a nonprofit to generate revenue in support of its charitable mission. ([www.volunteercentre.org/se](http://www.volunteercentre.org/se))

Increasingly nonprofit enterprises are required to find ways to fund capital projects, raise money for infrastructure costs, or simply seek protection from the vulnerability of relying on funders for support. Krackers Katering ([krackerskatering.com](http://krackerskatering.com)) and The Roasted Cherry Coffee House ([roastedcherry.com](http://roastedcherry.com)) are examples of social enterprise.

The 2006-2007 Board of Directors was elected. Outgoing Past-president Diane Cloutier was thanked for her twenty years of service to Citizen Advocacy and presented with a gift certificate to Davidson's Jewellers.

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## Complimentary tickets

Many thanks to the **National Arts Centre**, **Telus** and the **Savoy Society** for providing complimentary tickets to community events. These donations enable matches to benefit from the various activities in our community.

## Help us find an advocate for these waiting protégés

There are currently 178 protégés waiting to be matched to a volunteer advocate. Each newsletter we publish a few profiles in the hopes you will know the perfect volunteer for the one of these protégé.

If you know that perfect someone, please ask him or her to contact Heather Badenoch at 613-761-9522, ext 222, or [hbadenoch@citizenadvocacy.org](mailto:hbadenoch@citizenadvocacy.org). Heather will be happy to explain what Citizen Advocacy does, who we serve and provide dates of upcoming information sessions.

Michael is a 49-year-old Pinecrest area resident who has a physical disability and enjoys sports, bowling, museums, and going for drives.

Eric is a 23-year-old Francophone who lives in Orleans. Eric has a developmental disability and enjoys sports, cinema, bicycling, and swimming.

Janet is a 48-year-old Westboro resident living with depression. She'd like a volunteer who enjoys shopping, swimming, cooking, movies, and theatre.

## Board of Directors

2006-2007

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1st Vice-President/1ère vice-présidente

Cheryl Bourgeois

2nd Vice-President/2ième vice-président

Ted Cohen

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Directors/administrateurs:

Lorna Charbonneau Sam Getachew

Mike Guinta Judy Janes

May Lee Ruth Mellor

Luc Perron Frank Reid

Marta Siemiarzuk Chris Walters

## Keeping the beat

By Erin Bateman, Advocate

For 10 weeks over the last couple of months my match, Dallacy T, and I have attended African Drumming Classes run by the Baobab Tree Society. The 'Roots' class is targeted at 5-8 year olds and Dallacy, though out of that age range, took to it immediately. It involves a combination of drumming, chanting and movement. The instructors were particularly keen to have Dallacy join the class having seen her perform with her dance troupe, Danceability. She has a keen sense of rhythm and no one enjoys dancing and music with a good beat more than Dallacy.

The music that we learned in the class is directly from Ghana. It is music that is performed at a

variety of social events such as weddings, funerals, wake-keepings, baby-naming ceremonies and other community events. Emphasis is on individual expression within a framework of rhythm, song and movement and much emphasis is placed on language. The rhythms of the drums are often spoken phrases, with the best of the lead drummers speaking proverbs. In Ghana, drummers are traditionally expected to be the keepers of history, and share it through the playing of the instruments. The groups sing in the Ewe and Ga languages of Ghana.

One of the highlights of the class for Dallacy was getting to make her own drum, one that she could take home and practice on. Now she can entertain all her friends at her home, Foyer Partage Booth Street!

# Do You Dare to Dream?

By Robert Adolfson, Social Worker

Have you ever wished you could do something that you've never done before, something exciting and maybe even daring?

Well this sense of adventure resides in many people and Marsha G. is no exception. Her wish was to ride on the back of Harley-Davidson motorcycle.

This would not be so unusual were it not for the fact that Marsha is blind, making it a heart-stopping experience. With the help of Marsha's volunteer advocate, Ruth, and a former volunteer-advocate, Ken, her wish came



Marsha's dream

true in September 2005. The weather was cool but Marsha was hot as she sped around the town on the back of the great road bike. What a thrill!!!!

So, what's next on Marsha's list of exciting things to do? Would you believe horseback riding and maybe even roller blading. Go for it Marsha !!!

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## United Way Speakers' Bureau



One component of the annual United Way campaign is the Speakers' Bureau. The Speakers' Bureau is a committed group of volunteers who tell the story of how a United Way program, like Citizen Advocacy's Everyday Champions or Chance for Choice, has affected them. Speakers can be advocates or protégés, or a match together. All of the speakers have seen the difference United Way/Centraide made in their lives and the lives of people they know. They speak from the heart. Thank you to our 2005 Speakers' Bureau representatives.

Llyle Duchene & Todd  
Maya Santoro  
Judy Janes

Noelle Grosse  
Helen McFarlane

# What will we do this week?

The Social Activities Club is pleased to offer the following opportunities for matches to get together. If you would like to join an activity, email [activitiesclub@citizenadvocacy.org](mailto:activitiesclub@citizenadvocacy.org), and list the appropriate activity leader in the subject line.

- Have you ever wanted to visit a fire station? Now's your opportunity. On June 10 at 1 p.m., matches are invited to visit the first station at 135 Preston Street (near Somerset Street). The fire station is on one level and accessible to wheelchairs. 
- Protégé Movie Day - Citizen Advocacy will be hosting a movie day on May 27<sup>th</sup> from 12:30 - 3:30 for protégés who are matched or awaiting an advocate. The movie shown is "The Other Sister" starring Juliette Lewis as a young woman with a developmental disability who wishes to assert her independence. 
- Wednesday Bowling. To join us for bowling, send an email to the attention of Jayasri.
- Shoot pool. On the last Sunday of each month. To find out the exact time and location, send an email to the attention of Llyle.
- Saturday Shopping (occasional). If you want to get together to do some social shopping (window shopping, trying things on), send an email to the attention of Avril.

If you know of any upcoming events or happenings that might appeal to matches, please contact Jackie McKenna 613-761-9522 ext. 230, or send an email to [jmckenna@citizenadvocacy.org](mailto:jmckenna@citizenadvocacy.org).

# Match Anniversaries

## Everyday Champions

### # of years JANUARY 2006 matched

21	Arne Haaland & Norm P.
17	Jonathan Wouk & Glen K.
15	Allan Dolenko & Maurice G.
10	Richard Kastler & Greg R.
8	Bruce Riley & Ted L.
7	Robin Fitzgerald, Charles Singer & Joseph L.
3	Anatole Kornachuck & John D.
2	Robert Killens & Robert W.

### # of years FEBRUARY 2006 matched

4	Fiona Collins & Trudy P.
3	Jennifer Guerra & Nicki B.
2	Mussa Beidan & Jamie S.
2	Emmanuel Oludare & Neil B.
2	Nan Wang & Suzanne B.

### # of years MARCH 2006 matched

11	Linda Griffiths & Ruby Ann N.
6	Georgia Pavlou & Linda G.
5	Blaine Chessie & Gareth P.
5	Veronica Petro & Stefania I.
4	Lorraine Yorke & Anne M.
4	Patricia Parker & Kay R.
3	Josephine E. Perras & Jennifer H.
3	BJ Porter & Sharon R.
3	Maya Santoro & Trisha L.
3	Jake Volt & Lyle M.
3	Margaret Gibson & Linda H.
2	Charles Poirier & Remi R.
2	Viji Sundaram & Rachel W.
2	Sam Hawas & Jack T.
2	Sam Hawas & Ralph G.
1	Glen Russell & Brent C.
1	Chris Petersen & Luc P.
1	Erika Warren & Brenda Lynn M.
1	Kerry Cavlovic & Lisa R.

### # of years APRIL 2006 matched

11	Eric Plunkett & Lesley M..
10	Janet Roper & Suzanne M.
7	Cynthia Throop & Nancy D.
5	Lori Streefkerk & Jane M.
5	Philip Hogarth & David F.
3	Pierre Emond & Michael M.
2	Gopal Mohan & Yves B.
1	Anjané C. Keagan & Diann L.
1	Janice Crawford & Catherine B.
1	Carol Stephen & Madeleine L.-M.
1	Amber Mary Nickerson & Elsi M.
1	Guadalupe Geha & Ana C.

## Group Advocacy project

### # of years MARCH 2006 matched

2	James Murray & TAMIR
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### # of years APRIL 2006 matched

5	Evelyn Mallet & Christian Horizons
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## Chance for Choice

### # of years MARCH 2006 matched

2	Andrea McKay & Elizabeth G.
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### # of years APRIL 2006 matched

1	Kim Nault & Barbara B.
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## 2005 Annual Report

Want to know what happened at Citizen Advocacy last year? The 2005 Annual Report is available at the office. If you wish to have the report mailed to you, please call the office at 613-761-9522, email your request to [info@citizenadvocacy.org](mailto:info@citizenadvocacy.org) or peruse it online at [www.citizenadvocacy.org](http://www.citizenadvocacy.org).

# Joe grew two inches taller!

By Mary Shay

Anyone who knows Joseph Ombash will say that he looks as if he has grown taller and appears more confident since the summer of 2005. Indeed, Joe holds his head up higher, laughs more and when he speaks, it is with purpose. He is a man who knows what he wants and needs. What has made this difference? Today there is someone in Joe's life who is really listening; someone who is not paid to be there. The truth is that Joe's world suddenly became a whole lot bigger and better when Citizen Advocacy matched him with volunteer advocate Jean Boulay.

Joe had previously been matched, but when it ended, Joe went back on the waiting list. For almost five years Joe waited for a new advocate to come into his life. Initially Citizen Advocacy had focused on finding an advocate who shared Joe's First Nations background, but as time went on the criteria was broadened. Everyone was hoping that a match partner would quickly be found, but the reality is that there are far fewer men taking up the advocacy role than women.

Eager to find a volunteer advocate for Joe, in the spring of 2005 Heather Badenoch, Community Relations and Resource Development Officer, focused her energies on profiling Joe in community newspapers. Joe was featured in the Kitchissippi newsletter which is distributed in the native community. This led to Joe being interviewed by a reporter from Nepean This Week. In addition, Joe's picture appeared in the Ottawa Citizen alongside Judy Richards, Honorary Chair of Evening in the Maritimes 2005, Citizen Advocacy's signature fundraising event.

In the spring of 2005 Joe was told that there was a man in the community who had read Joe's story and was very interested in meeting with him. Joe informed all of his roommates in the group home and they, too, waited anxiously for Joe and the new advocate to finally meet. Jean Boulay and Joe met, and it was a match!

Today it is common to see Joe and Jean with their heads together discussing the menu at a restaurant,

or in the local record store looking for CDs. Joe has met Jean's family and is very fond of Jean's wife Lisa. On Wednesdays, Joe frequently eats supper with the Boulay household.

Jean takes Joe's concerns seriously and in late November, when Joe told Jean that he would like to see his estranged family, Jean rose to the challenge. Jean contacted Ron Corbett at the Ottawa Citizen. Ron wrote a heartfelt story of Joe's dream and the community responded.

There was an outpouring of support and in no time at all the funds needed for Joe's trip home in the summer of 2006 was raised. In addition, another agency raised money to fly Joe's family to Ottawa in January. For a few days Joe was reunited with family members that he hadn't seen since the 1970's. It was a miracle that Joe and his family will never forget. Joe is looking forward to renewing family ties in an extended visit this summer. Jean and Lisa Boulay plan to travel with Joe to northern Ontario for the much longer visit.

Last year at this time, if someone had asked Joe what he wanted most, he would have said humbly, he'd have liked to meet someone with whom he could enjoy a cup of coffee, and maybe the odd breakfast. If you asked him the same question right now, the answer might be the same but there wouldn't be anything humble about the request, because all of a sudden, one day last spring, Jean Boulay and his family invited Joe into their lives.

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# Everyday Champions

In this issue, Citizen Advocacy is pleased to introduce you to Ruth Mellor, Board Member and Volunteer Advocate, and Ron Kerr, Chair, Evening in the Maritimes Corporate Sponsorships and Sales Committee, and Chair, Entertainment Committee. We hope you enjoy meeting these Everyday Champions.

**Ruth Mellor** is a native of Montreal where she began a long and successful career in nursing as an Registered Nurse (RN) in 1961 at the Montreal General Hospital. In 1967 Ruth received her Bachelor of Nursing from McGill University and in 1984 she received her Masters of Environmental Studies at York University in Toronto.

Ruth has gathered an abundance of professional experience in her 34 years of employment with the Victorian Order of Nurses (VON), where she began as a nurse and moved up the ladder to the Director of Communications for the VON (Canada).

In 2002, Ruth came to Citizen Advocacy to be a volunteer advocate. She brought with her a wealth of volunteer experience. Ruth has been a Leader and Trainer with the Girl Guides of Canada, and sat on the Boards of Directors at the Canadian Diabetes Association and Nelson House. For 22 years Ruth has been a member of the Canadian Showtime Chorus where she has occupied the positions of Vice-president and Public Relations Coordinator.

In 2003 Ruth was nominated to the Board of Directors of Citizen Advocacy. Ruth has been very active as a Board Member and sat on the Executive Director's Planning Task Group in 2003 and the Strategic Planning Task Group (2005-2006). In 2005 Ruth Chaired the steering committee for *The Elder Abuse Puzzle* workshop, held in March 2005, as well as the follow up consultation, *The Elder Abuse Puzzle: What Next,?*, held in October 2005.

In September of 2002 Ruth was matched to Marsha G. and since that time they have developed a wonderfully nurturing friendship. Ruth has been instrumental helping Marsha to move past many roadblocks in her life. Over the last three and a half

years Ruth's mentorship has guided Marsha along the path of transformation toward becoming the person that she has always wanted to be. The words of the singing duo, The Carpenters, might well apply to this match as they say, "*We've only just begun.*"

**Ron Kerr** has been a valuable contributor to the Evening In The Maritimes Committee for more than eight years. Originally, Ron came aboard when he volunteered to recruit the entertainment featured at each event – this was no easy task, as it was essential that this element of the event provide the "Maritime flavour" for the evening. Ron was booking groups from a distance, confirming contracts, arranging their production and accommodation needs. Ron has added to his entertainment portfolio the acquisition of live entertainment during the pre-event reception – an interval which sets the tone for this wonderful evening of delicious dining and down-east ambience.

Although Ron continues in that role, this year he has also assumed Chair for the Corporate Sponsorships and Corporate Table Sales Committee – the group that is charged with the yeoman's task of meeting the "big numbers" in the budget for Citizen Advocacy's major fund raising event. Ron has consistently delivered in this area, with his employer Bell Canada serving as a Corporate Sponsor for a number of years, and Ron personally selling numerous corporate tables as well.

Ron has been married for 24 years to Annadeane – a marriage that has produced three young men: Allan, Andrew, and John. Annadeane is an R.N. who works at the Ottawa Hospital's Riverside Campus. With his family of sons, Ron has been a devoted "hockey Dad", serving as Trainer and Assistant Coach over many years. In the off-season, their passion is a cottage at Round Lake near Killaloe where they enjoy family life without the hectic activities of three boys involved in hockey.

Ron has been employed with Bell Canada for 29 years, currently in the position of Director of Internet Working Solutions. He has proved to be a most valuable asset to Citizen Advocacy, not only as a volunteer with the Evening In The Maritimes event, but also for his business acumen, which we have benefitted from on a number of occasions.

# 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 with disabilities far into the future.

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

NL\_04\_2006

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