



citizen advocacy
parrainage civique

Rapport

Spring 2009

ISSN 1180-503X



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.

The Lobsters are Coming!



Join us on Wednesday, May 27th for the 15th annual Evening in the Maritimes!

Come enjoy our signature 5-course lobster dinner with all the fixings (alternate land-lubber and vegetarian meals available upon request!) and live entertainment by Newfoundland's Celtic rock group Rawlins Cross!

Don't miss your chance to bid on a fantastic array of silent auction items, including a week's stay at a cottage in Malmerby NS, an LG fridge and front-loading washer/dryer set, a mountain bike and lots more! There are also great prizes to be won in our balloon raffle, including a hot air balloon ride, round-trip transportation for two to the Maritimes, and \$1000 cash!

We'd love for you to join us for great food and outstanding entertainment. If you can't join us (or even if you can!) there are lots of ways to help make this year's event a great success! Here's how you can get involved:

- Donate an item or service for the silent auction.
- Sell tickets to family and friends

- Distribute posters in your community
- Volunteer at the event

To help out in any way, call 613-761-9522 or send an email to events@citizenadvocacy.org. To reserve your tickets visit Evening in the Maritimes' new website: www.LOBSTERsareCOMING.com or call Citizen Advocacy at 613-761-9522.

Many thanks to our event sponsors and to the crew at McMillan for yet another amazing marketing campaign!

CONTENTS

Run for Everyday Champions.....	2
AGM Invitation de l'AGA.....	3
The Accessible Channel.....	3
Leave a Legacy.....	4
CAC Call for New Members.....	5
Social Activities Club.....	5
FORE! Citizen Advocacy Golf Tournament.....	5
Everyday Champions.....	6
Advocacy in Action.....	7
Messages from Sophie & Annie-Pier.....	7
Newest Matches.....	8
Tenant's Rights.....	8
Messages from André & Roxanne.....	9
Celebration of People – Call for Nominations.....	9
Match Anniversaries.....	10
CAC Volunteer Award	11
Annual Report.....	11

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.

Contact us Citizen Advocacy of Ottawa
312 Parkdale Avenue
Ottawa, ON K1Y 4X5
613-761-9522
email: info@citizenadvocacy.org
website: www.citizenadvocacy.org

Executive Director

Brian Tardif, ext. 225
btardif@citizenadvocacy.org

Program Staff

Robert Adolfson, ext 227, radolfson@citizenadvocacy.org
Thony Jean-Baptiste, ext 228, tjean-baptiste@citizenadvocacy.org
Sophie Leclair-Roberge, ext 245, sleclair@citizenadvocacy.org
Siddhartha Kumar, ext 231, skumar@citizenadvocacy.org
Annie-Pier Miron, ext. 248, amiron@citizenadvocacy.org

Chance for Choice Coordinator

Sheila Robertson, ext 224, srobertson@citizenadvocacy.org

Real Plans for Real Life Team*

Roxanne Vermette, ext 235, rvermette@citizenadvocacy.org
Joyce Lundrigan, ext 236, jlundrigan@citizenadvocacy.org
Ginette Rousse, ext 229, grousse@citizenadvocacy.org
*Andrea Podruski is on Maternity Leave until August 2009

Communications and Fund Development Manager

Jennifer Forbes, ext 233, jforbes@citizenadvocacy.org

General Reception Mailbox (after hours or during lunch): Dial ext 100, info@citizenadvocacy.org

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

Editor and staff writer: Jennifer Forbes

Contributors: André Cusson ♦ Annie-Pier Miron ♦ Ashley Duross
Sophie Leclair-Roberge ♦ Nadine Pilon ♦ Robert Adolfson ♦
Roxanne Vermette ♦ Sheila Robertson ♦ Siddhartha Kumar

Dates to Remember

- May 6: Annual General Meeting
- May 18: Victoria Day (office closed)
- May 23 & 24: Ottawa Race Weekend
- May 27: Evening in the Maritimes
- July 1: Canada Day (office closed)

- August 3: Civic Holiday (office closed)
- September 7: Labour Day (office closed)
- September 8: NEW – CA Golf Tournament
- September 13: Annual Picnic
- October 12: Thanksgiving (office closed)
- November 11: Remembrance Day (office closed)
- December 3: Celebration of People Awards
- December 13: Holiday Dinner and Dance

Run for Everyday Champions

Brian Tardif, Executive Director of Citizen Advocacy, invites you to participate in the Ottawa Race Weekend on May 23 & 24, 2009. He will be running the 10K – what race will you run? Join us for some healthy fun with your family and friends, and use this great opportunity to fundraise for Citizen Advocacy.

Don't think you're the "marathon type"? You don't have to be! Go at your own speed! There are races of different lengths: 2K Family Fun, 5K, 10K, half marathon, and the marathon.

Want 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. Request a pledge form.

Step 2: Go to <http://www.runottawa.ca/>, click on registration information and sign up and pay for one of the races listed on the right.

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 May 22nd, 2009 at 3:00 p.m. and be eligible for a prize!

All runners will be entered into a draw to win a free tanning package from TopShape Inc. For every \$100 raised, runners will have their name entered into a draw for two free tickets to Citizen Advocacy's Evening in the Maritimes event (takes place May 27th). Family and friends who pledge you also have a chance to win – fine dining for two at Mezzanotte Bistro Italiano!

Join us for Citizen Advocacy's AGM

An organization's annual general meeting (AGM) is the most important meeting of the year, with the Board of Directors, Executive, and general membership all in attendance. At the meeting, the Board details agency performance and outlook, and members vote on key issues relating to the agency (e.g. election of Board members, changes to the Constitution, etc). Details of the event:

When: Wednesday, May 6, 2009
Where: Citizen Advocacy, 312 Parkdale Ave
Time: 5:30 pm until approximately 7:30 pm

Light refreshments following the meeting

Are you a member of Citizen Advocacy?

Advocates, matched protégés, as well as donors who gave \$10 or more in the last year are all members. This means you can vote at the AGM along with board members and the executive.

RSVP by May 4, 2009, by calling the office at 613-761-9522 (dial ext 100 if you reach voice mail), or by email to info@citizenadvocacy.org.

Joignez-nous pour l'AGA de Parrainage civique

L'assemblée générale annuelle (AGA) d'une organisation est la plus importante réunion de l'année. Le conseil d'administration, l'exécutif, et les membres sont tous présents. Lors de la réunion, le conseil détaille l'exécution et la perspective de l'agence, et les membres votent sur des problèmes clés relatives à l'agence (par exemple, l'élection des membres du conseil, les modifications à la Constitution, etc.). Les détails de l'événement :

Quand : le mercredi 6 mai 2009

Où : Parrainage civique,
312 avenue Parkdale

Heures : 17h00 jusqu'à environ 19h30

Des rafraîchissements légers seront servis après la réunion.

Êtes-vous membre du Parrainage civique? Les parrains, les marraines, les protégés jumelés sont des membres, et aussi, des donateurs qui ont fait un don de 10 \$ ou plus au cours de la dernière année. Cela signifie que vous pouvez voter à l'AGA avec les membres du conseil et de l'exécutif.

RSVP avant le 4 mai 2009 en appelant le bureau au 613-761-9522 (poste 100 si vous atteignez la messagerie vocale), ou par le courriel électronique à info@citizenadvocacy.org.

The Accessible Channel

The Accessible Channel (TACTv), is a national, English Language described and closed captioned basic HD digital TV specialty service recently launched as part of the basic digital package of TV programming offered by all distribution companies — cable systems and satellite direct-to-home services.

TACTv broadcasts many popular TV programs from conventional and specialty TV services. All TACTv programs are described and captioned so that at any time of the day they can be enjoyed by a viewer with low or no sight or low or no hearing — a world first. Viewers can access TACTv on the regular family TV set, allowing viewers with a disability to enjoy TACTv broadcasts in the company of their family, their friends, their neighbours and other acquaintances. In Ottawa, the station broadcasts on channel 888 for both Rogers and Star Choice customers, and channel 48 on Bell TV. For more information visit tactv.ca or call 1-866-509-4545.

How to Leave Your Legacy to Citizen Advocacy

A will is a written document that allows you to determine how your property and family affairs will be handled after your death. It also provides you with a chance to express your beliefs and fundamental values in a written document that will survive you.

In addition to providing for the financial security of your loved ones in your will, a well-planned Charitable Bequest for Citizen Advocacy can be an excellent opportunity for you to help reduce or possibly offset the amount of income tax that your estate is required to pay upon your death.

When you include Citizen Advocacy of Ottawa in your will, it allows you to maintain your current level of financial security while still leaving a lasting legacy to Citizen Advocacy. Your bequest will help Citizen Advocacy to build a solid funding base that will support people with disabilities in Ottawa far into the future.

If you presently have a will, you can easily add a codicil (an amendment to your will) providing for a bequest to Citizen Advocacy. If you don't have a will, this is a time to prepare one. It is neither difficult nor expensive.

A Charitable Bequest – The Benefits to You

- Convenient – A Will bequest can be made no matter how old you are and can be for any amount you want.
- Simple – A bequest is easy to arrange. Simply ask your lawyer to include a bequest to Citizen Advocacy of Ottawa in your Will.
- Flexible – Your bequest can be a specific amount, a percentage of your estate or the residue of your estate.
- Cost-effective – There are no extra out-of-pocket costs.

- Tax Planning – Citizen Advocacy will issue a tax receipt for the full value of your bequest. This receipt will be used to reduce the tax payable on your final tax return.
- Control – You retain the use of the charitable gift for the duration of your lifetime.
- Peace of Mind – You can make changes in your Will at any time.
- In Memory – Your bequest can symbolize a lasting memorial for you, your family or anyone you may wish to honour.

There are three basic types of bequests you can choose from.

- a) A specific bequest is a gift of a stated sum of money, for example, a particular piece of property, or your shares in XYZ Company.
- b) A residual bequest is a gift of all or a fraction of whatever remains (the residue) after all debts, taxes, administrative expenses and specific bequests have been paid.
- c) A contingent bequest takes effect only if the primary intention cannot be met, for example, if the primary beneficiary does not survive the donor.

A charitable bequest allows you to make a noteworthy donation upon your death that you may not have been able to make during your lifetime.

If you would like, we can talk with you and your advisors to ensure your gift fits your desires, financial objectives, family needs, tax situation, and our funding objectives. We would be pleased to answer any of your questions about the Citizen Advocacy of Ottawa programs and services. Please be assured that any discussion is confidential and will not obligate you in any way to make a gift.

For more information, please contact Jennifer Forbes, Communications and Fund Development Manager at (613) 761-9522 x.233 or jforbes@citizenadvocacy.org.

The information provided in this article is of a general nature and is not intended to constitute legal advice. Each individual's finance circumstances are unique. We recommend that you consult with a qualified professional

Consumers Advisory Committee Calls for New Members

The Consumers Advisory Committee (CAC) of Citizen Advocacy is looking for new members. This committee was developed by our Board of Directors to address the concerns of people with disabilities and to inform the Board of these concerns. Some of you reading this invitation have already served on the Committee and are aware of its goals. For those of you who are not familiar here are the purposes of the Committee as outlined in the Membership Handbook:

1. To provide training to protégés about what it is like to sit on a committee and be part of a group that has goals
2. To provide input to the CA Board of Directors about matters that affect people with disabilities generally, and protégés in particular
3. To raise the awareness of protégés and what they have to offer CA
4. To increase the self-esteem of all members as productive members of CA

To become a member of the CAC you need only be a matched protégé or have been matched at some point and be waiting to rematched. If you are interested in knowing more about the Committee, contact Robert Adolfson at 613-761-9522, ext. 227 or e-mail to radolfson@citizenadvocacy.org .

Social Activities Club

Thank you Anna Bilsky and Marjorie Urquhart for organizing the last event for matches. It was a great time for many advocates and protégés! There were approximately twenty of us who strutted in our bowling shoes down at the West Park Lanes. There was lots of cheering and encouragement regardless of how many pins were struck down!

The Social Activities Club is always looking to have other matches help plan events. We are now working on organizing an event for June and would like some help with planning. If a match is interested please call 613-761-9522 ext. 245 or email activitiesclub@citizenadvocacy.org.



FORE!



Citizen Advocacy's first annual Golf Tournament for Everyday Champions will be held on Tuesday, September 8th at the Kanata Golf & Country Club.

Join us for 18-holes of golf, a BBQ steak dinner, Silent Auction and lots of fun!

Tickets are \$175/golfer or \$700 for a foursome.

Sponsorship opportunities available!

Contact Citizen Advocacy at 613-761-9522 or email events@citizenadvocacy.org for more information on sponsorship and to reserve your tickets!

Go Green!

Citizen Advocacy encourages you to go green! Joining our e-newsletter list will help save trees and reduce the use of paper and envelopes. An added bonus is that you will help us to keep postage costs down. E-newsletter members receive e-mail notification that the latest issue is on our web site: www.citizenadvocacy.org. You can then read the newsletter online or download it to your computer.

To let us know that you are joining the Green Team and prefer to receive an email notice about the publication of the latest newsletter and other events and happenings at Citizen Advocacy, send an email to info@citizenadvocacy.org or call the office at 613-761-9522. Remember to include info@citizenadvocacy.org in your safe list!



Everyday Champions

In each newsletter Citizen Advocacy introduces you to a member of the Board of Directors and a volunteer. In this issue we are pleased to present Réjeanne Lalonde, board member, and Barry McKenna, volunteer!

Réjeanne Lalonde has been volunteering with Citizen Advocacy of Ottawa for almost 20 years having previously volunteered with Citizen Advocacy in Montreal as an advocate. Once in Ottawa, Réjeanne learned through a colleague that there was a board position open at Citizen Advocacy of Ottawa and spoke with Brian Tardif, CA's executive director, to learn more. With her background she had a solid understanding of the organization and believed the agency was very worthwhile to help.

Now on the Board of Directors for the second time, Réjeanne is leading Citizen Advocacy's program evaluation which is currently under way. In the past, Réjeanne devoted nine years as a coach of the Consumers Advisory Committee and has been a short term advocate several times.

Réjeanne holds a Master of Business Administration and has been a consultant for over 30 years, most of which she spent self-employed with her own firm. For the past year, she has been working as an Evaluation Manager with Transport Canada.

Outside of CA, Réjeanne is also a board director with Disabled Persons Community Resources, and has also volunteered with the Gloucester Centre for Community Resources.

In her leisure time, Réjeanne loves gardening and dogs. She also enjoys travelling having been to Mexico and Europe and has her hopes set on going on a cruise someday.

What Réjeanne enjoys most about her involvement with Citizen Advocacy, "Having a real impact on people's lives. The level of commitment of the staff and volunteers is truly impressive. The willingness of protégés to also pitch in and help, and to learn, makes for a very rewarding experience as well."

Barry McKenna along with his wife Jackie, who was a social worker with Citizen Advocacy at that time, traveled to Prince Edward Island in 1994 where they attended a traditional church supper. Barry and Jackie were inspired by the thought of a Maritime-themed fundraiser in Ottawa. Upon returning from their trip, Barry took to organizing Citizen Advocacy's first Evening in the Maritimes which was held in 1995.

May 27, 2009 marks the 15th anniversary of Evening in the Maritimes and Barry's contribution to the event!

Year after year, Barry has brought community leaders to help during the preparatory stage at the event's organizing committee table and drew others in to help on-site at the dinner itself.

In addition to volunteering with Citizen Advocacy's 700-person lobster dinner, Barry is a Volunteer Advocate with CA's Short-Term Advocacy Program and also helps out at our Annual Picnic.

Brian Tardif, executive director of CA says, "It is with great appreciation that I commend Barry for volunteering his time and expertise to organize the Evening in the Maritimes since its inception including co-chairing the event multiple years." He adds, "Barry's involvement has inspired a multitude of individuals and corporations to donate time and funds to Citizen Advocacy."

Outside of Citizen Advocacy, Barry is involved with Lifetime Networks of Ottawa and is very active with his parish, St. Patrick's Church. Barry resides in Kanata with his wife Jackie. He has 4 children and 11 grandchildren.

Advocacy in Action

By Sheila

Monique has been my match for nearly 12 years now. She learned to love opera from a young age, consistently listened to the *Saturday Afternoon Live from the Metropolitan Opera* broadcasts, and dreamed of going to New York and seeing one of the Three Tenors perform live. Nothing less than this would do.

As Monique's hearing began to show signs of greater decline, her cousin thought that, if I would accompany Monique, she could work with her family to raise the funds to send us to New York as a 60th birthday gift for Monique. They rounded up funds, tickets and a hotel, and on an early Friday morning, after a sleepless night, Monique and I boarded a plane. I'm thinking, "Who's the advocate here"?

On arrival at the hotel, Monique discovered with horror that we had a non-smoking room. My fault, I admit. Suddenly the prospect of Monique going outside the hotel to smoke late at night in NYC's West Side did not sit well with me. So, I relented and asked for a smoking room but there were none available. There began advocacy session #1: we ended up with a smoking room.

First thing Monique wanted to do was to SEE the Met and pick up our tickets. They were balcony tickets and panic set in, as Monique has a dreadful fear of heights. We tried to see the seats, but they wouldn't let us despite our explanations, and said we had to wait until before the performance tonight. Monique was ready to go back to Ottawa. Advocacy session #2: Monique agreed that we could check the seats before the performance.

Doors to the balcony only opened at 7:50 pm, and Opera at 8 pm. Monique took one look and said this was impossible for her. Advocacy session #3 began. Usher refused to consider trading with others nearer supporting walls -- no way, opening night, sold out. There whelmed up in me an energy that I rarely experience. Poured out the WHOLE story to the usher and asked her WHOM could I talk to to "fix" the situation. She said the "floor manager" two flights down. Back down we went, found the floor manager, and with a voice conveniently tremulant from excess adrenaline, I poured out the story to her. We got two seats at the orchestra level, even though the opening night was "sold out".

Now it's 7:55 pm. Slant in the orchestra not so great. Monique very short and cannot see. Advocacy session# 4 – After a high speed run down to the bowels of the Met, I acquired a booster cushion, and arrived back a moment before the curtain went up.

I pulled out my camera to take Monique's picture in her seat. A gorgeous and kind woman next to Monique offered to take our picture together and did so (against all regulations), asking if this was a special occasion. We told her Monique's dream and we told her the story, in brief. Turned out she and her husband were personal friends of "Placido" and we "got the goods" on the other two of the three tenors.

The opera began. Placido Domingo sang one song and Monique fell asleep with exhaustion. I woke her up for each time he sang. She had her dream come true.



See you Soon from Sophie

It is with excitement that I welcome the newest team member to Citizen Advocacy. Annie-Pier is a bright, colourful person whom you will get to know very well in the upcoming months. As some of you may already know, I will be expecting a baby in May and will be taking eight months to enjoy the beautiful moments of motherhood. During this time, I will be thinking of all the wonderful people I know from Citizen Advocacy and will be eager to come back in January 2010. I am sure I will be seeing some of you in the West end of town, at the malls, beaches and parks. Until then, take care of yourselves and never forget to look on the bright side and to smile as much as possible!

Hello Annie-Pier

Bonjour! Je m'appelle Annie-Pier Miron. C'est avec beaucoup de joie et d'enthousiasme que je joins l'équipe du Parrainage civique en tant que travailleuse sociale au programme Étoiles du quotidien. Il me fait grandement plaisir de pouvoir mettre à contribution mon expérience dans un contexte aussi positif et motivant. En espérant avoir la chance de vous rencontrer bientôt, si ce n'est pas déjà fait, et au plaisir d'apprendre à se connaître!

Newest Matches



Everyday Champions

DECEMBER

Beverley Hunt & Debra N.
Patricia Wallinger Stacey & May W.

JANUARY

Peter Chirico & Robert C.
Erin Freeman & Shelly B.
Marlene Lavoie & Dalila B.
Jennifer Forbes & Nancy N.
Matthew Hunter & Todd S.
Diane McGuire & Jenny G.
Dru Lavigne & Lorraine F.

FEBRUARY

Kathleen Dyson & Bonnie V.
Cindy Salib & Jennifer C.
Peter Whelan & Dylan S.
Ellen Dettman & Mary G.
Aruna Kalutanthri & Fred V.
Chris Judge & Michael B.

MARCH

Robert Rhodes & Mike C.
Chris Andrews & David R.
Matthew Feltmate & Charles D.
Heather Astle & Jean F.
Peter Ruptash & Mark E.
Esther Armstrong & Lisa G.
Annis Carnegie & Suzanne B.
Beatriz Banos Matos & Maria A. C.

Chance for Choice

DECEMBER

Viviane Asoh & Ron S.
Grace Strachan & Basil Hillary F.
Kate Wilder & Georgette L.

FEBRUARY

Christina Leibbrandt & Daphne P.
Christina Leibbrandt & Dawn P.
Elizabeth Styffe & Joan H.

Group Advocacy Project

FEBRUARY

Alaine Taylor & Christian Horizons Ottawa 4

MARCH

Naseem Reta & Christian Horizons Ottawa 3

Tenant's Rights

By Siddhartha Kumar, Social Worker

An education evening on tenant's rights took place February 11th 2009 and was a great success for our protégés and advocates who attended. We had an excellent presentation by Andrew Lanouette and Ivona Sudzum, law students from University of Ottawa, as well as great inputs and guidance from lawyer Anne M. Tardif. There was lots of discussion around real situations faced by some of the participants and all questions were answered well by our presenters.

An electronic copy of the presentation is available upon request by sending an email to info@citizenadvocacy.org.

We would like to extend our gratitude to Newport Restaurant for providing pizzas for the evening.

Thank you ...

Merge Print & Design for providing a discount on the printing of this newsletter!

Farewell from André Cusson

Après un bref séjour avec vous, je dois vous quitter à cause de raisons de santé. J'ai beaucoup aimé faire votre connaissance et de travaillé avec vous. Je vous souhaite beaucoup de succès dans votre futur.

After a brief time, I am leaving CA because of health reasons. I enjoyed knowing and working with you. I will always have fond memories of all of you and my time at Citizen Advocacy.

Bonjour Roxanne

I joined Citizen Advocacy in January to fulfill the position of facilitator for Real Plans for Real Life. I have been working in the field of developmental disabilities for over 22 years. My previous place of employment was with Service Coordination for 17 years. It is with great excitement that I embark on this new challenge that will allow me to continue assisting individuals and their families to develop meaningful plans to enrich their quality of life. Il me fait plaisir de me joindre à une équipe dynamique et innovatrice.

Thanks for the memories

Our matches love to attend events in the community and through the generosity of local businesses, associations and clubs, this can happen! Citizen Advocacy encourages our members to support these donors, wherever possible. Many thanks to United Way Ottawa, The Savoy Society, The Cumberland Lions Club, and Club Variety Show for providing Citizen Advocacy with tickets for matches to attend local entertainment and sporting events!

Bingo!

If you enjoy playing Bingo, please support Citizen Advocacy by playing at Bingoland South (www.bingolandsouth.com) at 9 Slack Road. Citizen Advocacy hosts the bingo game on Tuesday evenings at 7 p.m. Our wonderful, hardworking Bingo Team would love to see you!



Celebration of People: Call for Nominations

Do you know a person or organization in our community who is making a difference for people with disabilities? Nominate them for a Celebration of People award! Nominations for this year's awards will begin at the end of June. Keep checking the event website www.celebrationofpeople.com for updates and more information.

There are 13 awards, which recognize a diversity of achievements: Advocacy Award in memory of Agnes Wee, Accessibility by Design Award, Artistic Excellence Award, Career Award, Citizenship Award in memory of Cathy Kerr, Education Award, Employee Award, Employer Award, Hospitality and Tourism Award, Volunteer Award, Volunteer Opportunities Award, Sports Award, and Youth Award

The 9th annual Celebration of People Awards Dinner will be taking place on Thursday, December 3rd and will help mark the United Nations International Day of Persons with Disabilities. Join us as we celebrate this special day by recognizing the achievements of people with disabilities in our community and the organizations who help to promote their inclusion!

For more information visit www.celebrationofpeople.com or call 613-761-9796.

Match Anniversaries

Everyday Champions

of years JANUARY 2009 matched

- 24 Arne Haaland & Norman P.
- 20 Jonathan Wouk & Glen K.
- 18 Allan Dolenko & Maurice G.
- 13 Richard Kastler & Greg R.
- 6 Anatole Kornachuck & John D.
- 3 Drahomira Stehlikova & Lynn L.
- 2 David Murrell-Wright & Garry H.
- 2 Pamela Deitch & Tracy T.-D.
- 2 Carol Ballinger & Jasbeer K.
- 1 Paul Sonnichsen & Jim S.
- 1 Peter Roorda & John L.
- 1 Janessa Bishop & Nancy B.

of years FEBRUARY 2009 matched

- 5 Nan Wang & Suzanne B.
- 3 Gerald Lalonde & Dan M.
- 3 Brian Joynt & Jeffrey B.
- 1 Shawn De-Silva & James L.
- 1 Ashley Halman & Patty-Ann S.

of years MARCH 2009 matched

- 14 Linda Griffiths & Ruby Ann N.
- 9 Georgia Pavlou & Linda G.
- 8 Blaine Chessie & Gareth P.
- 8 Veronica Petro & Stefania I.
- 7 Lorraine Yorke & Anne M.
- 7 Patricia Parker & Kay R.
- 6 Josephine E. Perras & Jennifer H.
- 6 BJ Porter & Sharon R.
- 6 Maya Santoro & Trisha L.
- 6 Jake Volt & Lyle M.
- 5 Charles Poirier & Remi R.
- 5 Viji Sundaram & Rachel W.
- 5 Sam Hawas & Jack T.
- 4 Glen Russell & Brent C.
- 4 Chris Petersen & Luc P.
- 4 Kerry Cavlovic & Lisa R.
- 3 Hiren Prabhakar & Gerry L.
- 3 Alan Acton & Benoit D.
- 3 Michelle Lauzon & Marguarita S.
- 3 Jenna Elizabeth Swan & Katie P.

- 1 Bryce Barker & Chris D.
- 1 Michelle Henry & Hodan H.
- 1 Edward Irving & Darren C.
- 1 Tara Lee-Hendrycks & Diane L.

of years APRIL 2009 matched

- 14 Eric Plunkett & Lesley M.-T.
- 13 Janet Roper & Suzanne M.
- 10 Cynthia Throop & Nancy D.
- 8 Lori Streefkerk & Jane M.
- 8 Philip Hogarth & David F.
- 6 Pierre Emond & Michael M.
- 2 Chrisy Groves & Ildiko F.
- 2 Julie Krewski & Suzann S.
- 2 Adrian Davila & Damon L.
- 2 Pauline Kinsella & Eva I.
- 1 David Lee & John B.
- 1 Lindsey Voisin & Jamie S.
- 1 Shawna Walker & Dana L.
- 1 David Lajoie & John N.
- 1 Bill Clelland & Kishor S.

Group Advocacy Project

of years FEBRUARY 2009 matched

- 3 Marie Daoust & Foyers Partage Kodiak Home

of years APRIL 2009 matched

- 8 Evelyn Mallet & Christian Horizons

Chance for Choice

of years JANUARY 2009 matched

- 3 Steve Hick & William C.
- 1 Katie Sheehan & Carol S.
- 1 Fahad Sami & Stanley T.

of years **FEBRUARY 2009**

matched

1 Nick Hock, Robyn Brown & Kenneth John T.

of years **MARCH 2009**

matched

2 Bob Pavlenko & Antonio P.

1 Anne-Marie Phillips & Elaine S.

of years **APRIL 2009**

matched

1 Shannon Timpson & Lenke M.

Nominations for the Consumers Advisory Committee Volunteer Award

Do you know a Citizen Advocacy volunteer who is respectful, compassionate, patient, a good listener, and has been involved in a range of activities at Citizen Advocacy? If so, why not nominate them for the Consumers Advisory Committee Volunteer Award! Often those who are familiar with Citizen Advocacy think immediately of our *volunteer advocates* when volunteers are spoken of. However, this award honours *all* people who perform a volunteer service here. This means that the person you nominate might be a volunteer advocate, a protégé who gives their time helping out at Citizen Advocacy with events, office work, or putting together the mail-outs that you often receive in the mail. They could also be a Board or Committee member, or any other Citizen Advocacy volunteer.

Those who are nominated should, in your estimation, represent the spirit of a Citizen Advocacy volunteer! Nominations can be submitted at any time during the year and must be received by November 15th. For more details call Robert Adolfson at 613-761-9522, ext. 227 or email radolfson@citizenadvocacy.org.

Optez pour le Vert !

Le Parrainage civique vous encourage à opter pour le Vert! En vous inscrivant sur notre liste d'envoi de « e-bulletin », vous serez en mesure de sauver des arbres et de réduire l'utilisation du papier et des enveloppes. De plus, vous allez aussi nous aider à diminuer les frais reliés à l'envoi par la poste. Les membres de « e-bulletin » recevront un message qui leur fera savoir que le dernier numéro est disponible sur le site: www.citizenadvocacy.org. Vous pourrez alors lire le bulletin sur Internet ou le télécharger sur votre ordinateur.

Si vous voulez vous joindre à l'équipe verte en vue de recevoir un avis sur la publication du dernier bulletin et sur les activités réalisées au Parrainage civique, veuillez nous envoyer un courriel à info@citizenadvocacy.org. Vous pouvez aussi nous téléphoner au 613-761-9522. N'oubliez pas d'inclure info@citizenadvocacy.org dans votre liste de contact en toute sécurité!



Annual Report

Want to know what happened at Citizen Advocacy in 2008? The 2008 Annual Report will be available online at www.citizenadvocacy.org or can be picked up at the office at 312 Parkdale Ave. after the Annual General Meeting on May 6th.

If you wish to have the Annual Report mailed to you, please call the office at 613-761-9522 or email your request to info@citizenadvocacy.org.

Have some time to spare?

Check out Citizen Advocacy's latest volunteer postings at www.volunteerottawa.ca or give Jennifer a call at 613-761-9522 x233 to find out how you can become involved (or more involved)!

Please help us continue our work!

Jenna, an honest, caring and good humored woman, came to Citizen Advocacy in March 2007. She was looking to share some of her many interests – skating, shopping, and cooking, with someone lonely and in need of a friend. More importantly, Jenna wanted to help better the life of a young person by being a resource and a support to them. Here at Citizen Advocacy, there is no shortage of protégés looking for someone like Jenna!

Analisa is known by many in her community as an artistic, kind, outgoing person and an excellent skater. When she came to Citizen Advocacy, she was looking for an advocate with whom she could build a long lasting friendship. Analisa was looking for someone who could help her with her budget and visit different places in the Ottawa area. But most of all, Analisa wanted someone who she could sit and chat with.

Analisa and Jenna have been matched for almost two years. Jenna has helped increase Analisa's quality of life by being there for her, listening to her, providing her with options in difficult situations and helping her get out into the community. Rumour has it Jenna even helped Analisa perform a figure skating routine with Special Olympics! The magic of a supportive friendship has been found in this relationship both on and off the ice!

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

NL_04_2009

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

Name: _____

Address: _____ Apt./Unit _____

City: _____ Province: _____ Postal Code: _____

Telephone Number: (_____) _____ Email: _____

Here is my contribution of: \$25 \$35 \$45 \$75 I prefer to give \$ _____

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

Please bill my: American Express Master Card Visa

Card No: _____ Expiry date: _____

Cardholder Name: _____

Signature _____

I would like to begin my monthly donation of \$ _____ payable the 1st or 16th of each month. I understand that on the date I have specified each month following, the amount I have indicated above will be automatically deducted from my bank account or charged to my credit card.

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

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

I would like this to be an anonymous donation. Please do not publish my name.

I would like more information about including Citizen Advocacy of Ottawa in my will.



**citizen advocacy
parrainage civique**

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, simply contact us by phone at 613-761-9522 or via email at info@citizenadvocacy.org. Citizen Advocacy of Ottawa is a registered charitable organization. Tax receipts will be issued for donations of \$10 or more, subject to Canada Revenue Agency guidelines.

Contact us: 312 Parkdale Ave, Ottawa, ON, K1Y 4X5.