



citizen advocacy
parrainage civique

Rapport

Summer-Fall 2009

ISSN 1180-503X



EVERYDAY CHAMPIONS
ÉTOILES DU QUOTIDIEN



CHANCE FOR CHOICE
L'OCCASION DE CHOISIR



REAL PLANS FOR REAL LIFE
VOTRE PLAN, VOTRE VIE

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.

Call for Nominations for the 2009 Celebration of People awards is now open!

It's that time of year again! You are invited to nominate and put the spotlight on individuals and organizations in our community who promote inclusion and excellence by their personal or corporate example. The deadline for nominations is **Wednesday, October 14, 2009 at MIDNIGHT.**

Award finalists and recipients of this year's thirteen awards will be honoured and celebrated at the 9th annual Celebration of People Awards Dinner on **Thursday, December 3, 2009** at the [Hampton Inn Ottawa and Conference Centre](#) on Coventry Road.

What's New for 2009

New Forms

Celebration of People is now providing the convenience of online nomination forms. Hardcopies may also be downloaded from the website, or you can request a copy by calling 613-761-9796, TTY 613-725-6175 or by emailing info@celebrationofpeople.com.

Updated Criteria

Nominees no longer need to be a resident of Ottawa. They may live OR work in Ottawa OR may be involved in activities which directly benefit the citizens of Ottawa.

Broadening the list of Finalists

In 2008, two finalists were selected for each award. For 2009, up to three finalists may be named for each award.

Visit www.celebrationofpeople.com to find out more on what's new for 2009 and to submit your nominations now!

CONTENTS

Dates to Remember.....	2
Run for Everyday Champions.....	3
Golf Tournament.....	3
Club 2000.....	3
Newest Matches.....	4
Advocacy in Action.....	4
Match Anniversaries.....	5
Corrie & Holly.....	6
Social Sunday Cruise.....	6
Hello & Goodbye.....	7
Everyday Champions.....	7
Board of Directors.....	8
A Milestone for Citizen Advocacy.....	9
Evening in the Maritimes.....	9
Donors, Sponsors and Supporters.....	10
Consumers Advisory Committee.....	11
Gifts, Gifts, Gifts!.....	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, x225
btardif@citizenadvocacy.org

Executive Assistant
Susan Brown, x226
sbrown@citizenadvocacy.org

Administrative Assistant
Nadine Pilon, x221
npilon@citizenadvocacy.org

Program Staff
Robert Adolfsen, x227, radolfsen@citizenadvocacy.org
Thony Jean-Baptiste, x228, tjean-baptiste@citizenadvocacy.org
Siddhartha Kumar, x231, skumar@citizenadvocacy.org
Annie-Pier Miron, x248, amiron@citizenadvocacy.org
*Sophie Leclair-Roberge is on maternity leave until January 2010

Chance for Choice Coordinator
Sheila Robertson, x224, srobertson@citizenadvocacy.org

Real Plans for Real Life Team*
Joyce Lundrigan, x236, jlundrigan@citizenadvocacy.org
Andrea Podruski x229, apodruski@citizenadvocacy.org
Roxanne Vermette, x235, rvermette@citizenadvocacy.org

Communications and Fund Development Manager
Jennifer Forbes, x233, jforbes@citizenadvocacy.org

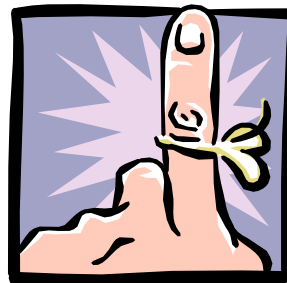
Special Events and Communications Coordinator
Lesley Hoyles, x240, lhoyles@citizenadvocacy.org

General Reception Mailbox (after hours or during lunch): dial extension 100

Rapport Editor: Jennifer Forbes

Contributors: Ashley Duross ♦ Nadine Pilon ♦ Robert Adolfsen
♦ Siddhartha Kumar ♦ Joyce Zhu ♦ Ginette Rousse ♦ Lesley Hoyles ♦ Annie-Pier Miron

Dates to Remember



- August 29: Annual Picnic
- September 7: Labour Day (office closed)
- October 12: Thanksgiving (office closed)
- October 28: Halloween Party
- November 11: Remembrance Day (office closed)
- December 3: Celebration of People Awards
- December 13: Holiday Dinner and Dance
- December 24 – January 1: CA office closed

BINGO!



If you enjoy playing bingo, please support Citizen Advocacy by playing at Bingoland South at 9 Slack Road. Citizen Advocacy hosts the bingo game on Tuesday evenings at 7 p.m.

Run for Everyday Champions raises almost \$2400!

On May 23 & 24 2009, Brian Tardif, Executive Director of Citizen Advocacy, along with volunteer advocates Peter Roorda and Carol Ballinger participated in the Ottawa Race Weekend to raise money for Citizen Advocacy! A big thanks to everyone who helped make this event a success - raising \$2373! We are already excited for next year's race, held May 29 & 30 2010 so don't be hanging up those runners anytime soon!



Notice: Golf Tournament Cancelled

Due to difficulty in securing sponsorship as well as low registration numbers, we unfortunately have to announce that the golf tournament has been cancelled. On behalf of the Citizen Advocacy Golf Tournament Organizing Committee, thank you to everyone for your support and understanding.

- Dianne Pritchard, Chair, Golf Committee

Go Green!

Joining our e-newsletter list will help save trees and reduce the use of paper and envelopes. E-newsletter members receive e-mail notification that the latest issue is on our web site: www.citizenadvocacy.org.

To let us know that you are joining our 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.

It's that time again – It's Picnic Time!

The Citizen Advocacy Annual Picnic will be held on **August 29, 2009** at **New Edinburgh Park** (also known as Stanley Park), 193 Stanley Ave. **Please note that it is bus #9 that brings you to Edinburgh Park, not #3 as the routes have changed. This was written incorrectly on your invitation.** If you haven't placed your BBQ food order already, have any questions or need more information, contact the Citizen Advocacy office at 613-761-9522. We hope to see you there!!

Le picnic annuel du Parrainage civique se tiendra le **29 août 2009** au **parc New Edinburgh** (aussi appelé le parc Stanley), au 193, avenue Stanley. **SVP noté que ce n'est pas l'autobus #3 qui passe devant le parc New Edinburgh, mais le #9.** Si vous n'avez pas déjà donné votre commande pour le BBQ, si vous avez des questions ou si vous voulez plus d'information, contactez le Parrainage civique au 613-761-9522. On espère vous voir au picnic!!

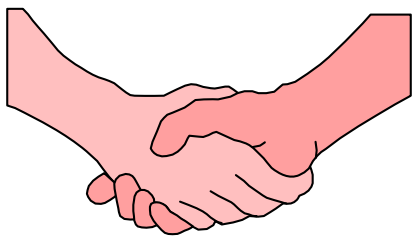


Invitation to Club 2000

Club 2000 is a social club for adults with physical disabilities. Formerly known as the West End Achievers, the club meets every Thursday morning at Woodroffe United Church from 9:30 a.m. to 1:00 p.m. during the months of September to June. People meet to play Scrabble, Yahtzee, Bridge, Euchre, carpet bowling, and hand crafts such as rug hooking, knitting, crocheting, needle point and most importantly, to have FUN!

Club 2000 is always looking for new members. If you are interested, have any questions or would like any additional information, please contact Carolyn Horricks, Co-Ordinator at 613-729-8390.

Newest Matches



Everyday Champions

APRIL

Florian Leuprecht & Sylvain N.
Mark Sutherland & Randy D.
June Carter & Kris C.
Jim de Faye & David C.
James Kane & Steven S.
Emma Bryans & Angela L.
Wanzhen Zeng & Elizabeth C.
Jennifer Beckman & Dayna P.

MAY

Dominic Ozimierski & Daniel A.
Ginette Couture & Françoise L.
Monica Song & Odile E.
John Brzustowski & Andy G.
Ellen Lye & Chantal S.
Salvator Ndayizeye & Dickens P.
Joyce Mankarios & Trisha C.
Carol-Ann Deveau & Barbara R.

JUNE

Angela Wagner & Debra A.
Natalie Cristofaro & Dianne R.
Rhonda Blackmore & Patricia A.
Lilibeth Taule & Linda H.

JULY

Lisa Gibson & Karine L.
Fiona MacDonell & Julienne W.
Shane Gregan & Kevin C.
Harry Beatty & Donald D.
Lisa Suzanne Fitzpatrick & Frances W.

Chance for Choice

APRIL

Helen Wong & Frances H.
Sylvia Laplante & Diana B.

MAY

Habib Bouagada & Mary O.

JULY

Zoe Selena Mabry & Grace H.

Group Advocacy Project

JULY

Joanne Vezina & Christian Horizons
René Vezina & Christian Horizons

Advocacy in Action

Par Marlene Lavoie

Je suis très heureuse d'avoir pris mon courage à deux mains et de m'être jointe à Parrainage civique. J'étais un peu nerveuse au début. Mais une fois que j'ai été présentée à Dalila, quelque chose a automatiquement cliqué en nous. Disons mieux nous avons "cliqué" immédiatement. Nous nous rencontrons le dimanche après-midi ou parfois en soirée en vue de faire une activité quelconque. Certaines des activités que nous avons faites ensemble sont un peu plus spéciales, telles qu'une visite au Festival des Tulipes, une soirée à une pièce de théâtre (grâce aux billets gratuits que le Parrainage civique nous a procurés) et une visite au Musée canadien des civilisations pour assister à l'exposition sur l'Égypte (les jeudis soirs lorsque l'entrée est libre). D'autres sont plus simples comme un après-midi à magasiner, un après-midi passé dans des marchés de puces ou le fait d'aller prendre une bière dans un bar. Les activités que nous faisons ensemble ne sont pas nécessairement dispendieuses. Ce qui importe pour nous, c'est d'avoir pris le temps de faire des choses que nous aimons et de passer du temps ensemble. Je ne considère pas le temps passé avec Dalila comme un travail ou une activité bénévole que j'accomplis. Je ne la considère pas non plus comme une personne qui reçoit continuellement mon aide mais plutôt comme une amie avec qui j'ai eu beaucoup de plaisir.

Match Anniversaries

of years **MAY 2009** **matched**

- 20 George Cook & Rodney B.
- 19 Louise Crone & Margaret C.
- 18 Filip J. Vink & Donald S.
- 11 Jody Dixon & Moira F.
- 11 Melody Tomka & Cynthia M.
- 11 Lorraine Trudel & Sharon K.
- 5 Chris Walters & Réjean R.
- 4 Greg Enns & Joseph D.
- 3 Marcel St. Jean & Gordon G.
- 3 Jonathan Wallace & Jeffrey D.
- 2 Jenna Fowler & Analisa K.
- 2 Eric Tadros & Michael G.
- 2 Lorraine Yorke & Esther C.
- 1 Michelle Crook & A. Rosa S.
- 1 Amy C. Walpole & Adria C.
- 1 Erica Leszkowiat & Elsi M.
- 1 Michelle Ferguson & Pat C.

of years **JUNE 2009** **matched**

- 18 Sharon Anderson & Kathy B.
- 18 Arnie Francis & Ernest S.
- 15 Margaret Watson & Angela D.
- 14 Veronica Langelier & Pierrette P.
- 12 Stacey Norris & Dennis F.
- 8 Alice Bell & Diane R.
- 7 Joe Diamond & Chris M.
- 6 Avril D'Silva & Gloria S.
- 6 Marie Gwilym & Françoise G.
- 4 Ginette Couture & Lorraine B.
- 4 Jenny Hough & Caryn C.
- 2 Ann Beauregard & Rachele D.
- 2 Nicola Kerridge & Julie Eileen C.
- 2 Dan Paquette & Philip D.
- 1 Sharon McLean & Linda S.
- 1 Ross Kouhi & Brad A.

of years **JULY 2009** **matched**

- 17 Allan Lewrey & Michael C.
- 16 Marie Charron & Lucille L.
- 13 Robert Lukshis & Tom S.
- 12 Paule and Jose Sacroug & Jean-Guy M.
- 9 Priscilla Lanois & Barbara W.
- 8 Yolla Baroud & Norma S.
- 5 Lorna Charbonneau & Brenda R.
- 5 Mavis Mason & Lois R.

- 5 Adrian Raghunandan & John R.
- 4 Jean Boulay & Joseph O.
- 4 Jayasri Sundaram & Tracey K.
- 4 Neena Kushwaha & Debby A.
- 3 Francisco Tuguigui & Alexander F.
- 1 David Murrell-Wright & Philip S.
- 1 Kathleen Hart & Chantal C.
- 1 Patricia Smith & Sophia T.

of years **AUGUST 2009** **matched**

- 12 Sheila Robertson & Monique P.
- 9 Melody Tomka & Alison B.
- 8 Cecilia Pinto & Afza B.
- 5 Carly Sorensen & Abyan A.
- 3 Dian Calagoure & Frances W.
- 3 Jocelyne Moran & Jackie W.
- 3 John Quinn & Guy L.
- 2 Domenic Di Loreto & Vikas T.
- 2 Nathalie Gougeon & Micheline B.
- 2 Thy Dinh & Amy S.

Chance for Choice

of years **MAY 2009** **matched**

- 3 Claus C. Abel & George D.
- 1 Cathy Webb & Freda V.

of years **JUNE 2009** **matched**

- 6 Jean Dlouhy & Vena S.

of years **JULY 2009** **matched**

- 1 Zoe Selena Mabry & Grace H.

of years **AUGUST 2009** **matched**

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

Group Advocacy Project

of years **MAY 2009** **matched**

- 5 Pam Sawyer & Christian Horizons

A note from Corrie and Holly

Corrie and Holly both approached Citizen Advocacy for different reasons in September 2007. Two years later, both women now share one thing in common: a friendship that developed through the Everyday Champions' matching process.

Corrie discovered the services of Citizen Advocacy through a case worker at her group home when she felt she needed more stable friends in her life. Although she felt well enough to work part-time or attend school, Corrie would often be too exhausted at the end of the day from struggling with her mental illness to build strong, stable relationships with others who were also struggling with similar problems. Corrie yearned for a friend who could help her just relax and have fun, someone with whom she could trust.

Holly submitted her name to volunteer with Citizen Advocacy over two years ago. She was drawn to Citizen Advocacy by the flexible volunteering hours and the chance to connect and help someone living with mental illness. Holly comes from a family touched by mental illness, and wondered if perhaps some of the skills she had learned growing up would help her as an advocate.

Holly and Corrie love to watch funny shows on television, take walks in the park on beautiful sunny days, and play board games. They still talk about the time Corrie destroyed Holly in a game of Monopoly! Another favourite activity is going to the IMAX theatre, especially to see movies about animals (for Corrie) or history (for Holly).

Aside from having lots of fun together, Holly has also been able to help Corrie set up her computer, find friends and conversation groups online, and download new music onto her mp3 player. This year the two women attended Evening in the Maritimes and found it to be an awesome experience; while Holly was impressed with the magnanimity, Corrie had the opportunity to get a photograph with Kurt Stoodley from 'A' television (which of course is saved to the screen of her cell phone). Corrie says the whole experience of being

part of this event has been one of the most special days of her life.

Both Holly and Corrie would like to thank Citizen Advocacy for bringing them together, and hope that the organization will be able to help many others in Ottawa find the friends that they need.

Cruising down the river on a Sunday afternoon....

It was on June 7th 2009, a Sunday afternoon, when more than twenty matches got together for a boat cruise on the Ottawa River. Organized by the Social Activities Club of Citizen Advocacy, the whole experience was fun and provided the opportunity to look at the City of Ottawa and its neighbors from a different perspective. In the same way, matches met one another and celebrated being part of Citizen Advocacy. For many of the boaters, this was their first cruise and despite the lack of natural sunshine, their faces were glowing with happiness, joy and content.

The next planned activity is a Halloween party on Wednesday, October 28th at 6 pm – details to follow closer to the date. The Social Activities Club is looking for matches to help organize games for this event. New members are always welcome. If you are interested please call Annie-Pier at 613-761-9522 x245 or email her at amiron@citizenadvocacy.org.

Citizen Advocacy needs YOU!

- Do things you enjoy with someone new
- Set your own schedule
- Develop new skills with training and support
- Know you are helping

Call **Citizen Advocacy** at **613-761-9522**
or visit www.citizenadvocacy.org

A United Way Agency

Goodbye!

I started working last November as Andrea's replacement in the Real Plans for Real Life program. Andrea's maternity leave has ended and my ten month contract is over. It is time to hand over the workload. This assignment gave me a great opportunity to get to know a good number of individuals in need of community supports and housing. I have made several contacts with families, workers and directors. This led me to many of the resources offered by our own community. I am leaving enriched with knowledge and am very grateful to Citizen Advocacy staff members for their support and friendship. This has been a great experience. Thank you!

- *Ginette*

Has it already been a year? After a great experience at Citizen Advocacy last year as a summer student, I am happy to be back again this summer. This year, I will be focusing on collecting feedback from advocates, protégés, staff and agencies that work with our protégés, as periodically, Citizen Advocacy carries out an evaluation of its programs to help in the preparation of its long range planning. This upcoming school year I plan to continue my studies at Queen's University and begin my Masters at their Faculty of Education.

- *Joyce Z.*

After a short 11 months at Citizen Advocacy, I will be leaving at the end of August and moving to Toronto to do my Masters of Science in Occupational Therapy at the University of Toronto. Having helped organize Citizen Advocacy's special events this past year, I have had the opportunity to meet many of you and it has been a pleasure. I hope our paths will cross again someday! Citizen Advocacy is an amazing organization and I am very lucky to have been a part of its 'greatness'. Thank you to everyone, especially the Citizen Advocacy staff, for helping make my time here unforgettable!

- *Ashley*

Hello!

Hello! I'm Lesley Hoyles, and I'm the new Special Events and Communications Coordinator. I'm so excited to join the amazing team at Citizen Advocacy and to help support the agency in putting on amazing events to raise funds for our work. I hold a Post-Graduate Certificate in Event Management from Algonquin College, and a Bachelor of Arts from the University of British Columbia. I've worked for a few years with non-profit organizations in Vancouver and Toronto, and I'm thrilled to be working again in my hometown of Ottawa.

I'm looking forward to meeting all of the protégés, advocates, supporters, and other members at one of our fantastic upcoming events in 2009: the Annual Picnic in August, the Celebration of People in December, or our Holiday Dinner and Dance (where I'm told I'd better bring my dancing shoes!). I'm very proud to be a part of the amazing work being done at Citizen Advocacy, and I welcome you to be in touch if you have any questions about our events!

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 introduce Denis Comeau, board member, and Lillian Thibault, events volunteer!

Denis Comeau joined Citizen Advocacy's Board of Directors May 2009. Denis grew up in Montreal and holds a degree in communications from the University of Ottawa. Most of his professional life has been spent working with the Department of Foreign Affairs, which has taken him abroad to nine countries. Some of his positions include serving as the Ambassador of Canada to Thailand and South Korea!

Upon returning to Canada in July 2007, Denis knew he wanted to get involved in his community. At the same time, Citizen Advocacy was looking for someone with international experience and who was also bilingual, so Denis saw this as a great opportunity. Denis was really impressed by the mission and the quality work of Citizen Advocacy and plans on doing his very best to contribute to our organization.

Denis and his wife have two sons. The eldest was born in Switzerland and now lives and works in Panama, and his youngest was born in Singapore and is in his 2nd year of university.

When Denis has some time to himself, he enjoys golfing, although admits that he isn't very good at it. He has also found a new love for cooking ever since his retirement earlier this year and hopes to expand his cooking abilities, not his waistline!

Because Denis has been away from Canada for so long, one thing Denis is looking forward to at Citizen Advocacy is meeting new people who share the same passion as him: contributing to society.

Lillian Thibault has been volunteering with Citizen Advocacy for the past 4 years at events including Evening in the Maritimes and Celebration of People. You might have come across her selling balloons and raffle tickets, or have been personally greeted by her as you arrived! Lillian has also helped out at Citizen Advocacy's Annual Picnic.

With a degree in physiotherapy from McGill University, Lillian has worked with people from diverse physical and medical backgrounds and her passion lies with helping people find their own independence no matter what their restrictions are. Lillian finds it most rewarding when she sees the smiles on their faces when they realize that they have completed a task independently.

In addition to volunteering at Citizen Advocacy, Lillian also volunteers her time with Team Diabetes, Easter Seals, and teaches skiing to people with disabilities.

Lillian says she enjoys volunteering at Citizen Advocacy because the people involved are always upbeat and work hard to ensure that everything goes smoothly. Lillian hopes that her contributions will help CA attain the maximum recognition it deserves!

To relax, Lillian likes to escape into the wilderness and is an avid fan of exercise. From biking and camping, to canoeing and swimming – she can do it all! Lillian also loves children; she says that it's their curiosity and innocence that really draws her to them. She has three grown children named Patricia, Richard and Sean.

Board of Directors 2009-2010

President/président

Frank Reid

Vice-President/vice-présidente

May Wu

Secretary/secrétaire

Jack Murphy

Treasurer/trésorier

Owen Griffiths

Past President/présidente sortante

Dianne Pritchard

Directors/administrateurs

Jane Caskey

Denis Comeau

Joe Diamond

Joe Donegan

Nadia Effendi

Judy Janes

Ruth Koch-Schulte

Réjeanne Lalonde

Peter Roorda

Sabina Saini

Christopher Walters

A Milestone for Citizen Advocacy

By Brian Tardif

It is with great pleasure that I announce Citizen Advocacy has achieved an all-time high of 250 active matches! In our 35 year history, we have made more than 2000 matches, however, 250 is the most we have ever had active at one time.

Thank you to everyone who has helped us in reaching this significant milestone: staff, board, and committee volunteers for their hard work; donors and funders who support us financially; and to protégés, advocates and others who have referred new advocates to us. Of particular note, I would like to thank Volunteer Ottawa for their volunteer recruitment services.

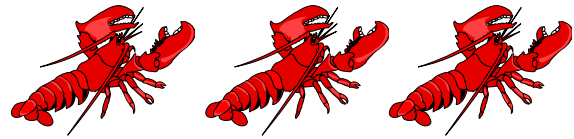
Although Citizen Advocacy is experiencing an unprecedented increase in the number of people enquiring to volunteer their time as an advocate, we still have close to 250 protégés waiting an average of two years to be matched. We are making every effort to meet community demand whilst providing quality support to current matches.

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.

Evening in the Maritimes



On Wednesday, May 27th close to 800 people gathered at the Hilton Lac Leamy to celebrate the 15th annual Evening in the Maritimes. We are proud to report that this year's event net close to \$70,000 for Citizen Advocacy!

With the former Congress Centre closed for renovations, this year's Evening in the Maritimes was held for the first time at the Hilton Lac Leamy in Gatineau. Guests were greeted by the Celtic sounds of *Mel & Eleanor McDougall of the Rambling Fiddlers* who played throughout the reception while guests had the chance to browse and bid on the fantastic array of silent auction items. Again this year, members of the *Sons of Scotland* piped everyone into the ballroom where guests enjoyed the main attraction: a traditional five-course lobster supper. Throughout dinner, guests could purchase raffle balloons, which for the third year sold out quickly! Then, to top the night off, Newfoundland's Celtic rock group *Rawlins Cross* entertained guests for the remainder of the evening.

Evening in the Maritimes is Citizen Advocacy's major fundraiser and could not be the success that it is without the help of its supporters! Thank you: Honourary Co-Chairs Bob Chiarelli, owner of Policy and Project Consulting Inc. and Randy Pettipas, President and CEO of Global Public Affairs; Kurt Stoodley of 'A' Morning for once again serving as emcee; the Organizing Committee who contributed their time and expertise during the months of planning that lead up to the event; the Corporate Sales Team for encouraging companies to purchase tables; and a big thank you to all the volunteers who helped out during the day and evening of the event. Many thanks to our sponsors – Bell, Global Public Affairs, LG & Universal Appliances, McMillan, The Ottawa Citizen, 'A' Morning, The Lowe-Martin Group, Spicers, Hilton Lac Leamy and Virgin Radio.

Donors, Sponsors and Supporters

Thank you to the following donors, sponsors and supporters for their donations to Citizen Advocacy's Evening in the Maritimes. Where possible, please show your support to these organizations.

Corporate Sponsors

Bell
Global Public Affairs
LG
Universal Appliances

Media Sponsors

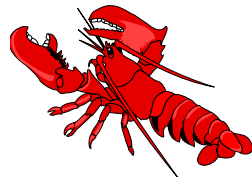
The Ottawa Citizen
'A' Morning
Virgin Radio

Corporate Table Supporters

2Keys Corporation
Acc-Par Systems Inc.
Am-Tech Power Systems Ltd.
Anixter
Belden
Berk-Tek, a Nexans Company
Blake, Cassels & Graydon LLP
Borden Ladner Gervais LLP
Capital Office Interiors
Cisco
Coradix

In-Kind Sponsors

McMillan
The Lowe-Martin Group
Spicers
The Hilton Lac Leamy



Design 1st
Eastway Tank
Elaine Smallwood – Royal
LePage Performance Realty
Emond Harnden
FCI
Global Public Affairs
Graybar Canada Ltd.
Hampton Inn Ottawa and
Conference Centre
Hilton Lac Leamy
Ingram Micro
INSA
Kott Lumber
LWI Consulting Inc.
Marcomm Inc.

Raffle Prize Donors

WestJet
VIA Rail
CTV Hot Air Balloon
Delta Hotels, Halifax
Marriott Halifax
Harbourfront
Mulligans Florist
East Side Mario's
Watch It!

MBNA Canada Bank
Ottawa Police Service
Panduit Canada Corp.
Robert Tennant and
Associates
Scotiabank
Standard Innovations
Corporation
Sylvia & Tanyse MacLeod –
Royal LePage Performance
Realty
TELUS
Urbandale Corporation
Wesco

Silent Auction Donors

1-800-Got-Junk Ottawa ♦ 'A' Morning ♦ Absolute Office ♦ Art World One ♦ Ben Babelowsky ♦ Dr. David J. Baxter ♦ Byblos Salon ♦ C.A. Paradis ♦ Cadieux Ltd. ♦ Cameron Associates ♦ Canon Camera Inc. ♦ Capital Office Interiors ♦ Helen Chambers & Associates ♦ Chapeaux de Madeleine ♦ Muriel Charron Esthetics ♦ Cisco ♦ City of Ottawa ♦ ClubLink Corporation ♦ Collected Works Bookstore ♦ Penny Collenette ♦ Cuisine & Passion ♦ Davidson's Jewellers ♦ Design 1st ♦ Donley's Pool Services ♦ Libby Douglas ♦ Duross Consulting Inc. ♦ East Side Mario's ♦ Executive Fitness Leaders ♦ Margaret Fietz ♦ Marka Fashion Boutique ♦ Football Canada ♦ The Gaelic Hour - CHIN 97.9FM ♦ Mike Giunta ♦ Global Total Office ♦ Great Canadian Theatre Co. ♦ Greenspon, Brown & Associates ♦ Grow Green Property Maintenance ♦ Sharon Griffin ♦ Hampton Inn Ottawa and Conference Centre ♦ Hilton Lac Leamy ♦ Jordash Co. Ltd. ♦ Just Imagine Home and Garden Décor ♦ Sue Kavanagh ♦ Rosemary Laurin ♦ LG ♦ Lord Elgin Hotel ♦ Marcomm Inc. ♦ Marilyn's ♦ McGee's Inn ♦ Le Nordik Spa ♦ Premier Dalton McGuinty ♦ Peter MacKay, MP ♦ National Arts Centre and Le Café ♦ Novotel Ottawa ♦ Ottawa Citizen ♦ Ottawa Police Service ♦ George Pavlou ♦ Philipson & Baum Photography ♦ Point Local ♦ The Prana Group ♦ Rawlins Cross ♦ Red Carpet Weddings ♦ Rhubarb Home ♦ R. Rivard ♦ Royal Norwegian Embassy ♦ Eric St-Jean ♦ Saavy Company ♦ Denis Savoie ♦ Snap Fitness ♦ Standard Innovations Corporation ♦ Sun Beam Touch ♦ Dr. Raad Sunba ♦ Roz Tabachnik ♦ Universal Appliances ♦ Virgin Radio ♦ Christopher Walters ♦ Watch It! Place d'Orleans ♦ Whalesbone Oyster House ♦ Wine Kitz, Iris St. ♦ The Works

Consumers Advisory Committee Call 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 with the CAC, 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 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 be rematched. If you are interested in finding out more about the Committee, contact Robert Adolfson at 613-761-9522, ext. 227 or e-mail radolfson@citizenadvocacy.org.

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. The means that the person you nominate might be a volunteer advocate, 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 of 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.

Gifts, Gifts, Gifts!



Do you have to find a gift for someone who has everything? Do you have friends or relatives celebrating a special anniversary? Someone graduating from university? Someone recovering from an operation? Why not celebrate the occasion with a personal **donation** to Citizen Advocacy!

What a fantastic way to honour a special friend or relative! Citizen Advocacy will send a lovely card to your special person in honour of the occasion and you will receive a tax receipt for your donation - a win-win situation!

And if it is a sad occasion, why not send a donation in memory of that person? Citizen Advocacy will send a card on your behalf expressing your sympathy.

In this time of fiscal restraint, this is a simple way to help Citizen Advocacy raise much-needed funds. Please consider doing this, and encourage your friends, too! See the back page of the newsletter for more information.

Planning for Citizen Advocacy's Future

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_08_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.