



Ottawa-Carleton Association for Persons with
Developmental Disabilities
Association d'Ottawa-Carleton pour personnes
ayant une déficience intellectuelle

ESPRIT NEWSLETTER

Fall - Winter
Edition 2005

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Community Placement at CHEO

By: Jill McKnight, DSC Loeb Centre

In 1998 Supervisor Joe Silverman and counsellor Jill McKnight met with the volunteer department at the Children's Hospital of Eastern Ontario (CHEO) to develop an opportunity for our clients. They discovered the activity most needed throughout the hospital was the recycling of confidential paper. Within weeks of the first meeting a trial period was arranged one morning per week. The contacts grew and we received daily requests from the volunteer office.

Now seven years later paper shredding at CHEO has become a full time job for four to six clients, eighteen days each month.

In January 2005 the

hospital renovated an area for the shredding team. This area houses three shredders and requests are now made directly to the shredding office.

To date this year we have shredded 2,315 bags of paper from 1000 bins we have picked up.

For the past three years we have also volunteered in the "store's department". The job involves breaking down and disposing of cardboard boxes. This job is shared between two teams of workers and counsellors. Diane Belair works with her team twice a week.

The "Doctors of Shredding", as we have been



Shredding at CHEO

tagged, are an important volunteer service. The beauty of this job is we never run out of paper work. The job is routine while tasks are easily divided and changeable to prevent boredom.

This has been a successful community placement where the clients are well accepted and greatly appreciated for their contribution to the hospital at large.

The Quinlan Centre

By: Marnie Suykens and Ann-Marie Engelberts-Cousineau

The Quinlan Centre with its "revolving door" has been a "hub of activity" for the last several years, having built friendships with volunteers and partnerships with other institutions from the Ottawa community.

While the Quinlan Cen-

tre staff team has built a very strong foundation for center based programming, they have been grooming a component which enhances the opportunity for choice of other activities. This component is often described as being thera-

peutic and recreational.

Two nursing students on work placement from the Ottawa U/Algonquin College Collaborative Nursing Program are helping the center to get fit. Sara and Tara are in the Center every Thursday until March 2006,

50th Anniversary

- OCAPDD is going to celebrate its 50th Anniversary in 2006.
- The Theme.... "From Caring...To Hope" 50 Years of OCAPDD
- From Caring...This is to emphasize that OCAPDD has been a caring organization for 50 years that has made a difference. People living with developmental disability are living longer more engaging and healthier lives.
- To Hope...With our partners in High Tech and Life Sciences we have real hope that things can get even better over the next 50 years for people with development disabilities.
- Look for additional information on the 50th Anniversary event in our Spring/Summer issue of Esprit.

Continued on page 4

Notes from the Board of Directors

Well a very interesting and somewhat challenging AGM is behind us. I would like to believe that this was proof that we have a lot of committed and concerned members to what is happening in our service sector and the Association.

At our first Board meeting in October it was comforting to see a full slate of members present. The strengths brought to the Board on behalf of OCAPDD will add value to the decisions we face in the coming year.

New members joining the team include Frank Arcchi, Bonnie Dining, Teresa Trevino and Bob Pelda. New members, previously on the Board, include Bob Morey and Rob Kirwan. Returning members include Charlotte Roy, Pansy Waterman, Eileen Cope, Stephen Arbuckle and myself. Bill Cowie will, according to the By-Laws, return as Past President for the coming year.

On behalf of the Board, and no doubt the membership, I would like to thank Bill for his leadership skills and dedication in helping to

lead us through a rather rough patch last year. The Ministry, as previously outlined in our family and staff forums, caused this when it rather suddenly failed to come through with arbitration award funding that it had supported in past years. And of course, thanks to Myrna Laurenceson who completed nine years of dedicated service to the agency and Board. Other departures were Past President Janet Davies who added keen insight to the Board's work over the past several years, and John Wayne Ross.

Well if last year was a challenge this year will not be much easier. Our tasks are many. First will be the successful completion of the management plan in response to the funding cutback by the Ministry. This has not been easy for anyone, as all realistic solutions for balancing a budget involved pain for some part of the agency -

"On behalf of the Board, and no doubt the membership, I would like to thank Bill for his leadership skills and dedication in helping to lead us through a rather rough patch last year."

be it with clients, families or staff. But even before the completion of this process, the Board and management will be working on how to regain revenue in the future.

Of course we will be tracking the closure of Rideau Regional and other government policies with a view towards what options this may create. On the bright side, the Board will look to establish a committee to develop plans and oversee our 50th Anniversary splash next year. Let's make a positive mark on the Ottawa stage!

Michael Elliott

President



Myrna Laurenceson and Bill Cowie at the Annual General Meeting, September 21st, 2005.

Déjà une année du répit à Fairlawn by Julie Leonard

Nouvelle maison, nouveaux défis. Plusieurs changements ont été apportés à Fairlawn cette année. Un bon raménagement a été fait dans la maison et dans la cour. Une porte coupe-feu a été installée dans la cuisine ainsi que des demi-portes pour faciliter la circulation. Tout le monde peut profiter du jardin à l'arrière de la maison. La cour comprend maintenant un belvédère, une chaise berçante en un ensemble patio.

Nous offrons toujours des services de répit aux enfants et aux adultes francophones ayant des déficiences intellectuelles et leurs familles, tout en favorisent leur autonomie et leur intégration dans la communauté. Lors des séjours de répit, nous nous efforçons de respecter les routines établies chez les personnes ainsi que les différences culturelles. De plus, le programme de répit comprend un service de transport au programme de jour ou à l'é-

cole pour ceux et celles qui n'ont pas accès à leurs propres moyens de transport pendant leur séjour.

Des places sont toujours disponibles pour les sessions de répit de dix jours. Pour obtenir plus de renseignements, veuillez communiquer avec nous au 225-6112.

Executive Directors Report Fall 2005

Clearly the past six months have been an important period for OCAPDD. As previously discussed and reported on, the Board has had to make some extremely difficult decisions in order to position the organization for long-term financial health and viability. Decisions regarding program closures and change announced in July have recently been implemented. Staff lay-offs announced at the same time have also taken place. Construction delays have pushed back the date of some further client moves. I would like to thank everyone who has contributed to the transition planning for the clients impacted by these changes. Efforts are being made to ensure that negative impacts are minimized throughout this process, however with cuts this large it can be expected that there will be some problems. I would invite you to make me aware of any of these as the process continues to unfold.

Efforts by the Board to seek political intervention to change the funding decision by MCSS for the HLDA funding obligations have been unsuccessful. While 3 years of fiscal support has been obtained, over \$600,000 in expenses arising from arbitrated wage increases are no longer being funded by MCSS.

As you are aware from the President's article, several Board members retired from the Board this year, while several new members were elected. I would like to thank the outgoing Board members again for their contributions over the years. A volunteer Board position can often be a thankless task, especially when an organization faces financial pressures like we have. I look forward to working

with the new Board as we position OCAPDD for its growth into the next 50 years! Stay tuned for more information on these activities.

At the time of writing this article, there has been no further announcement regarding the Transformation of Developmental Services in Ontario process. The Ministry has acknowledged however, that their timelines have been delayed by approximately two months. Despite the delay, the Ministry recently announced the Fiscal Innovation Fund for developmental services, which is \$4M province-wide to "further the goals of the DS transformation". Apparently the following "key strategic elements" will be part of the expected transformation announcement: Citizenship; Fairness and Responsiveness; Accessibility; Safety and Security; Accountability; and, Sustainability. Similarly, the Report on Developmental Services prepared by the Parliamentary Assistant, Ernie Parsons, has not been released yet.

Within Ottawa, the Ministry recently announced that TELCI is being transferred into the DS sector from Health, likely in the spring. As well, Nepean Community Links and St. Stephen's are merging to form a new Transfer Payment Agency.

At this point in time, it is my understanding that one individual from Rideau Regional Centre has returned to Ottawa. For your reference, the website address to review the newsletters associated with the facility closures is: www.mcass.gov.on.ca/CFCS/en/programs/SCS/DevelopmentalServices/

[Transformation/Facility/default.htm](#)

As many of you are aware, there was a situation in August where many individuals with a developmental disability were prevented from accessing midway rides at the SuperEx. Action was taken by many to rectify the situation at the time. During a conversation with the Executive Director of the Canadian Association of Fairs and Exhibitions (CAFE) concerning the situation, I was invited to speak at their national convention on this topic. In early November, I made a presentation entitled 'Accessibility vs. Risk Management' and it was well received by members of CAFE. As a result, and in conjunction with OASIS, preliminary steps are being taken towards the development of a national strategy towards supporting accessibility for the developmentally disabled at these types of events. Certainly I would welcome your input on this matter, and will continue to keep you informed of any developments.

On a lighter note, I would like to wish you and your loved ones a safe and joyous holiday season, and look forward to further communication with you in the New Year.

Happy Holidays! Joyeuses Fetes!

David A. Ferguson

"I look forward to working with the new Board as we position OCAPDD for its growth into the next 50 years!"

Great Garlic and Generous Volunteers at Silver Spring Farm

This past year was our very best ever for the Silver Spring Farm Garlic Project. Although we had all types of weather, good and bad for growing garlic, we ended up with the highest quality garlic that we have ever grown at Silver Spring Farm.

Our customers came from all over; from Vankleek Hill in the east, and Deep River in the west. We also had customers that had garlic mailed to them in Yukon, British Colombia and in Virginia, USA.

The local media - daily and weekly - newspapers, television and radio were extremely supportive of our garlic project and did a fine job of letting our customers know when the garlic was ready.

Until last year it took us an average



Jack & Merle Fraser - Silver Spring Farm volunteers, who assisted with selecting the winning garlic entries.

"...it must be that good news travels fast because this year our garlic sold out in eight days!"

of four weeks to sell our garlic. In 2004 we were sold out in just under two weeks - it must be that good news travels fast- because this year our garlic sold out in eight days!

We are most appreciative of the thousands of volunteer hours provided to the project by hundreds of members of The Church of Jesus Christ of Latter-day Saints. As well, there were many other volunteers, some of whom have been returning year after year, and others who volunteered at Silver Spring Farm for the first time this summer. Volunteers have provided resources to assist in obtaining and transporting straw, mushroom compost and fertilizers, equipment purchases and repairs, braiding supplies and many other related needs.

The Silver Spring Farm Project began in the fall of 1996. For several years we also grew squash, pumpkins, gourds and red onions. Unfortunately the deer and groundhogs finally outsmarted us, so garlic is

now our only produce.

During the past years we have participated in several garlic festivals and competitions. Although Silver Spring Farm's garlic has won prizes in the past, this year Silver Spring Farm was named the "Eastern Ontario Champion Garlic Grower", and was awarded three first prizes and one second prize for our garlic displays.

Our volunteers are the reasons for our successes. We thank each and every one of them for their generous contributions. We could not exist without you!

By Jack Fraser and Ed Haines on behalf of the Silver Spring Farm



Bob & Bunny Lemessurier & Ed Haines accept the Woodman Trophy on behalf of the volunteers at Silver Spring Farm. (Photos taken by Paul Pospisil)

The Quinlan Centre continued...

working with the staff and clients with daily routines and activities. The focus of the placement is on health promotion. Tara and Sara's goal is to design a new and improved fitness room where clients will be encouraged to initiate activities and where the staff team can conduct a variety of activities with the focus on improving mental and physical health. This project will require dollars. Tara and Sara are working closely with Marc (Facilitator of Art Therapy) on the development of an Art Show to be held at the Quinlan

Centre on March 5, 2006. The funds raised (through the form of a silent auction) will be spent on new equipment and furnishings for the fitness room.

So much credit must be given to Marc Drolet, who for the past two years has been facilitating the art therapy program (WAMM) while pursuing his full time studies as a cooperative student at the School of Business at the University of Ottawa. In January, Marc will be moving to Mexico to continue his studies and where he plans to continue to be a volunteer in art therapy. Marc could often be seen bringing in familiar and new objects to inspire the minds

of clients from the Loeb and Quinlan Centres. Thank you Marc for all of your hard work.

For the past several years, the Quinlan Centre has received second year students from the Faculty of Occupational Therapy at Ottawa University. This year there are three students who are participating in a "Parrainage" (partnership) from September to March. Each student is paired with one individual. The student visits with the client once a week for about two hours, participating in activities which encourage friendship building.

The International Academy of Mas-

The Quinlan Centre - continued from page two

sage has been partnered with the Quinlan Centre for many years. Several times throughout the school year, students come to the Quinlan and Loeb Centres to sharpen their skills in massage therapy.

Clients choose where they are most comfortable, on the massage table, in a recliner or sitting with their upper body resting on a pillow on a table, then enjoy a soothing and relaxing massage. And if time permits, staff always get a massage-wow, work can be soooooo demanding!

The Wednesday afternoon Baking Program has been successful for many years. This volunteer program began three years ago with

Gina, a PhD student in Psychology at Ottawa U. Gina left in August to complete her internship in Calgary. Marianne, who is in Ottawa from Denmark, can be seen here on Wednesday afternoons baking with several individuals. Marianne, who has had little experience working with people with developmental disabilities, has had no problem finding creative and fun treats to challenge and entice the baking crew.

During the United Way campaign, the Quinlan Centre had a very successful Day of Caring with help from eight volunteers from Alcatel. The volunteers cleaned up the grounds and washed all of the windows inside and out. If that wasn't enough for a full day, the crew came in and

chatted, played games and worked on puzzles with several individuals. The UW also brought a large contingency of representatives from corporations around the city to tour through the Centre to see where their donation dollars are going. During the tour it was obvious that they were impressed by everything the Centre has to offer.

Thank you to all of our volunteers and to all educational institutions for choosing the Quinlan Centre as a placement for volunteering and work experience. Your committed involvement, professional approach and collaborative effort with the staff team, provides for a more enriched choice of therapeutic and recreational activities.

Christmas Wrapping Carlingwood & St. Laurent Shopping Mall

Christmas is just around the corner! Need help with those Christmas Gifts?

As in previous years, OCAPDD is wrapping gifts at the community booth at the Carlingwood Mall. New this year is that this is taking place at St. Laurent as well.

More than 300 volunteers are help-

ing to wrap gifts to raise funds for the Association.

We will kick off our 2005 gift wrap campaign at **Carlingwood** on Monday, December 5th and will be wrapping until 5pm on Christmas Eve.

Please see calendar below for times.

St. Laurent will begin wrapping on

Friday, December 2 and continuing until 5:00 pm on Christmas Eve.

Please see calendar below for times.

We raised over \$7000 last year at Carlingwood. This year we are aiming for \$8,000.

Come out and let us give you a hand with wrapping those Christmas gifts!

Carlingwood Mall

December 2005						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 9:30 am - 9 pm	6 9:30 am - 9 pm	7 9:30 am - 9 pm	8 9:30 am - 9 pm	9 9:30 am - Midnight	10 8am - 9pm
11 10 am - 6 pm	12 9:30 am - 9 pm	13 9:30 am - 9 pm	14 9:30 am - 9 pm	15 9:30 am - 9 pm	16 9:30 am - Midnight	17 8 am - 10 pm
18 10 am - 6 pm	19 9:30 am - 11 pm	20 9:30 am - 11 pm	21 9:30 am - 11 pm	22 9:30 am - 11 pm	23 9:30 am - Midnight	24 9:30 am - 5 pm

St. Laurent Mall

December 2005						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 11 am - 9:30 pm	3 11 am - 8 pm
4 10 am - 5 pm	5 11 am - 8 pm	6 11 am - 8 pm	7 11 am - 8 pm	8 11 am - 8 pm	9 9:30 am - 11 pm	10 9:30 am - 9 pm
11 10 am - 6 pm	12 9:30 am - 9 pm	13 9:30 am - 9 pm	14 9:30 am - 9 pm	15 9:30 am - 9 pm	16 9:30 am - 11 pm	17 9:30 am - 11 pm
18 10 am - 6 pm	19 9:30 am - 11 pm	20 9:30 am - 11 pm	21 9:30 am - 11 pm	22 9:30 am - 11 pm	23 9:30 am - 11 pm	24 9:30 am - 5 pm

Kiwanis Aktion Club 2005-2006

The Kiwanis Aktion club is continuing to grow and prosper under the care of Harold Moore, Dillon Moore, Maggie Jullian and the six local Kiwanis groups that organize and help out each week. There continues to be two groups with approximately 45 members in each.

The groups meet on alternate Tuesdays from 6-8 p.m. at The Royal Canadian Legion, 330 Kent Street. 2nd Fl. The club is open to everyone.

For more information or if you know someone who would be a great guest speaker, please contact Debbie Blasutti at 569-8993 ext. 243 or email at dblasutti@ocapdd.on.ca

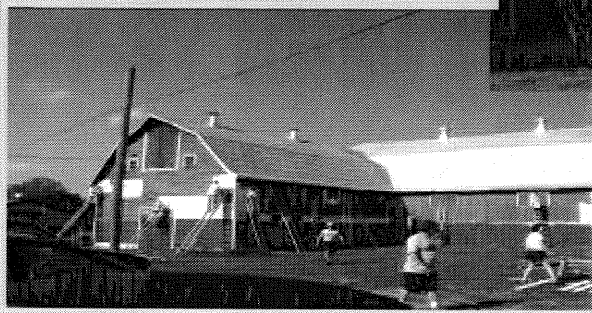
A few weeks ago it was a Halloween Theme and the guest speaker for the evening was Mike Dillon from the Ottawa Renegades.



“This is the way - This is Nortel” These are the Nortel Volunteers!

Silver Spring Farm Barn Painting

During the last week of September and the first week in October, roughly 90 volunteers from Nortel helped give the barn at Silver Spring Farm a facelift.



Moffatt House Cupboards...and more!

Another 20 volunteers installed new cupboards at Moffatt House as well as turning an office into a bedroom.



Nortel Volunteers assembling “HUGS” for Best Buddies

Ten crafty Nortel volunteers chose to team up with our Best Buddy Program by making 52 “HUGS” (bags filled with wheat kernels that can be heated or used cold for therapy) for the students to sell as a fundraiser.



United Way Update

From the Loeb Centre

Congratulations to all who participated in our fundraising efforts at the Loeb Centre. Our "Funday" and Saturday Dance events together brought in \$935. We still have about 14 laminated paintings from our WAMM program for sale at \$25 each.

So next time your in the neighborhood, please drop by and take a look at these masterpieces ...and help us reach \$1000.

Thank you from Joe Silverman.

Many other activities are happening throughout the agency see our 'Spring Esprit' for final details of the fundraising campaign.

"The Ottawa-Carleton Association for Persons with Developmental Disabilities has more than doubled last year's achievement of \$3548 with a total raised of \$7164!"

(excerpt from a United Way article dated November 10, 2005)

Under Our Roof Cookbook

2005 United Way Fundraiser Campaign

\$8.00 each or 2 for \$15

Makes a great Hostess gift

Under Our Roof Cookbook



Use as a stocking stuffer or add on gift

Ideal for the University student! Especially new ones! The perfect little something!

**To receive your copy see Debbie Blasutti,
569-8993 ext. 243**



**Ottawa-Carleton Association for
Persons with Developmental Disabilities (OCAPDD)**

OCAPDD Christmas Ornament

Don't know what to get for the person that has everything?

This memento of Canada's proud heritage was made with the participation of people with developmental disabilities.

Proceeds from the sale of this special product directly benefit the developmentally disabled.

Only a limited quantity are available, so get yours today!

For purchases please contact Jocelyne Parent-Lewis at 569-8993 ext. 245 or drop by our Administration Office during working hours - 8 am to 4 pm.

This item has been crafted in part from the original copper, which covered the roofs of Canada's Parliament Buildings from 1918 to 1996.

**\$20 EACH
A Memento of
Canada's Proud
Heritage
Christmas
Ornament
Available from
Jocelyne Parent-
Lewis
569-8993 ext.245**



Having the Winter Blues?

OCAPDD's 6th Annual Golf Tournament will be held on June 19th at the Hautes Plaines Golf Club.

Start polishing your clubs and come enjoy a fabulous day, great prizes and excellent food.

Register by January 30, 2006 and save \$10.00 per person. (Registration form is on page 10)

Our 2006 fundraising goal is to have 30 foursomes participate. We can achieve our goal if we all participate. The success of our golf tournament is due to all of the participants and sponsors.

If you would like to be a sponsor at our golf tournament, donate a prize for the silent auction, door prize or participate, please contact the 2006 Golf committee at 569-8993 ext. 245.

Here are the different sponsorship programs....

Sponsorship packages have been designed to provide maximum sponsor recognition and exposure among golfers as well as the general public.

Platinum sponsorship - \$4000.00 or more

The Platinum Sponsors will receive one foursome into the tournament, large sign at the dinner banquet, registration desk as well as at a hole and recognition by the MC during dinner as a platinum sponsor.

Gold Sponsorship - \$1000.00

All Gold Sponsors will receive one foursome into the tournament, recognition in our programs, during dinner as well as a prominently displayed sign.

Silver Sponsorship - \$575.00

All Silver Sponsors will receive a twosome into the tournament, recognition in our programs, during dinner as well as a sign displayed at our registration desk.

Bronze Sponsorship - \$300.00

All Bronze Sponsors will receive a sign placed on a hole with the company name, recognition in our program and during dinner.

Gift Sponsor

Each golfer will receive a gift to thank them for their participation in this worthwhile event. Prizes donated by your company will be given to a participant with your business card attached.

Silent Auction Items

We will be hosting a silent auction during dinner. Each company or individual donating a prize for this event will receive recognition in our program and will be listed on a sign during the banquet.

OCAPDD wishes to give special thanks to our 5th Annual Golf Tournament MC and Sponsors



Master of Ceremony

106.9 The Bear's 'Brad Dryden'.

Hole in One Sponsor

Surgenor National Leasing

Platinum Sponsors

JDA Contracting & Project Management.

Gold Sponsors

Corporate Renaissance Group & Microsoft

Gowling Lafleur Henderson LLP

Stewart & Associates

Hicks Morley

Bronze Sponsors

Equity Management Int'l LLP

TD Commercial Bank

Emond Harnden

CentrepoinTE Law Firm

HMS Tropical Plants Inc.

Geoff & Bobby McGowan

Golfwright

Door prize Sponsor

Club Links -Foursome at GreyHawk

Golf Tournament

Weekend Getaway – Card game sponsor

Hampton Inn & Casino Lac-Leamy

Putting Contest – Golf bag sponsor

Parker Auto Care

Who will BEAT the Team who won the 2005 tournament?

Congratulations to Geoff McGowan and his winning foursome!

Gift Donations

Various Individuals & enterprises

Thank you again for your support and we hope to see you at next year's golf tournament.

The Golf tournament would not be possible without the help of dedicated people. Special thanks to the committee members:

Mr. Gene Markell

Ms. Sylvie Moore

Ms. Claudette Clost

Ms. Jennifer Strong

Ms. Jocelyne Parent Lewis

Ms. Natalie Deschamps

Ms. Pegi Newlands

THANK YOU!!!!!!

**OCAPDD's Sixth Annual Golf Tournament will be held on June 19th at the Haute Plaines Golf Club.
See page 10 for registration form.**

Youth Community Builder Awards 2005



United Way's Community Builder Award program is designed to recognize ordinary people who do extraordinary things in our community, two OCAPDD volunteers have been recognized this year for their outstanding dedication.

Marc Drolet began his volunteer work as a teenager while living in Quebec. While in high school Marc visited the elderly and gave generously of his time over a five year period helping the mentally ill and people with developmental disabilities. Two years ago Marc became a part of the Best Buddies program through the Chapter at the University of Ottawa where he is in his fourth year as a Commerce student.

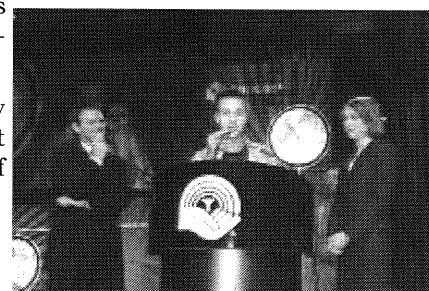
He and his buddy Pierre have spent a lot of time together and have built a special kind of friendship. Marc also sat on the fundraising committee for Best Buddies.

Over the past year and a half, Marc has also been key to the success of the Art Program at the Quinlan Centre, juggling his school and work schedule so that he could give his time to the art class each week.

Lucky for Marc but sad for us, Marc is on his way to Mexico for a year as an exchange student.

Raj Dayal is a third year Bio-Chem student at the University of Ottawa. He has done a wide variety of volunteer work with many agencies in Ottawa and is currently a volunteer with OCAPDD.

Raj has been paired with an individual in our Client Services program and they get together every two weeks. Congratulations to Raj for being the recipient of this year's Youth Community Builder presented at the United Way's kick off breakfast held on September 22, 2005 at the Congress Centre.





Registration / Inscription

OCAPDD'S 6TH ANNUAL CHARITY GOLF TOURNAMENT

6^{IE}ME TOURNOI DE GOLF PHILANTHROPIQUE DE L'AOCPI

Monday, June 19, 2006 / le lundi 19 juin 2006

Golfer 1 / Golfeur(euse) 1

Name/Nom: _____ Company/Compagnie _____

Address/Adresse: _____

Telephone: _____ Email/Courriel: _____

Golfer 2 / Golfeur(euse) 2

Name/Nom: _____ Company/Compagnie _____

Address/Adresse: _____

Telephone: _____ Email/Courriel: _____

Golfer 3 / Golfeur(euse) 3

Name/Nom: _____ Company/Compagnie _____

Address/Adresse: _____

Telephone: _____ Email/Courriel: _____

Golfer 4 / Golfeur(euse) 4

Name/Nom: _____ Company/Compagnie _____

Address/Adresse: _____

Telephone: _____ Email/Courriel: _____

Golf & Dinner / Golf et souper \$125 X _____ = _____

Dinner only / Souper seulement \$ 40 X _____ = _____

Payment method / Méthode de paiement: Visa ☐ Cheque ☐ Cash/Comptant ☐

Name on Credit Card / Nom sur la carte de crédit: _____

Credit Card # de la carte de crédit: _____ Exp: _____

Cheque payable and mail to: OCAPDD Golf Tournament

Chèque à l'ordre et posté: 250 City Centre Avenue, Suite 200, Ottawa, ON K1R 6K7 Att: Jocelyne Parent Lewis

You can also / Vous pouvez aussi:

Register online / Vous inscrire au: www.ocapdd.on.ca

Email your registration form / Envoyez votre inscription par courriel à: jplewis@ocapdd.on.ca

Fax your registration form / Envoyez votre inscription par télécopieur au: 613-569-9865

REGISTER PRIOR TO JANUARY 30TH 2006 AND SAVE \$10 PER PERSON

INSCRIVEZ-VOUS AVANT LE 30 JANVIER 2006 ET EPARGNEZ \$10 PAR PERSONNE

In Memoriam

~~~~~ John McDougall and George Lacroix ~~~~~

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## Have you renewed your Membership?

Your membership will expire March 31, 2006. Just complete the membership renewal insert and send it in!

You may also submit your membership renewal directly on our Web Site at [www.ocapdd.on.ca](http://www.ocapdd.on.ca).

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## Address Change

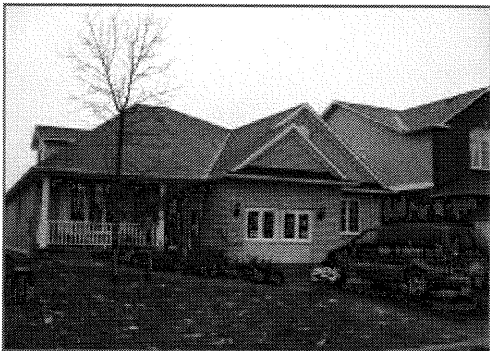
We have not moved however, our street was renamed:

Please note our new address:

250 City Centre Avenue (formerly 880 Wellington Street) Suite 200 Ottawa, ON K1R 6K7

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## Forest Gate Turns Parking into Living



The renovations to convert the garage at Forest Gate Residence into quality living space are complete. In conjunction with OCAPDD's restructuring, the spacious bedroom provides an opportunity for an individual previously living in shared quarters to finally have their own room. In the words of the new occupant - "Wow, is all this space for me?"

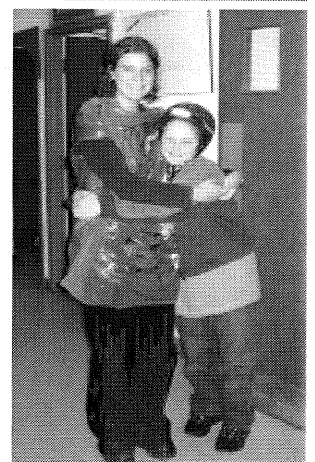
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## Welcome Back University of Ottawa Best Buddies

Another Best Buddies season is off to a great start.

We have 25 matches this year so far and the season got off to a great start with the 'Annual Meet and Greet'.

It was held on October 23, 2005 at the Loeb Centre. Halloween was the theme and over 70 individuals from OCAPDD and L'Arche enjoyed an afternoon of fun and friendship organized by the students of the University of Ottawa.



# Looking to learn something new? Try Whist?

Bob and Giselle Presland are two of OCAPDD's newest volunteers and they have been busy organizing Whist Tournaments in support of WAMM (Watercolour, Arts, Music and Mixed Medium). To date we have raised \$700.00. The first tournament was held in September at Bidy Mulligans located at 303 Bank Street and the second was held in October at the The Old Mill in Navan. A great time was had by all.

**Whist** is a simple to learn game of cards. After only a few minutes of instruction, you will be able to play as well as anybody.

Enter your team of four (4) and have fun playing **Whist**.

## **Upcoming Tournament:**

**There will be a Spaghetti Dinner and Whist Tournament at the end of January 2006 at The Old Mill in Navan.**

To register or for more information:

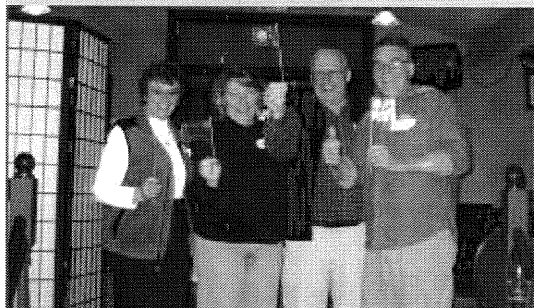
Debbie Blasutti at [dblasutti@ocapdd.on.ca](mailto:dblasutti@ocapdd.on.ca) or

Send an email to [whistplayers@hotmail.com](mailto:whistplayers@hotmail.com)

**To participate your team must be pre-registered.**

Everyone is welcome!

Winners of the second tournament  
were The Caspers- Dan and Sylvie Moore,  
Ken and Gail LeBlanc



Ottawa-Carleton Association for  
Persons with Developmental  
Disabilities (OCAPDD)  
Association d'Ottawa-Carleton pour  
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