



# Esprit Newsletter

Spring / Summer Edition 2010

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

*Association d'Ottawa-Carleton pour personnes  
ayant une déficience intellectuelle (AOCPI)*

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## WE CAUGHT YOU BEING EXCELLENT!

By the Client Services Director Team

This is the first installment of WE CAUGHT YOU BEING EXCELLENT!

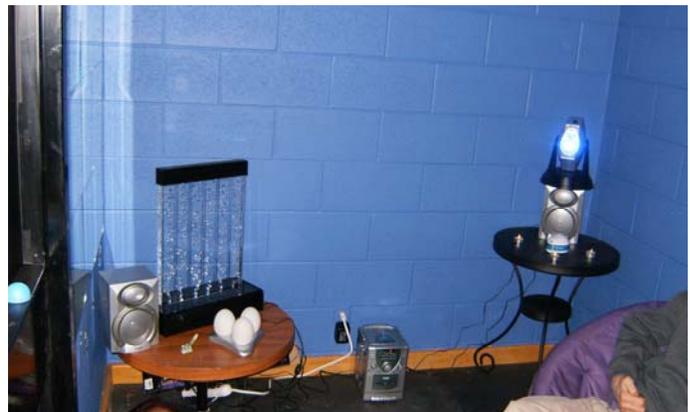
Throughout the programs of OCAPDD and OPEN HANDS it is not uncommon to see employees working not only to a high standard, but often we witness these employees and programs working “above and beyond” high standards; they work to excellence.

This article is the first of many to recognize and share this excellence with all. If you want to recognize excellence in your program, or an individual, please contact your Client Services Director team.

Loeb Center was founded in September 1966 with monies donated from Bertram Loeb. The Center was originally called The Adult Training Center up until 1983 when it was renamed the Loeb Center after Bertram Loeb. Currently 72 individuals attend the Loeb Center. Loeb Center has an additional 6 individuals working at CHEO in a satellite program, the “Doctors of Shred”.

Ann Marie Bloom and Kim Flaro sacrificed their office space and relocated their desks to the client work areas. They then, with their own initiative and sweat, dedicated this space to creating a Snoezelen Room to provide yet another therapeutic option for the Loeb Center individuals.

The Snoezelen Room is called “Brian’s Room” in honour of Brian Campbell-Tighe. Monies donated in his memory helped decorate this room.



## News from Nestow

Nestow Residence would like to say a big “THANK YOU” to La-Z-Boy Furniture – Hunt Club location. We just received a beautiful big black leather recliner chair for our living room. Ron and the guys are enjoying it very much.

A very big thank you to Cecile and her staff at La-Z-Boy for all their assistance.

## **The 7 ½ Minute Head Office Walking Club is on the Move Every Day**

By Pegi Newlands

‘Your body is meant to move!’ says Health Canada. That is what a group of energetic staff at Head Office have been doing every day at 10am, moving. They walk out for 7 ½ minutes and then turn around and head back to City Centre.

It started back in the late winter, early spring, when the snow had disappeared and some staff (well one person at Head Office) was mourning the end of winter. They told two workmates, and then they told two workmates. Before long a group of sometimes 10 were heading out the door each day at 10am.



The fifteen minutes a day of regular activity add up to 1 ¼ hours per week which is a great step in improving one’s health and being able to receive this wonderful list of benefits. It is recommended that we take 10,000 steps a day to reduce the risk of disease and help lead a longer healthier life. This is equivalent to about 30 minutes of activity a day and the walking club is half way there!

### **Benefits of regular activity:**

Better health, improved fitness, better posture and balance, better self-esteem, weight control, stronger muscles and bones, feeling more energetic, relaxation and reduced stress, continued independent living in later life. I don’t know anyone who would not desire all of these benefits.

Some of the comments have been- “I feel much better after I have walked”, “I have lost weight”, “It is great to get outside”, “Thanks for getting us out”. Every bit of physical activity in a day counts toward health benefits.

**The 7 ½ Minute Club** is now literally on the move to the new location at Colonnade. A new route will be found and the walks will continue. Everyone is welcome. It is not a race, go at your own pace! Bring some shoes and see you at Colonnade.

## **Elizabeth Bruyère Compassion in Action Campaign**

By April Dodge



Patty Collins and Marianne Regan

During the month of April, the Loeb Centre was commissioned by the Elizabeth Bruyère Centre for a special project.

The Director wanted to buy 900 pads made by Loeb Centre to distribute to all their employees. Our group was able to put together about 200 pads per week at a blistering pace!

The Elizabeth Bruyère Centre will be thanking everyone with a barbecue at the Loeb Centre.

## Hydro Earth Hour Contract

By April Dodge

Last month, the Loeb Centre participated in a contract inspired by Ottawa Hydro to promote Earth Hour. The contract involved constructing boxes, adding t-shirts and flyers for almost 200 schools in the Ottawa area. Individuals participated on a tight schedule to complete the contract in less than one week. Hydro Ottawa will be providing a pizza lunch for all involved.

## What's going on at Rosenthal

By Lesley Goudge

Rosenthal Services is proud to announce the birth of a new and improved program. The leisure based day program has undergone restructuring to improve the quality of activities and services offered to the individuals who attend. Fitness, art, music and virtual reality are just some of the programs offered. The clients seem to be enjoying the changes and are happiest when they are busy.

John Lonergan and his crew have moved into Room 1 and have transformed what was once an old public school gymnasium into a fully functioning wood working shop. They have been busy adapting to their new surroundings and have been working on several contracts. They are ready, willing and able to help out whenever possible and are a definite asset to Rosenthal.

Rosenthal had to say goodbye to Natalie Charlebois and her pet therapy dog Caleb. They were an important part of Rosenthal for over a year and had to retire due to Caleb's health. They will be missed. We are pleased that Cobber and his owner Joan McGomas have agreed to take over the Pet Therapy program at Rosenthal. Cobber is a happy-go-lucky Labradoodle who enjoys walking in the backyard and giving the gang lots of puppy love.

Rosenthal is sad to see one of their staff head back to the residential side. David Worm has been a true Rosenthaler for more than a year and has won a place in many hearts while here. We will miss his good natured personality and his desire to swim EVERY day!

We have been very fortunate to have wonderful first and second year DSW students from Algonquin College helping during our transition since January. Many thanks to Jessica, Tina, Samantha, Jessica, Ciara and Alisha. We wish them the best in their future careers and schooling.

## CSS Walking Club

By Paul Rochon, CSS Support Worker

We are pleased to inform you that the CSS Walking Club continues to operate successfully. Speaking of success, we would like to note the success of the individual participants who have gone from averaging 10-20 laps to setting personal bests of 80-120 laps per session. Congratulations to all. We would like to welcome our new participants from Settler's Ridge, Carol Scott, Kerry-Lynn Aubin, Brian Dewe and their staff. We would also like to thank the YMCA and its staff for the remarkable level of support that they provide us every week. We are very grateful for their efforts and hope the relationship will continue to grow.



Mark Easey, Christopher Davis, Coleen Lawrence and Barry Villeneuve.

## **Family Homeshare's Harvest Dinner**

By Tom Gillespie, Supervisor

The Family Homeshare Program hosted its second annual "Harvest Dinner" at the Loeb Centre.

The entire meal was prepared by Lorant Gabor and his staff from "**Sixth Sense Catering & Home Cooking**" [www.gourmetathome.ca](http://www.gourmetathome.ca), who donated their time and food towards this wonderful evening. We also would like to thank the donation of "moose meat" we received from Rudy Visscher in support of our theme.

The Sixth Sense staff prepared the meal in a buffet style which allowed the Homeshare Staff team the opportunity to mingle with the Homeshare Providers, their family and their Homesharers. This was greatly appreciated by the staff team, as last year we prepared and served the meal. Although it was a comedic experience of seeing us running from table to table we missed the occasion to sit back and connect with everyone.

This year we had over forty people in attendance. Many of our Homeshare Providers expressed gratitude for recognizing them and for making this night such a special evening for them. We are already planning for next year's harvest dinner with some new twists to the evening.

The event provided everyone with a chance to meet each other and their families.

The harvest dinner is one of our ways of thanking our Homeshare Providers along with their families for all the hard work that they do in supporting and making our Program a strong and viable option for the individuals that reside with them. Therefore, allowing them to include individuals into their lives, to learn new skills, to grow and be included in the community.

Continuing with the tradition, roses were handed out along with the fabulous meal as our way of thanking everyone for their extraordinary care.

The evening would not have been a success without the wonderful offerings by Sixth Sense Catering & Home Cooking.

Once again thank you to all of our Homeshare Providers for all that you do and see you next fall for another Harvest Dinner.

## **Family Satisfaction Survey**

OCAPDD recently sent out a satisfaction survey to family members. We were very pleased with the response. 547 surveys were mailed out and 161 were completed and sent back – that's over 29%.

We are in the process of analyzing the feedback and will have more to share in the next Esprit and will present the results at the AGM in September.

Thank you to all those who took the time to respond, your input is of great value to us.

## **Ways to give**

In the midst of the world's economic downturn, OCAPDD remains focused on the support and personal well being of people with developmental disabilities. We have created new ways to give directly to OCAPDD from our website. To learn more about our giving options and how you can make a difference, please visit [www.ocapdd.on.ca](http://www.ocapdd.on.ca). OCAPDD needs your support to continue our important mission.

## THE FAMILY HOMESHARE PROGRAM IS RECRUITING PEOPLE JUST LIKE YOU!



Individuals supported by OCAPDD are fortunate to have several residential models available to them. Some people enjoy living within a group home setting that offers structure and professional support. Similarly, others may choose to live in a supported apartment program or independently in the community. Others may seek out alternatives to these residential models that may be more suitable to their preferences and their needs.

OCAPDD's Family Homeshare Program currently partners with 23 Homeshare Providers who offer support for 33 persons (Homesharers) supported by our agency. The relationship the Provider and Sharer develop is invaluable as they begin to share their life together. The outcome is an enriched experience that encourages growth in a personalized environment.

For those who wish to become a Homeshare Provider, this is a great opportunity to offer your knowledge and life experiences while making a positive impact on someone else's life. You might be surprised to find that the reward far exceeds your expectations! We often witness examples of increased mutual understanding, hear testimonials about the learning and sharing as well as the strong sense of accomplishment that comes with helping others in their appreciation of life.

We support matches between Providers and Sharers that are anywhere from a few years old to some which are more than 20 years! Regardless of whether it is a new match or an established one, the message is the same; sharers and providers alike want to benefit from each other's life experiences, to become a better person and to make a difference in their community.

Is this an opportunity for you? ...for someone you know?

We encourage anyone looking for more information to contact us:

- You can call us at 613-569-8993 extension 401 and we will gladly spend time talking to you about our program and how you can make a difference, or
- You can visit our website at [www.ocapdd.on.ca](http://www.ocapdd.on.ca) and go to the Family Homeshare tab to view our video to learn more about the services we offer. You may also complete our on-line enquiry form and click send.

It may just be a life changing experience for you...

## Fundraising at the Loeb Centre

By Joe Silverman, Supervisor

Congratulations to the Loeb Centre for raising funds for various causes in the last few months.

- Contributions from the staff and clients at our Centre, along with all the proceeds from our Valentine Dance raised \$1000 for Haiti. This amount was subsequently matched by the Federal Government.
- We also raised \$300 at our St. Paddy's Dance for Tanya Leclair who will be participating in this year's Joints in Motion campaign that seeks a cure for arthritis.
- The \$300 raised from the May 1<sup>st</sup> Hockey Playoff Dance was donated to Ride for Dads that seeks a cure for prostate cancer.

A hearty thanks to all who attend our dances and support these worthy causes!!

## Employee Recognition

The following individuals were recognized at our annual “Employee Recognition Evening” held on May 20, 2010 in honour of their years of service to OCAPDD:

### 40 YEARS – 1970

Janet O’Connor

### 35 YEARS – 1975

Andre Dupuis

### 30 YEARS – 1980

Jocelyne Fortin

Tom Gillespie

Claudette Lauzier

### 25 YEARS – 1985

Frances Bloom

Roland Collins

David Nowlan

Jennifer Pavone

### 20 YEARS – 1990

Colleen Bingley

Christine Connolly

Trevor Costello

Carole Lalonde

Tim Miles

Terry Mulligan

Tammy Norrie

Sharon Skerritt

### 15 YEARS – 1995

Debbie Blasutti

Patrick Duvert

Nicole Matheson

Ilona Ramsay

Dan R. Roy

Alain St-Jean

Christa Townson

David Watts

### 10 YEARS – 2000

Angie Loyst

Stephanie Ambrose

Patricia Barnes

Judy Bernstein

Anne Cole

Tara Daoust

Ricole Elce

Alain Gelinas

Liz Hernandez

Terri Howard

Veronique Joanisse

Angela Jones

Joanna Mietkowska

Sharon Mitchell

Patricia Morris

Jocelyne Parent

Lewis

Ilde Pascucci

Judith Phaneuf

Michelle Sharma

Doug Suykens

Kari Thomas

Angela Wilkes

Jennifer Williams

### 5 YEARS – 2005

Courtney Brown

Pascale Cadieux

Emile Cormier

Todd Corrigan

Awa Diop

Christine Holmes

Dick Jamer

Jennifer Liberty

Orysia Makar

Christine Moore

Susan Olsen

Melanie Robarts

Cynthia Steeves

Elizabeth Stroh

Sophea Taing

Allison Tovell



## *Ron Charlebois Celebrates his 60<sup>th</sup> Birthday*

By Debbie Rowan, Supervisor

Oakdean residence enjoyed hosting an open house celebration for Ron’s 60<sup>th</sup> birthday. It was attended by over 50 of Ron’s friends and family. All enjoyed a catered lunch and birthday cake.

Ron played the guitar and sang his three favourite songs to entertain his guests. He is thankful for all of the wonderful gifts and has asked me to let everyone know that he had a GREAT time.



## National Volunteer Week - April 18 - April 24, 2010

National Volunteer Week recognizes the 12.5 million volunteers nationwide. In the last year, they gave 2.1 billion hours of their time, energy and skills to the benefit of our community services, shelters, hospitals, sports teams, environment, political movements, disaster relief, international aid and development agencies and arts and culture scene to name a few. They are the selfless individuals who demonstrate their genuine compassion for the well being of others and in support of essential causes, by taking action and by making a difference.

Here at OCAPDD, 177 volunteers gave 11,095 hours of their time to help us with our Gift Wrap Programs, Christmas Party, Annual Picnic, Aktion Club, Loeb Community Dances, CSS Drop-In, Silver Spring Garlic Project, Cottage Experiences, Whist and Golf tournaments and most of all by providing friendship and memories. Kudo's to all OCAPDD volunteers. Thank you!

## Volunteer Appreciation Night

On Thursday, April 2<sup>nd</sup> over 70 people enjoyed the Volunteer Appreciation Evening held at the Loeb Centre. Many thanks to Kevin Lamont for providing us with a superb dinner and the Loeb staff for so graciously opening their doors to host us once again. Hats off to Trevor Clost from Bank of America for sponsorship and for the wonderful volunteers who helped make the evening run smoothly. Special thanks to Dan and Sylvie Moore for kitchen duty afterwards.

### 5 Years

Darci Bertrand Bloom  
Mario Renaud  
Sylvain Imbeault  
Roxanne Gauthier  
Karen Maher  
Donald Maher  
Lisa Babineau  
Sylvie Gareau  
Kerry Johnson  
Giselle Presland  
Bob Presland  
Jack Ravary

### 10 Years

Chantal Jacques  
Claudette Clost  
Angela Jones

### 15 Years

April Dodge  
Diane Belair

### 20 Years

Kate de Lanux  
Kirk Leclair

### 30 Years

Joe Silverman



Giselle Presland, Debbie Blasutti and Bob Presland

## 2009 Christmas Gift Wrap Project

This past Christmas Gift Wrap Project was again a bit of a challenge due to the location of our booths. In the end, the location at Carlingwood was great and customers knew where to find us. At St-Laurent, the location was a bit more challenging as we were not as visible. Overall it was a success even if our sales were down from previous years. We generated over \$16,000 between St-Laurent Shopping Centre and Carlingwood Mall.

We would like to convey our special thanks to Jennifer Potter, who coordinated all the volunteers from the Church of Jesus Christ of Latter Day Saints and the many other volunteers who assisted us in this great annual event. All of your continuous time and efforts contributed greatly toward the success of this special event.



## FORE OCAPDD!

### Your swing truly makes a difference!

The sun is shining and the snow is finally gone! Come join us for our **10<sup>th</sup>** Annual Golf Tournament on Monday, June 21<sup>st</sup> at the Hautes Plaines Golf Club.

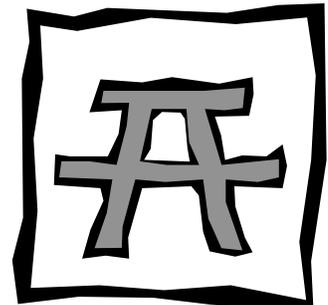
Again this year we will be hosting a silent and live auction, as well as door prizes and our famous card game. This is a great day to spend time with a few friends, cousins, Mom, Dad or even your boss! Registration in the tournament has become a well received Father's Day gift.

Remember, a bad day on a sunny golf course is better than a good day in the office. (please see the insert for registration & details).

## OCAPDD / AKTION CLUB PICNIC & BBQ

Please join us on Sunday, June 27<sup>th</sup> from 11:30am until 3:00pm at Vincent Massey Park, Sections M, N, O& P.

This event is for all staff, clients & families to get to meet each other and have a terrific time finding out who's who.



There will be BBQ hamburgers & hot dogs at \$1 each and soft drinks for \$0.50 available all afternoon. Parking is \$5 and there will be no rain date. If it is raining, please call 613-569-8993 extension 243 to confirm the picnic is still being held.

## Annual General Meeting

OCAPDD's Annual General Meeting (AGM) will be held on Wednesday, September 15, 2010. The AGM will be held at our new office located at 229 Colonnade Road beginning at 7pm. The AGM's main purpose is for the Board of Directors to report on the last year's activities and propose a course for the future.

The Nomination Committee is eagerly looking for Board Members. The 12 members of the Board of Directors are comprised of: at least three members who represent families / parents with a disabled relative and two from the francophone community. The remainder are from the public, private and non-profit sectors with every effort to ensure visible minority representation from the community, as appropriate. To be eligible to stand for election, you must be 18 years or older, and a member of OCAPDD for not less than thirty (30) days prior to the AGM.

If you would like to speak to the Nomination Chair about the nominations process, please call 613-569-8993 extension 225.

## ∞ *In Memoriam* ∞

### **Brian Campbell – Tighe** (July 30, 1954 - February 19, 2010)

Brian arrived at the Loeb Centre daily, keen to contribute what he could. He worked through each day with a determination and optimism that was most contagious. Although Brian is dearly missed, there is comfort in knowing that every interaction with him brought out the best in each of us. Often quiet and unassuming, but larger than life in so many ways.

The Loeb Centre will be dedicating the new Snoezelen Room in Brian's memory – Brian's Room.

By April Dodge



### **Michael Broitman** (December 10, 1958 – January 8, 2010)



Working in the production area at the Loeb Centre meant that you might be lucky enough to spend time with Michael. A man of serious work ethic, a gregarious colour commentator and an all around great friend. Michael always wanted to be busy. He fed his shredder at a furious pace and was most content when there was work to be done. Even on days when he wasn't well, Michael continued to crack us up with hilarious quotations of "Burke, Burke Reynolds", "touchy, touchy" and "yes Madam!".

Michael is sadly missed.

By April Dodge

### **George Ferguson** (July 5, 1934-May 14, 2010)

A striped shirt, a tie, dress pants, a pair of Rockports and a mischievous grin; George loved life, loved friends and loved looking good. Forever on the go, from plays to shows to shops and concerts, he made the most of the time he had and life was a great adventure.

Always the centre of attention he had the uncanny ability to attract people. "Member" he would say "member" then he'd go on to recount the day he met you in the most minute details describing exactly what you wore on that day.

He never stopped surprising us. We're surprised he left us so suddenly. "The house feels very quiet and empty without you George, adieu my Friend".

Your Forest Gate Friends



# Community Articles

## CAMH Surveys Families on Stress

The Centre for Addiction and Mental Health (CAMH) is conducting a survey of family needs associated with caring for a person with an autism spectrum disorder (ASD). If you are a family member of an adult or youth with ASD, your participation would be appreciated by CAMH researchers Dr. Yona Lunsky and Dr. Jonathan Weiss.

The survey is based on a consultation between family representatives of Autism Ontario and Drs. Lunsky and Weiss in November 2008. At that time, families from across the province generously shared their observations about the challenges and triumphs that families experience in raising a youth or adult with ASD. The CAMH researchers also worked with Autism Ontario to carry out a brief online survey of the experiences of crisis of families across the lifespan, and learned that this is a very important topic for many families.

The purpose of the survey is to find out about how you and your family handle stresses, how you feel and what kinds of services you use. The survey is confidential.

In order to understand families' experiences, family members are asked to complete an on-line questionnaire. Participation takes approximately 30 minutes.

To read more about the survey or to participate, go to <http://www.familyprojects.ca> (The FAMILY STUDY).

Please contact Dr. Yona Lunsky at 416-535-8501, ext. 7813, or [yona\\_lunsky@camh.net](mailto:yona_lunsky@camh.net) for more information.

## Real People Campaign



A grassroots information and advocacy website for families, by families who are touched by intellectual disabilities. [www.realpeoplecampaign.com](http://www.realpeoplecampaign.com)

A group of families in Lambton County created the Real People Campaign over two years ago. Back in March they launched their website and are hoping to expand the campaign to families throughout Ontario. The stories contained on the website are quite compelling.

Their mission is: *To gain the supports needed for individuals with intellectual disabilities and their families to plan for and enact their goals of living in the community.*

They also state: *"The Real People Campaign is not aligned with any political party, union or agency. We are a group of families trying to send the message that it is our children's right to participate in society, however, we need help to make that happen. Our hope is that this website becomes an effective advocacy tool for families of children with intellectual disabilities."*

## UFEO (United Families of Eastern Ontario) invites you to its 2<sup>nd</sup> Annual General Meeting!

Join us in improving the lives of children and adults with developmental disabilities in Eastern Ontario. You can be involved as an individual or as a member of *OAPDD Families*. Membership is free. Adding your voice to UFEO will strengthen our message to policy makers and others who play a role in our family members' future.

Our family members have differing labels —intellectual disabilities, autism spectrum disorders, fetal alcohol spectrum disorders, Down syndrome, Rett syndrome, to name a few, but we all share a common vision for our family members—one where our loved ones lead full and happy lives.

The upcoming Annual General Meeting will take place at Y's Owl Maclure, 1140 Morrison Drive, Suite 100 at 7:00 pm on June 3<sup>rd</sup>. A guest speaker is being arranged. To find out more see our website at [www.ufeo.ca](http://www.ufeo.ca) or contact Bonnie Dinning at (613) 728-6483 or [bonniedinning@rogers.com](mailto:bonniedinning@rogers.com).

### Coin for a cause

May 5, 2010

By Jill St. Marseille

Having fought the battle herself, Major Deanna (Dee) Brasseur knows the importance of acknowledging, recognizing and diagnosing post traumatic stress disorder (PTSD).

One of Canada's first female fighter pilots, Maj Brasseur retired in 1994 with what she thought was exhaustion from her job. "I thought I was tired; had career burnout," she said. "I thought it would get better if I got out [of the Canadian Forces], but it didn't."

She discovered that it wasn't burn out: it was PTSD. She sought treatment in neuro-linguistic programming (NLP) and today is fully recovered and on a mission to help others with the disorder.

When she is not working as a reservist with the Air Force, Maj Brasseur is an active civilian who is busy public speaking and raising awareness about the disorder through the One in a Million Project.

She wants to bring to light the fact that PTSD can affect anyone and it is important that it be recognized and treated. "It is not simply a military problem affecting soldiers who serve on extremely challenging missions, it's a Canadian national mental health challenge affecting police, firefighters, emergency responders, health care professionals as well as everyday citizens affected by traumatic events such as fires, floods, car accidents and violent crime. The Canadian Mental Health Association estimates 1 in 10 Canadians suffers from PTSD."

The One In A Million project will give hope and directly benefit PTSD sufferers and families. It has commissioned a limited edition collector coin to raise \$35 million dollars which will generate annual revenue to be granted towards researching, educating and treating PTSD through organizations such as Soldier On, Military Families Fund and the Neuro-Linguistic Programming Research and Recognition Project.

One million coins will be minted and sold for \$50 each.

The goal is to lift the veil, the stigma that has been placed on PTSD. Because as Maj Brasseur said, "No one is immune."

Major Deanna (Dee) Brasseur and her dog Kari, volunteer at the Loeb Centre.



Flip side of the coin



Front side of the coin

## *President / Executive Director's Report*

We are moving! As previously reported, OCAPDD purchased a building located at 229 Colonnade Road in Ottawa. Extensive renovations were completed between January to April, and we move in as of May 31<sup>st</sup>. We will be hosting an Open House on Thursday, October 7<sup>th</sup>. Please consider this an invitation to join us between 2 and 4 pm that day to visit with us and see the new location. We would like to thank Vince Auger, Director of Operations - Asset Management for his efforts in overseeing this important project. We would also like to acknowledge the involvement of PRA Popovic Routhier Architects Inc., architect for the project.

As we have noted in previous editions of *Esprit*, *The Services and Supports to Promote the Social Inclusion of Persons with Developmental Disabilities Act* has been passed by the Government, but not yet proclaimed. There was a public consultation on the second set of associated Regulations (Minister's Regulations) during January and February. The results of both this and the first set of consultations are not known at this time. There was significant concern with the Minister's Regulations from numerous stakeholders in the sector, to the point where OASIS in fact recommended a complete re-drafting of them.

Look forward to receiving a Membership Survey in the coming weeks. We are taking active steps to obtain feedback concerning a number of aspects of our service, and this includes from our members in addition to individuals and their family.

We would like to welcome Suzanne Gagnon as the new Regional Director of MCSS as of January 4<sup>th</sup>.

We would like to congratulate Neall Epstein and Emily Newman, this year's recipients of The Silver Spring Farm Scholarship Award. The awards were presented at the March Board meeting.

As always, at this time of year, we would again like to encourage you to join us at this year's golf tournament on June 21<sup>st</sup>. This year marks the 10<sup>th</sup> anniversary of the tournament and we look forward to selling out!

Have a safe and enjoyable summer!

Stephen Arbuckle, President  
David A. Ferguson, Executive Director



David Ferguson, Neall Epstein, Emily Newman and Stephen Arbuckle.



As of May 31, 2010 our new address will be 229 Colonnade Road South, Ottawa, Ontario K2E 7X3.

Our phone number remains the same 613-569-8993.