



## Opening Doors and Affecting Change



Phillip Goodwin , Director of Social Action, addressing the audience

### Social Action Committee Hosts an Open House at City Hall

On Tuesday, May 23, 2006, 30 people came out for the Social Action Committee's (SAC) Open House at City Hall. The purpose of the event was to inform our membership of the activities the MS Society of Canada is involved in locally, provincially and nationally. The evening consisted of a

panel of speakers with various backgrounds in advocacy as well as representatives from the City of Ottawa and the MS Society of Canada.

The keynote speaker was Kent Kirkpatrick, City Manager and member of the Ottawa Chapter's Board of Directors. Kent spoke briefly on Ottawa 20/20, which is the City of Ottawa's framework for managing growth over the next 20 years. One of the principles of this plan is for Ottawa to be a caring and inclusive city. The plan is guided by six strategic

<b>Upcoming Events</b>
<p><b>Chapter Summer Picnic</b> Lakeside Gardens July 16 - 12:30 pm</p>
<p><b>Gilmore Reproductions Golf Tournament</b> Glen Mar Golf Club August 11</p>
<p><b>RONA MS Bike Tour</b> August 12 and 13</p>
<p><b>Team 1200-MS Golf Challenge</b> Glen Mar Golf Club Monday, August 21</p>
<p><b>Bell Canada Golf Tournament</b> Metcalf Golf Course September 9</p>

directions, including equal access to services, access to basic services, and safe and healthy surroundings. Kent stressed the importance of advocacy and its role in strengthening and building collaborative communities.

Alf Gunter – veteran member of the Social Action Committee for 20 years – gave a brief

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Evenings by appointment

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16 and 18 on Scott Street

Parking is available on Wellington Street. The building is wheelchair accessible.

Newsletter Editors:  
Nicole Baker and Kevin Baker

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**We're on-line and interactive!!**

Bookmark [www.mssociety.ca/ottawa](http://www.mssociety.ca/ottawa) featuring a current list of Chapter events, FAQs, literature, a new photo gallery and more!

**Help save a tree!!**

Let us know if you would prefer to receive your Capital Connection newsletter on-line. Email us at [info.ottawa@mssociety.ca](mailto:info.ottawa@mssociety.ca)

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## Are You Moving?

Please e-mail Gail Neil ([gail.neil@mssociety.ca](mailto:gail.neil@mssociety.ca)) or mail a change of address notice to the Chapter Office. Be sure to include both your new and old address, as well as the date that you will be moving!



(Continued from page 1)

history of the SAC's activities and stressed that they will continue to collaborate with other groups affected by similar issues. Alf further highlighted the many achievements that the committee has supported in the past, including the creation of the Outreach Program and priority seating on OC Transpo buses. Nickie Cassidy, a SAC member who received the Order of Ontario for her phenomenal efforts, headed the later campaign.

Deanna Groetzinger, Vice President of Government Relations and Policy with the MS Society of Canada gave an excellent overview of current national and provincial issues. She also spoke about the recently drafted paper, 'Finding My Place, Age Appropriate Housing for Younger Adults with Multiple Sclerosis'. This paper addresses the issue of quality of life for persons under the age of 65 who are living with MS. Very often, individuals living with MS who require institutionalized care end up living in settings that are inappropriate for their ages, such as senior's residences. The paper lists a number of recommendations to assist in alleviating this problem including: changes to the home care system, support for

caregivers and changes to the long-term care system including developing a sufficient mix of age appropriate supportive housing, congregate care facilities and long-term care homes across the province.

Barry McMahon, a long-time community advocate, recipient of the Peggy Allan Award, and former Chair of the Accessibility Advisory Committee to the Province of Ontario gave an overview of the Accessibility for Ontarians with Disabilities Act (*AODA-Bill 118*). Barry suggested that although legislation has been in place since last year, the pace of implementation has been slow and a great deal of work lies ahead to make Ontario a fully inclusive province. The good news, however, is that Ontario has legislation in place to create a fully inclusive province.

Mary Reid gave an overview of how the City of Ottawa is implementing the AODA. As Corporate Accessibility Specialist for the City of Ottawa, one of Mary's main responsibilities is to ensure that the AODA is implemented through the City of Ottawa's Municipal Accessibility Plan (COMAP) and that this plan remains comprehensive and progressive. In addition to

talking about the City's plan on implementing the AODA, Mary also suggested that any community members that are facing accessibility issues with City of Ottawa buildings, services or infrastructure are welcome and encouraged to contact the City through the 3-1-1 service. Mary can also help with finding the right person or department to talk with and can be reached at (613) 580-2424 ext. 28433.

The SAC was pleased to be able to offer information to the membership, interested advocacy groups and individuals. If you have any issues that you would like to bring forward to the committee, or if you would like to become part of our Social Action email group, please contact Leanne Anderson at (613) 728-1583 ext.112 or by email at [leanne.anderson@mssociety.ca](mailto:leanne.anderson@mssociety.ca). If you are interested in joining our Social Action Committee, please call Barry Keegan, Chapter Resources Manager at (613) 728-1583 ext.110.

To obtain a free copy of the 'Finding My Place, Age Appropriate Housing for Younger Adults with Multiple Sclerosis', please visit [www.mssociety.ca/Ontario/socact.htm](http://www.mssociety.ca/Ontario/socact.htm) to download a copy, or contact Leanne Anderson.

## Take the Challenge!

If you or someone you know is interested in playing 100 holes of golf in one day then the Team 1200-MS Golf Challenge is the event for you. We can only take 30 golfers for this one-of-a-kind golf event, which is set for Monday, August 21 at Glen Mar Golf Club. Golfers not only strive to play

100 holes in one day, but they must commit to raising \$2500 each. Last year the Golf Challenge raised nearly \$30,000. Sign up and help us beat that total this year! If you would like more information, or would like to register, please contact Andrea Bailey at (613) 728-1583, ext. 109.

## Chair's Corner

### News from the Board of Directors



In the April issue of Capital Connection I introduced myself to our readers with the hope of better connecting with you. I spoke about the Board of Directors and the new additions that have joined our ranks. I even tried to answer the age-old question of what the Board of Directors role is in the MS community – I hope I cleared it up a little for you. This month, I've decided to speak about a personal experience in my life, one that has taught me much about the kindness of strangers in the community.

It all started about three months ago when my I read an article in one of our local newspapers. It

spoke of an offer of a two-day free vacation, great food, and good company all in the tranquil setting of Jackson, New Hampshire. The only catch was that you had to be living with MS and win the trip by lottery. At first I was rather skeptical, but after receiving the same article from a friend I had a change of heart. Well as luck would have it my husband and I were one of the lottery winners. We decided to take the plunge. And, so, with a leap of faith we put our lives in the hands of our hosts and went off to New Hampshire.

Upon arriving we met our two hosts – Joyce and Don Bilger, owners of the Inn at Jackson. They introduced us to people from all over the map: Ottawa, New Hampshire, Massachusetts, New York City, Connecticut, Rhode Island, Maine, Vermont and as far away as California – all strangers! Joyce was diagnosed with MS over six years ago and one year ago they bought the Inn at Jackson. Both Joyce and Don felt it was a natural part of the course that they should do something for people affected by MS.

What was to happen next was even more amazing. To my

delight and surprise we found that the community had also taken up the cause. They were all volunteering their time, banding together to make this experience special and unique. I spoke to an American Airlines flight attendant, even a lady who was a member of the Jackson Chamber of Commerce. They served us dinner, helped with cleaning up and ensured that this two-day event was wonderful. I felt that Jackson really had a great sense of community and it was amazing how people you don't know really care.

It wasn't hard to make the comparisons between what we do here in Ottawa, with so many wonderful volunteers, participants and members supporting this community. It is sensational how we band together friends, family and strangers many times in a year to help out our community and make a difference, not unlike my experience in Jackson, New Hampshire.

**Marie Vaillant**  
**Chair, MS Society of Canada,**  
**Ottawa Chapter**

## Education Committee Bids A Fond Farewell to those leaving the Community

The Education Committee has had many successful events over the past couple years. It is safe to credit this success to the amazing group of individuals on the committee, including Natasha Teoli and Richard Beecroft.

Natasha joined the committee several years ago becoming the Director of Education on the Board of Directors and chair of the committee in 2004. With a sharp wit and a keen intellect, Natasha has exhibited extraordinary leadership in her role as Chair. She has embraced a new focus for the

committee including improving the communication between the committee and our membership. As well, Natasha took the initiative to ignite a review of the membership policy of the Ottawa Chapter and formed the Special Committee Undertaking Membership. She has also been an active volunteer

with the Ottawa Diner's Club for the last four years where she accompanies an individual living with MS to assist her in participating in the program.

In his thirty some years of living with MS, Richard Beecroft has accomplished a great deal. Some of you might recall back in the early to mid 1980's, a little story about a man who got on his bike and cycled across Canada...twice. If that wasn't enough of a challenge, he mounted his tricycle

once again and cycled around the world! This year marks the 20th anniversary of Richard's return from his world MS tour.

Anyone who knows Richard can attest to his Zen-like approach to life. As an avid cyclist, transcendental meditator, fundraiser, Education Committee member, public speaker and support group facilitator, Richard always brings a fresh and peaceful perspective to all his MS Society activities. Richard recently played a key role in having Dr. Aparna Bapat, and Dr. James Lunney

attend an education event the committee held on Ayurvedic Medicine and MS.

Both Richard and Natasha have recently informed us that they are departing Ottawa for new adventures.

Natasha will be relocating to Canada's largest urban metropolis

with her husband Mike at the end of the summer. Richard will be moving to the heart of Ontario's cottage country in June to teach meditation.

We would like to extend our gratitude and heartfelt thanks to both Natasha and Richard for leaving us all a little richer than when they first came on board. You will certainly both be missed – we wish you all the best!



Natasha Teoli and Richard Beecroft

## WALKing on Sunshine – 2006 WALK Results

Nearly 2000 people enjoyed the pleasant temperatures and gorgeous sunshine as they WALKed for a cure in Ottawa, Orleans, and Kanata, as part of the Super Cities WALK for MS on April 30. The annual WALK raised over \$304,000 for multiple sclerosis research, programs and service.

At the 15th annual WALK in Ottawa, participants enjoyed the new start/finish location at Immaculata High School, and honorary chairs Kathie Donovan and Joel Haslam, from CTV's Regional Contact, kicked everything off in style. Musicians from the Ottawa Guitar School and vocal duo, "Unchained", kept everyone entertained and kids of all ages were equally as thrilled by a visit from Spartacat! MS Board Chair Marie Vaillant thanked the WALKers on behalf of the MS Society and then the Air Command Pipes and Drums piped 1200 WALKers out of the field and onto the route.

The 7th annual Kanata WALK, held at Holy Trinity Catholic High School, was co-hosted by Majic 100's Bill Parker and the MS Society's Vice-Chair, Chris Hughes. Approximately 370 people joined the fight against MS in Kanata and enjoyed the music of the band "Spillback"

before WALKing along the 2 km or 5 km routes.

In Orleans, cheerleading squads from École Secondaire Catholique Garneau and St. Matthews Catholic High School helped CFRA's Rob Snow get participants excited about WALKing for MS, and Phillip

Beaus and all teams for your extra effort.

A very big thanks must be given to the volunteers who made the WALKs possible. The wonderful WALK planning Committee consists of Mike Follis, Gerry St. Aubin, Jason Lawlor, Ezz Amin, Kimberly Roper, Duane Lepine,

Ley-Ann Gibson, Robin Hartman, Toby Moneit and John Parker. They give a lot of time leading up to WALK day in order to have everything in place. And to all the volunteers – from garbage duty to food prep to registration and merchandise – thank you! Your support is so important to us!

We would also like to thank our sponsors for their generosity:

Loblaws; Superstore; Independent; Brinks; Student Works Painting; Carlson Wagonlit Travel; Yahoo! Canada; Flare; Majic 100; CFRA; CTV; The Ottawa Sun; Suite34; Surgenor; Sports 4; Ontario Medical Supply; Hi-Rise Communications; Ottawa Sport & Social Club; Ottawa Business Interiors; Parkway Van Lines; and Van Houtte Coffee.

We look forward to next year's WALK on Sunday, April 29, 2007. Until then, visit [www.mssociety.ca/ottawa](http://www.mssociety.ca/ottawa) for updates and details about all MS events.



Goodwin, director of Social Action with the Ottawa Chapter, addressed the energized crowd. With musicians and didgeridoo players as entertainment, Orleans is quickly shaping up to be a unique and fun WALK!

150 teams took part in TeamMS this year and team participants made up almost half of all WALKers. We had many old favorites return and also some new faces. Team Buttons and Beaus, a rookie team headed up by captain Beth Button, won top fundraising honours as they exceeded the \$13,000 mark! Congratulations to Buttons and

## Join us for our “All That Glitters” Summer Picnic

July will be here before you know it and plans for the Ottawa Chapter's 26th Annual Summer Picnic are well underway! This year's theme is All That Glitters: Hollywood Style, and will be held at Lakeside Garden's on July 16 from 12:30 pm to 3:30 pm. The picnic will be held in an indoor, air conditioned facility, though if weather is nice you are welcome to venture outdoors and enjoy the beautiful scenic location. Come and join us with

your friends and family for great entertainment, food, and fun! Everyone is encouraged to come dressed as their favourite celebrity or movie character. There will be a number of fabulous door prizes to be won and those in costume will be eligible to win an “Oscar”! For more details, please refer to the enclosed picnic flyer or contact the Summer Enrichment Program office at (613) 728-1583 ext. 108.

## Community Partners Fundraising

We would like to thank all the individuals, groups and companies that recently held third party fundraising events for the Ottawa Chapter. The support we receive from the community is vital. We simply could not provide the services we do, or invest as much into research, without members of the community coming forward with their support.

### Recent Fundraisers:

Abby Pollonetsky Birthday Bash: On April 9 Abby had a big birthday party at the Black Sheep Inn in Wakefield, and proceeds benefited the MS Society. She raised an amazing \$590.

Ottawa Heart Institute Golf Tournament: Held on May 5, this tournament was organized by the Cath Lab and raised \$1 500!

CFS Lietrim Golf Tournament raised over \$11,000 at their golf tournament held on June 1 at the Meadows Golf Club. Thanks to all the organizers, sponsors and wonderful participants.

Alf Gunter, long-serving volunteer at the Ottawa Chapter participated in this year's National Capital Marathon and completed the 42 km in six hours.

### Future Events:

Slo-Pitch baseball tournament is being held from June 22-25. All donations will go to support MS research and services in Ottawa.

Gilmore Reproductions Golf Tournament: Being held at Glen Mar Golf Club on August 11.

MS Awareness Golf Tournament: Being held in September at the Madawaska Golf Club in Arnprior. If you would like to participate in this event please contact the MS Office at 613-728-1583.

Bell Canada Golf Tournament: Being held on Sept. 9 at the Metcalfe Golf Course. MS Society will be the charity recipient for this 6th annual tournament.

## RONA MS Bike Tour August 12 and 13

Join us for the 17th Annual RONA MS Bike Tour the weekend of August 12 and 13. Over 600 cyclists will spend one or two days riding from Carleton University to Kemptville College, traveling 70, 125, 150 or 185 km in support of MS research and services. Last year we raised an amazing \$345,000 and this year our goal is \$375,000. You can help us reach this target by riding in the tour and raising pledges, by pledging someone you know who is participating, or by volunteering.

The RONA MS Bike Tour is a fun, non-competitive ride that has checkpoints every 15-20 km, first aid personnel, route vehicles

to pick you up if you need a lift, a fantastic lunch at Rideau Park, and the camaraderie of hundreds of people all riding for a great cause.



Those people enjoying the two-day tour will spend the night in Kemptville for an evening of dinner and dancing. The one-day participants will enjoy some festivities in Kemptville before being bussed back to Carleton University on Saturday afternoon.

You will find enclosed in this issue a RONA MS Bike Tour brochure, or you can call us at (613) 728-1583 for more information. You can register via phone, or online at [www.ms biketours.com](http://www.ms biketours.com). To learn more about volunteering opportunities, call Barry Keegan at (613) 728-1583, ext. 110.

## Ask the Experts

On Tuesday May 25, the Ottawa Chapter held the 6th annual "Ask the Experts Night". Over 50 distinguished guests attended an update on prevalent and important research projects, some of which are being conducted in our community. Dr. Mark Freedman and Dr. Harold Atkins of the Ottawa Hospital,

General Campus, provided an update of their Bone Marrow Transplant (BMT) research project. Dr. Freedman also updated the group on advancements in drug therapies and how researchers are collaborating on findings before being published. For the latest research updates please visit our web site at [www.mssociety.ca/ottawa](http://www.mssociety.ca/ottawa).

## Welcome Susan!

At the beginning of May the Chapter was pleased to welcome Susan Walker as the new Director of Development.

For more than 15 years, Sue has enjoyed a progressive career in the non-profit sector. She has an extensive background in cause marketing and fundraising and is accustomed to working within a dynamic Board/staff/volunteer environment, both at local and provincial level. She brings with her experience from the Arthritis Society, Canadian Blood Services, YMCA-YWCA of Ottawa-Carleton and from her most recent position as the Director of Development with the Glebe Centre.

As you can see, Sue brings a tremendous amount of strength and expertise to the Ottawa Chapter. We look forward to working with her.



**Sue Walker,**  
Director of Development

# Hello from the Summer Enrichment Program Students

**A** warm welcome to the 2006 Summer Enrichment Program students.

## Jessica

Hi! My name is Jessica Reszel and I am 18 years old. I recently completed my first year in Health Sciences at Brock University. This fall, I will be attending the University of Ottawa to study nursing. In the future, I hope to become a nurse practitioner. In my spare time, I enjoy reading, shopping, baking and spending time with my family. I am very excited to have the opportunity to work for the Summer Enrichment Program. It will be a fun-filled summer!

## Annie

Hi! My name is Annie Roussel and I am 25 years old. I just finished my first year of a 4-year program in Occupational Therapy at the University of Ottawa. I also completed 3 years in Human Kinetics and will be finishing my degree next year. During my free time I love to play volleyball, ultimate Frisbee and am also very busy taking care of my dog and three cats. I am a very energetic person and I love to meet new people. Working with the MS Society will be a great experience and I can't wait to meet you all!

## Heather

Hello! My name is Heather Simpson, and I'm 19 years old. This is my second year with the Summer Enrichment Program, and I'm very happy to be back! I grew up in the east end of Ottawa, but for the past two years I've been spending most of



**Back: Jamie, Annie and Kristy  
Front: Jessica and Heather**

my time in Kingston, pursuing degrees in Music and Education at Queen's University. I love working with people and helping them, and my dream is to become an elementary school teacher when I am finished my studies. As nice as Kingston is, I am always excited to return home to Ottawa for the summer. When I am not working, I can be found singing in the Ottawa Regional Youth Choir, catching up with my family and friends, and volunteering with my parish's high school youth group.

## Kristy

Hi everyone! My name is Kristy Whittall and I am 22 years old. I have just completed a Bachelor of Arts degree with a major in History at Queen's University, and am returning in the fall for my final year of an Education degree in the Concurrent Education Program. I am very excited for the Summer Enrichment Program to begin so that we can all meet one another and start having fun! Last summer I worked with the Ontario March of Dimes Summer Holiday Program, which provided me with a unique opportunity in attendant care services and recreational leadership. I have a passion for working with people, handcrafting jewellery, and my two precious pet turtles. I anticipate a wonderful upcoming summer!

## Jamie

Hello! My name is Jamie Ray, and I am 20 years old. I am entering my second year in Biomedical Science at the University of Ottawa. In the future, I hope to pursue a career in medicine, and possibly volunteer with Médecins Sans Frontières / Doctors Without Borders. In my spare time, I enjoy reading (mostly the classics), visual arts, music and traveling. I'm looking forward to the Summer Enrichment Program – to meeting each of you and planning great activities.

## Volunteer Corner

The Chapter is currently seeking individuals who would be interested in volunteering for the following activities:

**Friendly Visitor** – There are a number of members of the Society that are looking for a volunteer to spend time with them. The activities can range from playing cards, going for coffee, meeting at a museum or staying in and watching a movie. The ideal volunteer candidate would be someone who can plan and arrange activities accordingly and have a flexible schedule. Friendly Visitors are asked to spend a minimum of one hour weekly or two hours every other week with the member.

**Exercise Instructor** – The Chapter runs an exercise group from September to late June at the Sandy Hill Community Centre. This program runs every Friday morning from 10:30 am until noon. We are seeking a new instructor to work with members in a light exercise regime. The volunteer candidate should have a background in physiotherapy, kinesiology, occupational therapy or be a certified fitness instructor.

**Diners Club Volunteer** – This club has volunteers accompany clients on a monthly outing at a selected restaurant and provide assistance to the client enabling them to participate. The position will require approximately 2-3 hours per outing. It is recommended that the volunteer contact the client to confirm their attendance prior to the dinner. This is a wonderful experience for persons that enjoy going for dinner and meeting new people. The Chapter pays all expenses for volunteers.

### RONAMS Bike Tour

We are looking for volunteers to help with the Bike Tour on August 12 and 13. There are plenty of fun and interesting positions to choose from on both days. Volunteers will be required to provide their own transportation to Kemptville. Available positions include:

- Accommodation Volunteers
- Bike Storage Crew
- MS Bike Tour Boutique
- Route Signage Assistant
- Set-up in Kemptville
- Volunteer Registration
- Food Set-up at Carleton
- Luggage Crew
- Pre- Registration and Registration
- Set-up at Carleton
- Clean up Crew
- Cheering Section
- Site Patrol
- Parking Attendant

If you are interested in any of these volunteer opportunities please contact Barry Keegan at (613) 728-1583 ext. 110 or e-mail at [barry.keegan@mssociety.ca](mailto:barry.keegan@mssociety.ca) for further details.

## Energy and the Delicate Balance

By Trish Robicheau

**E**nergy is that resource or force that you draw on to get you through the day. It enables you to physically move about, to be cognitively present and to remain emotionally in charge.

For people who are healthy, energy can be perceived as an endless, renewable resource. That's not the case for those of us with multiple sclerosis (MS).

If you've ever felt the onset of fatigue as it "hits you like a brick wall", then you know exactly what I mean.

Energy conservation is critical to those with MS. That can be as simple as sitting down instead of standing when possible or as dramatic as using a wheelchair instead of a walker to accompany your family to the mall.

I like to compare the limited, fixed amount of energy that a person with MS has with that of a car battery with one dead cell.

The battery can no longer hold a full charge so sometimes it'll start the car and sometimes it won't. It's an unpredictable situation that there's no way to control.

If you have a good battery that takes a full charge, your energy source is reliable and dependable. But if your battery has one dead cell, then you're always starting the day with less than a full charge. Further, you're never certain when it will fail completely and leave you stranded.

Hence, the need for energy conservation and balance in our lives.

Balance can be defined as a state of equilibrium. In our daily lives, balance must be found between productivity or work and leisure or rest.

Just as too much weight on one side of an old-fashioned scale will cause it to tip and become immobile, we too would cease to move if we over-extend

ourselves on either work or rest.

Productivity is important for self-esteem and rest is important for self-care but either activity to extreme would prevent us from effectively managing our lives and our health.

Balance doesn't happen by accident though. It's only accomplished through proactive planning. The easiest way to manifest balance in your life is to plan blocks of time to dedicate to each side of the scale. If you work all day, be sure to plan leisure for the evening. If that isn't possible, and you need to be productive all day, plan to set aside leisure time the next day.

Granted, it's a never-ending challenge, but well worth the effort in terms of maintaining the energy you need for the quality of life that you deserve.

**Reprinted with the permission of Trish Robicheau of 'Changing Paces'**

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## In Memoriam

**T**he Board, Staff, and members of the Ottawa Chapter extend our heartfelt condolences to the families and friends of these recently departed.

Sonya Brendzy  
Collette DesLauriers  
Frank Francis  
Mrs. Livingstone  
Sherman Pascove  
Louis Vaillant

Margareth Card  
Rose Durie  
Evelyn Gilbert-Duva  
Olivia Marshall  
Don Rice

Sheila Chase  
Helen Filteau  
Trish Kennedy  
Edgar Wallace Morris  
Ralph Stoodley

## Canvassing for a Cure during MS Awareness Month

The Ottawa Chapter was very busy leading up to and during the month of May with various activities marking MS Awareness Month. We were fortunate to have two great events to kick-off our 16th annual Residential Campaign.



**Mayor Bob Chiarelli and  
Huguette Lussier Tremblay**

On Wednesday, April 26, one of our long-standing canvassers, Mrs. Huguette Lussier Tremblay, accepted a commemorative plaque from the City of Ottawa on behalf of the Chapter. Mrs. Lussier Tremblay has been a volunteer with the residential campaign since 1989 and has had a profound impact as a leader and captain in the city. In 2005 she raised pledges in excess of \$3,000. She entered into the campaign after her husband, French Canadian journalist Pierre Tremblay of Le Droit, passed away from complications related to MS. She spoke of him during her speech to Council, as well as about the help she received over the years. "We were really supported by the Ottawa Chapter during Pierre's battle with the disease," Tremblay stated to Council, "I felt that it was time that I gave back to the Society for all that they did for us."

The kick-off continued on May 3 with an event on Parliament Hill where volunteers of the MS Society, including last year's top students from the MS Read-A-Thon – Corinne Dobson and Vithyaa Premjeanth – helped hand out carnations to MPs as they entered the House of Commons. This year Ted Menzies, MP for Macleod, Alberta, headed up the event with support from Carolyn Bennett, MP for St. Paul's in Toronto. Over 310 carnations were distributed to all Members of the House who could be seen wearing them on our local and national news that evening. Thanks to the generosity of MPs close to \$600 was raised for the Residential Campaign.

The Chapter would like to thank a number of people for their support during these two important events: Mayor Bob Chiarelli; City Manager Kent Kirkpatrick; City of Ottawa staff Rob Wilkson and Patricia Kent; Honorable Members Ted Menzies and Carolyn Bennett; and Parliamentary staff members

Kimberly Roper and Stephanie Ryan. Many of the Chapter's dedicated volunteers raised awareness and funds while canvassing door-to-door from



**Back: Kim Roper, Bobby Galbreath  
and Ted Menzies; Front: Vithyaa,  
Bob Grimsgaard and Corinne**

May 2 to 16. We hope that these events helped to raise the profile of this wonderful fundraiser. Thanks to all our canvassers and zone captains that made such a difference in May.

For more information or to become a volunteer canvasser please email us at [info.ottawa@mssociety.ca](mailto:info.ottawa@mssociety.ca) or call Barry Keegan at (613) 728-1583 ext110.

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