



Volume 33

Number 2

Summer 2010

## Grab your bike and join the fun!

**By: Dick Louch, RONA MS Bike Tour Committee Chair**



10 years of partnership in the movement to end MS

Plans are well underway for the Ottawa RONA MS Bike Tour, taking place on August 7 and 8. Building on 20 years of previous success, the Bike Tour planning committee is bringing back popular elements from other years and introducing some exciting new ingredients this year. The RONA MS Bike Tour is the largest single fundraising activity for the Ottawa Chapter, with a goal of raising \$500,000 in 2010.

We are expecting close to 700 riders to participate by fundraising and riding the route from Ottawa to Kemptville. The event is very popular and a high proportion of riders return each year because they enjoyed it so much in previous years. If this is the year you want to make your first for riding in the Bike Tour, register online at the MS Society website or contact Michelle at 613-728-1583 ext.235.

It takes an enormous amount of planning and coordination to ensure the ride goes smoothly. Our relatively small but dedicated



**Dick Louch, RONA MS Bike Tour Committee Chair**

committee has been meeting regularly since January to make it happen. Several committee

“veterans” are combining their valuable experience with a number of committee “rookies”, with new ideas and personal networks of resources to add several innovations for the 2010 event.

A critical element of a successful Bike Tour is the amazing volunteer team. Over 200 people will be helping with everything

Continued on page 3

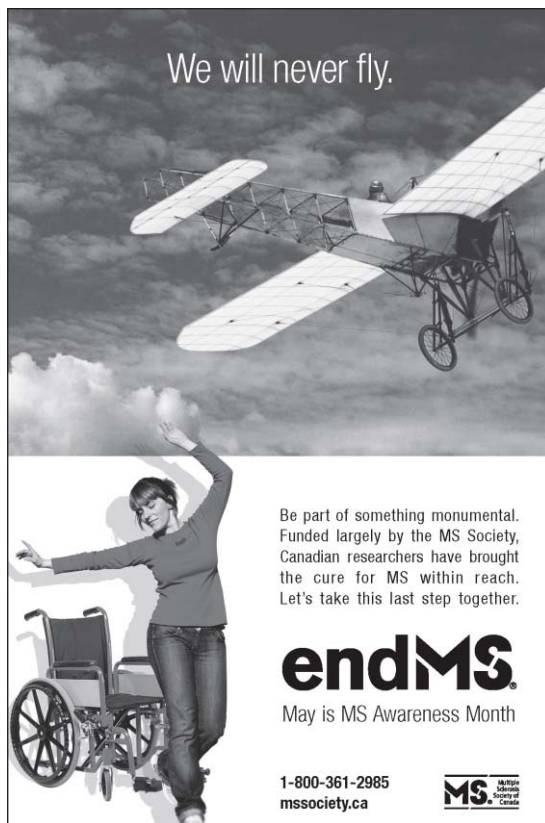
### Upcoming Events

**Chapter Summer Picnic**  
July 18, 12:30 - 3:30 pm  
Ron Kolbus Lakeside Centre

**RONA MS Bike Tour Volunteer Orientation**  
July 22, 7:00 - 8:00 pm  
MS Chapter Office  
1826 Woodward Dr  
RSVP: 613-728-1583 ext.235

**RONA MS Bike Tour**  
August 7 - 8

**MS Kilts Fore a Cure**  
September 16 at noon  
Canadian Golf and Country Club  
mssociety.ca/ottawa/msgolf



## 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!

## We're on-line and interactive!

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

## We are looking for newsletter submissions!

Send your stories, ideas, and questions for more information to [nadene.lee@mssociety.ca](mailto:nadene.lee@mssociety.ca) or call her at 613-728-1583 ext. 228.

## 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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**Buses:** 156 or 51 on Maitland

Parking is available. The building is wheelchair accessible.

### Newsletter Editors:

Nicole Baker and Kevin Baker

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# RONA MS Bike Tour - Continued from Page 1

from marking out the route with signs, registering the participants, loading and transporting their luggage, keeping the refreshments plentiful at the rest stops, safe riding, and of course placing chocolates on the riders' pillows at Kemptville college so they will have sweet dreams of their ride back on Sunday! New volunteers are always welcome and some join in the afternoon merriment and evening celebrations in Kemptville. If you'd like to be part of the volunteer team this year, call Nadene at 613-728-1583 ext 228.

The Bike Tour has several corporate sponsors who

contribute by donating goods and services that are used for fundraising in silent auctions on the weekend. Some businesses also contribute by providing support to the tour in the form of food, staff at checkpoints and doing bike repairs along the route to keep the riders' wheels spinning. Each staff member at the Ottawa Chapter of the MS Society also play a role in the accomplishment, many spending the entire weekend on duty, sometimes called upon to help out in bizarre ways that are definitely not part of their job descriptions!

The Bike Tour is genuinely an exciting community effort,

involving the participation of many different groups instrumental to its enormous success. Everyone engaged should feel very proud of all of the outcomes the event creates. As chairperson of the organizing committee, and an avid rider in the tour, I sincerely thank everyone involved for their efforts, and invite new comers to join us this year. The event is always great fun, and raises a substantial amount of money to support a cause that affects almost every Canadian in some way. I'm looking forward to seeing you there.

## Welcome to the newest members of our team!

### Stephanie Desjardins, Coordinator of Fundraising Events



Stephanie Desjardins joined the Ottawa Chapter in July 2009 as the Coordinator, Fundraising Events. Stephanie's past experience includes special events at the National Arts Centre and student life event management at Algonquin College. She enjoys long walks in lilac gardens and reading Archie comics by the fire. She is very excited to be joining the Chapter and coordinating our

flagship events. Her undying enthusiasm and organization made this year's Walk such a fantastic success! We are lucky to have her.

### Michelle Davis, Fundraising Administrator

Michelle joined the MS Staff in April of 2009. Michelle previously worked as an Implementation Manager with Bell Canada. In 2008 Bell downsized and Michelle took that opportunity to change her career path and join the Multiple Sclerosis Society. Michelle had already been a valued volunteer with the MS Bike Tour as the Checkpoint Lead and other capacities for 18 years. Michelle

enjoys reading, travel and spending time with her black lab Kyra. If you ever received a prize or booked a room in Kemptville Michelle makes sure your



Michelle experience is flawless. Her happy smiling face can always be found by any participant with a problem. Our Development team is now complete!

Contact us anytime; we are here to support your fundraising efforts!

## Farewell to a long-time community advocate and friend of the MS Society

On May 29, the Ottawa Chapter lost a dear friend, advocate, and ambassador. A consummate volunteer, Avril Gunter spent the last 26 years of her life improving the lives of persons living with disabilities through perseverance, humility and patience.

Avril was diagnosed with MS shortly after receiving her PhD in Geology in 1977. Due to the rapid progression of her MS, Avril prematurely retired from her teaching position at Carleton University in 1984. But she was not interested in anyone spending a minute feeling sorry for her as she did not feel sorry for herself. She decided very early on that her physical disability would not hamper her from pursuing those things which she considered fundamental to a fully integrated community – and that she did!

Shortly after her retirement, Avril began her long-standing association with the MS Society by first becoming a member of the inaugural Social Action Committee (SAC). This also led her into other advocacy positions with the Community Care Access Centre, the Disabled Persons Community Resources (now the In Community), the Ontario Division of the MS Society, and the Ottawa Social Planning Council.

Avril had many achievements during her life as an advocate. In 1986, prior to the presence of an Ontario or National Social Action Committee, the local SAC got involved in lobbying the Ontario government to expand the Assistive Devices Program (ADP) to support not only children, but

adults as well. Avril, along with her husband Alf, took on the task of visiting seven MPPs to discuss the issue. The Ontario Government subsequently announced in July of that year that it would begin phasing adults into this program.



She also played an instrumental role in getting a pilot program going in Ottawa for consumer directed assistant care, now called the Outreach program. This government-funded program provides extended attendant care services to persons with disabilities and is a vital program for many living with disabilities to this day.

Accessible healthcare was always a passionate topic for Avril. From the ability for people in wheelchairs to be properly weighed, to being able to access their family doctor's office, her goal was to ensure these barriers were knocked down and that everyone could receive the same level of healthcare services despite

their physical limitations.

Even though the last few years were difficult for Avril to physically get out into the community, she always found a way to stay connected. She teleconferenced into all the SAC meetings and did so with several other committees as well. She always made the effort to remain educated on issues, and would call whomever she needed to get information.

Avril was the recipient of many accolades including the MS Society's Sir David Flavelle Award, the National President's Award, the Rehabilitation Award, and the United Way Ottawa Community Builder Award, among many others. She always shared her awards with her husband Alf who was equally committed to taking on challenging issues. Together, they were a dynamic force!

The impact Avril had on people was positive and long-lasting. She inspired people to want to make the world a better place and challenged people to be part of changing what is unjust. Her approach was tenacious, but mixed with patience and compassion. The impact her work has had on the community will benefit thousands for years to come.

Anyone looking at the life of Avril Gunter would see a full rich life. She cherished her family life with her husband Alf, three children and five grandchildren, her many, many friends, and her community advocacy work that spanned 26 years. She would not have had it any other way.

# Welcome to our Summer Enrichment Program Students

**H**ey! My name is Catherine Ellis and I am currently attending the University of British Columbia Okanagan entering my second year of Psychology. I applied for the position at the MS Society of Canada, Ottawa Chapter because I wanted to help out in the community and gain experience in the Health Sector. I am from Manotick and have lived there my entire life. I love to dance, travel and scuba dive. I am very excited to further develop my



**Catherine**

Hello, my name is David Fainstein and this is my first year with SEP. I have just finished my second year at the University of Victoria in a double-major Computer Science and Psychology program. My eventual goal is to work in human-computer interactions and design technologies to assist people with disabilities. This opportunity with the MS Society is an amazing chance, as I can work with a diverse group of people and see where my future career can be applied. My interests include basketball, reading, travel, current events, and anything nerdy to do with technology. I am extremely excited for this summer, and cannot wait to start!

Hey, there! My name is Ben Pearson and I just finished my second year at the University of Ottawa in a Health Sciences program. If all goes according to plan, I hope to either use this to do medicine, or health research.



**David and Ben**

As my mother has MS, this position is an amazing opportunity for me to further my experience, and to assist the community in an area familiar to me. I was born in London, England, and moved to Canada when I was 6 years old. My family originally only planned to stay here for a year, but we loved Ottawa so much we haven't left! I love music, and in my free time you'll find me with a guitar constantly stuck in my hands. I'm looking forward to this opportunity, and to meet lots of great people!

Heya! My name is Véronique Brulé and this is my first summer with SEP! I have just finished my



**Veronique**

third year at the University of Guelph; I am completing my

major in biological sciences and hope to pursue a career in medicine and one day work as a 'Doctor Without Borders'. I have lived in Ottawa for most of my life; however, I love to travel! In my free time I enjoy archery and music. I'm also a writer so you'll normally find me with pen and paper, scribbling away! I am really looking forward to working with the clients this summer. I feel that this will be a wonderful experience and cannot wait to meet with everyone!

Oh hey! My name is Ann Kazhikkachalil and I am the Program Leader for the 2010



**David and Ann**

SEP. This is my first year with the MS Society and I am already loving the job. My team is amazing, sharing a lot of laughs with very little stress. Just a little about myself; I am a 4th year student at the University of Ottawa, hoping to graduate with an Honours in biology. I was born and raised in India and moved to Canada at the age of 6. I have lived here since then. I love playing sports and just doing anything outdoors. From this job I am hoping to gain knowledge and experiences that will benefit me forever.

# Volunteer Corner

The Chapter is presently seeking individuals that would be interested in volunteering for the following activities:

## RONAMS Bike Tour

We are looking for volunteers to help with the Bike Tour for pre-



A few of our wonderful volunteers at the 2010 MS Walk!

event help August 3-5, event day help on August 7 and 8, and post-event clean up on August 9. There are plenty of fun and interesting positions to choose from on all days. Students could get their full 40 volunteer hours in one week! Transportation to Kemptville can be provided if required.

Jobs include:

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

Please go to <http://mssociety.ca/ottawa/biketour> to download a volunteer application form or call Nadene to receive an application in the mail.

## MS Walk Organizing Committee

We are looking for people to fill a few positions on the 2011 MS

Walk committee in the following areas: Entertainment, TeamMS, Food and Beverage, and Safety.

## Friendly Visitors needed for Alta Vista and Billing Bridge areas

The Ottawa Chapter friendly visitor program matches volunteers with clients living with MS for social visits every two weeks for a minimum of one year. Activities include things like going for walks, chatting over coffee and playing cards, but will vary depending on the client's interests. A vulnerable sector reference check is required but the cost is covered by the Chapter. We are seeking two friendly visitors, male preferred.

If you are interested in any of these positions, or would like more information, please contact Nadene at 613-728-1583 ext.228 or [nadene.lee@mssociety.ca](mailto:nadene.lee@mssociety.ca).



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## In Memoriam

The Board, members, and staff of the Ottawa Chapter gratefully acknowledge gifts received in memory of the following individuals and extend our heartfelt condolences to their families and friends.

Rita Antonella  
Lester Berkow  
Edouard Bourque  
Connie Brinkmann  
Barbara Dore  
Edward "Ted" Duff  
Avril Gunter  
Owen Hoelke

Joedy Anne Kelly  
Terry Kielty  
Kevin Leslie  
Mona McLinton  
Margaret McStravick  
Marilyn O'Brien  
John Panagokos  
Katherine Penn

Joyce Piovesan  
Lillian Plante  
Rita Renaud  
Gwendy Ricker  
Diane & Gordon Russett  
Clare Anne Stevenson  
Max Ullyett  
Larry Wagg

## Over \$2.4 Million Committed to Support Seven Operating Grants to Explore the Relationship of CCSVI to Multiple Sclerosis

Over \$2.4 million has been committed by the Multiple Sclerosis Society of Canada and the National MS Society (USA) to support seven new research projects focusing on chronic cerebrospinal venous insufficiency (CCSVI) and its correlation to MS.

The new projects take a comprehensive look at the structure and function of the veins draining the brain and spinal cord in people representing a spectrum of MS types, severities and durations, and compare them to the structure and function of veins in people with other diseases and

healthy volunteers. The studies incorporate accepted high standards of experimental blinding and controls designed to provide unbiased results. They also use a variety of imaging technologies including the Doppler ultrasound technology originally used by Dr. Zamboni and his team.

In Canada, four projects will receive funding. One of these projects is based in Ottawa. The lead investigator, Dr. Carlos Torres of the Ottawa Hospital, will receive approximately \$100,000 over two years to employ MRI technology and Doppler ultrasound to explore vein anatomy and to look for iron

deposits on the brain. The study will investigate both MS patients and healthy volunteers of the same age.

It is expected that the majority of Canadian participants to be recruited, including the study lead by Dr. Torres, will come from existing patient rosters at MS clinics associated with the projects. As a funder, the MS Society of Canada plays no role in selecting people to participate in studies.

For further information on all of the projects, go to [www.mssociety.ca/ccsvi](http://www.mssociety.ca/ccsvi)

## Upcoming Education Events

The Education Committee will be hosting a fall education series on Symptom Management.

Topics will include:

- Fatigue and MS
- Skin Integrity
- Pain and MS

Dates to be determined, more information coming soon – stay tuned!

# Wellness Journey to Health: The importance of hydration

A few weeks ago, I was surprised to learn that some individuals do not drink any water during the day. Zip, nul, none, rien! “Why” I asked? While some reported that they weren't thirsty, others told me that they didn't want to drink too much to avoid having to go the washroom. I completely understand this challenge especially for those who are in a wheelchair.



Linda Houle-Robert

## Are you drinking enough water?

A normal adult is 60 to 70 percent water. We can go without food for almost two months, but without water only a few days. Did you know that brain tissue is said to consist of 86% water? Because most of our body's functions rely so much on water, the general rule is to drink at least eight glasses of water a day.

## What are the signs of dehydration?

It has become a practice to regard a "dry mouth" as a signal of body water needs, which is further assumed to be well-regulated if the sensation of "dry mouth" is not present. Can you

believe that a dry mouth is actually the last outward sign of extreme dehydration? Because of a gradually failing thirst sensation, the body becomes chronically and increasingly dehydrated. Common signals of dehydration can include any of the following symptoms: heartburn, stomach ache, constipation, low back pain, headache, mental irritation and depression.

## But I drink coffee or soda pop – isn't this water?

While these beverages contain water, they are actually dehydrating fluids. Not only do they eliminate the water contained in them, but they also cause you to lose further amounts of water from your body's reserves!

## How could I increase my level of water without drinking my eight glasses?

Try eating water rich foods, such as watermelon, which is 92% water by weight (see yummy recipe). Other fruits with a high percentage of water include tomatoes, peaches, pineapple, strawberries and oranges. As for vegetables, cucumbers, celery, carrots, squash and bell peppers are my favourites. These can be easily added to existing meals, such as pastas and with meats. Cranberry juice, herbal teas and soup broths are other options.

## Watermelon Summer Drink

1 to 2 cups seedless watermelon chunks  
1 cup ice cubes  
1 tbsps fresh mint leaves

Blend up the fresh watermelon and mint with the ice cubes. Do not over-blend. This is one of the most refreshing drinks, especially for the summertime.

## Watermelon Smoothie

2 cups seeded watermelon chunks

1 cups crushed or cracked ice

1/2 cup plain yogurt

1/2 tsp. ginger

1/8 tsp. almond extract (optional)

Whip ingredients together and blend until smooth. Serve immediately. Makes 2-3 servings.

“To eat is a necessity, but to eat intelligently is an art” La Rochefoucauld

*The information and guidance provided is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. You are advised to make your own health care decisions based upon your research and in partnership with a qualified health care professional.*

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## MS Walk Another Great Success!

Over 1700 people took part in the MS Walk in Ottawa, raising more than \$365,000 in support of multiple sclerosis research, programs and services. The MS Walk is the Multiple Sclerosis Society of Canada's largest and most visible national fundraising activity, with walks taking place in over 160 communities across Canada.



**More than 1700 MS Walkers were out enjoying the sun on the Ottawa River parkway**

The 19th annual Ottawa MS Walk was held at the Jean Talon Building at Tunney's Pasture and the weather this year could not have been better. The opening ceremonies kicked-off with an emotionally moving performance by Ann Cameron, who was recently diagnosed with multiple sclerosis, followed by the energetic and uplifting performance by local hip hop dance group DRIVEN Dance

Company. CTV's Vanessa Lee made sure that the walk got off to a fine start at 10:00 am sharp with a spectacular release of 500 red balloons. The Ottawa Air Command Pipes and Drums led the crowd of cheering teams, family members and friends on their choice of a 2K or 5K trek through the beautiful Ottawa River Parkway.

Over 200 fabulous volunteers kept the event running smoothly, helping with checking everyone in, blowing up the 500 balloons, directing the walkers, and so much more. "It was a great MS Walk! Even the weather cooperated," said Mark Lloyd, Ottawa MS Walk Committee Chair. "Our success this year is a tribute to the 200 volunteers, 1700 walkers and dedicated sponsors who have made this event possible. With their support, we are that much closer to finding a cure."

A special thank you to the MS Walk Planning Committee: Michael Follis, Matt Barnes and MS Walk Chair, Mark Lloyd.

Thank you to the many sponsors for their generous support: Tiree, Student Works Painting, Brinks,

Chatelaine, The Ottawa Sun, CTV, Van Houtte, GAL Power, Ontario Medical Supply, HERTZ, ERB Transport, Stats Canada, Public Works Canada SNC-Lavalin and ByTown Water.



**Bob and his team, Bob's Pals, at the 2010 MS Walk**

Please visit our website at [www.mssociety.ca/ottawa](http://www.mssociety.ca/ottawa) for updates, details and more photos from the 2010 MS Walk.

### SAVE THE DATE FOR 2011!

Next year the Ottawa MS Walk will be celebrating its 20th anniversary! The MS Walk will take place April 24th, 2011 at the Jean Talon Building. Let's see if we can beat this year's total. Challenge yourself to bring a friend or family member, and most importantly, raise more funds in the fight to find a cure for MS. See you then!

## Save the date for the second annual Cruisin' for a Cause with A&W

On Thursday, August 26, visitors at 700 A&W restaurants across the country will support the MS Society of Canada as part of the second annual Cruisin' for a Cause. One dollar from every Teen Burger sold that day will be



**One of the classic cars from the 2009 Cruisin' for a Cause at the Merivale location.**

donated to the MS Society. In addition to Teen Burger sales, paper car cutouts will be sold for \$1 and coin box donations will be collected throughout the month of August. Save the date, come out and support the MS Society!

## MS Kilts Fore a Cure

The Ottawa Chapter has revamped the 100 Hole Golf Challenge and morphed it into a new fundraising event - MS Kilts Fore a Cure. This new event will see 144 golfers wearing kilts, drinking Guinness and trying to come closest to the haggis. All traditions will, of course, honour the host countries of Scotland, Canada, Ireland and Wales. Even

the menu will be worldly. Come join us on September 16 at the Canadian Golf and Country Club.



Scotland and Canada have two of the highest rates of MS in the world. The tournament will pit team captains representing the

host countries against each other to win the coveted Haggis cup.

You even get to keep the kilt!

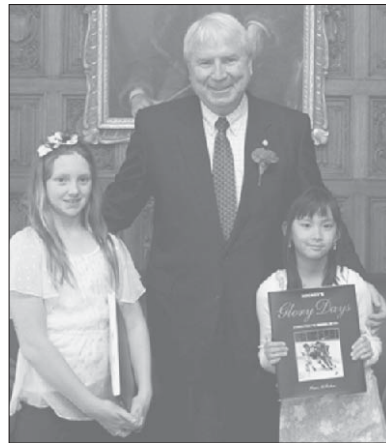
For more information check out our website: [www.mssociety.ca/ottawa](http://www.mssociety.ca/ottawa) or contact Stephanie at 613-728-1583 ext. 227 or [stephanie.desjardins@mssociety.ca](mailto:stephanie.desjardins@mssociety.ca)

## Parliament Hill Celebrates MS Awareness Month

The annual MS Carnation Campaign Kick-Off was held at Parliament Hill on May 5. Members of Parliament representing different political parties helped Ottawa Chapter volunteers and staff present carnation boutonnieres outside the House of Commons prior to Question Period. A special thank you goes to Rick Cassens, MP, who read a statement about the significance of the MS Carnation Campaign, MS Awareness Month and the impact of multiple sclerosis on Canadians. Other Members of Parliament who helped with pinning carnation boutonnieres included Dr. Carolyn Bennett (St. Paul's, Ontario), Christiane Gagnon (Quebec, Quebec) and Peter Stoffer (Sackville-Eastern Shore, Nova Scotia).

President and CEO of the MS Society, Yves Savoie and Vice President of Government

Relations and Policy, Deanna Groetzinger were joined by Ottawa Chapter representatives, Sandra Duff and Lise McMahon,



Top fundraiser, Samantha Balys (left) and top reader, Bettina Ao (right) pose with MP Rick Cassens in the Prime Minister's office.

to help pin carnations with the MPs. Also taking part were last year's top Ottawa-area MS Read-A-Thon students Samantha Balys and Bettina Ao from Adrienne Clarkson Elementary School. Together they raised over

\$475 and read for more than 40 hours in this popular MS Society of Canada fundraiser. The MS Society's national in-school fundraiser raises over \$1.3 million annually. The Society hopes that this activity will help children between the ages of 5 to 12 increase their level of recreational reading, while making a difference in the lives of persons living with multiple sclerosis. The students were also given a tour of the Prime Minister Stephen Harper's office in substitution for a picture with the out-of-town Prime Minister.

The MPs showed their generosity by donating over \$1500 to the Chapter. The carnation is a symbol of hope in the search for a cure for multiple sclerosis. This event helps raise awareness among our Members of Parliament about how MS touches so many Canadians.

# What do you know about the Registered Disability Savings Plan (RDSP)?

On March 30, the Ottawa Chapter's Education Committee hosted a session on RDSP's. This session was very informative, and participants benefited greatly by discovering how they can start an RDSP, and how they can benefit from the other government sponsored benefits available through this program.

Mike Polito from BMO Financial Group provided a comprehensive one hour presentation. Here are a few highlights from the presentation to help you better understand the benefits of this program.

## What is an RDSP?

An RDSP is a registered investment plan for Canadians with disabilities. It encourages individuals and families to save for the long term financial security of persons with disabilities who are eligible for the Disability Tax Credit.

## What is the Disability Tax Credit (DTC)?

The DTC is a credit on your federal taxes that you can apply for if you meet certain disability criteria supported by a qualified practitioner. For more information on DTC, please visit the Canada Revenue Agency at [www.cra-arc.gc.ca](http://www.cra-arc.gc.ca).

## Who is eligible for an RDSP?

To be eligible, you must be: a Canadian resident; have a social

insurance number; be under the age of 60; be eligible for the Disability Tax Credit; and be the only person receiving the benefit of that RDSP. As well, persons on Ontario Disability Support Program are not penalized for having RDSP's (unlike other investments).

## Who can be the account holder for an RDSP?

An account holder can be the beneficiary of an RDSP if they are over the age of 18 and have the legal capacity to manage their own finances. If the beneficiary is under 18 or not legally able to manage their finances, a guardian must be appointed.

## Who can contribute to the RDSP?

Anyone can contribute to the plan with the consent of the plan holder or guardian. The contributions are not tax deductible and the lifetime maximum contribution is \$200,000 per beneficiary. There is no annual contribution limit. Contributions are allowed until December 31 of the year in which the beneficiary of the plan turns 59.

## What is the Canada Disability Savings Grant (CDSG)?

Contributions to an RDSP may qualify for the CDSG. Based on a net family income, beneficiaries are eligible to receive a grant anywhere from

\$1000 to \$3500 per year until a beneficiary turns 49 years of age (or a maximum of \$70,000). So the younger the beneficiary, the more contributions can be made to the RDSP and the more CDSG one can get (contributions must be made to the RDSP in order to qualify for this grant).

## What is the Canada Disability Savings Bond (CDSB)?

In addition to being eligible for the CDSG, beneficiaries can also access an additional amount of funds called the CDSB. Again, based on family income, however, families earning under \$21,947 per year are eligible for the beneficiary to receive this bond (to a maximum of \$20,000) regardless of whether they can actually afford to buy an RDSP or not.

The RDSP is quite complicated and requires that you consult with a professional financial planner, who preferably has experience setting up these plans.

For the full presentation, please visit our website at [www.mssociety.ca/ottawa](http://www.mssociety.ca/ottawa).



**MS** Multiple Sclerosis Society of Canada

Société canadienne de la sclérose en plaques **SP** MD

*Summer Enrichment Program  
cordially invites you and  
your family to:*

## ***The Double Diamond Masquerade***

***celebrating the Chapter's  
60<sup>th</sup> anniversary and  
30<sup>th</sup> annual picnic***

**When: Sunday, July 18, 2010**

**At: 12:30 p.m. to 3:30 p.m.**

**Location: Ron Kolbus Lakeside Centre  
2805 Carling Ave.**

*Delicious food, fun, live performances and door prizes!*

*Rain or shine come prepared to have a good time!*

*Prizes for best masks.*

***If you require Para Transpo, please call  
Debra Cross at 613-836-6687. You MUST  
reserve before July 15, 2010 or Para  
will not be available.***

**Also R.S.V.P. by Wednesday, July 14 at  
[laurie.cucheran-morris@mssociety.ca](mailto:laurie.cucheran-morris@mssociety.ca) or  
call (613) 728-1583 ext 301**