

**40 years  
of Service**

**1979-2019**



**Children at Risk**  
**NEWSLETTER**  
**SEPTEMBER 2019**  
Issue #88

235 Donald Street, Suite 209  
Ottawa, Ontario  
K1K 1N1  
Tel: (613) 741-8255  
Fax: (613) 741-5530

Email: [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca)  
Web: [www.childrenatrisk.ca](http://www.childrenatrisk.ca)



Charitable Registration #  
10691/3775/RR/0001



24th Annual Celebrity-Carved  
Pumpkin Fundraiser  
October 24-27, 2019

Difference Makers Dart Tournament  
Sunday, November 10, 2019

Annual Autism Brunch  
November 24, 2019

Annual Fall Raffle  
November-December, 2019

## **PRESIDENT'S MESSAGE**

Mark Lalonde, Board President

We are back into the Fall season. Children are back at school, the leaves are starting to change, and we are ramping up for a Fun Fall season with activities and fundraisers. The **Saturday Fun Club** is being offered again for 6 Sessions this Fall. This is a very popular Support for many ASD children and their parents. Registration is underway so don't miss out! We will also be offering the **Family Fun Night**, open for all children in the family.

We had another successful **Camp Kaleidoscope** this summer – marking our 9<sup>th</sup> Year! We hosted over 334 Weekly Spots. We continue to welcome new families and support our existing families over the summer. The feedback from parents and children is very positive. We have been alternating between a west end school and east end school for a number of years. Although not ideal, this does provide a level of fairness for families who live in different parts of the city. It is a challenge to find a school that is completely central with the facilities we require for the children.

We were able to access some additional funding this past year, which will assist with our programs. We have reached out to Wayne Hussey of the **Dambe Foundation** to provide our Board with training on fundraising and community support. The Danbe Foundation has been supportive of Children at Risk and we welcome the additional support. We do have one of our higher profile fundraisers coming soon. It is the **Celebrity Pumpkin Event**, where we have pumpkins and prizes donated from across the city from our local politicians, celebrities and business owners. We will be in four malls and we plan to have some prizes to be bid in the mall with the majority in an on-line auction only. We hope this will help generate even more bids and provide better access for all participants.

## **We are looking for Volunteers, Prizes and Pumpkin Celebrities and Donors.**

We are (still) in the process of making some administrative staffing changes. We are hoping to have this completed shortly and have a full staff compliment going into the busy October and November timeframe. Please bear with us as we make the transitions. I hope you all have a wonderful and enjoyable autumn season.



**2019/2020 Board of Directors**

- President – Mark Lalonde
- Treasurer – Melissa Van Alstine
- Secretary – Bill Pocock
- Director – Marca McManus
- Director – Rob Gentles
- Director – Graham Estey
- Director – Alexandra Jeffrey

**EXECUTIVE DIRECTOR’S MESSAGE**

Brenda Reisch, Executive Director

Well – we made it through the Summer and our 9<sup>th</sup> incredible year of **Camp Kaleidoscope!** As Many of you know – it was nip and tuck, coming down to the wire for the confirmation on the **Focus on Youth Funding** through the **Ontario Provincial Ministry of Education.** The GOOD news is that at the 11<sup>th</sup> Hour – the Funding was confirmed again – and Camp K was able to access our School location, scramble ahead and eventually book 334 Weekly Camp Spots. The NOT SO GOOD news was that – due to the effort Children at Risk had to put into Lobbying the Ministry and Provincial MPP’s –it left little time to Fundraise and we were unable to accept as many Campers as last year (2018-356 Weekly Camp Spots) – and increase the Cost. The numbers look small – not quite a 7% decrease – 22 Camp Spots – but if this was YOUR child who missed a Week of Camp K this Summer – we understand the significance!

So we Hope we can get our Families to unite for 2020 and help Children at Risk MAKE a concerted Effort to let not just our Local **Members of Provincial Parliament** know and understand the Critical Importance of this Funding – but **ALL 124 MPP’s** in Ontario! When we reached out in the Spring – many were very receptive – and many did not know about the Focus on Youth Funding and what support it provides for both non-profit and charitable groups, but marginalized students as well...It is critically important that we keep the momentum for this Program and Funding going – in the minds and hearts of those who represent their constituents in ALL of Ontario.

**EXECUTIVE DIRECTOR’S MESSAGE (Cont'd)**

This year the Confirmation was WELL after the Budget (which was already tabled 1month later than in 2018) – leaving MANY like CAR in limbo with Questions like: Would we have Camp, Where would Camp be, What would be the Cost of Camp, What would be the Dates of Camp?

With our Fall Supports starting, Fundraisers coming up - our **Pumpkin Celebrity Event, Autism Brunch, Difference Makers Darts & Bowling – as well as our Fall Raffle in November** – I will have to shelve this Project for a few months. With the Focus on the Federal Election – I am sure that most MPP’s would not pay too much attention at this moment, as well. However – have this Pinned to my Calendar to address later this Year or early January.

If anything – this year has shown the Power of Lobbying, Communication and Persistence in matters that affect our Autism Community.

To Be Continued....

**DONOR’S CORNER**

Mabel’s Labels .....	\$64.75
In Memory of Jacob Cameron Aspolen....	\$100.00
Franklin Templeton Investments Corp.....	\$100.00
St. Elizabeth Anne Seton School.....	\$160.00
United Way Greater Toronto.....	\$187.18
PayPal Giving Fund Canada.....	\$355.00
Borden, Ladner, Gervais LLP .....	\$500.00
TD Asset Management .....	\$500.00
OPSEU Local 474 .....	\$1000.00
United Way/Centraide Ottawa .....	\$1,949.16
Inner Wheel Club of Ottawa.....	\$2,000.00
Minto Foundation Community Fund.....	\$2,500.00

**STAFF TRIBUTE – BAMBINA LEMME**



In just over 1 month, Children at Risk will be saying “Goodbye” to one of our longest-serving Employees – **Charity Administrator Bambina Lemme**. Bambina joined Children at Risk in early 2007. Our Charity was still trying to establish direction after the amalgamation of the Communication Development Program with OCTC in 2001 and Thursday’s Children Nursery School’s under Andrew Fleck by August 1, 2002. As CAR had been established as a Federally Registered Charity in 1979 – these changes did not affect our Charitable Status – but significantly changed the Purpose of the Charity. Several years were spent continuing our “peripheral” supports – Social Skills Groups, Sibling Support Groups, Workshops, Seminars, Ticket Donation Program, Dreams Take Flight – and trying to “Fill In The Gaps” in Services and helping Families navigate Supports for their ASD children that were now being offered in the Community by different agencies.

Within just a few days of starting with Children at Risk – and although just returning to the work force after several years of her husband’s illness – Bambina began organizing our Offices and Financial Affairs! Although Camp Kaleidoscope did not start until 2011 – already the Need for this service was being identified as far back as 2007. Bambina took on more and more Duties and Responsibilities each year as both the Services and Financials of the Charity grew.

In 2006 – our Financial Statements had Revenues of \$122,349. 2018 reported Revenues close to \$827,000. Much of this incredible increase of over 500% can be attributed to increased Services, increased Fundraising and increased Grants & Donations.

**STAFF TRIBUTE – BAMBINA LEMME (Cont'd)**

However – managing ALL of this is an exhaustive process that would NOT have been possible without the dedication, commitment and vision of Bambina Lemme! Bambina took over our Banking, Audits, Payroll – including establishing an automated system, Budgets, Forecasting, Investments – while continuing to answer the telephone, take payments, pay bills and manage Finances at our Charity Fundraising Events & Activities. 3 years ago, she took on the Project of the Canada Summer Jobs Application that has now reached over \$143,915 in Grants for Camp Kaleidoscope!

In 2017, Bambina had begun to think of Retirement. The process of Staffing to fill her shoes began in 2018 and has continued to the Present as she finally set a firm date of November 1, 2019. With a Florida vacation location booked until April 2020 – Bambina will be literally Driving Off Into the Sunset at the end of THIS October 2019. However, she has already committed to helping our new Staff with this continued Transition as well as the 2019 Audit next Spring and we will hope to continue to see her at some Children at Risk Events next Summer! Please join me and our Board of Directors in awarding not only THIS Newsletter’s Hat’s Off (insert here) to Bambina Lemme – but also in thanking her for dedicating over 12 Years to Children at Risk and our Families – and wishing her the BEST in this next phase of her Life! Bambina – you WILL be missed!!



Bambina’s Pride & Joy – Sons Leo & Teo



**STAFF TRIBUTE – BAMBINA LEMME (Cont'd)**



Bambina Belly-Dancing at Inner Wheel Event



Bambina's Bull's Eye at Difference Maker's Darts



Bambina & The Love of Her Life – husband, Angelo

**STAFF TRIBUTE – BAMBINA LEMME (Cont'd)**



Bambina at 2019 Bowling with Volunteer Alicja Jach



Bambina at Italian Dinner Fundraiser



## EVENTS/ACTIVITIES SINCE JUNE 2019...

### CHILDREN AT RISK ANNUAL GENERAL MEETING

On June 5, Children at Risk was delighted to have Parent Julie Babcock present on the Ottawa School of Theatre and their Plans for funding applications for programming to support ASD children. As well, we welcomed Members of **The Difference Makers/ Les Faiseurs de Différence** to present their 2018 Fundraising for Children at Risk with a cheque for **\$20,001!!** They also pledged to continue supporting CAR for 2019 and 2020!!



### OTTAWA COMMUNITY FOUNDATION

One bright spot this Spring was the approval of a Grant from the **Ottawa Community Foundation!** Children at Risk was delighted to be approved for a Grant of **\$10,000** towards our NEW Teen Outing Based Group – adding on to the City of Ottawa Recreational Grant. For several years, Children at Risk has received continued support from the Community Foundation with an annual Grant for many of our Programs and Services. The Ottawa Community Foundation (OCF) is a public, non-profit organization created by and for the people of Ottawa. Connecting people who care with causes that matter since 1987, the Foundation works with the community as a trusted partner to fulfill impact philanthropy and bring about positive, systemic and sustainable change in our city, regionally, nationally and beyond. It is heart-warming for Children at Risk to receive this accreditation by the OCF of the value and importance of our Programs and Services for the Ottawa Autism Community!



### 24TH ANNUAL SPRING RAFFLE

The Spring Raffle Ticket sales wrapped up at the Autism Picnic on June 23, 2019 – and thanks to a generous rally of Members and Supporters – we managed to **SELL OUT!** This raised **\$14,350!!** Much Appreciation to all those who helped make this happen – as this was very important to Donors like WestJet to ensure their continued Sponsorship! Congratulations to the Winners – See Page 34 for the Lucky Ticket Numbers!



1<sup>st</sup> Prize Winners Ina & Jim McCuaig



2<sup>nd</sup> Prize Winners Don & Donna Downer



## OTTAWA AUTISM COMMUNITY ANNUAL FAMILY PICNIC

It was SO great to see SO many Families attend the Ottawa Autism Community Picnic on June 23rd – the weather was stellar and I want to Thank our Volunteers for all their help – as well as **Jean Lacroix from Canada Pedal Go-Karts** for donating this popular activity once again at the Event!

Attendees enjoyed the play park, water play, BBQ, Circus Delights Inflatables, Fish Pond, Cookie Decorating, Bubble Play, Balloon Toss and much more. Many, many thanks to all the Volunteers who made this possible - especially BBQ Crews who skillfully ran the BBQ - not to mention many other Volunteers who jumped in to help at all the other activity stations! Please join me in thanking our sponsors:

- Old Dutch Foods for Chip donations
- Tunis Shrine Klowns

See Picnic Collage on Page 33.

## HURLEY'S GRILL 10TH ANNUAL CHARITY GOLF TOURNAMENT



For the 2nd Year - Children at Risk was thrilled to be contacted by Tammy from the **Kanata Hurley's Grill** to be THE recipient Charity for their 2019 Golf

Tournament! Tammy's niece, Danika, had worked with Saturday Fun Club and Camp K and was able to let Hurley's know of the High Need for funds for our Programs! The Tournament was held on June 17, 2019 at the Irish Hills Golf Course, followed by a Steak Dinner/Auction at Hurley's on Stonehaven Drive! Children at Risk received a cheque for **\$5,700** – an increase from 2018!



## NATASHA'S 5 "TRI'S" FOR CAMP KALEIDOSCOPE

On May 18, June 8, June 23, July 7 & August 31, 2019 - **Natasha McRae** completed FIVE grueling Triathlon Competitions to again raise funds for Camp Kaleidoscope! Natasha set her goal of **\$5,000 for Camp K** – and THIS YEAR fell a bit short but still managed to earn **\$2,250!!** Join me in Thanking this amazing young woman for her dedication to BOTH being an outstanding Camp Counsellor and a Fundraiser for CAR!



## DANBE CHALLENGE MATCH CAMPAIGN



Danbe  
Foundation Inc.

Once Again in 2019, **The Danbe Foundation**, the giving vehicle for **Barbara Crook and Dan Greenberg**, continued

their support of Camp Kaleidoscope and issued us a very exciting challenge of matching every \$ raised up to a total of **\$10,000!** We are more than pleased to Thank dozens of Supporters for rising to this Challenge and meeting this – to raise **\$20,000** for Camp K!!

## CANADA SUMMER JOBS



2019 represents Children at Risk's 3<sup>rd</sup> year to apply and receive Wage Subsidy Grants for our summer day Camp, Camp Kaleidoscope. In 2017 \$24,979 was granted, 2018's Grant was \$50,308 and this Year we were thrilled to have up

to \$68,628 approved! We were able to hire 16 Camp Counsellors, 2 High Needs Counsellors and 2 Camp Group Leaders. With Camp K located in the Central-East of Ottawa this Year – our Application was supported by MP Mona Fortier's Office – and this included an Invite to our CSJ Employees for her Summer BBQ!



### Objectives of the Canada Summer Jobs Program:

Canada Summer Jobs is an initiative of the Youth Employment Strategy, which is the Government of Canada's commitment to help young people between the ages of 15 and 30, particularly those facing barriers to employment, get the information and gain the skills, work experience and abilities they need to transition successfully into the labour market. The program provides wage subsidies to employers from not-for-profit organizations, the public-sector, and private sector organizations with 50 or fewer full-time employees, to create quality summer work experiences for young people aged 15 to 30 years. In delivering on these objectives, the Government of Canada aims to ensure that youth job opportunities funded by the program take place in an environment that respects the rights of all Canadians. These youth summer work experiences represent important pathways facilitating future transitions to the workforce.



## SWEETS FOR CAR

For several years, the Siddiqui Family has held an Annual Bake Sale to raise funds for Charities like Children at Risk and Autism Ontario. This year, daughter Sara was so excited to tell us of their BEST sales ever – almost DOUBLING their amount from 2018 with a cheque for \$710!





## DONOR SPOTLIGHT

### KIWANIS CLUB OF OTTAWA WEST

For the 2<sup>nd</sup> year in a row – the **Kiwanis Club of Ottawa West** extended a donation to support Camp Kaleidoscope – this year for **\$1,200!** We were delighted to extend a Tour of Camp K to 3 Kiwanis Members – where they pledged to continue their support for 2020 as well!



Anita MacLean, Faye Beaufort & Firna French visit Camp K!

## BOCCE TOURNAMENT



*Your Friendly Neighbourhood Market*

Parent **Marco Petti** once again held his **Annual Charity Bocce Tournament** on Sunday, September 15, 2019. A good turnout and great weather combined to raise **\$700** this year for Children at Risk! Much appreciation to **Farmer's Pick** for their continued support with the Donation of a Prosciutto for the **Winners!**



2019 Winners



Tournament Participants



2019 Runners-Up





St. Louis Bar & Grill continued to grow in the Ottawa area with the Opening of their 4th Location – this time heading West to Kanata! **Orleans Franchise Owners Milo Wei and Johnson Song** opened their 2nd Location on Innovation Drive with their official ribbon cutting on Friday, June 27, 2019. With this opening –over \$2,000 was raised for Children at Risk! St. Louis continues to support their 5 core charities for Autism Awareness including children at Risk!

<https://stlouisswings.com/corporate-responsibility/>



#### 4 OTTAWA LOCATIONS

5035 Innovation Dr,  
Kanata, ON K1K 1K1  
613-254-9231  
Sun-Thurs 11 Am-1 Am  
Fri/Sat 11 Am-2 Am

1331 Clyde Ave Unit 101  
Ottawa, ON K2C 3G4  
Phone 613-274-0296  
Everyday 11Am-1Am

399 Elgin St Unit 2  
Ottawa, ON K2P 1M9  
Phone: 613-231-1116  
Sun/Mon 11Am-12Am  
Tues-Thurs 11 Am-1Am  
Fri/Sat 11 Am-2 Am

2280 10<sup>th</sup> Line Road  
Orleans, ON K4A 0X4  
Phone: 613-424-8380  
Sun/Mon 11 Am-12Am  
Tues-Thurs 11 Am-1Am  
Fri/Sat 11 Am-2 Am

[www.stlouisswings.com](http://www.stlouisswings.com)

St Louis Emily Moore-Wickham from St. Louis Head Office Visits Camp K



## What is On Now/Coming:

### UNITED WAY/CENTRAIDE OTTAWA CAMPAIGN INFO

As this year's campaign kicks off, we wanted to remind everyone that charitable donations through **United Way** can be directed to a Registered charity of your choice, whether they are a United Way charity or not. We welcome the direction of your contribution to Children at Risk to support the services and programs we provide for families raising a child with Autism! This way you can contribute to a workplace campaign and support Autism, as well! Note that for on-line Donations, you must complete section: C. Other Charitable Giving Choice.

Specifically, you need to list:

Name:  
Children at Risk -Ottawa

Revenue Canada Charitable Registration Number:  
10691/3775/RR/0001

Address:  
235 Donald St., Suite 209, Ottawa, ON, K1K 1N1

As CAR does not receive direct funding from United Way, this is the only way we can be part of the United Way Campaign! The importance of these donations cannot be overstated – as our charity does not receive government funding, directed donations like this are so very needed! If you have any questions or require additional information, do not hesitate to contact our office! **\*Please note that when donations are received this way, the donors are not identified unless they chose to be\***. Feel free to let us know if you have contributed to our charity in this manner and accept our sincere appreciation for those who remain supportive, but anonymous!



## PROJECT CLEAR SKIES DONATION



Children at Risk also was delighted to receive another Grant in 2019 from Project Clear Skies!

Emphasizing our increased need for Freezer space to store donated Food Items – Clear Skies responded with approval to purchase a BRAND NEW upright Freezer, along with 2 Air Coolers for the steamy rooms at Camp K.

Many Thanks and much appreciation for this Foundation that will help Charities get "Stuff"!





## 24th ANNUAL CELEBRITY PUMPKIN CONTEST – OCTOBER 24-27, 2019

We are now celebrating 24 years of sacrificing Pumpkins for Children at Risk in acknowledging October as Autism Awareness Month in Canada with our **Celebrity Pumpkin Contest!** This seasonal and fun event has helped not only to raise valuable funds for the Autism Community, but raise awareness about Autism and the challenges families experience raising a child with this disability.

As usual, our event will still start with our **Celebrity-Reception at Merivale Mall on Thursday, October 24<sup>th</sup> - 10 am to Noon** – join us for a meet & greet with the Pumpkin Celebrities! We will run an additional 3 days until Sunday, October 27 in 4 Shopping Centres (Friday to Sunday at the other 3 malls).

WE WILL CONTINUE WITH encouraging cash donations with Ballots that will be combined for all 4 Malls to draw for 3 WOW prizes. We are also continuing with our ON-LINE Vonality Fundraising Auction. In 2018 – we did NOT have any Bidding at the Malls – and we were told that these Bid Sheets were missed! SO – for 2019 we are going to have a small amount of Items to Bid at each Mall exclusively – as well as the On-Line Auction.

But in order to make this event a success, we need many Volunteers to come forward to man the displays. THIS Event is one of the most high-profile events for Children at Risk, raising not only valuable funds but awareness and support! Many hands are needed, so please check your schedules and give a little time, even a few hours!! (note: Students can help get their high school hours with a Parent!)

**(P.S. WE WILL BE CLEANING PUMPKINS ON SUNDAY, OCTOBER 20 AT MERIVALE MALL FARM BOY IN THE AFTERNOON – CAN YOU HELP?)**



## 24th ANNUAL CELEBRITY PUMPKIN CONTEST – OCTOBER 24-27, 2019 (Cont'd)

Here are the Mall Volunteer requirements:

### Merivale Mall

Thursday, October 24 – 9 AM (Reception at 10 AM) to 9 PM (we need extra at the Reception!)

Friday, October 25 – 9 AM to 9 PM

Saturday, October 26 – 9 AM to 9 PM

Sunday, October 27 – 10:30 AM to 6 PM

Please contact Brenda Reisch at 613-741-8255

Email: [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca)

### Place d'Orleans

Friday, October 25 – 10 AM to 9 PM

Saturday, October 26 – 9 AM to 7 PM

Sunday, October 27 – 10:30 AM to 5 PM

Plases contact Nell Pocock at 613-445-2864

Email: [bnpocock@sympatico.ca](mailto:bnpocock@sympatico.ca)

### Carlingwood Shopping Centre

Friday, October 25 – 9:30 AM to 9 PM

Saturday, October 26 – 9 AM to 7 PM

Sunday, October 27 – 9:30 AM to 6 PM

Please contact Angèle Jodouin at 613-302-5943

Email: [angele.jodouin@rogers.com](mailto:angele.jodouin@rogers.com)

### Billings Bridge Shopping Centre

Friday, October 25 – 9:30 AM to 9 PM

Saturday, October 26 – 9 AM to 6 PM

Sunday, October 27 – 10:30 AM to 5 PM

Please contact Mark Lalonde at 613-730-8058

Email: [mlalonde12345@gmail.com](mailto:mlalonde12345@gmail.com)

## HOW CAN YOU HELP?

- 1) Gather Prizes for the Pumpkin on-line Auction (many of our Celebrity Carvers still love to Participate – but have less to offer for the Auction Prizes)
- 2) Staff all the Mall Displays as Volunteers

**9th ANNUAL BENEFIT BRUNCH FOR AUTISM – SUNDAY, NOVEMBER 24, 2019**

Once again, **The Ottawa Autism Circle of The King’s Daughters & Sons** is holding a Fundraising Brunch to benefit Children at Risk on **Sunday, November 24, 2019**. This year the Event is to be again at the renowned Sala San Marco Event and Conference Centre on Preston Street and runs from 11:30 AM to 2 PM, with Brunch starting at 12 Noon.



We are delighted to welcome back **Patricia Boal of CTV Ottawa News** as our gracious and lovely MC, as well!

Don’t forget the Silent Auction to help you with your Holiday Shopping! Tickets are \$50 for Adults and \$25 for Children ages 5-12 (under 5 is free). Call our Office at 613-741-8255 to get your tickets or email us at [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca)



Sunday, November 10, 12:00pm – 4pm  
1661 Montreal Rd, Gloucester, ON K1J 9B7  
613-745-1414



**ADVERTISING**

Your Ad Here

Disclaimer: This Newsletter is for informational purposes only. Children at Risk does not support, endorse or recommend any method, treatment, product, remedial center, program or person for people with autism or autism related conditions.



## DONATE A CAR CANADA



Donate A Car Canada accepts vehicle donations for Children at Risk Ottawa to donate a car, truck, RV, boat,

motorcycle or other vehicle to CAR simply fill out the DONATE NOW tab at [www.donatecar.ca](http://www.donatecar.ca). Donate A Car Canada can provide you with free towing in many areas across Canada. Donate a Car Canada can pick up your car or truck, or you can drop off your vehicle to maximize your donation. When you donate your car it will either be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after everything to make your donation easy for you to support Children At Risk Ottawa. DONATE NOW at [www.donatecar.ca](http://www.donatecar.ca) and CAR will send you a tax receipt after your car donation is complete! Children at Risk receives \$ from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached over **\$17,252!** Note that you do not have to live in Ottawa to participate – it is across Canada – so encourage friends and relatives out-of-town to participate, as well!

## CANADA HELPS

Children at Risk has signed up with [CanadaHelps.org](http://CanadaHelps.org). When you visit our Website at [www.childrenatrisk.ca](http://www.childrenatrisk.ca) just click the Donate Now button and you will be linked to the CanadaHelps.org donate page for Children at Risk. As with any service, there are some administration charges, but this allows anyone to donate on-line and even anonymously, if desired. It allows 24 hour ability to direct a donation to our charity and the electronic ease that many of us are looking for to support charitable causes! All you have to remember is our website – [childrenatrisk.ca](http://childrenatrisk.ca) and the rest is easy!!

**\$11,950** donated through Canada Helps  
June to September 2019!



## Volunteer Spotlight



For this Newsletter, we are delighted to profile **Michelle Séguin!**

Michelle has been working and volunteering with Children at Risk since she was in high school. Her dedication, enthusiasm and energy show through with all her endeavors! Children at Risk is both honoured and proud to have

Michelle represent the Charity - both through our Programs and at our Events. We know that with very child she has worked with, she has demonstrated compassion, care, professionalism and a level of expertise beyond her years! Please enjoy her short Bio...

*"I am from the small rural town of Metcalfe. I am currently attending the University of Ottawa in their Biomedical Sciences program with a specialty in Neuroscience. I will be applying to a Master's in Occupational Therapy this Fall in the hopes of later being able to open my own clinic. I have worked for Children at Risk for the past four and a half years, having been a Group Leader for Camp Kaleidoscope and Saturday Fun Clubs. I have volunteered for their Pumpkin fundraiser, their Garage Sale as well as participated in their Bowling fundraiser. I am so happy I stumbled upon their website in high school looking for a summer camp to work for. This job has given me so many great opportunities, the chance to meet so many wonderful people and to make so many children smile and have fun!" Michelle*



With the generous Food Donations we receive each week from Costco – we are endeavoring to give you Recipes that can help use these Items in the most tasty ways! Here are two that use Peaches and Bananas!

## Peach Cobbler Muffins

<https://thebusybaker.ca/peach-cobbler-muffins/>

These Peach Cobbler Muffins are the perfect sweet snack! This is such an easy recipe that taste's just like Grandma's peach cobbler! And the best part? They're even easier to make than a traditional cobbler and have the perfect crumble topping! What better way to celebrate our Costco Peach Extravaganza!!

Prep Time 15 minutes  
Cook Time 20 minutes  
Total Time 35 minutes  
Servings 8 muffins  
Calories 303 kcal  
Author Chrissie (thebusybaker.ca)

### Ingredients:

For the muffins:

- 1 1/4 cup all purpose flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 2/3 cup white sugar
- 2 cups chopped fresh (or canned) peaches
- 1/2 cup whole milk
- 1 egg
- 1/4 cup vegetable oil

For the streusel topping:

- 1/4 cup all purpose flour
- 1/4 cup white sugar
- 1 pinch cinnamon
- 3 tablespoons cold unsalted butter

### Instructions

**For the muffins:**

1. Preheat your oven to 350 degrees Fahrenheit and prepare a large muffin tin with 8 muffin cups.
2. Add the flour, baking powder, salt and sugar to a large bowl and whisk together to combine.
3. Add the peaches, reserving about 3/4 cup for topping the muffins, and stir to coat.
4. Add the milk, egg and oil and stir together with a rubber spatula just until the flour disappears.
5. Portion the batter out into the muffin cups evenly (about 3/4 full).

**For the topping:**

1. Combine the flour, sugar and cinnamon in a small bowl and stir.
2. Add the cold butter in chunks and break it up with your fingers in the flour mixture until it resembles coarse crumbs.
3. Top the muffins with the remaining chunks of peaches and a spoonful of the streusel topping.
4. Bake at 350 degrees Fahrenheit for about 20 minutes until golden brown and a toothpick inserted into one of the muffins comes out clean.

### Recipe Notes

Store in an airtight container for up to 3 days.

Peach Cobbler Muffins





## RECIPE CORNER (Cont'd)

### (yet another) Classic Banana Bread



Prep Time: 5 Minutes

Cook Time: 1 hour

Yield: One Loaf

#### Ingredients:

- 3 or 4 ripe bananas, smashed
- 1/3 cup melted butter
- 1 cup sugar (or can use ¾ if you prefer)
- 1 egg, beaten
- 1 teaspoon Vanilla
- 1 teaspoon baking soda
- Pinch of salt
- 1 ½ cups of all purpose flour (or 1 cup all purpose, ½ cup whole wheat)

#### Method:

No need for a mixer for this recipe. Preheat the oven to 350 degree F (175 C). With a mixing spoon, mix butter into the mashed bananas in a large bowl. Mix in the sugar, egg, and vanilla. Sprinkle the baking soda and salt over the mixture and stir. Add the flour last and mix. Pour mixture into a buttered/greased 4 X 8 loaf pan. Bake for 1 hour (do not overbake). Cool on a rack. Remove from the pan and slice to serve!

From Simply Recipes <http://www.simplyrecipes.com>



Finally we are able to announce 2 of Children at Risk's 2019 Fall Programs – **Saturday Fun Club** and **Family Fun Night**.

Once again, we have On-Line Registrations! Payments still must be done manually for now - but may soon also be available On-Line.

We assure Families that their Information is secure with their Entries going to a PassWord Protected Google Drive. This method of Registration will hopefully be easier for many and will help to streamline administration in our Offices, as well.

IF your technology or experience with On-Line Registrations presents a problem for you – please call our Offices at 613-741-8255 and we will work with you to complete the Registration.

As long as we do not fill up fast - Registrations will be taken up to September 27th to guarantee a spot for the 1<sup>st</sup> Fun Club date of October 5, 2019.

Please use this Link to Register :  
<https://forms.gle/1XeXEhev3kd8zmQi7>





**What:** Saturday Fun Club for ASD Children - ages 4 to 18+ years of age.

**Where:** Children At Risk, suite 209, 235 Donald Street, Ottawa.

**When:** October 5, October 19, November 2, November 16, November 30 & December 7, 2019

**Duration:** 10 a.m. to 3 p.m. – Lunch & Snacks required from home

**Cost:** \$90 each session – payable in advance to guarantee sessions.

**Registration Deadline:** September 27, 2019 or until Full

Since November 2012 - Children at Risk has been offering Saturday Fun Club Activity/Respite Sessions on Saturdays. We are opening up Registration for Fun Club to all families. If your child has attended Camp Kaleidoscope in 2019, an intake will not be necessary. However, if your child is new to Children at Risk and/or attended Camp in 2011, 2012, 2013, 2014, 2015, 2016, 2017 or 2018 - we would require an intake.

Utilizing management and counsellors from Children At Risk's Camp Kaleidoscope, we used many of the activities that proved so successful at Camp. Each Fun Club session runs for 5 hours, 10 AM to 3 PM, for children and youth aged 4 to 18+ years of age. SFC will not be exactly like summer camp, but with adequate and qualified support staff, your child/youth will have five hours of fun and creativity with peers. Organized activities will include but not limited to: Mad Science, Crafts, Computer Games, Gym Circuits, can turn Saturdays into the best day of the week! As at Camp, as well, activities will align with ability - allowing older participants to influence the content to have the best experience.

Six Saturdays have been arranged for the Fall Session from 10 a.m. to 3 p.m. Sessions cost \$150+ to offer per child, but with donations & fundraising, we can offer each session at \$90 in advance to secure the dates offered to you. No additional subsidizes are available. A current Children at Risk Membership (\$40 per annum with Pro-Rating to next January 1<sup>st</sup> date) will also be required for Insurance Liability purposes.


How many Saturdays each participant can be guaranteed will depend on the demand within the three age ranges – 4 to 8, 9 to 12 and 13 to 18 years of age. These ranges aren't fixed as participants will be grouped according to their best fit. As per the Registration Form, you can ask for some or all of the dates and we will confirm what we can offer once all the Registrations have been received and we can balance out each date with a mix of younger, older and level of needs corresponding to staff available. Spots are limited with only being able to accommodate 50 children.

**Please complete the Fun Club Registration by the Google Link ASAP.**

(Note that due to the Location, Environment and availability of appropriate staff, we may not be able to accommodate some of our more challenged ASD youth that have had success at our Summer Camp.)



Children at Risk is delighted to continue this Support for the Autism Community!

Courtesy of initial Funding from , we rolled out a Program called “Family Fun Night” – this is the name your children will know it by – BUT for you – our Parents – we are calling it “Date Night” for Mom and Dad or “Me Night” for Single-Parent Families!

Responding to our Parents (and supported by Research), Respite seems to be at the top of the list for critically-needed supports. But not just a break from your ASD child – but from ALL your children!! Go to Dinner, see a Movie, Visit friends, Shop or Attend a Party – or even just complete a Project – undistracted and uninterrupted!! No need to clean your house for a Baby-sitter – just drop off your children at our Offices – and enjoy up to 4 ½ hours of purely Adult time!

Activities include playing games in the gym, Nerf games, Wii, Kinect, making snacks, a movie for those that can sit through one. There will be Dedicated Staff for both Siblings and those with ASD. 6 p.m. to 10.30 p.m.

WHEN: Saturday, December 14, 2019

WHERE: Children at Risk, 235 Donald Street, Suite 209

WHY: Opportunity to offer Respite for your ASD child (ages 4-18+) and Siblings (ages 3-14+). We would have Gym games, scavenger hunt style games, glow in the dark activities for the first two hours and then settled down to a movie or gaming. For those that can't watch a movie there would be more Gym activities or crafts. We will offer snacks, but do request that your children have dinner before arriving!

HOW: Cost is \$55 for each ASD child and \$30 for each Sibling. If your ASD child has not attended our Summer Camp or Saturday Fun Club, we will need to arrange an Intake Meeting to properly document their needs. Please complete the attached Registration and Email back or Fax. If Siblings are attending, please also complete the Sibling Form so we have info on them too!

**We must have at least 20 children booked to offer this support.** Booking and Payment will be required in advance – though we may be able to accommodate last minute Registrations depending on demand.

A current Children at Risk Membership (\$40 per annum after January 31, 2018) will also be required for Insurance Liability purposes.



THANK-YOU'S



"Thank you for the Family Museum Pass. I went to the museum of technology with my daughter this weekend. We had a great time and she was very curious about the earth and loved to look at the train. And of course, touched all the buttons and monitors at the museum."

Nadia



"Thank you to CAR and Kids Up Front for the tickets to the Sens last home game of the season on Apr. 6th. Even though they did not win, the 4 of us had a great time. Thanks again!" Derek & Liam, Dave & Ethan.

THANK-YOU'S (Cont'd)



"Hello! Just wanted to send out a huge thank you so much for the wonderful floor seat tickets to Corey Hart! While my daughter is new to Corey Hart I had a wonderful time going down memory lane (high school dances!!) and was overjoyed to see Glass Tiger. I can't believe I have never seen these amazing men/bands before live, but thanks to your generous donation - I was able to see them - VERY close up - and introduce my daughter to some of her Mom's crazy 80's music!! Thanks again!" Rachelle



"Thank you so much to Kids Up Front for enabling me to attend the Glass Tiger/Cory Hart Concert with my Autistic son and his older sister! Children at Risk made it extra fun by bringing Sunglasses for all those attending through their Charity to wear during the 'I Wear My Sunglasses at Night'. It was a terrific night for my family!" David

**THANK-YOU'S (Cont'd)**



*“Thank you for the RedBlacks tickets. What a perfect summer night for an outing for our Family – especially as we don't get out often! Sorry I could not get the kids in the picture – they were off getting treats and participating in the activities offered at the game – and then my phone died! Thank you again!!” Ania, Doug & Family*



*“Hi - Please pass on our thanks to Kids Up Front for a great evening at the Redblacks game. Even though our team did not win it was an exciting game up to the end. The kids especially enjoyed getting to see their fav player JP Bolduc on the field. Here is a pic from the game. Thanks again!” Ruth*

**THANK-YOU'S (Cont'd)**



*“Thanks again so much to Kids Up Front for the tickets. It was a privilege to be able to enjoy our very first RedBlacks game!”*



*“A huge thank you for the RedBlacks tickets! Vincent and I had a great time – great seats, great food, great atmosphere and great game! Hope to do it again soon...” Janie*

*Thank  
You*



**THANK-YOU'S (Cont'd)**



*"Thank you Children At Risk for the tickets courtesy of Kids Up Front to the "Bonds of Interest". It was a perfect day for the play. No taking of pictures was allowed we managed to get one of the stage. " Carla*



*"We would like to thank you for giving our family a chance to go to the Oh Canada Eh? Dinner musical show. We all enjoyed it very much! The kids has a blast and will forever remember this wonderful experience! Thank you!" Marie*

**THANK-YOU'S (Cont'd)**



*"Thank you Kids Up Front for the Oh Canada Eh! Tickets – it was very fun and the girls sang along! Very much appreciated!!" Carrie*

*"Had an awesome time at Oh Canada Eh! Thank you Kids Up Front - the meal was a bonus and very good..A fun and entertaining night." Devlin*

*"Please extend our thanks to Kids Up Front for the Oh Canada tickets we all enjoyed the show and the kids even recognized some songs. We appreciate all of the donations from Kids Up Front as our family gets to enjoy events we may otherwise not be able to see." Ruth*



**THANK-YOU'S (Cont'd)**



*"We had a wonderful time at the Canada Eh dinner show. Noah was up dancing with all the songs. Huge thank you to Children at Risk and Kids Up Front for the tickets. Tonight will be an evening we will be talking about for a long time. Thank you SO MUCH!" Jocelyn and family*



*"Thank you for the dinner theatre's tickets. My girls and I had a great night being educated through songs as to how extensive the musical talents are of Canadian's, even writing American Woman!!" Hazel*

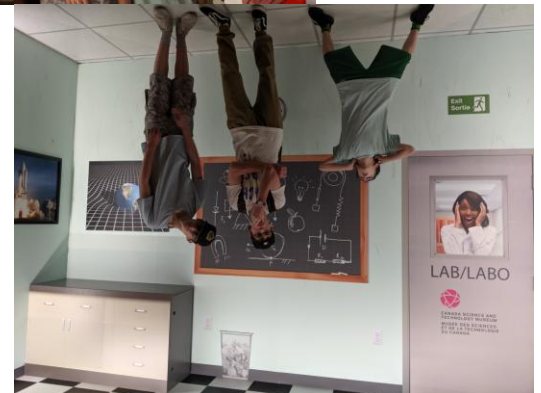


*"Thank you so much for the tickets to "Canada Eh!". It was a great show with all the Canadian music. We really enjoyed the evening." Linda and Phoebe*

**THANK-YOU'S (Cont'd)**



*"Thank you very much for the museum passes. The girls had a blast! They loved "making music"!! Tony*



*"Re: Science & Tech/Leonardo Passes-Please thank kids up front from us! The boys had a blast today!!" Sarah*

*"Thank you so much for the museum passes for the Leonardo da Vinci exhibit! Our family of five really enjoyed it, particularly the Mona Lisa section. Thanks again!" Brenda Q*



## THANK-YOU'S (Cont'd)



*"A great big thank you to Children at Risk and Kids Up Front for the rainy day spent at the museum and the chance to see the Leonardo Da Vinci exhibit!" Jennie, Luc and Olivia*



*"We had a very busy day at the Museum of Science and Tech – thank-you so much for the Passes! It was a really good time. I don't think a couple of my kids could ever tire of those trains!" Michelle*

## THANK-YOU'S (Cont'd)

*"Hi there, My son Adam and I just attended the Leonardo Da Vinci exhibit at the Science and Technology museum, and it was amazing! The pictures sculptures and videos were beautiful and so informative, I walked away learning many new things about Leonardo Da Vinci today myself! Adam loves hanging out in the mirror structure as well as watching the multiple wall length screens portraying Da Vinci's famous artwork. Thank you so much Kids Up Front for this awesome experience for Adam and I!" Amena*



*"Dear Kids Up Front, I was able to take my son, who has severe autism, and my daughter to the Science and Technology Museum, including the DaVinci exhibit, this long weekend thanks to three passes you were able to give us. We had such a good time. It's rare our family can do things together like that, partly because we just don't have the money. My son was able to wander around, holding hands with his sister and did a great job tolerating the big crowds. We all laughed a lot watching my son dancing in front the exhibit that turns you into a skeleton. Thank you most sincerely for allowing us to have such a lovely couple hours together. We are truly, truly grateful." Anita, Kolja, Bronte*

*"Thanks very much for the tickets to the Da Vinci exhibit at the museum of Science and Technology. Our son is extremely interested in gadgets so this event was a match made in heaven. The passes are great, because they allow families to try new experiences without financial consequences if things go sideways – as can often be the case with a child with Autism! Thank you so very much, we thoroughly enjoyed our day." Mick*

## THANK-YOU'S (Cont'd)

*"Thank you very much to Children at Risk and to Kids Up Front for gifting us the passes for the Da Vinci exhibition at the Museum of Science and Technology. We thoroughly enjoyed the visit that was made possible by these passes. Reshmina found the exhibits particularly fascinating, not having known what a mechanical genius Da Vinci was. It was thus fascinating, educational and thoroughly enjoyable for all of us. A big thank you again for making his possible."* Usman



*"The BEST time ever!  
Thanks!!"* Kathy

*"Please pass on our sincere thanks for the passes to the Da Vinci Exhibit at the Museum of Science and Technology! We had a fantastic time! The kids kind of flew through the Da Vinci area for the more hands-on stuff - buttons, microscopes, and especially the crazy kitchen! Don and I took our time and read more about Da Vinci and what a genius he really was! Thanks again!!!"* Emilie

## THANK-YOU'S (Cont'd)



*"We visited the museum this weekend and had lots of fun, she especially loved the train and the spaceship. My daughter also was excited to see all the Leonardo da Vinci's exhibits. Thank you for the tickets!"* Charlo

*"Please accept my great thanks for the donation of the three tickets to the Canada Science and Technology Museum for the Leonardo de Vinci Exhibit! We've had a pretty terrible few months, with my father's passing recently - and we truly appreciated the afternoon away from it all - to do something unrushed, educational - and as a last gasp of Summer! It was our first time back at the Museum in a long, long time, and since it had been renovated - and was both nostalgic and a lot of fun! My son, Christopher, managed to wander it on his own.....as a real self-assured activity.....even giving me some piece of mind! My thanks, again."* Helen



**THANK-YOU'S (Cont'd)**

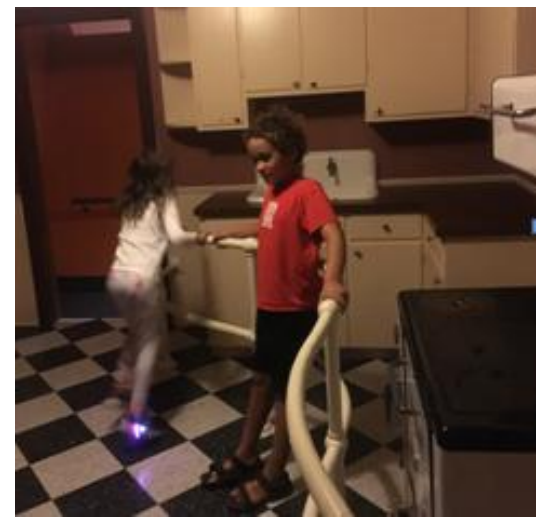


*"We would like to thank Kids Up Front and CAR for their generous gift. A great time was had by all. Please enjoy these pics of my kiddos at the museum. Best regards!"*  
Christina



*"My sincerest thank you for the tickets for my family to see this wonderful exhibit. We all had a great time. Kieran recognized this army tank from a cartoon he's watched before. This was also his favourite section as he was immersed in lights, one of his favourite things. Please pass our thanks to Kids Up Front for their generosity!"*  
LeAnh

**THANK-YOU'S (Cont'd)**

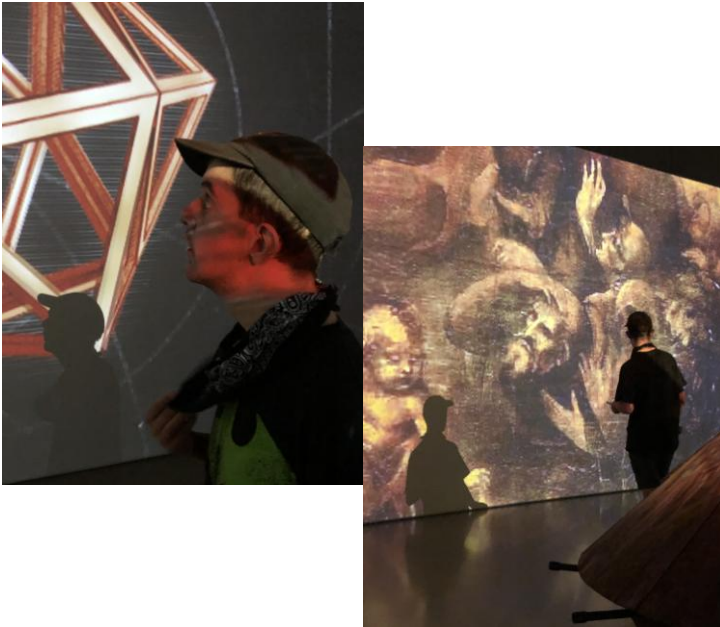


*"Many thanks to Children at Risk and Kids Up Front for the three free passes to the Science and Technology Museum and the special "Leonardo da Vinci: 500 Years of Genius" exhibit. They were most appreciated. My wife and I really enjoyed the da Vinci exhibit and, while the exhibit wasn't a big hit with my son, he sure loved the rest of the museum (which we had never been to before). He particularly liked the Crazy Kitchen. He kept running back into it. There must have been something about the dizzy/disoriented sensation you get in there that really appealed to him. Thanks again!"*  
The Milnes

**THANK-YOU'S (Cont'd)**



*"It was a very nice time we spent when we went to see the Da Vinci exhibition in the museum of science and technology. I want to extend my thanks to kids Up Front who allow us such a great opportunity to attend such a great event that was very impressive and emotional. Regards!" Marie*



*Thank you so much for the Leonardo de Vinci exhibition tickets through Kids Up Front! Wasn't sure what to expect but Denis LOVED it especially the room full of big screens which showed his work. We spent half an hour in that room and his joy was obvious. Thank you, thank you, thank you. Brenda (and Denis)*

**THANK-YOU'S (Cont'd)**



*"We saw the Ottawa Champions game today! So much fun. I had no idea it also happened to be fan appreciation game. Lots of giveaways. We got a freezie. Thanks to Kids Up Front, and CAR for the tickets. It was the perfect end to summer vacation! Couldn't have been there without you!" Michelle*

*"Please pass on our thanks for the ticket vouchers we received for the Champions baseball game last Sunday. It was our kids first time and they had a blast! They even got a baseball and had it autographed by some players which made them so happy. Thanks for the opportunity to try it out! We're looking forward to going again in the future :)" Tammy*



*"We had a great time at the Champions game, thanks so much for the tickets!" David*



## THANK-YOU'S (Cont'd)



*"Thank you so much for your generosity of providing Ottawa Champions tickets for our boys! It really means a lot to us to be able to take them out to experience fun outings. Everyone had a great time at the baseball game cheering our home team on!"* Melissa



*"Many thanks for the generous gift of tickets to yesterday's Ottawa Champions baseball game. My grandson and his new friend from baseball enjoyed every minute of the game. There is a new friendship and they got to enjoy the thrill of a live game together, something they will never forget. They are so looking forward to next year's season. I cannot express just how much we appreciated your gift. Best regards!"* Paula



## TWO OF CITIZEN ADVOCACY PROGRAMS

### CITIZEN ADVOCACY

312 Parkdale Ave, Ottawa, K1Y 4X5

[www.citizenadvocacy.org](http://www.citizenadvocacy.org)

Contact Kelly Howson

613-761-9522 x 223

khowson@citizenadvocacy.org

### ARE YOU A BROTHER OR SISTER OF SOMEONE WITH A DISABILITY?

This is the group for you!

Do you want to meet other brothers and sisters who really understand how having a sibling with a disability is UNIQUE?

This is a program for children ages 6-14, who have a sibling with a disability. We support children around their common experiences and challenges, explore coping strategies, and to help children to recognize and celebrate the gifts and strength of siblings. This is all done in a safe space with meaningful and age-appropriate activities and support from trained Facilitators. Groups run once per month from October to May.

### ARE YOU A BROTHER OR SISTER OF SOMEONE LIVING WITH A DISABILITY?

This is the group for you!

Do you want to meet other teens who understand how having a sibling with a disability is UNIQUE?

This is a program for teens, ages 15-17, who have a sibling who is living with a disability. We support teens around their common experiences, challenges, explore coping strategies, and to help teens to recognize and celebrate the gifts and strengths of siblings. This is all done in a safe space with meaningful, age-appropriate activities and support from a trained Facilitator. Group runs once per month from October to May.

# CAMP KALEIDOSCOPE 2019

- 5 Weeks of all-Day Summer Camp for children with Autism
- Average of 67 Campers per Week
- 2011-2019: 400% increase in weekly Camp Spots = 2379 total camp spots  
(2011-89 Spots) (2012-146 Spots) (2013 -230 Spots) (2014-284 Spots)  
(2015 - 301 Spots) (2016 - 305 Spots) (2017-334 Spots) (2018-356 Spots) (2019-334 Spots)
- Cost of Camp for Families subsidized almost 50% by funding donations
- 107+ Staff , Focus on Youth & Volunteers per Week
- Ages of Campers from 4 to 26
- Children in 13 Camper Groups (from 4 in 2013!), broken down by age & level of functionality:  
Children, Tweens, Teens+
- Requests for spots from Support Organizations  
Ontario Children's Funding SSAH & Assistance for Children with Severe Disabilities  
Service Coordination of Ottawa  
Coordinated Access  
Children's Aid Society  
Children's Hospital of Eastern Ontario  
Group Homes, Foster Homes  
Ottawa Carleton Public & Catholic School Boards
- Weekly Outings  
Swimming Pool (some groups daily as able to walk to the Pool)  
Saunders' Farm, Museums, Dows Lake Boating, Brewer Park, Flying Squirrel Trampoline,  
Mont Cascades, Mooney's Bay, Movies & Bowling  
Higher-Functioning Group taking OC Transpo to Venues
- Budgeted for 300 Camp Spots and stretched to accommodate 334  
Unable to accommodate 22 additional requests for weeks of Camp



## CAMP K 2019

# Camp Kaleidoscope

Despite 2019 being our 9<sup>th</sup> Camp Kaleidoscope, every year is unique. The swap in locations between East and West end Ottawa brings both benefits and challenges; changes in the number of groups operating and Group Leaders and the mix of both returning and new counsellors bring a different energy and along with the Campers that make up the groups there can be a different dynamic almost weekly as Campers attend different weeks for their summer camp experience.

In addition, each year there seems to be a change in the age range ratio of the Campers.

2017 saw a greater increase and attendance of our youngest age range where as in 2019 there was a greater increase in older Campers attending for the first time in addition to our regular attendees being older. This has a direct correlation on the activities organized and which outings are most appropriate – and then you add in the weather that can derail all your plans!



Yet again Camp Kaleidoscope 2019 delivered on its three mandates:

1. Provide a safe, inclusive and fun filled active experience for Campers of all ages and functionality. Daily schedules were orientated around the energy levels, interests and abilities of the Campers whether verbal or non-verbal and making adjustments and accommodations so that every Camper could participate and be successful. 334 Camp slots were provided to 121 campers, 90 of which were returning having attended previous years.

## CAMP K 2019 (Cont'd)

2. Provide respite to families where parents could continue working, make plans or spend dedicated time with their other children safe in the knowledge that they wouldn't be called to pick up their child on the spectrum for autism related issues. 115 Families with 6 sets of siblings took advantage of attending for one to five weeks with a number of families requesting additional weeks.

3. Autism education and awareness – Our comprehensive training at both March Break Camp and Camp Kaleidoscope combined with the natural environment training at both camps and Saturday Fun Club sessions is educating young people on autism and effective ways of preventing and dealing with behaviours that are often associated with ASD Clubbers/Campers. We are educating these young people to be more open minded as to how funny, talented and capable our youth on the autism spectrum can be. The hope is that they will take this knowledge into their neighbourhoods, schools, and future careers and educate others. In our Camp crew feedback form many indicated that the experience of working at Camp K had not only improved their work ethic but had influenced their future career choices, the realization of what they were or were not capable of, how important it was to be reliable and turn up on time and work all day in a job that was more physically and mentally demanding than they had expected and how much more tired they were than after a school day but all said they had a great summer and valued the experience. We had 71 Camp crew attending Camp Kaleidoscope for their first year and we doubled the number of male crew over 2018 numbers.



## CAMP K 2019 (Cont'd)

Lester B Pearson High schools' location has the benefit of being walking distance from the Gloucester Wave pool so most groups went swimming at least twice a week with some that could handle it going to the afternoon Wave swim. Campers also were able to enjoy local parks and splash pads. Campers were not restricted to local activities - Groups benefited from chartered bus trips and those that were comfortable traveling using public transport took advantage of the OC Transpo passes. We look forward to new experiences in travel with the NEW O train, as well!



We had a lovely sunny day at Dows Lake where in addition to the Paddle Boats we hired canoes and double man kayaks. All the Campers enjoyed being on the water, many of them taking advantage of more than one of the rented options. We had invested in a couple of road adult scooters, so whilst a few Campers and their Counsellors use the scooters to get to Brewers' Park the rest took the chartered bus. The rest of the afternoon was spent enjoying the play structures and the splash pad, especially the dump bucket!



## CAMP K 2019 Photos

Outings also included Mooney's Bay Beach, Saunder's Farm and Mont Cascade and as we were East, we also visited Flying Squirrel, Mer Blu Bog, Millennium Park and Cardinal Creek Community Park. On our last Friday or our last week, a small group of the Campers were invited to the Arnprior Fairs' Special Needs Day. Campers enjoyed rides such as the Ferris wheel, Cup & Saucer ride and Carousel, seeing the animals from Papanack zoo which included both a white lion cub and a young timber wolf.



Thank you is extended to all those that give up their summer to allow us to accept as many Campers as we did and those that provide the funding to pay for it all. Thanks are extended to our bus charter companies WUBs and MJ Bradley for the best rates for our bussing costs and their very patient drivers and Gloucester Wave Pool, Flying Squirrel, Saunders Farm and Mont Cascade for their great rates and not charging for support workers. Also Thank you to City of Ottawa Counsellor Tim Tierney's Office for organizing a visit to Camp Kaleidoscope of a Fire Truck and Wave pool passes.





# Camp Kaleidoscope

## PARENT TESTIMONIALS

*“This note is to thank everyone at Children at Risk for providing another fantastic year of summer camp for my daughter, Emma. My 13 year-old daughter has special needs and there are not many other non-profit organizations that can step up and accommodate her challenges. I never had to worry once I dropped her off in the morning – and she was actually excited to attend camp – because I knew she was in very capable hands. Camp Kaleidoscope is a valuable organization and I honestly don’t know what we would do without its existence. Keep up the wonderful work you do!” Tina & Dustin*



*“Our son is non-verbal with behavioural issues. No other summer camp will accept him as he requires 1:1 supervision. Regardless of what we are willing to pay, no one else would take him. What a relief to have Camp K to send him to break up his summer. The only thing worse than a bored teenager at home for 9 weeks in the summer is a bored Autistic teen. Before Camp K, our son would regress in his behaviour each summer, with problematic behaviours becoming more and more common as the weeks went by. More importantly, he loves it (he had been asking to go weeks before camps started this year), and we are also always impressed with the level of attention and compassion of the young staff. The programming is great and keeps him busy and entertained. Worth every penny and then some....Thanks!” Carolyn*



*“Camp Kaleidoscope is an amazing camp! The Staff are wonderful. They are excellent with the children. My son loves going to camp. They have a wide range of activities and outings. I know my child is safe and well taken care. I never have to worry. This Camp gives the one on one support my child needs. I cannot get this with any other camp. As parents it is essential that we have Camp Kaleidoscope to support our child's needs in the summer. There is no other program like this! This camp means the world to us! Thank you for doing all you do Camp Kaleidoscope!” Sandra*

*“We have had our daughter, Holly, attending Camp K since it began in 2011. She always looks forward to going to camp and enjoys the activities and interaction with her peers. Over the past couple of years, Camp K Staff have developed more segmented programs so the children can have a camp experience tailored to their abilities and interests. Since Holly is higher functioning, she was able to participate with a group that took OC Transpo to outings and she had greater autonomy and the ability to develop some life skills. This is a unique benefit of Camp K where each child is treated as an individual and their program and camp experience matches their needs and capabilities. I can’t say enough good things about the staff and the programming at Camp K. It is an integral part of Holly’s summer!” Mark*



# Camp Kaleidoscope

## PARENT TESTIMONIALS (Cont'd)

*“Nathalie had an incredible 2 weeks at Camp Kaleidoscope. She was so excited to go every morning and participate in the activities and outings (possible thanks to the support of her 1-on-1 worker). Just walking in each morning to the registration desk and seeing all the enthusiastic workers, and campers eagerly heading in, was a tribute to the miracles that happen when these children receive the proper supports for stimulating activities and fun. THANK YOU Children At Risk for making this unique camp available to my daughter and others like her.”*  
Francoise



*“Thank you so much again for the awesome support and fun camp for Alex. He loved his five weeks with Camp K and it was a huge relief for us to be able to get him in for the full five.”* Rob and Danielle



*“This summer my son was able to attend Camp Kaleidoscope. He is a gentle athletic boy with severe autism, unable to speak more than a few single words. Just a few days prior to camp starting he suffered a tonic-clonic seizure. Yet, when we walked into the camp, I knew he was safe, cared for, welcomed with smiles, warm hearts and well-prepared logistics. Last summer, we tried putting him in a City of Ottawa camp for children with special needs. He was excluded from that camp after half a day because “he walked very fast” and “laid down on the floor”. It is heartbreaking to have your child treated so shabbily, to be excluded from an “inclusive” camp for doing nothing more than not immediately understanding the social rules. The amazing people at Camp Kaleidoscope lessen our isolation, make us feel like we have a place to turn and a welcoming community where we belong. Camp Kaleidoscope allows me to keep my job, and at the same time allows my child to smile, be himself, and spend part of his summer with his peers. I could not be more grateful for the dedication and hard work of the women who make this camp possible, the attention to detail and the kindness that they show even when overworked and probably under-appreciated. The people running the camp do an excellent job of hiring and training young people who behave in generous and responsible ways, doing their best to offer all the campers fun and companionship. Research shows that mothers of severely affected children like my son have similar physiological stress profiles as combat soldiers. Part of the reason for this is the lack of actual support that parents receive. The people at Children at Risk provide exactly the kind of support that parents like me need. They create happy, safe and life-improving experiences for my child. They do everything they can to make it more likely I can afford to pay his camp fees—and they do so with no help from any level of government. My gratitude to the people who run Children at Risk and Camp Kaleidoscope, and the people who give generously to this charity, is immense. If you are one of those people who gives so that my son can attend camp, I thank you, thank you, thank you.”* Anita





# Camp Kaleidoscope

## PARENT TESTIMONIALS (Cont'd)

*"I don't know what we would do in the summer without Camp K and all the wonderful counselors and facilitators on staff, along with meeting all the other wonderful parents taking part. Our son looks forward to it every year and it gives us an opportunity to reenergize while he's at camp."*

Jack



*"This is a message to let you know how very useful and great Camp Kaleidoscope 2019 was for our 17 year old teenager autistic son Benjamin. Originally, Benjamin was registered for two weeks at the Camp, but as he was enjoying so much to go to the camp every day, and do very useful social, learning and sport activities with other kids, we decided to later on register him for an additional two weeks at the camp, for a total of four weeks. In fact, many of the activities help Benjamin learn new things, socialize with other kids and be active. We would recommend this Children at Risk camp to any family with autistic children and we really look forward to participate again next year."*

Marc



## New Insights into Mental Health

7-11 October 2019

Location - Nepean Sportsplex in Ottawa

This conference is being hosted in partnership with



### Multi-Day Mental Health Conference featuring:



**Dr. Douglas Turkington**  
MD, FRC Psych, MEd ChB

World-Renowned Psychiatrist, Consultant and Professor at Newcastle University, UK. He is a Founding Fellow of the Academy of Cognitive Therapy of Philadelphia and a Fellow of the Royal College of Psychiatrists. He is a pioneer of the use of CBT in severe mental disorders and has trained internationally for over 20 years.

Working at Northumberland Tyne & Wear NHS Foundation Trust in the UK, Helen is involved in the set-up and delivery of numerous treatment trials for a wide range of mental health conditions and neurodevelopmental disorders. Helen has worked alongside Prof. Douglas Turkington for over 10 years and together they have published over 20 papers, including a book for service users and carers.

**Helen Spencer**  
BA (Hons) Psychology



Cognitive Behavioural Therapy (CBT) is an evidence-based form of therapy that helps individuals become more conscious of their automatic thoughts and beliefs and aims to change unhelpful thinking styles leading to emotional and behavioural recovery.

PROFESSIONALS & FRONTLINE WORKERS	CAREGIVERS & PARENTS	PROFESSIONALS & FRONTLINE WORKERS
Cognitive Behavioural Therapy-PTSD & Anxiety Disorders	Informed Cognitive Behavioural Therapy Training for Caregivers with loved ones with PTSD & Anxiety Disorders	Autism Spectrum Disorder (ASD)
Monday 7 October 2019 Tuesday 8 October 2019	Wednesday 9 October 2019 Thursday 10 October 2019	Friday 11 October 2019
\$375	\$100	\$125

Join us for the week \$600  
Helen Spencer will be on hand all week to provide information and resources for those working within the Autism Community.

For more information, please visit: [newinsightsintomentalhealth.eventbrite.ca](https://newinsightsintomentalhealth.eventbrite.ca)  
For questions, please contact  
Marnie - [marnie@tipes.ca](mailto:marnie@tipes.ca) / 613.224.0729 x228 • Loyal - [lwsmanager@mfrcc-ncr.ca](mailto:lwsmanager@mfrcc-ncr.ca) / 613.991.4024

Please view the link for the agendas, other details and to register, visit:

<https://newinsightsintomentalhealth.eventbrite.ca>

We hope to see you there!!!

Thank you.

Marnie Potter, MSW, RSW

Coordinator, Family and Community Support





# OTTAWA AUTISM COMMUNITY ANNUAL FAMILY PICNIC



**JUNE 2019**





## 24th ANNUAL RAFFLE WINNERS – June 23, 2019

<b>PRIZE</b>	<b>NAME</b>	<b>TICKET #</b>
#1 – WestJet Vouchers & Luggage Samira Jabara	Ina McCuaig	3096
#2- Toronto Trip – VIA Rail, Delta Toronto, CN Tower, AGO, ROM, CNE, Aquarium Hockey Hall of Fame	Don Downer	3317
#3- Club EG, Stonebridge Golf, Golf Red Book, & St. Louis	Olivia Maco	3830
#4- Handcrafted Quilt & Jill Alexander Original	Denis Laflamme	2339
#5- Dumouchel Meat & Kuraidori Roaster	Nicole Seguin	5854
#6- Summerhays, Peloso Cleaners, Orange Theory & Jill Alexander	Joan Wiggins	5267
#7- Summerhays, Peloso Cleaners, Orange Theory & Jill Alexander	Marca McManus	4993
#8- 1-800 Got Junk, Kevin’s Auto, Speedy Glass & Swiss Chalet	Lori Breketa	2390
#9- 1-800 Got Junk, Kevin’s Auto, Speedy Glass & Swiss Chalet	Rita Gorman	2858
#10- AVON Sterling Silver & Stainless Steel Jewelry	Shaista Groulx	3199
#11- AVON Sterling Silver & Stainless Steel Jewelry	Tammy Hagar	5394
#12- 2 Ottawa Senators Tickets & St. Louis Bar & Grill	Dean Mariani	2717
#13- 2 Ottawa Senators Tickets & St. Louis Bar & Grill	Tammie Monk	6504

**CONGRATULATIONS TO ALL OUR WINNERS!**