



NEWSLETTER SEPTEMBER 2013

Issue #64

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Charitable Registration #
10691/3775/RR/0001

MARK YOUR CALENDARS

Children at Risk Fall Raffle

October 1, 2013

18th Annual Celebrity-Carved Pumpkin Contest

October 24-27, 2013

Fundraising Brunch for Autism

Sunday, November 17, 2013

Ottawa-West Kiwanis Fashion Show at Shepherd's

Tuesday, November 19, 2013

Capital Chordettes Christmas Craft Auction

Saturday, December 7, 2013

Maudes Pub Fundraiser with "Good2Go"

Saturday, December 7, 2013

8th Annual "Rollin' for Risk" Bowl-A-Thon

Sunday, January 19, 2014

13th Annual "Rockin' for Risk" Fundraising Dance

Saturday, April 5, 2014

PRESIDENT'S MESSAGE

Paul Lacroix, President, Board of Directors

Fall Greetings! Although we are currently still enjoying excellent weather, we know that soon the "Dog Days of Summer" will be a distant memory and first we will be raking leaves and (shudder) then shoveling snow!

However, one of the best memories of the Summer of 2013 will be – again – Children at Risk's summer day camp – **Camp Kaleidoscope**, or Camp K as one parent fondly referred to it! Year 3 of this awesome, specialized camp wrapped up its 5 weeks on Friday, August 9th. In reference of post-secondary school terms, this would be called the Junior Year of Camp K. Well, folks, "Junior" really grew up BIG time this year!!

Camp K averaged 46 Campers per week and increased Camp spots by almost 58% from 2012 (over 158% from 2011). With the funding and sponsorships from our Donors (**The King's Daughters And Sons Ottawa City Union, HOPE Volleyball SummerFest, the Ottawa Celebrity Sports Dinner, the Ottawa Catholic School Board Focus on Youth Program, the Toskan Casale Youth And Philanthropy Initiative and the Ottawa Airport Authority Project Clear Skies Initiative**), Children at Risk was still able to subsidize the cost of Camp spots by almost 2/3, while still employing over 50+ Staff to service ASD Campers ages 4-22.

I understand plans are in the works for our Saturday Fun Club respite days, as we try to continue the support for our families throughout the Year. Maybe some Christmas and March Break Camps, as well!

Many thanks to both our Office Administration Team and Camp K Team for making this magic happen – we are so fortunate to have caring, dedicated and skilled individuals who literally "worked their butts off" to ensure each and every Camper had the best time ever!

Keep in mind that now the work begins of searching for funding for these supports with applications and earning funds through our Raffle Tickets, 50/50 Sales at both the Ottawa 67's and Ottawa Senators games – as well as other activities and events that will take place over this Fall, Winter and Spring. Hope you can help!

Our Mission Statement

To provide services and programs to families of children diagnosed within the Autism Spectrum Disorders to develop their child's behavioural, communication, and social skills, and to advocate for their ongoing needs.

2013/2014 BOARD OF DIRECTORS



President – Paul Lacroix
Treasurer – Lesia Gilbert
Secretary – Mark Lalonde
Director – Natasha Ell Saunders
Director – Michelle Thompson

WELCOME A-BOARD!

With our June AGM, we welcomed 1 new Director to our Board! **Michelle Thompson** is a devoted wife and mother with a passion for working with children. She has acquired her Early Childhood Education diploma and has worked in numerous child care centres. Michelle has been a member of and held various positions on boards and school councils. Her passion for supporting children and their development is one that has made her a strong advocate within her work and school community. Michelle's youngest daughter was diagnosed with PDD NOS at the age of 5 providing her with both the educational background and personal experience to understand the many challenges facing families getting the support and services they require when dealing with children on the Autism Spectrum.

GOOD-BYE & THANKS!

Due to career and family demands, **Valeria Mills** has had to step down from her position as a Director for the Children at Risk Board, letting us know she could not stand for re-election for another year. Her move last year to more rural Ottawa also presented some challenges in being able to attend Board Meetings and participate in charity events. We wish the timing had been better for Valeria to join our Board of Directors, as we had been excited about the skill set/insight she brought to the table! Perhaps she may be able to re-join us down the road, but we know she continues to be involved with Children at Risk as a Member and Supporter!!

EXECUTIVE DIRECTOR'S MESSAGE

Submitted by Brenda Reisch

Fall Felicitations! I am going to continue in my Dictionary mode with a word that comes to mind during the Fall, as I hunt and gather funds to finance our Programs and Supports – Optimism! **op·ti·mism** - *Noun - Hopefulness and confidence about the future or the successful outcome of something.*

Yup – that about sums it up! There is a certain excitement in the air, a freshness and expectation as we head into some of our most important fundraising events and activities – as well as completing applications for grants and donations. But as with anything exciting, there is also some concern and trepidation that success will occur. Will we sell our Raffle tickets? Will donations and bids be made on our Celebrity Pumpkins? Will people attend the Autism Brunch? Will we get Volunteers to sell 50/50 Tickets? Of course, as the hour gets late or Day 6 becomes Day 7 of working, the level of Optimism is somewhat lower. However, I then read over the dozens of heartfelt testimonials our families send us and the energy, enthusiasm and confidence that we will have a “successful outcome” for these Events and Activities returns!

What will always remain (as a Charity) is the need for our Members to “partner” with us in earning these funds. I would be delighted if we could offer services free – but the reality is that we must be shoulder to shoulder – Selling, Volunteering, Sponsoring to raise funds to be able to just partially subsidize the costs of our Programs.

So, as we enter into our Busy Season – let us know how you can help – even the smallest gesture contributes to the greater good - for example, soliciting a Gift Certificate for an auction or raffle prize. I look forward to the Fall with the greatest of Optimism!!



FUNDRAISING UPDATE

Submitted by Brenda Reisch, Fundraising Chairperson

EVENTS/ACTIVITIES SINCE JUNE 2013 ...

OTTAWA AUTISM COMMUNITY ANNUAL FAMILY PICNIC

We could not have asked for a better day than June 9th for the Autism Community Annual Picnic! This year our favourite location of Brewer Park was great – the water play was back, as well as the BBQ, Circus Delights Inflatables, Fish Pond, Cookie Decorating, Bubble Play, Pick n' Pay, Balloon Toss and much more! Many, many thanks to all the Volunteers who made this possible - especially BBQ Crews who skillfully ran the BBQ donated for use by The Gathering Church - not to mention many other Volunteers who jumped in to help at all the other activity stations! Please join me in thanking our many sponsors:

- **The Gathering Church** for their BBQ and **The Teed Family** for transportation
- **Loblaws College Square** for some food donations
- **Weston Bakeries** for donating the hot dogs and burger buns
- **Tunis Shrine Klowns**
- **Hazel Smith** for managing our Pick n' Pay Table
- **Phil & Heather** from **A Little Bit of Bling** for their awesome face paint & glitter tattoos!

CHILDREN AT RISK 18TH ANNUAL SPRING RAFFLE

As per tradition, our Spring Raffle Winners are drawn at the Picnic. Enclosed you will find a list of the Winners and Ticket Numbers (see Page 25). Sales were a bit down with the late release and the economy, so we again did not sell out the 6,500 tickets this year, but we still managed to make a profit of close to **\$7,400!!**

Deepest appreciation to all those who purchased and/or sold tickets and Congratulations to the Winners!!



LOCAL NONPROFIT LENDS A HAND



CompuCorps is pleased to announce that they have donated computer equipment to the Children at Risk's day Camp with a lot of heart, Camp Kaleidoscope. The donation with that of other contributors, helped to secure Children-At-Risk's 3rd year of their all day summer camp. "Part of our Camp program is to create Memory books using PowerPoint and pictures that are put onto their Camp T shirts of their own design -- this donation has saved us!" explains Hazel Smith, Children At Risk Camp Coordinator. CompuCorps is a high-tech charity that provides technology focused products and services to Canadian charitable organizations. Founded in 2000, CompuCorps has engaged over 250 IT volunteers and has contributed to over 100 charity projects and continues to do so. CompuCorps is a registered Microsoft partner and refurbisher, located at 1040 Somerset St. West, Ottawa, Ontario. For more information, contact our media relations: Zeina Osman, Tel: 613-234-8988 x 155, pr@compu corps.org

For this terrific Community Support – we award this Newsletter's Hat's Off to CompuCorps!



CANADIAN TIRE \$'S



Kudos to all those who responded to our plea for Canadian Tire \$'s to buy a trampoline for Camp Kaleidoscope! Almost \$300 was donated – with **Member Peggy Lobay** leading the pack at \$70.50 – and additional cash donations were given to allow the purchase of the over \$1,000 trampoline. We continue to accept Canadian Tire \$'s for our Saturday Fun Club supplies and will give an income tax receipt for any amount over \$10!

MOONLIGHT DINNER AND DANCE FUNDRAISER A SMASHING SUCCESS

Residents and guests at the **Promenade Retirement Residence** raised over **\$1,500** for Children at Risk at their **First Annual Symphony Under the Stars** charity dance. The Promenade is a premier Retirement Residence in Orleans by Alavida Lifestyles.



Liette Jodouin Marketing
Director Promenade,
Bambina Lemme,
Administrator Children at
Risk and Meg Stickl



Betty-Lou Stephens, a current resident at the Promenade Retirement Residence was honored as a founding member of Children at Risk. Her bravery and devotion to her child prompted her to start Children At Risk at a time when little was known about Autism.

WHAT IS ON NOW/COMING:

MAUDES FUNDRAISER
event coming up
Saturday, December 7, 2013



Photo by Michelle Valberg

Featuring the Rock Band GOOD2GO
at Zaphod Beeblebrox to raise funds for
CHILDREN AT RISK

Zaphod Beeblebrox is located at:
27 York Street
Ottawa, Ontario
K1N 9J6

Details to come!

FUNDRAISING UPDATE (Cont'd)

FALL RAFFLE TICKETS

Children at Risk is excited to offer for sale our Fall Raffle Tickets! This will be our 5th year of this popular Raffle Ticket that features 1st Prize of 2 **Porter Airline Tickets!** Tickets are \$2 each, 3 for \$5 or only \$20 for a book of 12 tickets!!

See Page 28 for ticket sample.

Tickets are NOW available! After many weeks of gathering quality prizes, we can proudly offer them for sale. Funds raised will support our summer day camp, Camp Kaleidoscope, for 2014.

This valuable support receives no government funding and is financed solely through Fundraising efforts and Donations. *Note: Tickets can only be sold to persons 18 years and older!

To kick off October as Autism Awareness Month, the Raffle will be drawn on **Tuesday, October 1, 2013.**

We recognize that many of you supported Children at Risk through the purchase of our Spring Raffle Tickets - we are hoping to sell the Fall Raffle tickets at various venues so we do not rely only on our Members and Supporters. However, we wanted to let everyone know of the tickets and the fabulous prizes! If you would like to purchase tickets, we will cheerfully fill them in and send you the ticket portion (send us your mailing address). Only \$20 for a book of 12 tickets!

If you think you can sell some tickets for Children at Risk, let us know and we can send some books for selling!

We can be reached at the office, 741-8255, or by email, car@childrenatrisk.ca



18th ANNUAL CELEBRITY- CARVED PUMPKIN CONTEST – OCTOBER 24-27, 2013

WOW! Celebrating our 18th Year - Children at Risk will mark October as Autism Awareness Month with our Celebrity-Carved 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** - and will run an additional 3 days until **Sunday, October 27** in 4 Shopping Centres (Friday to Sunday at the other 3 malls). In order to make this event a success, we need many **Volunteers** to come forward to man the displays. Combining an On-Site Silent Auction with an On-Line Auction, this fundraiser 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!!

VONALITY With the on-going issues experienced for several years using donated Auction Sites, we have decided to bite-the-bullet and purchase services from Vonality. For almost 10 years, Canadian-Based Vonality has been running On-Line Auctions for businesses and charities. Having learned what DOES NOT work for an on-line auction, we are confident that Vonality will be able to provide a glitch-free Auction Site!

Here are the Mall Volunteer requirements:

Merivale Mall

Thursday, October 24 – 9 AM to 9 PM

(Reception at 10 AM)

Friday, October 25 – 9 AM to 9 PM

Saturday, October 26 – 9 AM to 6 PM

Sunday, October 27 – Noon to 5 PM

MALL MANAGER NEEDED – CALL 613-741-8255!

Place d’Orleans

Friday, October 25 – 9:30 AM to 9 PM

Saturday, October 26 – 9:30 AM to 9 PM

Sunday, October 27 – 11 AM to 5 PM

Please contact Michelle Thompson, 613-834-9948,

Email: dmechtompson@gmail.com

Carlingwood Shopping Centre

Friday, October 25 – 9:30 AM to 9 PM

Saturday, October 26 – 9:30 AM to 9 PM

Sunday, October 27 – 10 AM to 6 PM

Please contact Alison Armstrong at 613-960-3177

Email: alison.armstrong@ic.gc.ca

Lincoln Fields Shopping Centre

Friday, October 25 – 9:00 AM to 9 PM

Saturday, October 26 – 9:00 AM to 5:30 PM

Sunday, October 27 - 11 AM to 5:30 PM

Please contact Angèle Jodouin at 613-302-5943

Email: angele.jodouin@rogers.com

3rd ANNUAL BENEFIT BRUNCH FOR AUTISM – SUNDAY, NOVEMBER 17



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 17, 2013.

The event is being held at the prestigious Falcon Ridge Golf Club (High Road at Albion, across from Rideau-Carleton Raceways/Slots) and runs from 11:30 AM to 2 PM, with Brunch starting at 12 Noon. There will be Entertainment from local singers and musicians (TBA) along with a Silent Auction to help you with your Holiday Shopping! Tickets are \$30 for Adults and \$15 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



MACMILLAN’S FROZEN FOODS FUNDRAISER

Children at Risk is again participating in the MacMillan’s quality Frozen Foods Fundraiser for the Fall. Normally we include one of their mouthwatering Order Forms in this Newsletter, but to save mailing/paper costs by both Children at Risk and MacMillan’s, we will be emailing the forms to all our Members and Supporters. The Campaign will see orders by November 11, with delivery on November 28. We also will be receiving a limited amount of the glossy forms to send out should you need this for marketing the products. Yum, Yum!!

ENTERTAINMENT COUPON BOOKS

Hot off the Presses - Children at Risk now has for sale the 2013/2014 Entertainment Coupon Book at only \$30 each! Although we had previously reported that Entertainment had declared bankruptcy (and they had!), we are delighted that the company has been purchased and is up and running again! Books can be obtained through our offices or at 15 Quickie Convenience stores throughout the city (see list on Page 10). CentrepoinTE parents can also get them from Merle Hagerman at 613-226-4982. Tunney's Pasture buyers can call Brenda Desjardins at 613-951-0034. They make great stocking-stuffers and gifts for those "hard-to-buy-for" friends and relatives! **Please note that, while we had been hoping for no retail sales, in order to have a large enough print run this year (due to a late start with the bankruptcy) Entertainment has let us know that books will be sold again this year in Costco at \$19.99 starting November 15. While we hope that Supporters will purchase a book through Children at Risk for the charitable support, we felt we should disclose this information to avoid any misunderstandings.

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. 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 and CAR will send you a tax receipt after your car donation is complete! Spring Cleaning seems to be a great time to get rid of old vehicles, as our donations received for June-August were **\$1,624.15!** Since November 2012, funds raised by Donate A Car have reached **\$3,566.09!** 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**. When you visit our Website at 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 and the rest is easy!! Donations from June 1 to September 1 = **\$1,634.67.**

UNITED WAY/CENTRAIDE OTTAWA CAMPAIGN INFO

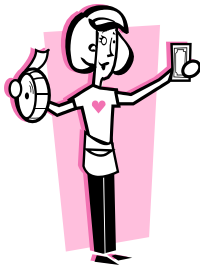


As this years' campaign kicks off, we wanted to remind everyone that charitable donations through United Way can be directed to your charity of choice, whether they are a United Way charity or not. We welcome the direction of your contribution to Children at Risk to support the services and programs we provide for families raising a child with Autism! This way you can contribute to a workplace campaign and support Autism, as well! Specifically, you need to list:
Name: Children at Risk –Ottawa. Revenue Canada Charitable Registration Number: 10691/3775/RR/0001

While CAR does not receive direct funding from United Way, our last bi-annual cheque from these directed contributions was over **\$5,119.16!** The importance of these donations cannot be overstated – as our charity does not receive government funding, directed donations like this are so much 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***. 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!

50/50 TICKET SALES

Thanks to the outstanding efforts of our Volunteers, Children at Risk has been invited back by BOTH the Ottawa Senators Foundation and Kiwanis Club of Rideau for the Ottawa 67's 50/50 tickets sales for the upcoming 2013/2014 Season!



Not only does this give our charity and Autism excellent profile – the two combined last year to be our highest form of fundraising dollars!! Below we have listed dates that we are currently booked for – please check your schedules and let us know if you can help out for a few hours!! Call us at 613-741-8255 or email car@childrenatrisk.ca.

Ottawa 67's:

Courtesy of the Kiwanis Club of Rideau, Children at Risk will be covering the Home Games for both September 2013 and November 2013. Once again, the Canadian Tire Centre (formerly Scotiabank Place) is the 67's New Home for one more season! (needing 8-10 Volunteers/Game - need to arrive 1 1/2 hours before game, must be 18 years+)



Friday, September 27 - 7:30 PM game – arrive 6 PM
Sunday, September 29 – 2 PM game – arrive 12:30 PM

Tuesday, November 5 - 7 PM game - arrive 5:30 PM
Friday, November 8 - 7:30 PM game- arrive 6 PM
Sunday, November 10 – 2 PM game– arrive 12:30 PM
Thursday, November 14 – 7 PM game - arrive 5:30 PM
Sunday, November 24 – 2 PM game– arrive 12:30 PM

Parking is free in Parking Lot #8 and we will be bringing bottles of water and snack bars!

P.S. We will again be receiving free tickets to the 67's games courtesy of Trinity Developments – please consider coming as a family and one parent selling tickets, then joining the family for the rest of the game!

Ottawa Senators:

Volunteers:

- * must be at least 16 years of age or older to sell (but 16-18 teens must be very mature) - note that high-functioning ASD teens 14+ can come with a parent to sell as a team and get volunteer hours!
- * need to arrive 2 hours before the games (5 PM for the 7 PM games and 5:30 PM for the 7:30 PM games)
- * will be given free parking, pizza and a drink AFTER sales are done (I bring a bottles of water for the Volunteers if you need refreshment during selling - no alcoholic drinks allowed while selling)
- * will sell up to the end of the 1st intermission then cash out before leaving or staying to watch the game - floats are supplied by Children at Risk.

GAMES: OTTAWA SENATORS

Pre-Season

Wednesday, September 25 VS. Canadiens (7:30 PM)

Regular Season Games (needing 15 Volunteers/Game)

Thursday, October 17 VS. Devils (7:30 PM game)

SEASON HOME OPENER

Thursday, November 7 VS. Canadiens (7 PM game)

Wednesday, November 20 VS. Wild (7:30 PM game)

Thursday, November 28 VS. Canucks (7:30 PM game)

Sunday, December 1 VS. Red Wings (5:30 PM game)

ALFIE'S RETURN GAME

Monday, December 9 VS. Flyers (7:30 PM game)

Monday, December 16 VS. Blues (7:30 PM game)

Monday, December 30 VS. Capitals (7:30 PM game)

Thursday, January 2 VS. Jets (7:30 PM game)

Thursday, January 16 VS. Canadiens (7:30 PM game)

Thursday, January 30 VS. Lightning (7:30 PM game)

Thursday, February 27 VS. Red Wings (7:30 PM game)

Monday, March 10 VS. Predators (7:30 PM game)

Tuesday, March 18 VS. Rangers (7:30 PM game)

Friday, March 28 VS. Blackhawks (7:30 PM game)

Monday, March 31 VS. Hurricanes (7:30 PM game)

Thursday, April 10 VS. Devils (7:30 PM game)

Saturday, April 12 VS. Leafs (7 PM game)

LAYING THE FLOOR

We wish to acknowledge **Dr. Linda Kwasnick** of the **Optometry Professional Corporation** in Orleans, for being our **FIRST** donor in our quest to dedicate our New Offices Floor! Dr. Kwasnick responded to our request with the June Newsletter and became a Bronze Sponsor with a generous donation of \$500. As we indicated, this wonderful and necessary renovation had to be completed prior to being able to move into our Offices – at a cost of \$10,000! So – only \$9,500 more \$’s to go....! ☺ Please see the enclosed flyer to join Dr. Kwasnick and be forever immortalized as a Supporter of Children at Risk!!

IN MEMORIAM

“I am writing as one of the Team from the Human Potential Consultants Inc. Recently, one of our Facilitators, Bill Pocock, experienced the loss of his mother and we wanted to offer something for her memorial. Bill responded that no memorial site had been set up for his mother, but that if we wished to send a memorial donation to Children at Risk Camp Kaleidoscope in her name, it would be most appreciated. Bill told us that she worried about her “special boys” and that she would have been pleased to know that others were helping. Please accept our donation of \$60 and share this in your newsletter”

“Two tired eyes are sleeping
Two willing hands are still.
For one who suffered far too much
Is resting in God’s will.
You never said goodbye to us
Perhaps it’s just as well.
We never could have said goodbye
To one we loved so well.”

In Memory of Margaret Pocock

DONOR’S CORNER

Knox United Church	\$100.00
United Way of Peel Region Directed Donations	\$397.62
United Way/Centraide Ottawa Directed Donations	\$5119.16
Royal Oak, Kanata	\$1,000.00
Ottawa Senators Foundation 50/50 Sales 2013 Season	\$23,525.00

EPICURE SELECTIONS’ FOR CHILDREN AT RISK



I am delighted to have a second annual fundraiser for Children at Risk through the sales of Epicure Selections’ seasonings, spices, cookware and other catalogue orders (catalogue is available through my website or by hardcopy).

New this year, check out the fabulous bundles being offered ... great for your family as it comes with a recipe booklet ... or for any gift giving!

As a mother of 3 children, including an 8 year old son with autism (Corey), I started my business in order to ensure our family was eating easy, quick but healthy, tasty and mostly gluten free meals. We have had much success in our family ever since ... with very few greasy, unhealthy fast food meals and the children having more interest in veggies and other healthy foods ... by enhancing the taste in a healthy way and using the free recipes on my website!

Contact me to place an order and contribute to CAR’s fundraising efforts. My email and other contact info is below. Please mention “CAR” when you order!

Tasting events can be arranged in order to have an opportunity to sample and find out about the benefits of Epicure Selections and have any sales from your event benefiting this fundraising activity.

Email:
Kelley Matheson at Kelley.varietyofspices@bell.net

Phone:
613-274-3775

Website:
<http://kelleymatheson.mypicture.com/>



Volunteer of the Month



Known fondly as “Mr. Mike”, parent **Michael Montsion** has been quietly lending both his support and muscles to Children at Risk for several years! Knowing that it takes money to run a charity, Mike graciously extends financial donations – and often donations-in-kind of items like Concert tickets we can Auction or draw for our Members. But, in addition, he dedicates many hours to helping keep Children at Risk mobile by showing up (with cart in hand) to move our offices, Camp Kaleidoscope - and whatever else needs to be lifted and hauled around! Sometimes he even recruits his son, Eric, to join in the Fun! It is so wonderful to have Mr. Mike’s assistance for jobs that really involve Sweat Equity – and we are grateful for his dedication and commitment, especially when presented with challenges like an inoperative elevator that required our 3 truck-loads of Camp equipment & supplies to be carried up 2 flights of stairs!

DONOR SPOTLIGHT

Noted in the Photo of Volunteer Mr. Mike is a Paul Rushforth cargo truck! Children at Risk has been the grateful recipient of this lovely community initiative by **Paul Rushforth Real Estate** to lend a truck to Charities or other community groups. While their trucks are primarily used by home buyers, Paul Rushforth keeps 2 of these vehicles maintained, ready and available (with advance booking!) for philanthropic use as well. Both in 2012 and 2013, Children at Risk has saved hundreds of \$’s with annual use for setting up Camp Kaleidoscope. Please join us in thanking Paul Rushforth for this terrific donation!!



With cooler weather ahead and more meals of stews and roasts, Volunteer Joanne Gosselin shared with us this recipe from www.eatingwell.com for a tasty condiment that will complement any meal. It also helps to find yet another use for Rhubarb that many have growing prolifically in their gardens (make sure to use only the stalks!).

Chunky Apple-Rhubarb Sauce with Dried Cranberries



Ingredients

- 1 large green apple, such as Granny Smith, peeled and diced
- 2 cups diced rhubarb (2-3 stalks)
- 1/4 cup diced red onion
- 1/2 cup unsweetened apple juice
- 2 tablespoons dried cranberries
- 1 tablespoon honey
- 1 1/4-inch-thick slice ginger, peeled
- 1 teaspoon balsamic vinegar, or to taste

Preparation

Combine apple, rhubarb, onion, apple juice, cranberries, honey and ginger in a medium saucepan. Cover and cook over medium heat, stirring occasionally, until the rhubarb is soft and the apple is tender but not mushy, 10 to 12 minutes. Remove from the heat and let stand for 5 minutes. Stir in vinegar. Remove the ginger; serve the sauce warm, at room temperature or chilled.

Tips & Notes

Make Ahead Tip: Cover and refrigerate for up to 5 days or freeze for up to 1 month. To reheat, microwave on High for about 2 minutes or warm in a saucepan over low heat.

THANK YOUs



“This is a big thank you message that you can forward to the organization that provided the free tickets to see the concert of Selena Gomez on August 22 at the Canadian Tire Centre. Selena’s show, and also the pre-show, were great and Benjamin really enjoyed the music. He was actually signing along on a few songs as he listen to Selena’s music regularly at home. Benjamin was really happy and had a lot of fun ... as well as his parents!!! Kind regards!” *Marc*

“Dear Children at Risk - I had fun that at the Selena Gomez and it was my first concert. We were in 406 Suite. I had 3 pops and 1 French fry at SG concert. I thank you with my whole heart. I love that I got picked for tickets. Thank you so much for this once-in-a-lifetime chance to see SG and I can check it off my buck list! I had so much fun with my Mama. I had an awesome time at SG and Thanks to the Ottawa Senators Foundation and Children at Risk and Mama. I had LOL time at SG concert. Thanks for all Awesome things you guys do for Families in need. You’re truly Awesome. P.S Be Yourself and Believe in Yourself, Truly from your friend”
Celeste

QUICKIE STORE LIST – 2013



Ottawa Central

Bay/Albert 435 Albert St, 232-6488
Rideauview 1430 Prince of Wales Dr., 224-1721
Bronson 635 Bronson Ave., 238-1948
Rideau 490 Rideau Street, 789-5454
Bell 163 Bell Street North, 236-5054
Somerset 287A Somerset St. East, 233-0016

Ottawa West

Kanata 2 Goldridge, 592-8019
Richmond 1386 Richmond Road, 820-0204

Ottawa South

Leitrim 4505 Bank St., 822-2301
Conroy 4 Lorry Greenberg Dr., 739-8493
Bank/Grove 1166 Bank St., 730-1113
Barrhaven 1 Jockvale Rd., 825-1920

Ottawa East

Watters 915 Watters St., 841-6972
Beechwood 64 Beechwood, 744-7256
St. Laurent 1034 Pleasant Park, 733-0985

SOCIAL SKILLS GROUPS FOR TEENS WITH ASPERGER'S SYNDROME (AND RELATED DIAGNOSES)



The Typical Teens social groups have been running since 2003, and focus on experiential learning of social skills in a fun and sociable teen environment.

The groups provide community-based social skills training for teens with Asperger's and related diagnoses (HFA, PDD, NVLD). The strength of the TT model is the inclusion of trained peer mentors, supported by the arms-length facilitation of the adult group leaders, creating an authentic "real world" teen social situation that includes full support for the learning of new skills and the generalization and consolidation of previously acquired social knowledge.

After 10 years, Sheila Bell, Nancy Good and parent volunteer Heather Pierscianowski will be taking a step back from running the Typical Teens Groups (although they will still be consulting!).

Currently we are looking at offering only 1 Group per term, run by SLP Kim Lee and EA Amanda Dzuba. They will alternate between an East and West end location, depending on demand. Each group will run for 8 weekly sessions, Fall, Winter and Spring.

We invite interest from both past and new participants – and, depending on the response, will look to start a group in October. Please express your interest by emailing car@childrenatrisk.ca and include your child's name, age and grade in school.

More information about the structure, content and philosophy of the Typical Teens groups can be found online at www.autismandtheartofcommunication.com. You can also call (613-741-8255) or e-mail (car@childrenatrisk.ca) the Children at Risk office.

For application forms for teens who are interested in volunteering as peer mentors, please also send an email to car@childrenatrisk.ca.

UPCOMING CONFERENCE



**National Gallery of Canada
380 Sussex Drive, Ottawa, ON**

Learn practical skills that can be immediately implemented into existing curriculum and training programs, at home or in school!

Thursday, October 24

Judy Endow

Outsmarting Explosive Behavior

Friday, October 25

Andrew McDonnell

"If You Can Keep Your Head While All About You are Losing Theirs" (Kipling): Applying Low Arousal Approaches to Everyday Settings

Find our more at:

<http://autismawarenesscentre.com/shop/conferences/ottawa-on-october-24-25-2013/>

See an article by Judy Endow on Pages 13 and 14.

SIBLING SUPPORT WORKSHOPS

This Fall, Children at Risk will be again offering 2 Sibling Support Workshops.

Saturday, November 2 – Younger Sibling Workshop at Children at Risk (ages 4-7)

Saturday, November 16 – Older Sibling Workshop at Children at Risk (ages 8-13)

Depending on the response and age ranges, we may offer a 3rd Workshop with closer age ranges for the Older Siblings i.e. Ages 8-11, 12-14.

For more info and registration form, see Page 12.

SIBLING SUPPORT 1-DAY WORKSHOP

Children at Risk has a mandate to provide services and supports for not only the diagnosed ASD child, but for their family, as well. One support we have always felt very strongly about is our Sibling Support Groups. However, Siblings seem to have very busy schedules these days and we have had difficulty pulling a weekly group. Subsequently, we changed our format of weekly meetings for a 1-Day Workshop – with rave reviews!

For this Fall, we are once again looking to offer a Workshop. We hope that, even if your Sibling has other commitments usually, they can set aside this one time to attend this valuable and needed support! It will not be the same as a weekly meeting where the siblings meet each other and establish longer-term relationships, but the same principles that are applied to the weekly meetings will be covered.

We will be offering 2 groups – for Younger and Older Siblings
Cost will be \$35 per child - includes supplies and lunch.

Younger Group: Ages 5-7 – Saturday, November 2, 2013 - 10 AM to 2 PM

Older Group: Ages 8-13 - Saturday, November 16, 2013 – 10 AM to 3 PM

(There might be some flexibility on the ages, with a maximum of 12 participants per workshop)

WHERE: Children at Risk Offices, 235 Donald Street, Room 209.

DESCRIPTION: Children at Risk is pleased to offer a one day workshop for siblings of children with an Autism Spectrum Disorder. The workshop will provide siblings with the opportunity to meet in a relaxed, supportive and fun setting. They will participate in games, crafts and group discussions. They will have the opportunity to share their feelings, to meet other siblings who can relate to their experiences and to learn more about Autism Spectrum Disorders. There will be 2-3 Facilitators. Lunch will be provided.

SIBLING WORKSHOP - REGISTRATION FORM

NAME OF PARTICIPANT: _____ AGE: _____

TODAY'S DATE: _____ DATE OF BIRTH: (DAY/MONTH/YEAR) _____

TO PARTICIPATE IN: YOUNGER GROUP (5-7 YRS.) _____ OLDER GROUP (8-13 YRS.) _____

ADDRESS: _____

TEL. NO. (HOME & WORK): _____

E-MAIL ADDRESS: _____

MOTHER'S NAME _____ FATHER'S NAME: _____

SIBLINGS NAMES AND AGES: _____

STRENGTHS AND INTERESTS OF CHILD ATTENDING THE GROUP: _____

IDENTIFY WHAT YOUR CHILD HOPES TO GET FROM THE GROUP (i.e. opportunity to discuss feelings with peers, to share ideas, to have fun): _____

ALLERGIES: _____

MEDICATIONS: _____

SPECIAL CONSIDERATIONS: _____

EMERGENCY CONTACT AND PHONE NUMBER: _____

For this group, we would like to distribute a phone list with names and phone numbers of children within the group so the participants can contact each other if they wish. Please check here to indicate you give permission for your names and your child's name along with your home phone number to be included on this list

Thank you



As an [autistic](#) my connections to other people are perceived visually. In fact, I often need to have a concrete visual available in order to be able to think about my friends. A challenge I am often faced with is the erroneous presumption and resulting behavior of neurotypical (NT) people when I need a visual in order to maintain a relationship. Individuals with other isms may also experience this erroneous presumption.

Being a Visual Thinker

For those of us who are visual thinkers it seems logical that visuals would play an important part in developing relationships with others and in maintaining those relationships over time. In fact, many of us need something we can actually see such as a picture of a person or a concrete object representing that person. We do not decide to need this, but rather it is the way our autistic neurology makes information available and connections possible for us.

My Experience Growing Up

As for myself, I need a visual in order to think about a person or to pull up a conversation I had with a person. When I was a child I would sneak something of mom's to take with me to [school](#) such as a discarded Doublemint gum wrapper. If I didn't have some sort of visual reminder of mom with me it caused me to feel as if she did not exist – like she had died. When this happened it was hard to concentrate and figure out what my teachers wanted me to do.



My Challenges as an Autistic Adult

It seems to be difficult to get NTs to understand this phenomenon, but when this happens it is as if the out of sight person is no longer alive. I need a visual placeholder in order to maintain my connection with another person. Often times when I am brave enough to make this need known I have been laughed at or in some other way ridiculed. It is thought to be babyish and I have been admonished to “grow up.”

I do not understand this reaction of others, but have experienced it many times over the years. It is not at all helpful. It does not honor my neurology and it does not allow me to participate in relationships. It seems to be difficult for NTs to imagine relationship connections to be any way other than the way that works for them – which does not typically include a picture or object reminder of a friend in order to maintain the bond of connection.

Solutions

- It is helpful to work with this neurology by providing a picture of an important person such as a parent for a child anxious over a pending separation. In my practice many a grieving student has been helped during the beginning of the school year by having a small photo of a parent taped inside his cubby, desk, locker or on the back page of an assignment notebook. [Anxiety](#) is reduced and learning ensues when a student is not grieving.
- Some children can learn to draw or write something that can serve as a placeholder for an out-of-site person.

An example from my own life is this poem and acrylic painting I created:



Connections
Out of sight
Means
Out of mind

Unless

A
Picture
I
Create

Before
I
Knew
To
Do
This

A
Friend
I
Had no way
To
Keep



- If you are an NT don't poke fun, tease or shame an autistic or other person with an ism for having a need imposed by his neurology. Besides being mean, it is not helpful and does not support relationship development.
- If you are a visual thinker don't belittle or put yourself down for a fact of your neurology. If you need something to serve as a visible placeholder for a person who is out of sight and want to explain this to another person feel free to print off and use this blog as an explanation.

Summary

“Regardless of how or where I get my visual, the fact remains that I need some sort of visual in order to experience the fact that I am connected to another person through the bond of friendship. This doesn't make sense to most people, but I have learned not to let that bother me these days! I do what makes sense to my neurology to maintain and participate in friendships. My closest friends tend to be people who do not question this peculiarity but instead join with me in honoring it.” (Endow, 2013)

References

Endow, J. (2013). *Painted Words: Aspects of Autism Translated*. Cambridge, WI: CBR Press. Available from Amazon in September.

Endow, J. [Connections](#), an acrylic painting.

As originally published at Special-Ism.com. Reprinted with permission. Read more from Judy Endow (link: <http://special-ism.com/author/judyendow/#sthash.vwdLDnK6.dpbs>)

Camp Kaleidoscope 2013

Camp Kaleidoscope 2013 was yet another great success for Children at Risk – just much bigger in every way than we had anticipated!

Over the 5 weeks, we provided 230 Camp slots from the 247 requested, for 101 Campers with a staff of 57 Camp Counsellors and Volunteers. This offered respite and peace of mind to 95 families.

At Camp there were four distinct groups: Monkeys-our youngest age range, Dragons-our mid age range and Titans or the name of the week decided by the Campers for the Teens and older Campers looking for more challenging activities. In addition we had the Lightning Bolts with teens that required more assistance with life skills. One week we had so many Dragons that the Group divided into Red and Blue Dragons each with their own room!



Not only is Camp Kaleidoscope a day camp where parents are comfortable in the knowledge that experienced staff are accommodating their child and making close connections by being 1:1 but also where every effort is made to have the camper have the best possible time. In our quest to provide our Campers with a great summer day camp experience, we had a packed program both on and off site. Thanks to the contribution of donations and Canadian Tire money from our membership, we were able to purchase an 11x8 foot oval SpringFree trampoline for all campers to enjoy. We also treated ourselves to a 12 foot inflatable waterslide that was used by those 150 lbs and under – we tested this Children at Risk

with Camp staff “test dummies” and determined that over 150 lbs you could get hurt – you also got fabric burns if testing it without water - The lengths Camp Counsellors went for their Campers and Camp!! ☺



We also had access to a number of splash pads and water games, which greatly contributed to the excitement onsite. You didn't always need to get wet to enjoy activities, a great deal of fun was also had through mad science cause and effect activities and some crazy but creative crafts as well as the treasured canvas's the younger campers decorated and older ones wrote messages and signed as a lasting reminder of a great summer.

In addition, there were also the long standing favourites such as the Campers decorating their own Camp T shirts, fun in the Gym with the scooters and plasma cars, shopping trips to the local Mall to buy the ingredients for the cooking and baking opportunities which ranged in complexity depending on the group.



Each Camp group also had their favourite activities. The Titans made papier-mâché masks and their own parachutes and tried them out from the top of the play structures – for toy characters not themselves!



The Dragons were the kings of the messiest mad science activities and also loved the scavenger hunts whether it be finding something for each letter of the alphabet or finding the hidden dinosaur eggs.



The Monkeys would go out on Bug Hunts and could be heard laughing whilst enjoying Group Leader Melanie's Angry Bird Game and their most favourite activity the whistling balloons. The Lightning bolts would do puzzles or chill with soft music or being read to.



As well as going off site to the Gloucester Pool twice a week there was also a mid-week trip to a local attraction with the WUBS buses being divided up by age and ability so everyone got the best experience.

Week 1 - The rain storm was moving West to East so although the campers were concerned about the torrential rain at our Camp location, the word went out that the Directors had called Mother Nature and

everything would be fine. We headed West and had a lovely sunny day.

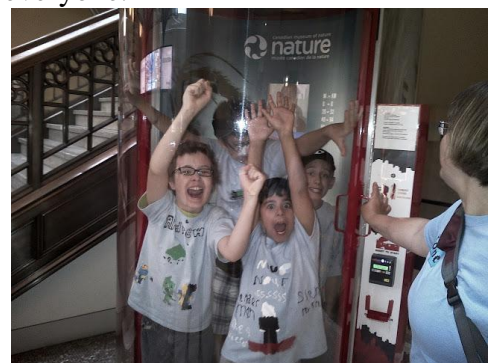
One Group had Saunders' Farm almost exclusively to themselves – here pictured on the wagon ride.



The 2nd Group had great fun at Karters Korners on the Go Karts, playing mini putt, basketball or going through a bucket of balls at the driving range.



Week 2 - It was the heat that was the issue so we had to go somewhere with air conditioning. The Museum of Nature provided IMAX movies, big Dinosaurs to the tiniest of Bugs, so something for almost everyone.



Week 3 - The Monkeys went to Monkey around for Jungle Gym and a pizza lunch and everyone not afraid of boats went to Dows Lake for Paddle boating, canoeing, kayaking and a particularly challenging scavenger hunt. Some of the Lightning bolts enjoyed the pool at Brewer Park and then everyone all met up at Brewer Park for some fun at the Splash Pad!



Week 4 - We returned to Saunders Farm but with many different Campers and those that had gone week 1 this time got to go to Karters Korner's to be mini Mario's. There are some that were naturals, others I wouldn't be lending my keys too!



Week 5 - This is a difficult week as only 4 days and the last day we also have to be packed up and out of the school even though it takes us two-three days to move in and set-up. We had a terrific time being the guests of Sue Clark at the Arnprior Fair. The Midway staff donated two hours of their time to man the rides and side stalls, local businesses donated food so everyone had hot dogs, bags of chips, ice cream bars or popsicles and plenty of bottles of water.



As well as enjoying the Fun House, Crazy slide, Ferris wheel, Flying Carpets, merry-go-round, and other fast and furious rides, Campers checked out the petting zoo and were entertained with live music over lunch. Simba added the Camp K touch with one of his wrap numbers for all those present to enjoy. Video can be seen on our Facebook page.



Pack-up day, everyone went to Skyzone where we had exclusive use of the facility. There was lots of bouncing off the walls and into the foam pit. Camp Counsellors had as much fun doing flips as the campers, if not more according to the picture!

Mother Nature this year was good to us with only one rainy day and holding off the tornado that struck the nearby golf course until after camp hours. Expecting to have more rain, there were many planned activities that we didn't need to fall back on but we'll have the supplies ready for Saturday Fun Club sessions!!



Camp Kaleidoscope would not be possible without the generous contributions of our major funders, some personal donations large and small, support from the CAR membership and autism community supporting our fundraisers such as the Fall Raffle, the Pumpkin auction and Pictures with Santa at Westgate Mall to name the few left in 2013 to get involved with. Also thank you to all those who supported the Garage Sale, by donating or purchasing items. We still have a few treasurers left which can be checked out on our Facebook page or we can email the Google Pictures link ... please make an offer via email and collect from the CAR office.



Submitted by Hazel Smith, Camp Kaleidoscope Coordinator

Camp Testimonials

“To Children at Risk.....

A small letter of appreciation....

HAPPY...This is all that a parent wishes to see from their child. As a parent of a special needs son, this is my goal for my son, and this is what I saw every day when I brought my son to this very special camp ... Camp Kaleidoscope. This is my son's second year attending this camp, and I was so grateful that he was able to attend for 2 weeks. There are just not enough words or emotions to even begin to describe how I feel. The staff of this camp are ALL so pleasant and helpful. Each morning we were always greeted with big smiles and happy and positive attitudes. I always left knowing that my son was in good hands, I felt reassured, knowing he was safe and happy. The staff truly love their job and it shows in the way that they care for our kids. We leave our kids with them for the day - we put our trust in them. This is truly an amazing camp. There are not a lot of services or camps that are offered for special needs kids and the ones that are do not offer 1:1 ratio. Camp Kaleidoscope does, which is truly amazing. The kids are getting the special attention, care and support that they deserve. The organizers of Camp Kaleidoscope deserve a big KUDOS for their extraordinary efforts in putting this camp together, the dedication, long hours and hard work do not go unnoticed. The fundraising that is involved in this camp is unbelievable and on-going throughout the year, just to ensure that our special kids have the opportunity to enjoy and experience a summer camp adventure. I am very fortunate and so grateful and extremely appreciative that my son was able to attend this year, his experience was a very positive one, he looked forward in going every day, he loved to see all the familiar happy faces, and he had fun, and at the end of the day he came home with a smile. I would like to thank everyone for this wonderful experience, and compliment all the staff for a job well done. I hope to see this camp continue to run in the future and years to come, our special kids need this and truly deserve it. With much appreciation and many thanks!”

“I've already passed this message on to people at the camp, but thank you for providing such a good experience for Kien. He was thrilled to be there, excited to tell me about his day, wants to go back next year & surprise of surprises, insisted on leaving his DS in the car one morning. (For DS, read security blanket!) He's not even complaining about the heat! He said “It was the best camp ever! I liked the swimming and the fun. I'm going back!” As I mentioned, Kien has been to a number of camps, some he liked and some he didn't, but I've never seen him this enthusiastic. You guys must be doing something right. Thanks so much. If there happens to be a waiting list for any of the other weeks for next summer, let me know. I'll certainly be putting Kien on the list for other programs. Looking forward to next year!”

“My son Casey, age 5, had a fabulous camp experience at Camp Kaleidoscope. It was the first camp experience for him where he didn't feel extreme anxiety because everything was set up according to his needs and skills, and where he could just go and have fun – like any kid in the summer. We will certainly sign up for Camp Kaleidoscope again. The counsellors were experienced, passionate and thoughtful, and the organization was welcoming and accommodating. Highly recommend!”

“I just want to send a thank you to you, the staff and all the volunteers for making Camp Kaleidoscope such an amazing experience for my daughter Bryanna. Camp Kaleidoscope has been a saving grace for our family. We hope that it will continue to run in the coming years!”

“My son Erik attended Camp Kaleidoscope for the second time this year. I cannot stress how important this camp is for him, and how professional and well qualified the staff are that take care of all these little adventurers. Furthermore, I am highly impressed with the opportunities that this camp offers to children afflicted with autism. We can send our child to this camp in the knowledge that he will be in a safe and secure environment, and be part of a program that greatly benefits his social skills.”

Camp Testimonials (Cont'd)

“Thank you once again for providing our family with the option of summer camp for our son, Corey. As Corey is almost 8 yrs old, we have had him in a number of other social camps and similar settings however none have been as wonderful as Camp Kaleidoscope has been for our entire family. As a matter of fact, Corey has been "let go" at a number of other camps, including those which are well-known in Ottawa and established for the special needs community. As Corey's social behaviours are not always appropriate and he has many challenges with his peers, he can sometimes resort to behaviours which are unwanted in other facilities. Without an experienced worker in a 1:1 ratio setting, Corey is usually not successful in the setting, sometimes is asked to leave, and both he and us as his parents are lost as to where to turn for support. Since Camp Kaleidoscope started in 2011 and Corey has attended each of the past 3 seasons, we are delighted to say that, despite Corey's sometimes inappropriate behaviours toward his peers and others, we have not had to remove him from the camp environment either temporarily or permanently. This is due to the experience, ability and understanding of the staff members who work with our child. This is one of many areas where we do not need to be concerned with constant phone calls to us to "deal" with our child because he is being disruptive as we have had to face over and over again with numerous other camp settings. If it were not for Camp Kaleidoscope, we would find ourselves at a loss as to where to place our son during the summer, particularly where a 1:1 respite or similar worker would be much more costly and would not involve the many activities and opportunity for socialization as Corey receives through Camp Kaleidoscope. We are extremely thankful that there is now a place for our son where he is happy and continues to learn and grow despite his many challenges. Thank you so much and please keep this going for our family and many others in the autism community!”

“My son attended camp for the first time this past summer. Our experience was absolutely amazing. I'm a single parent with limited supports and the camp experience allowed me to gain peace of mind knowing that my child was in good hands. I was able to meet other parents who shared similar experiences, parents who understood the daily challenges of parenting ASD children without judgement. I also admire all staff for all of the excellent work they have done to respectfully teach my son new skills and for a more positive look at life. Thank you for making this opportunity available to both my son and I. It was an absolutely amazing experience, well trained staff, and a place that I will never forget.”

“To the staff of Camp Kaleidoscope - I wish to express my gratitude to each and every one of you for another great summer experience for William as well for our family. We really didn't worry about William when we drop him off in your care each morning. William had a wonderful summer and it's truly because of his experience at camp. He looked forward to come in each morning to experience another wonderful day. His highlight was capturing the grass snake and the mouse. I really want to thank all the staff for all their hard work in keep our children safe, however a special thank you to Jasmine for her continued patience with William. She never shied away from any challenge he posed to her. We can't wait for next summer!”

“Thank you so much for offering another fantastic summer of camp. Riley has never been so excited to get out the door in the morning! The caring & compassion of your experienced/well trained staff put my mind at ease when leaving my boy for the day. He is not the easiest child to work with. Your workers have always been patient & understanding when it comes to his unique needs. Thank you for an invaluable summer session. See you next year!”

“We would like to express our thanks to all who made Camp Kaleidoscope possible. It is important to have specialized summer camp for children on the autism spectrum. A place for the children to enjoy, have fun, make friends, learn life skills, and for parents to feel safe about leaving their kids. That is what your camp did for our child. All your hard work involved in organizing and running the camp is truly appreciated. We hope this is something all can enjoy in years to come.”

Camp Testimonials (Cont`d)

“My name is Ian Valade and I attended the summer Camp Kaleidoscope for the past two years for a couple of weeks. I very much enjoyed being at the camp as the counselors were nice to me and they helped me to participate in many activities. My special thanks to Matt and Omar! During the summer, this camp helps me to stay active and I get to visit some places with the group which I always look forward every year. I also know at the same time, my parents get a break during the summer while I’m away at the camp. Thank you for your hard work to put this camp for people like me. I look forward to attend the camp next year!!!”
(Special Note: Ian is a 22 year-old, non-verbal boy with Autism – Interpretation by Mom!)

“Greyson once again, had an amazing time this year. He went for 2 weeks this summer, and it was a relief to know he was in an environment that was fun, safe and that he was so well-supported in every aspect. We've never had such good success with a program! We look forward to having Greyson with Camp Kaleidoscope for years to come!”

“Josh went to Camp Kaleidoscope for three weeks this summer. It was a wonderful experience for him. First of all, the organization and the staff are amazing. It is a great feeling to know your child is going somewhere that is safe and enjoyable. Next year, I would love to put him in the camp for 5 or 6 weeks. The kids and parents are lucky to have such a wonderful camp to send their kids to at such a reasonable price because of the generous sponsors. It is truly appreciated. We also really enjoy the Saturday Program at Children at Risk. Thank you so much!”

“I would like to express my sincere appreciation for your camp and the people that run it. My son, who has special needs, thoroughly enjoyed himself at your camp this summer. It is hard to find places like yours that welcome children with special needs and for that I thank you. I sincerely hope that you can get the funding necessary to have the camp again next year--I know Eleyeh and many other children would be elated to go back. Thank you for all your wonderful work!”

“Thanks so much for all the hard work by all at Children at Risk in organizing and running Camp Kaleidoscope. Gordie had such a good time during his week at camp. I really appreciate the fact that the camp is set up to accommodate high-need campers, even though higher functioning campers are accepted. There is just so little out there for kids like my son Gordie, who is impulsive, a high-risk runner and has sensory issues. He would not do as well in a program that is not set up to provide for his safety (we had a close call last March when he attended a program run by a different agency and escaped the very first day) even if I provided my own one-on-one support which would be a requirement for almost any other program. While he is at Camp Kaleidoscope I can have peace of mind knowing that he is properly supervised at all times. While I do want him to have fun, his safety is my top priority always. I also appreciate that the fees are kept as low as you can keep them and still provide fun activities and the proper levels of staffing required by such a specialized camp program. Like many other families, we have not had an increase in our government funding in years. As a single parent who has to budget out the same amount of funding every year ... while programs, pay rates for special needs workers and other expenses increase, I can use all the help I can get. You cannot even imagine how much we appreciate that Children at Risk provides the best program they can for the lowest fees they can charge ... it shows how much they strive to use their resources as efficiently as possible. Here's hoping that you are able to keep things rolling. My son is turning 18 next summer and is aging out of programs for children, but there are many families with younger children that need the support, and Children at Risk's camp programs and Saturday programs help fill in a huge gap in the community. There are already existing programs for higher functioning children but programs for autistic children with challenging behaviours are few and far between, and what is out there can be very costly. Please pass our thanks along to everyone at Children at Risk, and all of the donors and sponsors that support the camp programs and other services offered by Children at Risk.”

Camp Testimonials (Cont'd)

“Hello Children at Risk team! We would like to thank you all for the great work you did in the summer camp this year, it was very helpful for our son and us. I won't forget how my son was so excited every morning to go to the camp, we really need Camp Kaleidoscope every year because you really understand how to work with these kids - we really appreciate your great job!”

“Let first thank you very much about your great support and help to all children that were in the camp as was my daughter Mariam. I would like to confirm that she spent a great time at camp and we found out she has developed many skills during very short period at the camp. Please we need this camp during summer and hopefully even during Christmas and March break. Wish you all the best!”

“Dear Camp K: I can't even begin to tell you how grateful we are for the opportunity for our son to attend such a wonderful summer camp! He looks forward to it year-round and even talks about coming back the following summer while attending the current session! What a great opportunity for the kids to try some new activities as well as enjoy the always-fun, standard swimming and other water games. I can't say enough about the staff at Camp K, always so warm and welcoming. Parents can feel confident when leaving a smiling, excited child in their care. I never hesitate to talk about how incredible Camp K is and have recommended it to all of my friends in my ASD network. Thanks Camp K, for another wonderful summer experience!”

“Camp Kaleidoscope has been a lifesaver for us. Our profoundly autistic teenage son has very few opportunities to participate in any summer activities. We very much appreciate the professionalism of this camp, the dedication of its staff and the fact that it is open to even the most disabled and non-verbal children who are least well served in the community. Alex has a big smile on his face when we drop him off at Camp Kaleidoscope and we know that he will have a day filled with safe and stimulating activities. Thank you to Children at Risk and Camp Kaleidoscope for their dedication to autistic children and their families.”

“It was just a great summer camp at Kaleidoscope this year. It was really fun for both kids and the whole family together. What a great staff team and volunteers you all really made a difference in the kid's life and our family too. My both kids look forward to go to this camp or any day activity at your building. It was great see them smile every morning when I drop them off - also the same when I pick them up. Thank you so much for all your efforts and your hard work all year around. We are truly and deeply blessed with Camp Kaleidoscope and with all the services from Children at Risk.”

“I wanted to let you know what a tremendous impact Camp Kaleidoscope had on my 8 year old son this past summer. He attended Camp Kaleidoscope for 3 weeks, and it was a true blessing. He was surrounded by people that understood him, that supported him during any struggles, and cheered him on during his achievements. He looked forward to going every morning, and wanted to stay longer when I arrived to pick him up at the end of the day. Without hesitation, I would say that this was by far, the best summer of his life! I don't know how to accurately express the emotion I would feel being able to see my son so happy and excited about being in a social situation, while at the same time, feeling accepted. I was absolutely elated!!! Finally, somewhere where he can play, participate, and was encouraged to just have FUN; while always being SAFE! Can you image how you would feel if this was your child? Camp Kaleidoscope is an extremely valuable, important, and treasured commodity for ASD kids and their families. This camp is not a luxury, it is a NECESSITY!!! From the bottom of my heart; I would appreciate the funding support that ensures Camp Kaleidoscope is available and affordable for our ASD children. Please help us, help them. This camp allows them to reach their potential, and truly understands that different is NOT less!”

Camp Testimonials (Cont'd)

“Our family is extremely blessed in that our 8 year old son attended three weeks at Camp Kaleidoscope this summer. Xander has Asperger's and finding fun social activities that he can participate in is extremely difficult. Over the years, his challenging behaviour has resulted in increasing isolation and we had pretty much given up on him ever being able to go to camp like a "normal" kid. Even when he tried camps that catered to things that he was interested in (e.g. computer camp), he was unable to manage and the experience was short-lived. Camp Kaleidoscope is truly unique in that they know all about Autism Spectrum Disorders. They have taken the utmost care to ensure that camp is a safe and welcoming experience. The staff members are amazing. They connect with the campers and work so hard to help every child be successful and have fun. You can tell that everyone working with the camp is passionate about these very special children. For our family, the knowledge that our son was in an inclusive and safe environment was priceless. The relief that we felt knowing that the phone wouldn't ring at some point during the day to be told that he was being sent home, can't be put into words. Until you've lived with the stress and uncertainty of having a child who has been kicked out of so many activities, of having your stomach drop when the phone rings... It's very easy to become despondent and just stop trying to give your child a normal summer. Camp Kaleidoscope gave our boy the opportunity to be a typical kid and he's still talking about the fun he had and the people he met. Camp Kaleidoscope fills a definite need for the families of special needs kids. Thank you so much!”

“I would like to thank Children at Risk for another successful camp this year. My grandson, Cody, absolutely loves going to Camp Kaleidoscope. This is the only place that he can go where he has the necessary support to be safe and successful at participating in activities. It is extremely well run and well organized and our family can feel totally comfortable sending Cody there. Our family is thankful to have this camp and hope it will continue for many years to come. Thank you to everyone involved and keep up the good work. It is very much appreciated.”

“My wife and I want to send Children at Risk a big and sincere thank-you for putting together Camp Kaleidoscope again this year. We appreciate the time, effort and expense that is associated with organizing and hosting a summer camp for children with special needs. Our son, Zac, attended four weeks of the camp and we have nothing but positive things to say about his experience. The counsellors that worked with Zac were fantastic. We would like to recognize them for their effort and dedication to ensuring Zac had a fantastic four weeks of camp. While everyday was great at camp, Zac enjoyed the day trips the most. Each week had a different outing that offered a new experience for all. Zac would say the trip to Karter's Korner was his favorite! Swimming is another favourite activity for Zac, thus the trips to the wave pool were also a highlight for him. He just loved Camp Kaleidoscope, and cannot wait to attend next Summer. We are truly grateful that Children at Risk took on the initiative for the third straight year to put on Camp Kaleidoscope.”

“The Children at Risk (for Autism) Summer Camp means that I, a mother of two children on the Spectrum, can have an extra week of work. My husband and I both work full time. While the camp costs our family my entire paycheck for the one week they attend; generous donors offset these costs for dozens of families. I don't want “special treatment”; I want what every parent wants – to know my children are safe while I earn income to support the family. The city run camps have been logistical and emotional nightmare because they hire first year university students who quickly become overwhelmed. At Children at Risk, my children had no such problems. There were no calls to my employer. The staff were experienced enough not to handle a crisis, but prevent one from escalating, which is a greater skill. Children at Risk greeted us with a professional air and a willingness to help us reach our goals of a varied and fun summer for the kids. Thank you to the Children at Risk Team for all you have done!”

Camp Testimonials (Cont`d)

“Words cannot express how thankful we are that Children at Risk was able to raise enough funds, to organize another specialty camp this summer. Through the years, our son Mitchell has participated in Camp Kaleidoscope. We only have the greatest praise for the staff who run the camp, and the counsellors who are able to meet the needs of the children. We sincerely hope that funding will become available, so that this much needed specialty camp will continue to operate for future years!”

“To All Staff, Counsellors and Volunteers: I wanted you to know how our Family feels to have our son, Alexander, in your most capable and loving hands throughout his days at Camp Kaleidoscope. Peaceful, relaxed and relieved are just a few of our feelings – and of course, joy! You are all the most dedicated, caring people that we have encountered in many years. You should be very proud of your Camp atmosphere, your extremely caring attitudes and all the wonderful adventures, outings and more that you provide for all our kids in need! The Camp itself is so wonderful, but all of you are to be commended in your efforts in putting a smile on each Camper’s face – each day, each week. Thank you so very much for making Alex so proud of himself – appointed as Assistant Jr. Camp Counsellor this year! He has truly benefited from what your Camp offers and found great joy each day he went in. We, as a Family, can never say enough about Camp K and all that you provided for not just our son, but may families in our community. May you all enjoy a much deserved rest before you head off to your other jobs! With heartfelt THANKS and hope to see you all next year if your generous donors can make it possible!!!”

“To the many wonderful people at Children at Risk - Thank you so much for the extraordinary second summer that our son Richard has had at Camp Kaleidoscope. This is such a unique and well organized program that I hope you are able to offer it to so many families again next year, and for many summers to follow. There is a limited selection of reliable and professionally run programs in the City for our special needs kids but it is comforting to know that Children at Risk is always there with many of its camps both during the summer and the programs you offer our families all year long. We find Camp Kaleidoscope is staffed with very patient and caring staff, who also have the knowledge and expertise that is so required to help our kids relax and experience so many varied activities. Thanks you again for you dedication and hard work to our community.”

REQUEST TO FAMILIES TO COMPLETE A BRIEF ONLINE SURVEY

I am hoping you wouldn't mind helping me out by completing this brief survey regarding service dogs in school. I am trying to gather as much information as possible and get a sense if there are any families who have had successes or difficulty getting their son/daughter's service dog into the school.

The link to this survey is below:

<https://www.surveymonkey.com/s/XMLS796>

Many thanks,
Sharon Gabison
Physical Therapist
B.Sc., B.Sc.P.T., M.Sc., Ph.D. Candidate



Camp Kaleidoscope

Please join me in acknowledging our 2013 Camp Sponsors:



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THE KING'S DAUGHTERS
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PROJECT CLEAR SKIES

EIGHTEENTH ANNUAL RAFFLE WINNERS – June 9, 2013

PRIZE	NAME	TICKET #
#1 –EMOTO 2017 Nifty Runabout Electric Scooter (Value \$1,243)	Rob Gough	5220
#2 – Sylvan Learning, Kiddie Kobbler, Tops Car Wash & Toys (Value \$579)	Susan Labrie	0064
#3 – Sylvan Learning, Kiddie Kobbler, Tops Car Wash & Toys (Value \$579)	Marion Silver	4976
#4 – Sylvan Learning, Kiddie Kobbler, Tops Car Wash & Toys (Value \$579)	Lizette Pinate	0318
#5 - Crowne Plaza, Ottawa, Lotus, Gluten Free, Maxwell's, Mont Cascades (\$570)	Erik Kern	4549
#6 – Avis, Towne Place, Hockey Hall, AGO, ROM, Science Center & Keg (\$562)	Jess Glennie	5924
#7 – GoodLife Fitness 6 Month Membership & Workout Clothing (Value \$550)	Jon Shatat	0313
#8 – Handcrafted Quilt (Value \$500)	Nathalie Bradbury	1298
#9 – Exec.Golf, Red Book, Green Fees, Emerald Buffet & New Edinburgh (\$495)	Carla Astete	4876
#10 –Exec.Golf, Red Book, Green Fees, Emerald Buffet & New Edinburgh (\$495)	Matylda Comella	3028
#11 –Health Dynamics, Molly Maid, Stronger You & New York, New York (\$439)	Christine Sinding	2920
#12 –Health Dynamics, Molly Maid, Stronger You & New York, New York (\$439)	Peggy Hancock	3643
#13 –Joseph's, Samadhi Wellness, Hummingbird, Il Paradiso, Mary K, Avon (\$402)	Merrill Killeen	3119
#14 – Ottawa Senators Tickets, Colonnade Pizza & Patty Boland's Irish Pub (\$353)	Mona Naim	5500
#15 – Ottawa Senators Tickets, Colonnade Pizza & Patty Boland's Irish Pub (\$353)	Bob Cook	4901
#16 –GCTC, Radisson Hotel, Fratelli's & Richmond Beauty Salon (Value \$337)	Diane Daly	4346
#17 – Lincoln Fields Merchants Gift Basket & Epicure Selections Basket (\$325)	Barbara Schultz	1617
#18 – Senior Tours, Key To The City Roadside & Strandz Hair Design (\$265)	Dale Carswell	2355
#19 – European Glass & Paint, 1 st Choice Hair, Rink Pro Sports (Value \$150)	Nancy Larocque	1169
#20 – Instead of Flowers Handcrafted Wood Pen (Value \$136)	Rhonda Leroux	5459
#21 – Carlingwood Gift Card, Versailles Academy & Vittoria Trattoria (\$85)	Mary McDonald	4525
#22 – Carlingwood Gift Card, Versailles Academy & Vittoria Trattoria (\$85)	Nancy Atkins	4888
#23 – Kevin's Auto Care & Anika Arts & Flowers Certificate (Value \$81)	Mark Lalonde	1730
#24 – Kevin's Auto Care & Anika Arts & Flowers Certificate (Value \$81)	Alli Miron	0834
#25 – Capone's Ristorante Gift Certificate (Value \$30)	April Taylor	1796
#26 – Churchill's Pub Gift Certificate (Value \$30)	Janet Goodell	3860
#27– Milagro Grill Gift Certificate (Value \$30)	Mike Donnelly	4514
#28– Al's Diner Gift Certificate (Value \$25)	Patsy Stevens	1365
#29 – Boston Pizza Barrhaven Gift Certificate (Value \$25)	Matt Hendricks	5190
#30– Flowers By Maggie Gift Certificate (Value \$25)	Nanda Wubs	1935
#31– Greenbank Flowers Gift Certificate (Value \$25)	Melissa Beverley	4674
#32- Jonny Canuck's Gift Certificate (Value \$25)	Priscilla Neill	4270
#33–Kardish Specialty Foods Gift Certificate (Value \$25)	Rebecca Weaver	2885
#34 –Nate's Deli Gift Certificate (Value \$25)	Luc Normand	0769
#35 - Summerhays Grill Gift Certificate (Value \$25)	Lisa Campagna	1841
#36 – UPS Store Hunt Club Gift Certificate (Value \$25)	Leanne Pelley	1283

CONGRATULATIONS TO ALL OUR WINNERS!

HELPING FAMILIES HELP THEMSELVES

Concerned about your adult child's future? Need a safety net in place for life's eventualities? Wish you had concrete strategies for common concerns?

We can *HELP* - we offer *Harmonization and Empowerment through a Living Plan*.

Tired of relying on someone else for answers? We believe YOU know what's best for YOUR family. Sometimes all you need is a fresh perspective.

We (Angèle Jodouin and Melodie Grealy-Fredette) are both Developmental Services Workers, graduated with honours from Algonquin College in 2003. We then founded **Family Harmonies Familiales** in 2006. Having had personal experience dealing with special needs in our families, and through volunteering and related jobs from a young age, we have now had the privilege of over 15 years working with families, helping them to reach their goals.

Through our varied experiences working in the field, we found that frequently parents were lacking the guidance and education that could enable them to offer better support to their children and also make the best use of their meager funds. We observed a great void in terms of tangible assistance for parents, other caregivers and the rest of their network; not enough explanation of treatments and/or interventions. It seemed that parents were always reliant on someone else to come in and “fix” things for them, without understanding how or why. Stemming from that, grew our convictions that families ultimately know what's best for them, and that given the right tools, they can bring harmony to their own situations.

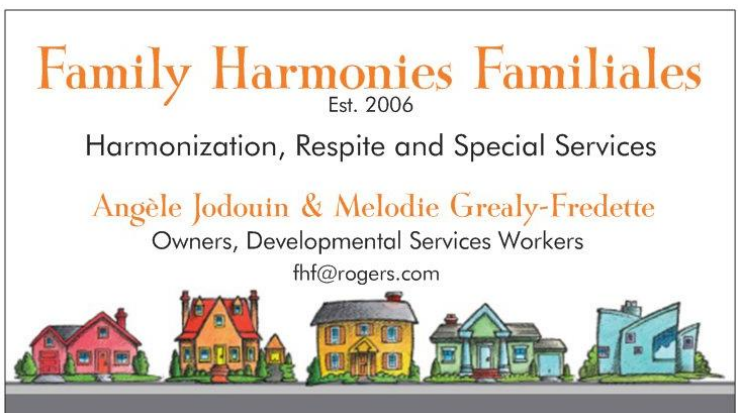
So we developed an alternative to continual intervention: Harmonization - our approach to problem-solving and improving interactions. It consists of a detailed customized and practical plan that we call a “Living Plan”, which addresses various goals in different areas (social, behavioural, communication, motor skills, life skills, etc). We create and include some fun and functional "Interaction Aids" (such as charts and reward systems) to help everyone keep track of progress. We also provide ongoing implementation support to help parents and others understand the why and how of all these tactics, and learn the skills to apply future changes.

Along with the Living Plans described above, we also help clients to build Life Plans. A Life Plan is created to set in place people and supports to deal with future eventualities such as the death of a parent. Several other organizations in Ottawa offer these as well, but they are generally very costly, and well beyond the means of most average families. Only a small part of Passport dollars (government funding) can be allocated to that end, and the final cost can be too much for many families to afford.

So, we came up with a different option.

We are happy to announce that we are providing a cost-effective way to create these plans through our Spring 2014 Workshop (6weeks/30hrs). It will allow families to reap the benefits of one-on-one focus, and working as a group.

For more information and/or to register, please contact: fhf@rogers.com



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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.

Children at Risk 2013 Raffle Ticket Sample

<p>CHILDREN AT RISK: 2013 FALL RAFFLE <i>Providing Community Supports for Families and Children with Autism Spectrum Disorders</i></p> <p>NAME:</p> <p>ADDRESS:</p> <p>PHONE #</p> <p>City of Ottawa License #</p> <p style="text-align: center;">XXXXXX</p> <p>MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT</p> <p>SAMPLE TICKET</p> <p style="text-align: center;"><u>of 4,500</u></p>	<p style="text-align: center;">CHILDREN AT RISK – www.childrenatrisk.ca 235 Donald Street, Suite 209, Ottawa, Ontario, K1K 1N1, 613-741-8255 <i>Providing Community Supports for Families and Children with Autism Spectrum Disorders</i> 2013 FALL RAFFLE</p> <p style="text-align: center;">1ST Prize – ST. JOHN’S, NEWFOUNDLAND! This Exciting Trip Prize includes:</p> <ul style="list-style-type: none"> • Return Trip for Two People to Any Scheduled Porter Airlines Destination! (Value \$2,500) • Weekend Stay at the Fairfield Inn & Suites St. John’s (Value \$442) • Olympus T-10 Digital Camera (Value \$90) & Keg Steakhouse & Bar Gift Card (Value \$50) • Suncor Energy Fluvarium Family Admission Pass (Value \$20) <p style="text-align: center;">TOTAL 1ST PRIZE VALUE: \$3,102!</p> <p>2nd Prize–“Family Fun” – Admission Passes for Museums (Civilization, Canadian War, Aviation, Science & Technology, Agriculture & Nature), Sylvan Learning Certificate, 4Cats Art Studio Gift Cards, Mr. Mozzarella, Plasma Car & Toys (Value \$823)</p> <p>3rd Prize– 2-Sens Tickets, Holiday Inn & Suites Kanata & Graffiti’s Certificates (Value \$568)</p> <p>4th Prize–Health Dynamics, AVON basket by Lesia Gilbert, Roses Are Us & Lingerie (Value \$433)</p> <p>5th Prize – Country Inn & Suites 2 Night Stay & Poco Pazzo Certificate (Value \$409)</p> <p>6th Prize - Jill Alexander Original Painting “Iris Trio” & Frames By Rockwell Certificate (Value \$350)</p> <p>7th Prize Weekend Accommodation for Two at Best Western Macies Hotel (Value \$337)</p> <p>8th–14 K W/G Blue Topaz Ring (Value \$300) 9th–Delta Ottawa & East India Co. (Value \$234)</p> <p>10th–Indigo Lamp & Books (Value \$233) 11th & 12th – Molly Maid & Emerald Buffet (Value \$231 ea.)</p> <p>13th – Epicure Selections basket by Kelley Matheson, Fondue Set & T-fal Cookware (Value \$204)</p> <p>14th, 15th & 16th Prizes – Kevin’s Auto Oil Change, 2013 Ottawa Entertainment Coupon Book, Key to the City Discount Card & 2 Ottawa Senator’s Tickets (Value \$179 ea.)</p> <p>17th Prize- Original Painting by Lina & Assorted Picture Frames (Value \$175)</p> <p>18th Prize – Dimmer for Four at Shoeless Joe’s, Kemptville (Value \$100)</p> <p style="text-align: center;">Draw: October 1, 2013, 1 PM, KDS Apartments, 567 Cambridge Street South, Ottawa City of Ottawa License #XXXXXXX</p> <p style="text-align: center;">*MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT</p> <p style="text-align: center;">SAMPLE TICKET of 4,500 PRICE: \$2 or 3 for \$5</p>
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