

**35 years
of Service**

1979-2014



NEWSLETTER

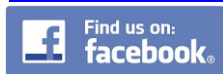
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235 Donald Street, Suite 209
Ottawa, Ontario K1K 1N1
Tel: (613) 741-8255
Fax: (613) 741-5530

Email: car@childrenatrisk.ca

Web: www.childrenatrisk.ca



Charitable Registration #
10691/3775/RR/0001

MARK YOUR CALENDARS

9th Annual "Rollin' for Risk"
Bowl-A-Thon -
Sunday, January 25, 2015

"Run, Roll & Stroll for Risk"
Fundraising Walk & BBQ -
Spring 2015

Annual Spring Raffle –
June 2015

Ottawa Autism Community Annual
Family Picnic -
Sunday, June 14, 2015

Ottawa Dragon Boat Festival -
June 25-28, 2015

PRESIDENT'S MESSAGE

Paul Lacroix, Board President

Greeting to all! As I construct this message the snow is falling quite heavily. I was in Buffalo recently and I must say we have been very fortunate not to have 6 feet of snow like them. The days turn colder and Christmas approaches, but let's not forget that the everyday operation of Children at Risk still carries on.

Brenda, Bambina, Hazel and Gillian continue fantastically to run our busy affairs. They organize fund raising, co-coordinate volunteers and ensure that **Camp Kaleidoscope, Saturday Fun Club, The Picnic, "Date Night"** and **Siblings Groups** were all major successes. We also want to acknowledge Facilitators Liz, Yass, Amanda, Kim and Lisa – as well as Christine for Intake ... and the dozens of Camp Counsellors who work for us in the summer as well as throughout the year!

As in other years, sponsors like **The Kings Daughters and Sons, The Capital Chordettes, Dragon Boat Foundation, Unity for Autism, Community Foundation of Ottawa** are major reasons for our success – for the ability to exist and offer services for our Families.

In 2015 I would like to task members of our community to point us in the direction of additional corporate sponsors. Contact Brenda if you can help. Fundraising and Events have kept us floating, but they take a tremendous amount of effort and time ... some annual, sustainable funding is the answer to long-term viability!

I would like to thank our admin team (**Brenda, Bambina, Gillian & Hazel**) as well as all the volunteers for making 2014 another good year for CAR. A special thank-you to **Carleton University** for reaching out to us with the placement of co-op student **Katherine (Kat) Legros** this Fall.

I wish you all a very Merry Christmas and a Happy and Prosperous New Year.



9th Annual "ROLLIN' FOR RISK"

Bowl-A-Thon for Autism

Walkley Bowling Lanes

Sunday, January 25, 2015

**Draw for \$100 STEAK Steakhouse Certificate for Teams
Registered by January 5, 2015***

Minimum Pledges of \$125/team for entry. All pledges over \$20 will receive an income tax receipt. Join us for fun, prizes and a rockin' & rollin' good family time! See info and pledge sheet included.

IN MEMORY

WILFRED EZRA WILHELM

November 21, 1924 – November 12, 2014



"I wanted to express my deepest gratitude for all the heartfelt condolences I received with the recent passing of my father...Although my brother and I knew we were fortunate to have had him with us for so many years, it still is difficult to realize I cannot talk with him on the telephone or visit him anymore. Many donations were also received for Children at Risk in his memory and this is a lovely way to turn a loss like this into a gain for our Families! I just wanted to share his Eulogy with you – I was so lucky to have had such a wonderful dad!!" Brenda

Wilfred Wilhelm was the first-born son of Ettie and Gordon Wilhelm, born at home on a farm in North Easthope Township near Stratford. From his humble beginning as the son of a farmer, Wilfred exceeded his parent's wishes by graduating from the University of Western Ontario. He then attended teacher's college to begin a teaching career of 32 years – his first assignment in a 1-room school house! He taught mainly at the high school level here in Waterford, Burford, Brantford and Simcoe, retiring from Valley Heights Secondary School outside of Langton at the young age of 58.

Retirement as a Teacher only meant that Wilfred was able to pursue his 2nd career of Lawn Sale Specialist. Years of attending estate auctions and collecting antiques gave him a keen eye and sense of what would sell, as he would comb the countryside for bargains. These were cleaned and fixed to then stage his own lawn sales that were highly-attended! In addition, Wilfred also took on the position of Secretary of the Long Point Lions Club. Always having enjoyed a good game of Euchre, this became a weekly activity during his years living in London and Brantford - affectionately referred to as "Lone Hand Luc"!

Wilfred's family life began when, as a summer delivery job for Weston Bakery, he caught the eye of Jean Kathleen Knight. Upon graduation from University, Jean and Wilfred wed, a marriage that lasted almost 56 years! Eager to start their family, Jean and Wilf welcomed their son Paul just over a year after exchanging their vows. Daughter Brenda arrived 6 years after that. Wilfred was devoted to his wife and children. Summers were spent travelling North America, towing a trailer. After Paul, and then Brenda left home, holiday trips still continued but to venues like Las Vegas and numerous Concerts – especially Engelbert Humperdinck and Tom Jones, two of Jean's favourite singers, and if the truth be known, Wilfred grew rather fond of them himself - although he was one never to admit it!

Older Brother to Maurice and Anne, Wilfred remained close to his siblings all his life. As a Father, Wilfred was very proud of Paul and Brenda's accomplishments. He delighted in being grandfather to Ryan, Dustin, Kelsey, Jeremy and Ian – as well as great grandfather to Alexis and newly-born Victoria. He was a gentle-man in every sense of the word – supporting his loved ones both financially and emotionally. As a Teacher, he was hard-working and dedicated, often working late into the night marking papers and planning lessons. Over the years he influenced hundreds of students, helping them to develop not only a good skill set, but a strong work ethic as well.

In German the meaning of the name Wilfred is: Resolute or peaceful. Surviving 5 years after the loss of his beloved Jean, his family feel he was at peace with his life and accomplishments, enjoying 32 years of retirement. Please join them in celebrating the Life of this loving and devout son, husband, father, grandfather and great-grandfather as he is welcomed into the arms of God.

I'm Still Here

Please do not mourn for me
I am still here, though you do not see.
I am right by your side each night and day
and within your heart I long to stay.

My body is gone but I am always near
I am everything you feel, see or hear.
My spirit is free, but I will never depart
as long as you keep me alive in your heart.

(poem written by Barbara Gray of
The King's Daughters and Sons)

EXECUTIVE DIRECTOR'S MESSAGE

Submitted by Brenda Reisch

Children at Risk has had a banner year in 2014 for Services – starting with (yet another) increase in enrollment for our **Summer Day Camp, Camp Kaleidoscope** – with an incredible statistic of a **320% increase** in children served since its inaugural year in 2011! **Saturday Fun Club** offered more respite Sessions (from 11 to 15) with help from a **Unity for Autism Foundation** grant and we introduced a new support, **Friday Family Fun Night** this Fall with a grant from the **Community Foundation of Ottawa**. We also continued our site-based **Social Skill Therapy Groups** as well as our outing-based **Typical Teens** for ASD children, along with **Sibling Support Workshops** in the Spring and Fall.

These Services and Initiatives require an incredible amount of funding to maintain and grow – as we subsidize the cost of ALL of them heavily to allow families affordable participation. Our Members and Supporters are very familiar with our Year-Round Fundraising that is necessary for a Charity that does not receive government core funding. It is difficult to understand the shift of government to cut or not provide critical services, essentially downloading them to charities – but only support larger infrastructures with funding. This has been a conundrum that Children at Risk has had to deal with since 2001-2002. For the most-part, our Fundraising is successful, but very labour intensive and subject to economic and global challenges. This Fall, Children at Risk experienced some losses of revenue with our Pumpkin Event raising less, no Santa Photos and no Pub Night. All of this **SCREAMS** for the need to develop sustainable and renewable funding! With this in mind, we continually apply for grants, but this is not always successful, with the news today our Application to **Autism Speaks NOT** being accepted for funding. For the first time, we applied to the **Ontario Trillium Foundation** to hire someone for Fundraising & Donor Development – hoping to get that “leg up” to work towards sustainability – and this Application was **NOT** successful. ☹

It is disconcerting to end the Year with knowing how much we accomplished – but unsure if we can continue to operate at this level without procuring Sustainable Funding. One Bright Note was that we **DID** receive a **\$25,000** donation from the **Unity For Autism Foundation** to once again support Camp Kaleidoscope in 2015! Furthermore, I want to echo the sentiments of our Board President, Paul Lacroix, and thank all those **WONDERFUL** families, supporters and volunteers who give both time and money to Children at Risk and the cause of Autism. It is on YOUR backs that we have been able to grow in Service to the Autism Community - continuing to identify what the “Gaps in Services” are and raise funds to address those deficits by offering supports. What more can I say but – **THANK-YOU!!**



**CHILDREN AT RISK
2014 REPORT ON SERVICES****

Social Skill Therapy (Friendship) Groups
(Based on sessions of 10 weeks, 1 ½ hours/wk)

Ages 11-13 years	6 children
Ages 16-22 years	13 children
Asperger “Typical Teens”: (8 week session, 2 hrs/wk)	16 youth
Camp Kaleidoscope - Summer Full-Day Camp (Camp Week Spots - ages 5-24):	284 children
Saturday Fun Club - Respite Sessions (15 Saturdays from January-December): Session average	32 children
March Break Camp:	29 children
Friday Family Fun Night: (5 Fall Nights): Session average	12 children
TOTAL (Served):	392 children

Sibling Support Workshop
4 Full-Day Sessions Ages 5- 14: 38 children served

**GRAND TOTAL OF NUMBER OF CHILDREN
RECEIVING DIRECT SERVICES FROM
CHILDREN AT RISK: 430**

****In addition – we sent 10 children to Walt Disney
World through Dreams Take Flight in 2014!**

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.

2014/2015 BOARD OF DIRECTORS

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

**EVENTS/ACTIVITIES SINCE SEPTEMBER
2014 ...**

FALL RAFFLE 

With the donation of tickets, plus other super prizes, our Annual Fall Raffle **SOLD OUT** again! Many thanks to those who bought/sold tickets – raising **\$8,350** for Children at Risk’s 2015 Camp Kaleidoscope!! Please join me in Congratulating the Winners:

- | | |
|---------------------------------------|--------------------|
| 1 st Prize - Ticket # 1206 | Pat Johnson |
| 2 nd Prize -Ticket # 2604 | Leslie Kelly |
| 3 rd Prize -Ticket # 1115 | Jennifer Boucher |
| 4 th Prize -Ticket # 4577 | Karen Maher |
| 5 th Prize –Ticket # 3552 | Bernadette Rykes |
| 6 th Prize –Ticket # 2028 | Susan Ruby |
| 7 th Prize –Ticket # 1015 | Brian Stants |
| 8 th Prize –Ticket # 0388 | Frances Labelle |
| 9 th Prize –Ticket # 1980 | Maureen Irvine |
| 10 th Prize –Ticket # 2541 | Joan Trudeau |
| 11 th Prize –Ticket # 3746 | Herbert Chung-Lim |
| 12 th Prize –Ticket # 3174 | Cheryl Fresque |
| 13 th Prize –Ticket # 4412 | Kirsten James |
| 14 th Prize –Ticket # 1490 | Julie Snider |
| 15 th Prize –Ticket # 1033 | Leah Dixon |
| 16 th Prize –Ticket # 1282 | Peggy Mason |
| 17 th Prize –Ticket # 4845 | Nanda Wubs |
| 18 th Prize –Ticket # 4670 | Charlotte Davidson |
| 19 th Prize – Ticket #4478 | Peggy Leslie |

19th ANNUAL CELEBRITY- CARVED PUMPKIN CONTEST – OCTOBER 23-26, 2014

With the Crisis that hit our City on Parliament Hill on October 22, it was challenging to launch a Fundraising Event the next day. Although most Celebrity Carvers still came through, we recognize that most of Ottawa were in shock, affecting participation in this annual, seasonal Event. Below is our List of **Top 13 Pumpkin-Carvers for 2014**. With our final totals, we include the funds raised by the Auction with the Prize Packages, so there is a lot of shuffling from Days 1-3! **Stuntman Stu & Company at Majic 100 FM** continued his on-going battle with **Strandz/Il Paradiso at Lincoln Fields**, with this year re-gaining the Top Carver Title!! Maybe Tanya & Company should invite him for a Make-Over??! ☺



2014 Champion



2013 Champions

We also saw many community-minded, local businesses carving this year and their efforts are reflected in the Top 13 Carvers!

Joining the fun were Ottawa Fury, Ottawa 67's & RedBlacks Mascots at the Reception on October 23.



SPECIAL MENTION TO: **CTV Ottawa** for the highest representation of Pumpkin Carvers with 8 - and an additional 5 Carvers from the Bell Media radio stations ... including **Dean Brown** (who came in at 14th place!) - the (radio & TV) Voice of the Ottawa Senators! (as we all know Stu has the in-house title!) ☺

Many local Municipal Candidates also participated, with a record amount of 24 carving pumpkins for Autism!

Join me in thanking our dozens of Volunteers (including students from the **University of Ottawa – Centre for Global and Community Engagement**), Carvers, Donors and Sponsors - including **Carlingwood Shopping Centre, Lincoln Fields Shopping Centre, Place d'Orleans** and especially **Merivale Mall** (who host our Reception and purchase our pumpkins), the **Budget-Avis Group** who donate the cargo van for our Pumpkin Express deliveries! Also a yummy "Thank-you" as well to **Sue's Sweets** for not only (once again) donating all the delicious cookies as a token of appreciation to our Carvers – but setting up to sell at our Reception – and on-site carving provided by Derek from **Within the Grain** wood carvings!

All-In-All - \$9,406.45 was raised, making it a truly awesome end to Autism Awareness Month!

Many Thanks and Much Appreciation!

**CARVED PUMPKIN CONTEST 2014
Top Lucky Thirteen Celebrities (FINAL)**

- 1) Stuntman Stu, Angie & Trisha – Majic 100 FM Mornings
- 2) Strandz Hair Design/Il Paradiso Spa & Tanning – Lincoln Fields
- 3) Carter & Sandra – KISS FM Morning Show
- 4) Brother Bob & Nida – 98.5 FM Morning Show
- 5) Cyril Leeder – Ottawa Senator’s Hockey Club
- 6) Nepean Chamber of Commerce
- 7) Shelley McLean – 580 CFRA AM
- 8) Hilton Garden Inn – Ottawa Airport
- 9) Wayne Scanlan – Ottawa Citizen Sports
- 10) Wine Kitz Ottawa Iris
- 11) Mortgage Brokers Ottawa – Team Merivale
- 12) Tim Baines – Ottawa Sun Sports
- 13) Lisa Zanon – Zanon Speech Therapy

**TOTAL FUNDS RAISED FOR CHILDREN AT RISK (Supporting Autistic Children):
\$9,406.45!!**

Special thanks to the volunteers who helped with pickup and delivery of the pumpkins!



4th ANNUAL BENEFIT BRUNCH FOR AUTISM – SUNDAY, NOVEMBER 23

IOKDS
INTERNATIONAL ORDER OF
THE KING’S DAUGHTERS AND SONS



The King’s Daughters and Sons Ottawa Autism Circle continued to support Children at Risk by hosting a 4th Annual Fundraising Brunch! The year our venue changed to the Villa Marconi Centre.

4th ANNUAL BENEFIT BRUNCH FOR AUTISM – SUNDAY, NOVEMBER 23 (Cont’d)



An enthusiastic and supportive roomful of a record over 100 patrons from the Autism Community and other Circles of KDS dined on delicious eats, were entertained by students

Lauren & Ben from the **Suzuki School of Music**, as well as **KDS Scholarship Recipients Christine Bourgeois & Katrina Entwistle**. We were delighted to have a celebrity MC this year with Patricia Boal of CTV Ottawa News – as well as having MPP Ottawa South John Fraser and his wife Linda attend. Children at Risk received a donation of **\$2,500** that was raised by the Autism Circle to support Autism services in the Ottawa area. Special Thanks to KDS Member **Phoebe McLelland** for her exhaustive efforts in procuring and delivering so many of the auction item donations!



DONOR SPOTLIGHT

Capital Chordettes

On December 6, Children at Risk was again invited to the Capital Chordettes Christmas Market and Concert event to accept a donation. Bambina Lemme, our Office Administrator, gave a passionate speech to a large turn-out at the Ron Kolbus Centre, thanking this incredible group of ladies for the 2014 donation of \$1,265.74!

From the Chordettes Website:

“The Capital Chordettes is a performing and competing chorus which has been entertaining audiences in the Ottawa area for over 50 years!”

We love to sing. We rehearse weekly, striving always for musical excellence, in the company of those who share our passion for music. We offer a welcoming environment and an excellent learning program in vocal and visual performance. Our members come from Ottawa and surrounding areas in eastern Ontario and western Quebec.

We are active within our community. We perform regularly at public and private events, large and small, including fund-raising concerts with community partners. We support a local charity, [Children At Risk](#).

As proud members of the international singing organization Harmony, Inc, we travel twice a year to compete internationally at contest. We rank consistently among its top choruses, and have been international champion chorus three times.

Since 2004, the Capital Chordettes have annually raised funds and supported Children at Risk. With the 2014 donation, this has grown to an outstanding **\$25,047.38!! Thank-you Ladies – YOU ROCK!**



FOUNDATION PRESENTS \$225,000 TO 5 LOCAL CHARITIES



OTTAWA, December 8, 2014 – The Ottawa Dragon Boat Foundation accompanied by **Mayor Jim Watson** and **Foundation Honourary Chair Chief Charles Bordeleau** presented five local charities with a cheque for **\$225,000** on December 8, 2014 at City Hall. (Children at Risk received **\$25,000!**)

“We are pleased to present **Children at Risk, Ottawa; Heartwood House; Helping with Furniture; Shepherds of Good Hope and; Youth Services Bureau of Ottawa** with funds raised through the generosity of our community” says Foundation CEO, John Brooman. “This support will provide funding for youth programming, a summer day camp for autistic children, furnishing homes for those in need, a facility supporting 18 grass root charities, and, helping men transition from the streets to the workplace.”

Mayor Jim Watson says “As Head of Council, I want to thank the Ottawa Dragon Boat Foundation organizers, donors and participants for their valuable efforts and philanthropy, which benefit five worthy causes that contribute to the improvement of the quality of life of our city”. The Ottawa Dragon Boat Foundation was established in 2003 and to-date through its annual fundraising it has raised \$3.4 million, benefitting 33 local charities. For more information, visit dragonboatfoundation.net.

The 22nd Tim Hortons Ottawa Dragon Boat Festival will take place June 25th - 28th, 2015 at Mooney's Bay Park – Join US!

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!

Since September, Children at Risk received **\$5,141.75** from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached **\$14,438.43!** 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!! **\$393.01** donated through Canada Helps September to November!

What is On Now/Coming:

OTTAWA SENATORS & OTTAWA 67'S 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 2014/2015 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!!

Ottawa Senators:



We continue with our 50/50 Sales at the Sens games – rounding out 2014 with a New Year's game on December 29 and starting 2015 with a Habs game on January 15 that we will be double-shifted (20 Volunteers)!

Here is a list of the games Children at Risk is scheduled to work up to the end of this season. Please check your schedules and let me know if anyone can help out at any or all of these games by calling 613-741-8255 or email us at car@childrenatrisk.ca. **NEXT GAME** will be on Monday, December 29 VS. Sabres (7:30 PM game)

Volunteers need to report by 5 PM.

Volunteers:

- * must be at least 18 years of age or older to sell
- * need to arrive 2-2 ½ 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 2nd intermission then cash out before leaving or staying to watch the game (cash out is now staged in time slots so some turn in before others)
- * floats are supplied by Children at Risk.

**OTTAWA SENATORS & OTTAWA 67'S
50/50 TICKET SALES (Cont'd)**

NEXT GAMES: OTTAWA SENATORS (with game times)

- Thursday, January 15 VS. Canadiens (7:30 PM)
- Wednesday, January 21 VS. Maple Leafs (7 PM)
- Thursday, January 29 VS. Stars (7:30 PM)
- Thursday, February 5 VS. Capitals (7:30 PM)
- Saturday, February 7 VS. Blue Jackets (7 PM)
- Monday, February 16 VS. Hurricanes (7:30 PM)
- Wednesday, February 18 VS. Canadiens (7 PM)
- Saturday, February 21 VS. Panthers (7 PM)
- Tuesday, March 10 VS. Bruins (7:30 PM)
- Saturday, March 21 VS. Maple Leafs (7 PM)
- Thursday, March 26 VS. Rangers (7:30 PM)
- Thursday, April 2 VS. Lightning (7:30 PM)
- Saturday, April 4 VS. Capitals (7 PM)

Ottawa 67's



Courtesy of the Kiwanis Club of Rideau, Children at Risk covered ALL the Home Games for this Fall! The 2014/2015 Season finds the 67's BACK to Lansdowne Park at the NEW TD Place on Bank Street. As those who have been working the games know, parking is limited and expensive – so far many have been finding parking on side streets but arrival must be early and weather could be a factor. (needing 8-10 Volunteers/Game, need to arrive 1 1/2 hours before game, MUST be 18 years+)

We also just received the good news that Children at Risk is being invited back for the month of January – 8 games due to the 2 missed with the ice melting!!



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.

- Sunday, December 28 – 2 PM game, arrive 12:30-1 PM
- Tuesday, January 6 – 7 PM game, arrive 5:30-6 PM
- Friday, January 9 – 7:30 PM game, arrive 6-6:30 PM
- Sunday, January 11 – 2 PM game – arrive 12:30-1 PM
- Friday, January 16 - 7:30 PM game – arrive 6-6:30 PM
- Sunday, January 18 – 2 PM game – arrive 12:30-1 PM
- Friday, January 23 – 7:30 PM game, arrive 6-6:30 PM
- Tuesday, January 27 – 7 PM game, arrive 5:30-6 PM
- Friday, January 30 – 7:30 PM game, arrive 6-6:30 PM



Ottawa Conference - March 26 & 27, 2015
National Gallery of Canada, 380 Sussex Drive

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

March 25, 2015 - **Leah Kuypers, OT**
The Zones of Regulation

March 26, 2015 - **Joyce Cooper-Kahn**
Late, Lost and Unprepared: How to Help Youth Build Better Executive Functioning

Learn more or register at:

<http://autismawarenesscentre.com/shop/conferences/ottawa-a-march-26-27-2015/>

DONOR'S CORNER

United Way Toronto	\$138.51
Elizabeth Park Protestant Congregation	\$200.00
United Way Peel Region	\$213.57
Redsell-Seguín Financial Services	\$500.00
In Memory of Wilfred Wilhelm	\$545.00
Destiny's Way Respite Services	\$1,000.00
In Memory of Isabella Armstrong	\$1,870.00

FOR SALE: FRUIT CAKES, CHOCOLATES AND MORE!

Selling for the Kiwanis Club of Rideau:



We now have the delicious Kiwanis Fruit Cakes in stock:

- Decoratively tinned 900 gram dark cake
- Boxed 1.1 Kg light cake

At only \$15 each, these will go fast (limited quantities available).

As well – this year we are also trying:

- Fine French Chocolate Truffles, 100 gram Boxes, Original, Orange and Coffee - \$4.50/box or 3 for \$12 (specify which flavours you are looking for)
- Pure Scottish Shortbread, 380 gram boxes - \$8 each or 2 for \$15
- 450 gram Dark Fruit Cake & Light Iced Fruit Cake - \$7 each

MARCH BREAK 2015

Similar to Camp Kaleidoscope and Saturday Fun Club, in 2013 we launched a 4-day March Break Camp for 25 ASD children and in 2014 a 5-day March Break Camp - with great success!

We are pleased to announce a 5-Day March Break Camp for 2015, for up to 30 ASD children and youth. It will run from March 16-20, 2015 from 9 AM to 4 PM daily. The cost will be \$300 and a current Children at Risk Membership of \$30.

Please complete the Registration on our website www.childrenatrisk.ca Applications will be accepted on a first-come basis, with limited spacing by age groupings. Note that we cannot accept candidates for the March Break unless they have attended either Camp or Fun Club, as we are unable to have an intake for March Break. Confirmation is completed with full payment.

PARENT TESTIMONIAL

I am a single parent of 2 children, one diagnosed with autism. When I contacted Children at Risk 4 years ago I felt as though I was being suffocated. My son who is now 13 years old has lots of behavioral issues and issues with trusting others outside of his surroundings. He attended several camp/childcare which eventually turned out to be very disappointing within the year.

In 2011 we decided to attempt Children at Risk (Camp Kaleidoscope) what a success that was. It was a rough start for my son; however the staff at Camp Kaleidoscope (CK) never gave up. The phone call that I received the evening of the first day was not one that I was used to where they were telling me that they are not able to accommodate my son's behavior; it was to see how best they could make his experience more enjoyable.

My son has been a part of this wonderful experience since that very first summer and has not been able to attend any other camp or programs since then. He looks forward to CK each and every summer and he enjoys Saturday Fun Clubs every other Saturday. I just recently signed him up for another exciting program with Children at Risk called Parents Date night. This program will be once a month and he is already excited to attend.

Children at Risk and the staff members that help to make the camp such a great success represents the true meaning of "Respite". They go over and above the call of duty to ensure that the children/young adults have a positive and safe experience while in their care and in doing so they've lowered the stress level of many parents immensely.

I feel that thank you is never enough.
Semone Josephs

A graphic with the words "thank you!" in a colorful, playful font. The word "thank" is in blue and yellow, and "you!" is in orange and yellow.

THANK YOU'S



“It was a great show—thanks very much for these tickets, we really appreciate it.”
Dina



“Just to let you know that we had a very good time at the Upper Canada Playhouse theatre on Saturday. Amy was with us and lunch was at McDonald's in Morrisburg. Arrived in time to pick up our tickets. It was a very good Christmas show, with the play “Lights, Camera...Christmas”. We sang along with the chorus and had a few laughs with the ventriloquist and magician that Amy found very interesting.” Thanks for the tickets!”
Laurie



“Just want to say thank you for the tickets to Freezing and thanks to the sponsor. The show was really nice and strongly recommended for the whole family. We spent a very fun time as well as the whole audience did.”
Alejandro

“We wish to thank the Gladstone for permitting us the opportunity to attend their production of Freezing. We found the performance to be energetic, humorous and engaging. Their generosity in allowing us to attend presented me an opportunity to impart on how one acts in public. These events are crucial for a person with a developmental delay, because without them they will be consigned to a life of utter misery in a segregated environment. Therefore thanks for giving our special needs son the opportunity to reach his full potential in a fun and delightful environment.”
Greg

IDEA OF WHAT ELSE CAN BE DONE WITH GINGERBREAD MEN!



BRILLIANT!!!! An upside down gingerbread man = Reindeer!

HOW THE GRINCH STOLE AN ASPIE CHRISTMAS BY DAVE ANGEL



Every Asperger's family finds Christmas a bit tough
But Uncle Grinch, from up north, makes it even more rough
He doesn't understand Asperger's . . . not one little bit.
He never cares to find out, or even ask about it.
It could be he just doesn't believe in the label.
Maybe he thinks young Bob is more able.
But I think perhaps the most likeliest reason of all . . .
Is it's easier not to bother . . . not to bother at all.
Whatever the reason . . . whether interested or not.
He descends each Christmas and talks utter rot . . .
"You should discipline him, stop him acting like that"
When poor Bob (the Aspie) won't wear his Christmas hat.
"He gets away with murder stop pandering to him"
When Bob requests the bright lights to be dim.
Mom tries to explain Bob's sense overload.
She may as well talk in a strange foreign code.
BLANK was Uncle Grinch's face . . . and BLANK was his brain
He simply took no notice and started again:
"Why won't he sit down . . . eat dinner like us?"
When Bob sat stuffing plain chips down in a rush.
Once again patient mom she tried to explain.
But BLANK went his face and BLANK went his brain.
Enough was enough everyone has a limit.
And Bob's poor patient mom had finally hit it.
"Uncle Grinch you come to our house every year
You criticize and upset us, getting right in my ear
You don't listen to a single word that we utter
When it comes to Asperger's you put up a big shutter
For the sake of my family and peace in our home
Please get up and go . . . just leave us alone"
Off slouched Uncle Grinch out into the night.
Gob smacked and confused – yet still sure he was right!
He couldn't understand why they thought he was wrong.
As for Bob and family . . . they were just glad he'd gone.
They went back to their Christmas with no hats on their head.
Dim lights all around and plain food to be fed.
It was their type of Christmas – and it made them all happy
Now Uncle Grinch had departed . . . the ignorant chappy!
So to all you parents of Aspies who suffer this fate . . .
When you hear Uncle Grinch open the garden gate.
Breathe deep . . . smile big and just rise above . . .
Uncle Grinch's old nonsense, and fly like a dove.
Or you could take a leaf from Johnny's mom's book.
If Uncle Grinch won't listen give a withering look.
Then send him off home with his stuff and his rot.
And get on with your Christmas and enjoy it a lot.

<http://parentingaspergers.com/blog/>



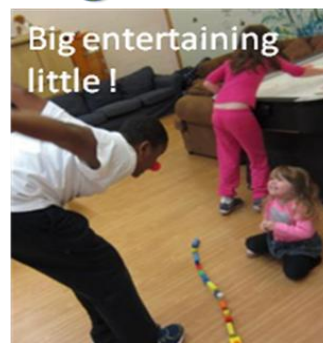
Friday Family Fun Night

"In 2010, researchers at the Waisman Center, a University Center of Excellence in Disability at the University of Wisconsin, looked at 391 parents of children with autism and 391 similar families with children who did not have a disability. They matched the two groups by age, ethnicity, socioeconomic status, and the age and gender of the children. Parents in both groups were part of two long-running studies that tracked families for decades. They found that parents of children with autism had a nearly 24% chance of divorce, compared to parents in the other group who divorced about 14% of the time."



From John Gray (Mars vs Venus):

"As we explored before, there's a higher risk of divorce when you have special needs children. However, it's important to recognize that it is not true for everybody. One suggestion to keep your marriage together is to realize what goes wrong in relationships that fail. We often don't know. Why does it happen? Two people who love each other come together and are committed, have a child, create a family and suddenly, they are divorcing. A big part of this is that children who have special needs require much more attention.



Parents focus so much on the child, they forget that it was the two of them who first came together.



Everyone is extremely busy and when there is a child with special needs, the demands on your time become really great. Time for the relationship and time for yourself are the first to go. However, this can change if you realize the true importance and great benefit that you and your relationship will get from carving out such time on a regular basis. It is important to create that connection with your partner, to make time for yourselves and your relationship. Just as your child has special needs, so does your relationship. To keep your relationship together, you can't forget that. You need to create time for that. You also need to have time for yourselves. Both men and women need time for themselves, time to be with the children, and time to be together without the children. If you can space out the timing in this way, your chance at having a thriving marriage will be much greater."



Children at Risk is always trying to fill the gaps in services that parents need but aren't being adequately provided. We therefore applied for funding for Date Night but just in case some of the teens thought we were organizing dates for them, we called it Friday Family Fun Night as the premise was that the whole family had fun! Parents could go to a movie, dinner or do some shopping, especially for the December dates that we scheduled. Or a parent could just have "Me" time, whatever you cared to do with four and half hours to yourself. The program was very fluid as would depend on the youth that attended, their age and functionality and how many siblings attended. There would be gym time, arts and crafts, games and only at FFFN, computer games including Wii, game cube and PS2. We would end the evening with a movie and a snack that the youth may have made themselves.



What we discovered was that these kids had energy - and then some! Forget sitting down with a movie, they wanted to burn off some energy. The new Flicker scooters and plasma cars were popular as was Nerf gun games. When not running around, they wanted to be creating. Some were into baking so we made cookies and brownies, some got very artistic with the Perler Beads and we had our budding engineers that liked to construct Mechano sets.



We also bought a wall mounted Hot wheels set with swing section that spun the cars from one track to another.



It took a patient, clever mind to construct (not staff!) but then it was a great hit with many of the kids of all ages who enjoyed all the moving parts.



This program, although successful, has not yet reached the numbers that we expected and we went looking as to why ... Feedback told us it was because parents are exhausted after a long week of work so the thought of going back out on a Friday night just didn't appeal to them.

We heard ``make it Saturday night instead''. So for 2015 we have 7 x Saturday Night Family Fun dates available:

- 24th January,
- 21st February,
- 7th March,
- 18th April,
- 2nd & 30th May and
- 13th June.

The application form is currently on the website with Intake meetings being organized for families that didn't attend other 2014 programs with Children At Risk such as March Break Camp, Saturday Fun Club or Camp Kaleidoscope.



We look forward to you joining our 2015 Saturday Nights for some crazy fun!

Testimonial for Friday Family Fun Night:

“Our children had an incredibly wonderful time attending Friday Family Fun Night! They love loved the chocolate and safe candy as they never get that kind of thing and Ewen had an enormous smile on his face while he was chewing that lovely chocolate that Hazel made. Audrey is watching the mermaid right now and so happy. I just wanted to say thank you so much for all of the details that make it such a special time for them.

They love it so much that I don't think there has ever been a program that they have together both liked as much and it is so wonderful that they can be together and share the experience !!

Thank you, thank you! (Also we got the sofa moved and organizing and cleaning at home too for Christmas)”
Natalie



The Fall of 2014, saw the third year of Saturday Fun Club and we were fortunate to have many of the new staff that joined us at Camp Kaleidoscope be part of the Saturday Fun Club staff! With the Clubber numbers into 30-35 (and rising) we have been fortunate that we have also had many new staff come on board. Many are experienced and others are looking to gain experience as want to work in the fields of Special Education or children health and well being. Regardless they all have to be willing to have fun! We hear “We couldn’t do that in the school board” but that’s the point, it isn’t school, it’s a “Fun” Club on a Saturday!



Shaving Cream Painting

We want every child to have the same opportunities for fun and games as their neurotypical peers, we just make sure there are ample supports to make the Clubber as successful as possible.



Quiet Activities following lunch

There are three groups divided loosely by age and functionality, each with their own rooms, and staffed 1:1. A Group Leader organizes an appropriate schedule which follows the guidelines of Gym games as well as time on the scooters and Plasma cars, Arts & Crafts, baking or cooking, Mad Science, and challenge activities such as Scavenger Hunts. Weather permitting, we visit the play structures in a nearby park and when there is sufficient snow, the younger ones go sledding. The younger ones also have their inflatable bouncy castle to use up some energy in. With offices in our building closed for the weekend, the corridors are great for Nerf Gun games, cops and robbers and hide’n’sseek. Some Clubbers (with their counsellors in tow) are so good at this that we have to tell them that if they aren’t found in 15 minutes that they have to come back!



Mad Science

We have a great time having the scheduled activities reflect the seasons or the holidays. Fall provided crafts with dry leaves designed as turkeys and wreaths for Thanksgiving. With the abundance of apples, Candy apples were a hit as well as muffin size apple crumbles.



Halloween provided the opportunity for dress up games and crafts such as bat mobiles and milk carton Jack-o'-lanterns. Winter saw the younger ones make snowflake crafts and the older ones decorate mini Christmas Trees. Many Clubbers decorated picture frames containing a special picture of themselves as well as Perler Beads decorations to take home for the tree. Baking became festive with Snowman cake pops and brownies in the shapes of snowmen, Santa faces and Christmas Trees.



(Note that all snacks are nut-free and we offer gluten and casein-free alternatives for those observing this diet). As a special treat we had licorice dipped in milk chocolate and drizzled with white, there were a few chocolate mustaches as clubbers made sure there was no waste of chocolate on bowls and spoons.



Even though there was snow on the ground for our last session on 13th December, it was too slushy to make snowmen. Instead the schedule called for making your own snow with shaving cream. As with many Mad Science activities the results can be very messy but this adds to the fun!



Last year our Winter Olympics proved very popular so we will plan this again in our new 2015 dates. There are 10x Saturday Fun Club dates:- Saturday 10th & 31st January, 28th February, 28th March, 11th and 25th April, 9th & 23rd May and 20th June. The application form is on the website and In-take meetings will be scheduled for new families.



Kids Group at Saturday Fun Club





Feedback from Families

“The respite programs that Children at Risk provides (like Saturday Fun Club) are a much needed service for our family. Not only does it immerse our autistic child into social activities, but, as important, it provides us (his parents) with a much needed break from the everyday struggles we face trying to raise our challenged child. Without this and similar programs (summer camp) provided by CAR, we would most probably have lost our sanity a long time ago. Needless to say, we consider the services and programs provided by CAR to be essential to us, and we hope that these services can be expanded as time goes by.
Regards!” Gunter

“I do not know what you need for the testimonials. But I want to say I fell the Children at Risk always offers very good programs to our autism kids. I hope the Children at Risk can get funding and keep on offering more good programs.” Chunyu

“I just wanted to say how much my son enjoyed your Saturday Fun Club. He was uncertain at first but when I picked him up after the very first session he was singing, eating a treat they had made together as a group, talking about the fun he'd had in the bouncy castle with a new friend :) He asked when was Saturday so he could go back again, and was most disappointed when Saturday wasn't happening the next day. Thank you for your helpful service for him which allowed me to have a MUCH needed break. We'll be back as often as possible!” Gillian

“My son Casey, aged 6, looks forward to his Saturday Fun club weeks in advance. He always asks about it, and counts the days before he gets to go. He loves the baking, making friends, and playing in the gym. But most of all, he loves a camp-like setting that's designed just for him, with none of the chaos and demands that he can't meet from neurotypical programs. Here, he gets to just be himself and have fun.” Kathleen

“Saturday Fun Club provided by Children at Risk has been a lifesaver for us. Our profoundly autistic teenage son has no other opportunities to participate in a weekend activities. We very much appreciate the professionalism of this program, 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. While Alex is at Saturday Fun Club, we have an opportunity to spend quality time with our other typically-developing children participating in activities that would not be possible with Alex. We are able to do so knowing that Alex is happily participating in fun and stimulating activities at Saturday Fun Club. Alex has a big smile on his face when we drop him off at the Children at Risk offices. Thank you to Children at Risk for their dedication to autistic children and their families.” Rebecca & Kevin

“Children at Risk has provided camps and clubs for our son. He has participated and enjoyed all the camps, Saturday Fun Clubs, and recently the March break camps. We look forward to these services that have been funded by this grant! Thank you Unity for Autism for this grant!” The Lew Family



Saturday Fun Club

Feedback from Staff

I have been involved with Children at Risk’s Saturday Fun Club since 2012, as I believe strongly in the importance of the services they provide. I bring to the club a somewhat unique perspective of being a parent of a child with Autism and an educator with special education qualifications and experience. This has enabled me to not only provide the best possible support to the children and youth at Fun Club, but also to understand and appreciate the challenges of raising a child on the spectrum.

What I enjoy about working at Fun Club are the positive and engaging experiences that are continually developed to enable children to try new things, and the warm accepting environment that makes everyone feel like part of a family. The opportunities that Fun Club provides may be difficult or impossible for families to do in the home environment for many reasons, however Clubbers are encouraged to try different activities and are included to the extent they are able. Tasks are broken down and adapted to make this a reality, and clubbers receive a great deal of positive reinforcement for their efforts. Clubbers come for a day where best practices ensure their safety, individual needs and interests are continually considered and supported, and they can engage in fun activities that build on a range of skills.

This is accomplished through the continual collaboration of staff throughout the day as well as over the weeks. Drawing on the collective experience and expertise of staff, Fun Club ensures that appropriate activities are developed that meet the needs of clubbers while continually maintaining a warm and supportive environment. From a parent’s perspective, it is a wonderful thing to have for a child on the Autism spectrum: being able to drop off your child knowing that they are understood, accepted and well cared for in ways that ensure they have a fun and enjoyable time.”

Cathy Lunau, Counsellor





Volunteer Spotlight

VOLUNTEER SPOTLIGHT

Phoebe McLelland is a phenomenon unto herself! Children at Risk first met Phoebe several years ago when she embraced an initiative by **The International Order of The King’s Daughters and Sons** to support Literacy and Autism. A Member of KDS since she was a baby, Phoebe is a Member of the local Ottawa Adanac Circle and Associate Member of 4 other Circles, including the newly formed Autism Circle. A retired Teacher, Phoebe knows how to get things accomplished and motivate others to do the same (including her loyal husband John, featured in the photo from their 50th Wedding Anniversary!).



Phoebe was an integral part of the formation of the **Ottawa Autism Circle** – helping to organize events like the **Autism Brunch** that has raised funds for both Children at Risk and the Ottawa Chapter of Autism Ontario. She also was a key factor in convincing **The Ottawa City Union** to become Major Donors for **Camp Kaleidoscope** – enabling something that had only been a dream to become a reality!!

No dust settles on this dynamic wife, mother, grandmother and Volunteer Extraordinaire – Phoebe tirelessly devotes her time on KDS Committees & Boards, recruiting hundreds of auction prizes, as well as delivering for Meals on Wheels! Her energy, dedication, gentle demeanor and compassion are boundless – Children at Risk is so very fortunate to have this special lady advocating for our cause and families. Please join me in expressing our gratitude and appreciation to Phoebe and her family for all their efforts on behalf of Autism!



5-ingredient Gluten-Free Flourless Peanut Butter Cookies

- 1 egg
- 1 cup granulated sugar
- 1 cup creamy peanut butter (Jif, Skippy or your favorite commercial brand)
- 1 teaspoon vanilla extract
- ½ teaspoon baking soda
- Garnish: coarse sugar crystals (I used raw washed sugar crystals)

Instructions

- Heat oven to 350 degrees. Place parchment paper on a baking sheet and set sheet aside.
- Using electric mixer, blend all ingredients (except sugar crystals for garnish) together for 1 minute or so.
- Use a cookie scoop or spoon to portion tablespoon-sized balls of dough, and place them on parchment-lined baking sheet. You could roll these into balls if you like, but it is not necessary if you want to skip that step. Press top of each cookie with fork tines twice crosswise to form a classic crosshatch pattern.
- Sprinkle tops of unbaked cookies with coarse sugar crystals or additional granulated sugar if desired. (Yes, you should desire this.)
- Bake for 11 minutes. Allow cookies to cool on baking pan at least 5 minutes (they are fragile until cooled).
- Remove to a rack and cool completely.
- Store in an airtight container.
- Makes 32 cookies about 2 1/2 inches in diameter each.



DREAMS TAKE FLIGHT

On September 25, 2014, Children at Risk again had the honour of having children represented through our Charity participate in the 1-day Dreams Take Flight trip to Walt Disney World in Florida! This year we had 10 children attend this incredibly awesome opportunity, comprised of Asperger or High-Functioning ASD kids and Siblings. I invite anyone to attend with me next year (should we be fortunate again to participate) for the 4:30 AM arrival of 100 super-psyched children to board the Air Canada plane for their adventure of a lifetime!

Please join me in awarding this Newsletter's **"Hat's Off"** to Dreams Take Flight Ottawa for their continued choice of Children at Risk as one of the Charities represented on their annual flight!



"Hi, it's Cassidy, I just want to say thank you to Dreams take a Flight. I had the best time of my life at Disney, I want to go again. I loved everything and I got a Minnie Mouse at the Disney Store. I had lots of fun. Thank you."
Cassidy

"I am writing as a parent whose child was fortunate enough this year to be included on the Dreams Take Flight from Ottawa to Disney World through Children at Risk. We wish to thank you and the entire team for bringing such joy to my son. He had never been away from us for so long a time, and at such a great distance. We would have been much more nervous about it than we were, but the volunteers were so knowledgeable and reassuring that we were able to let him go on the trip with few concerns. The frequent Twitter feeds helped, too! Our son had an incredibly enjoyable time, and was able to relate great story about a thoroughly enjoyable day. He was exhausted by the end of it all, but in a very good way! On behalf of our entire family, thank you so much for making this dream a reality for our son. It means the world to us."
Kerry and Susan

"Aidan talks about his Dreams Take Flight Trip as one of the best experiences of his life. He had never even been on a roller coaster before and was so proud he was able to enjoy Space Mountain and all the big kid rides. He had also never been so far South before. He was proud to be independent and courageous to take this trip without his family. We were so very excited and happy that he could have this opportunity. Thanks Dreams Take Flight."
Kathleen





FRIGHT FEST
Night at Saunders Farm
Wednesday 29th October
Leave Children At Risk at 5.45 p.m.
Return approx 9.45 p.m.
Cost: \$30
Youth with ASD aged 10+
CAR Members only
Score Support provided



1st but hopefully not
the last enjoyable
Fright Night at
Saunders Farm



The Shoppers Optimum Points™ Donation Program - A Unique Way To Support Children at Risk!



We have a great opportunity for you to support us ... made available by Shoppers Drug Mart through the Shoppers Optimum Program™.

By donating some (or all) of your Shoppers Optimum Points™ to our organization, you are enabling us to use your points at Shoppers Drug Mart® toward the purchase of products and supplies we need for our ongoing fundraising activities.

To donate your Shoppers Optimum Points™, please go online to: www.shoppersdrugmart.ca/donate. Select Children at Risk and donate! If you are not presently a Shoppers Optimum Member™, next time you are in a Shoppers Drug Mart ask for a card, which will be issued to you right on the spot at no cost.

With your support, this initiative has the potential for Children at Risk to “optimize” our fundraising dollars through this unique program!