

**30 years  
of Service**  
1979-2009



**Children at Risk**

**NEWSLETTER**

**SEPTEMBER 2009**

Issue #48

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Charitable Registration #  
10691/3775/RR/0001

### **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.

### **MARK YOUR CALENDARS**

- Blast Off to Kids Wellness Day **September 19**
- 14<sup>th</sup> Annual Celebrity-Carved Pumpkin Contest **October 22-24**
- Capital Chordettes Annual Christmas Auction, Craft Sale and Concert - **December 5**



### **NEW EMAIL ADDRESS**

Commencing immediately, Children at Risk's new email address will be [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca).

We are hoping this will help avoid issues of SPAM and JUNK filters for both sender and receiver!

Please make the change to your mailbox/authorizations to ensure you keep receiving our emails!

### ***PRESIDENT'S MESSAGE***

Greetings to all!

Now that the kids are back in school, we as parents may get some normality back in our lives. Whatever normality is for us! I saw a leaf fall off of a tree yesterday and almost cried. Where did summer go? Falling leaves can only mean one thing ... The Great Celebrity Pumpkin Carving Event will be upon us soon. This is one of our best events of the year, but even more so for autism exposure. The Ottawa/Gatineau media are great supporters of these fun few days. I'm sure our fundraising team will be looking for a few hours of help from our community membership.

Because of events like these many great and exciting programs are available for your special needs children and their siblings. Fundraising events subsidize our programs. Our fall programs will be swinging into action soon. Your small commitment of time is greatly appreciated.

Once again a few of our kids are going to Disney World on October 14<sup>th</sup> through **Air Canada's Dreams Take Flight**. Having experienced this day both as a volunteer and as a parent, it is a wonderful action filled day that they will cherish forever. I know I do.

Before we know it, snow (ouch) and Christmas will be upon us. In your everyday adventures take the time to thank anyone who understands and supports autism! Someday with more exposure, autism will get greater governmental support.

All the best and have a great fall.

Paul Lacroix, Children at Risk, Board Chair

### **2008/2009 BOARD OF DIRECTORS**

President	Paul Lacroix
Treasurer	Lesia Gilbert
Secretary	Mark Lalonde
Director	Hazel Smith
Director	Robert Jaffray
Director	Andrea Mailhot
Director	Diane Theron
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## EXECUTIVE DIRECTOR'S MESSAGE

Submitted by Brenda Reisch

Summer Greetings – no, wait, Fall Greetings, but – well, I think you can understand my confusion with the lovely weather of late after a summer of less than stellar conditions and record rainfalls! Believe it or not, Fall is now here with the turn of the calendar page, the end of holidays and the start of school!! Yet, even that has been confusing this year, with many schools commencing pre-Labour Day and some still after ...

I have to admit that my summer was also very different with the loss of my mother on July 3rd. Her illness and passing took me out of town many times over the past few months. It was a journey of more than just many kilometers, reconnecting with family members and old memories as I sorted her belongings and helped (with my brother) settle our father in a new retirement residence.

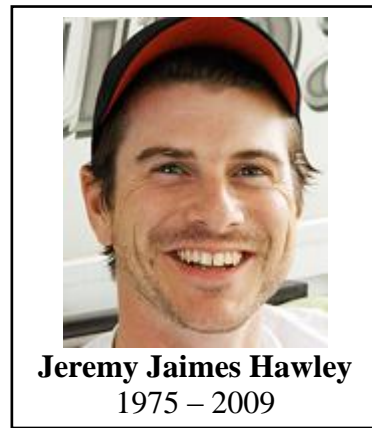


I want to express my sincere appreciation for all the special messages and condolences that my family received from my “other family” of parents, friends, colleagues and acquaintances. **Jean Wilhelm** was a grand lady with a kind heart that, while it failed her

physically, gave her a legacy of generosity and caring – as one of her last wishes was to name Children at Risk as beneficiary of donations in her memory. Along with many items of merchandise (that will keep our auctions supplied for years to come!), these funds help to make sorrow the seeds of tomorrow by providing needed financing for the services and supports Children at Risk offers for families in the Autism community.



My grieving, or celebration of life (as I like to see it) continued with another family bestowing this highest honour in memory of their beloved son, **Jeremy Hawley**. The sudden loss of Jeremy this summer was almost more than Rose, Rick and family could bear – yet they also used it to create a legacy, knowing first-hand the challenges that our families face with the raising of Jeremy’s ASD brother, Ryan.



Over the years that I have been with Children at Risk, we have had a few families remember their loved ones who have passed before them by naming the charity as recipient of funds in their memory. I can think of no finer act to give significance to this loss and hope for so many children and their families. I recall when our son was diagnosed with Autism and the loss we felt – grieving for the typically-developed child we would never have. For my family, the Hawley family and the others over the years, the funds donated in memory of our loved ones almost represents a reincarnation of sorts. It allows Children at Risk to take these valuable dollars and give hope to other families. Funds help to subsidize the cost of group therapies, sibling supports and administratively allow the charity to pursue event ticket donations, Dreams Take Flight submissions and partnerships with other charities to increase and expand services - like the **South Nepean Autism Centre!** So when a melancholy moment of my mother’s passing happens, I think of the joy I hear in a parent’s voice when I call them to offer a Social Skill Therapy Friendship group for their child, the special email and telephone messages we receive for donated tickets to events and the smiles I see and laughter I hear from the children in our groups, at the Annual Family Picnic, with the midnight arrival from Walt Disney World in Florida and attending a show, concert or hockey game with their family. I look forward to seeing the many “seeds of hope” sprouting this Fall, Winter and Spring to come as Children at Risk continues its mandate and mission to support hundreds of families in the Ottawa Autism community!!

## FUNDRAISING UPDATE

Submitted by Brenda Reisch, Fundraising Chairperson

### UPCOMING EVENTS/ACTIVITIES SINCE DECEMBER 2008...

#### *What Happened:*

#### **Ottawa Autism Community Annual Family Picnic**



What a day! Many thanks all the many families who attended and volunteered at the Ottawa Autism Community Annual Family Picnic on Sunday, June 14!

Mother Nature cooperated and gave us a terrific day, warm and sunny (but not humid) most of the day!! It was great to see so many families and children turn out – we need to have more food, more drinks and even more fun next year, for sure.

Please join me in thanking our many sponsors:

- **Enbridge Gas** Distribution for sending their BBQ and Sam!
- **Smith Petrie Carr & Scott, Ottawa International Airport** Authority and Anonymous Private Donors for funding the costs of the Inflatable Moon Bounce and Slide
- **Loblaws South Keys** for some food donations
- **Weston Bakeries** for donating the hot dog and burger buns
- **PlaSmart** for donating 2 Plasma cars to raffle
- **Entertainment Publications, Baskin Robbins** Hogsback, **Carol Laity** (Bear Donation), **Hazel Smith** (Disney shirts & dress) for the free draw donations, **Bulk Barn** for the Candy Hearts - Guess (winner Karin Lapp!)
- **Tunis Shrine Klowns**
- **Hazel Smith** for managing our Pick n' Pay Table
- **Christine Dever** for the Discovery Toy Play Area
- **Costco Wholesale East** for Gift card to purchase supplies

With many hands pulling together, we had a wonderful day in the Park and we hope everyone will join us again in 2010!

## FUNDRAISING UPDATE (Cont'd)

### **2009 Children at Risk Annual Raffle**

Many, Many Thanks for the terrific support of families, friends and supporters - with your enthusiastic buying/selling of our Annual Raffle Tickets, we sold out all 5,000 tickets! This represents over **\$8,000** raised for Children at Risk's programs and supports!! A list of the 2009 Raffle Ticket Winners is available on our website [www.childrenatrisk.ca](http://www.childrenatrisk.ca) as well as at the end of this newsletter on Page 18. All this would also not be possible without the generous help of our numerous sponsors, donating thousands of dollars of merchandise and gift certificates. Once again, sincere appreciation to ALL for helping Children at Risk reach our goals!

### **Kiwanis Club of Rideau Donation**

Many of you know that, for several years, Children at Risk was one of the charities that participated in the sales of the 50/50 tickets for the Ottawa 67's games, with one month of games to share in the profits with the **Kiwanis Club of Rideau** and the Ottawa 67's Foundation. While the recipient charity is currently the Heart Institute, the Kiwanis continue to run the 50/50 and raise funds for charities in our community. It is with deep appreciation that Children at Risk accepted a donation this year for **\$2,000!** We are very thankful to all the members of the Kiwanis Club of Rideau for keeping our charity in mind and for extending such a large donation, recognizing that Children at Risk has lost this opportunity and still had critical needs for these valuable funds! (\*NOTE: The Kiwanis could still use volunteers on Friday nights and Sunday afternoons for the 50/50 – please send an email to our offices if you think you can help a few times throughout the season.

### **Sunslip Ceramics Donation**



On May 8 & 9, parent **Sylvie Parisien** was proud to sponsor Children at Risk at their Open House. 10% of all proceeds earned at this Open House was pledged to help fund programs for Children at Risk. Gratefully received was a cheque for \$115 – much appreciation, Sylvie for opening your home, your business and your heart to improve the lives of ASD children and their families! You can check out some of Sylvie's work at [www.sunslipceramics.blogspot.com](http://www.sunslipceramics.blogspot.com).

## FUNDRAISING UPDATE (Cont'd)

### Gloucester Rangers Hockey Club Donation

Children at Risk was delighted to receive a letter and a cheque for **\$400.95** from Treasurer Jon Shimizu of the **2007/2008 Gloucester Rangers Major Atom A hockey club!** Quoted from the letter “This was a group of 9 and 10 year old boys that worked hard all season both on and off the ice. They raised money through fundraising and sponsorships in order to play hockey, and won the league championship. The \$400.95 represents the remaining funds at the end of the season. It was decided that these funds should be donated to a worthy cause such as Children at Risk. We know it will be put to good use.” Another wonderful example of children helping children – of a community group reaching out beyond the immediate benefits they give to their team members! Many thanks for this lovely gesture and for instilling the pride of giving in their young team player’s hearts!!

### TELUS Celebration of Giving



On Tuesday, August 25, Children at Risk was invited to join many other local charities for the **TELUS “Celebration of Giving”** breakfast reception. Along with Mayor Larry O’Brien, representatives and volunteers from many worthy causes received not only a tasty start to their day, but cheques starting at just over \$1,000 up to over \$100,000! Managed by Chair Janet Yale, and the TELUS Ottawa Community Board, TELUS offers an Employee Charitable Giving Program that matches donations dollar for dollar by employees. Children at Risk was delighted to receive a cheque for **\$1,240!** In addition, TELUS offers many charitable community supports, such as Dollars for Doers (grant dollars and volunteer hours for TELUS Team members and retirees), TELUS Day of Service (volunteering one special day in the year to benefit local communities across Canada) and applications for funding for Special Projects – with the motto “We give where we live”. I can hardly wait to check out their website at [www.telus.com/community](http://www.telus.com/community) to look for other opportunities of funding through TELUS!

## FUNDRAISING UPDATE (Cont'd)

### South Nepean Autism Centre (SNAC) Partnership with Children at Risk

#### Mission Statement of SNAC

The South Nepean Autism Centre shall: promote, advance and advocate for the cause of autism, specifically, but not exclusively, within the geographic area of South Nepean.

**SNAC** was founded as a not-for-profit Community Program in 2008, for the purpose of providing training and support to children and families of those diagnosed with any of the Autism Spectrum Disorders, such as, classic autism, high functioning autism, Asperger Syndrome or Asperger’s Disorder, Pervasive Developmental Disorder (PDD), and/or Autism Spectrum Disorder (ASD). The goal of the South Nepean Autism Centre is to support families and provide networking for them with other families dealing with Autism, while providing a safe and appropriate environment for their child’s needs. Specialist are invited in monthly to provide more in-depth information on language and communication, fine and gross motor skills, play skill strategies and self help.

As well, SNAC is raising funds to provide additional supports to their twice/weekly afternoon pre-school drop-in. Children at Risk has had the honour of currently being chosen to partner with SNAC in the provision of more Social Skill Therapy Groups. SNAC provided funding for one group this Winter, one group this Spring and is partnering for TWO groups this Fall – recognizing that our ASD children need the services **NOW!** Administratively, Children at Risk has the infrastructure to have these groups up and running immediately, but (as with all charities, especially during this economic downturn) not the funds. Children at Risk is *thrilled* to have SNAC acknowledge our charity as a worthy partner for providing financing, allowing more services to be offered to the Autism community now – not later!

## FUNDRAISING UPDATE (Cont'd)

### What is On Now/Coming:

#### **BLAST OFF TO KIDS WELLNESS DAY – SATURDAY, SEPTEMBER 19, 2009**

**WHAT:** A Community Charity 1K, 10K & Family Fun Day in support of Children At Risk to Celebrate Kids Wellness, Fitness Activities Around Town and The Environment! Children will be given planet passports to travel around activities at the event to get stamped. The first 300 kids will be given free loot bags! Presented by **Optihealth Wellness Centre** [www.optihealth.ca](http://www.optihealth.ca).

**WHEN:** Saturday, September 19, 9 AM to 1 PM

**WHERE:** Ben Franklin SuperDome, 191 Knoxdale Road (Hunt Club & Greenbank)

**WHY:** For over 30 years, Children at Risk has been helping Autistic children and their families in the Greater Ottawa area. Learn how to create better Wellness for your Children through the multitude of Exhibitors and Presentations taking place!

#### **BLAST-OFF RAFFLE TICKETS**

Draw: September 19, 2009, 12 NOON, Ben Franklin Superdome, 191 Knoxdale Road, Ottawa

#### **BLAST OFF TO EDMONTON!**

This Exciting Trip Prize includes:

- Return Trip for Two People to Any Scheduled WestJet Airlines Destination! (Value \$4,604)
- 2 Night's Stay at the Edmonton Mayfield Inn & Suites Hotel for Two in Their Fabulous Business Class Suites, Offering Complimentary Breakfast Buffet, Parking, Indoor Swimming Pool/Hot Tub, Athletic Club & More! (Value \$396)
- 2 Tickets - any Premiere Performance at The Citadel Theatre (Value \$180)
- 2 Tickets - Canada's #1 Mayfield Dinner Theatre (Value \$151)
- 2 –“Take 5” Movie Passes/Memorabilia from the Metro Cinema! (Value \$100)
- 4 – Admission Passes for the Art Gallery of Alberta (Value \$40)
- Family Admission Pass for the Muttart Conservatory (Value \$29)
- Family Admission Pass for the Royal Alberta Museum (Value \$28)

**TOTAL PRIZE VALUE: \$5,528!**

Call 613-741-8255 to purchase tickets.

## FUNDRAISING UPDATE (Cont'd)

### **14th ANNUAL CELEBRITY-CARVED PUMPKIN CONTEST – OCTOBER 22-24**

It is that time of year again – October is Autism Awareness Month and Children at Risk's Celebrity-Carved Pumpkin Contest!



Our event runs from **Thursday, October 22 to Saturday, October 24** in 4 Shopping Centres. In order to make this event a success, we need many

volunteers to come forward to man the displays. 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!!

Here are the Mall requirements:

#### **Merivale Mall**

Thursday, October 22 – 10 AM (reception) to 9 PM

Friday, October 23 – 9:30 AM to 9 PM

Saturday, October 24 – 9:30 AM to 5:30 PM

Please contact Hazel Smith at 613-822-9399, email [hazeljaz@rogers.com](mailto:hazeljaz@rogers.com)

#### **Place d'Orleans**

Thursday, October 22 – 12 NOON to 9 PM

Friday, October 23 – 9:30 AM to 9 PM

Saturday, October 24 – 9:30 AM to 5:30 PM

Please contact Bambina Lemme, 613-834-9169, email: [amc52@primus.ca](mailto:amc52@primus.ca)

#### **Carlingwood Shopping Centre**

Thursday, October 22 – 12 NOON to 9 PM

Friday, October 23 – 9:30 AM to 9 PM

Saturday, October 24 – 9:30 AM to 5:30 PM

Please contact Alison Armstrong at 836-4742 (h), 613-946-7270 (w), email [alison.armstrong@ic.gc.ca](mailto:alison.armstrong@ic.gc.ca)

#### **Lincoln Fields Shopping Centre**

Thursday, October 22 – 12 NOON to 9 PM

Friday, October 23 – 9:00 AM to 9 PM

Saturday, October 24 – 9:00 AM to 5:30 PM

Please contact Angele Jodouin at 302-5943, email: [fhf@rogers.com](mailto:fhf@rogers.com)

## FUNDRAISING UPDATE (Cont'd)

### UNITED WAY/CENTRAIDE OTTAWA CAMPAIGN INFO

As this year's campaign kicks off, we wanted to remind everyone that charitable donations through United Way can be directed to 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 **\$4,368!** 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!

*Life is but a stopping place,  
A pause in what's to be,  
A resting place along the road,  
to sweet eternity.  
We all have different journeys  
Different paths along the way,  
We all were meant to learn some things,  
but never meant to stay...  
Our destination is a place,  
Far greater than we know.  
For some the journey's quicker,  
For some the journey's slow.  
And when the journey finally ends,  
We'll claim a great reward,  
And find an everlasting peace,  
Together with the lord.*

In Memory of Jean Wilhelm..... \$1,230.00  
In Memory of Jeremy Hawley..... \$1,655.00

## FUNDRAISING UPDATE (Cont'd)

### 2009/2010 ENTERTAINMENT COUPON BOOKS

They are here! For only \$35, you too can own this premier discount coupon book that can save you hundreds (even thousands) of dollars on dining out, fast food, services, merchandise, sports and recreational activities. Additions include Metro grocery stores and Rainbow Cinema at St. Laurent shopping centre.

See the attached list of Quickie Convenience Stores that will be selling the book for Children at Risk until January or through our offices (235 Donald Street, Suite 212), parent **Merle Hagerman** (Centrepointe Drive, 613-226-4982), **Kanata Optometry Centre**, 99 Kakulu Rd. (613-592-6193) & **Pflug Optical**, 1580 Merivale Rd. (613-723-2766).

They make great stocking stuffers and books are available for other major cities like Montreal and Toronto!

### Alcatel-Lucent Canada Employee Donation

Children at Risk was both honoured and delighted to receive a cheque for \$300 from **Alcatel-Lucent**, on behalf of Steve Armstrong. Steve recently celebrated 15 years of service with Alcatel-Lucent and chose to donate this amount allocated to his charity of choice - Children at Risk! The Armstrong family also supports our charity annually with Alison running our Carlingwood Pumpkin Display, not to mention volunteer hours by other family members at the event and our handcrafted raffle quilt donated by Alison's mother, Lois MacKinnon. Please join me in thanking this family for their tremendous support!

### DONOR'S CORNER

Dell Direct Giving Campaign	\$28.80
Sunslip Ceramics	\$115.00
Mark Bottomley	\$250.00
Gloucester North Lions Club	\$300.00
Gloucester Rangers Major Atom A	
Hockey Club	\$400.95
Ron & Janis Silver	\$500.00
Employee Charitable Giving Program	\$1,240.00
TELUS Ottawa Community Board-	
Kiwanis Club of Rideau	\$2,000.00
United Way/Centraide Ottawa	\$4,368.81

## FUNDRAISING UPDATE (Cont'd)

### KEY TO THE CITY FUNDRAISER



Children at Risk is proud to be one of the first charities to offer this consumer's discount card! Now available for an introductory price of only \$20 – regular price of \$60 (of which Children at Risk will receive \$10!), this easy to use. Up to 3 persons can use the Key to the City, with a card and two key fobs that can be attached to your key chain. On line at [www.keytothecity.ca](http://www.keytothecity.ca) is a full listing of the hundreds of vendors who accept the Key to the City and/or email [info@keytothecity.ca](mailto:info@keytothecity.ca) or call 613-565-0606 to have a paper listing sent to you. **Key to the City** is also very open to approaching vendors to come on-board – let them know a service or business you would like to see and they will try to make it happen!

Hurry - Children at Risk will sell the Key to the City discount cards only up to the beginning of October. Cards expire on March 31, 2010. We will continue to sell the Entertainment Coupon Books, but see the Key to the City as complimentary, as it can be used over and over again!

Call us at 613-741-8255 or email us at [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca) to order your Key to the City now!! (see ad on page 21)

*Thank  
you*

## THANK YOU

*Thank you Children at Risk for a great evening with Dinosaurs! It was truly magical!! :) Liam was engrossed the whole show and when it was over he said, "Is it over already?" Thank you again! Janita and family*

*I just wanted to thank Children at Risk for procuring tickets to the biggest, and I mean BIGGEST show in town ... "Walking with the Dinosaurs." Both my kids loved it, even with their hands covering their ears for the loud roars of the dinosaurs. It was the one show that they really wanted to see this summer and thanks to your efforts to get tickets, we were able to attend. This service you provide is invaluable and much appreciated by families like ours that are riddled with the costs of therapy for our children and faced with the economic realities of not having a household income at present. While in the past we were able to make donations like this, suddenly we are thrust into the recipient role, and this, we will remember forever. Thanks again for all your efforts in supporting all the families within our community! Cheers, Rose*

*Early this summer I received tickets for the dance family adventure at the NAC. I attended with my two children, 5 and 3. Music has always been an incredible way to bring my autistic son to communicate his emotions. He enjoyed the presentation, the music and the children dancing. Most of all he was excited to see the Orchestra conductor dancing! and at the end of the show he was dancing too. I really appreciate the opportunity to attend this kind of quality events and thank Children at Risk for offering them. Pilar*

*Thank you very much for the tickets. My son and our family have so enjoyed the concerts over the past two years. Our son, who has Asperger's Syndrome, reviewed the concerts as part of his high school music credit. If he had not received the free tickets, he would have had to review videotaped concerts instead. Indeed, this donation of tickets made a big difference for our son and our family. Thanks so much! Valerie*

## THANK YOU (Cont'd)

*Our family has not had many opportunities to experience many performances, concerts or the like - until now! Our children/ foster kids have had the wonderful opportunity to enjoy two NAC performances, just this spring. We would never have thought that taking a kid with learning disabilities or autism would be a benefit to the other audience members, unknowingly we ventured forward, with the three youngest children, whom by the way shocked the socks off us. As they sat contentedly throughout the entire performance of classical, jazz & the ballet. It was awesome, we shall do it once again, with the support of your donations through Children At Risk. A huge thank you to all members & volunteers, large and small. No matter how small you think your volunteer position may feel to you all, it is a huge step for our family to feel included. Thank you from Kirkland Clan*

*My son and I received tickets to the NAC for a children's dance and music performance. It was a first for us and we had a great time. My son especially liked the fact that there were "little kids" up there dancing. This seemed funny, coming from a five year old! Thanks again for providing us with some great family time that we'll cherish. Carrie and Ethan*

**BEFORE:** *I cannot wait to tell the kids tomorrow morning when they get up that we're going .. I'm not sure they'll 'get' the magnitude of it really or understand that we're headed to the show til we're actually there, but Sandro and I could not believe we got the tickets in the draw given we've talked and talked about ordering these for weeks then simply decided against it due to cost, then your email arrived about the draw and I thought well let's give it a try if we get them fantastic and if not, nothing lost and I tried ... I cannot wait, I'm so thrilled I can't sleep now! Sunday is their last day of summer vacation before school starts so this will be a nice end to our final 'summer' weekend. I feel so bad that 240 people wanted tickets given your limited number because I think this will be an amazing show for kids to see, I'm excited because I really don't know what to expect from it myself ... Just thanks, thanks, thanks ... Thanks a million times over!! April*

## THANK YOU (Cont'd)

**AFTER:** *Well where do I begin? We just got back in from the 'Walking with the Dinosaurs' show and it was spectacular! Our oldest, Luka, was absolutely glued and is still now going through the program booklet now that we're home. Our youngest, Aidan, with time adjusted to it and enjoyed the show. Sandro and I enjoyed it so much ourselves, the effects and the sheer 'size' of the show both with the actual dinosaurs and the sound ... wow is all I can say! Thank you for a wonderful Sunday afternoon with our children and a great way to end summer holidays! I must also note, that given the ASD "sensitive" needs of both boys, you can never be sure how each (or both) will react when taken on such an outing.*

*As the show began, Aidan was a bit overwhelmed and began to cry saying he wanted to leave, rather than try to negotiate there in our seats, Sandro took him out to give him a breather and further prep that all would be okay, etc... etc... Immediately Jennifer, the usher for Section 106, came to assist him. We came to find that she has two small boys herself and has 'been there' so she jumped right in to help Aidan understand it was just a show, costumes etc... and actually broke through and helped Sandro get him reseated more quickly and he barely missed any time at all. She was such a huge help and we were so grateful. Then at intermission she came to our seats to check on us and walk Aidan through what 'big dinosaurs' would come for the 2nd part and explained things in ways to make him continue feeling at ease and gave us tips of signs to watch for during the show before a big entry or when it'd get louder etc... so we could prep him! For this part he was fantastic and I know we owe a lot of this to Jennifer. We were so impressed by her compassion and genuine concern, I couldn't thank her enough after the show. She of course came to say bye to Aidan and tell him he did a fantastic job! Wow, now she is excellent and went above and beyond the responsibilities of her job! I am so grateful we were seated in her section! All in all, both boys did fantastic... enjoyed the show and we are so thankful for the family experience! Thanks again, April*



## UPCOMING EVENTS



Barrhaven Childcare Centre  
56 Kennevale Dr. Ottawa  
613-825-9385 ext.14

Are you a parent of a preschool child who has been diagnosed with Autism Spectrum Disorders or are you waiting for your child to be diagnosed by a professional?

Is your child under the age of six years old?

Are you a current member of SNAC whose child is just over 6 yrs old and want to continue meeting with the behaviour consultant?

Would you like to meet other parents waiting for services?

Then we, at SNAC would like to meet you.

Elaine Bissonnette, a Behavior Consultant will be available on site to provide parents with information on general behavior management strategies for their child to implement in their home. Starting on September 10, 2009 parents can contact SNAC to schedule a one on one consultation.

Specialists will be invited monthly to provide more in-depth information on language/communication, fine/gross motor needs, self help and play skills strategies.

These services are free of charge to all members of SNAC. SNAC membership is \$10.00 a year per family.

Our hours are Tuesday and Thursday afternoon from 1-3 p.m. We will be open starting September 8<sup>th</sup> 2009

### For more information contact:

Dale O'Reilly, Manager of S.N.A.C. Resource Centre  
Barrhaven Childcare Centre, 56 Kennevale Dr. Ottawa  
613-825-9385 ext.14 or [barfrc@on.aibn.com](mailto:barfrc@on.aibn.com)

## UPCOMING EVENTS (Cont'd)

### Ottawa Chapter of the Tourette Syndrome Foundation of Canada

The following outlines the events for each month of 2009. Mark them down - We want to see you!!

September 9

Royal Ottawa Hospital 7:30 – 9:00pm FREE

Speaker: Cathy Wylie, Past president of Ottawa Chapter of TSFC

Topic: Tourette Syndrome 101 – Think you know what Tourette Syndrome really is? Come listen and find out for sure. Cathy will not only talk about Tourette Syndrome but also the related co-morbidities such as Obsessive Compulsive Disorder, Attention Deficit Hyperactivity Disorder, etc.

October 13

Royal Ottawa Hospital 7:30 – 9:00pm FREE

Speaker: Jennifer Boggett-Carsjens, Occupational Therapist, CHEO

Topic: “Tricks of the Trade” Jennifer will provide us with tips and strategies we can use to help our children at home and at school. She’ll discuss a variety of sensory issues that affect our children and how we can help make life a little easier for them.

November 10

Royal Ottawa Hospital 7:30 – 9:00pm FREE

Speaker: Dr. Michael Cheng, CHEO

Topic: Anxiety. Dr. Cheng will present information on anxiety and all the intricacies associated with this condition. Be sure to join us to find out the latest information on anxiety and what this means for those of us affected or living with someone affected by anxiety.

December 8

Royal Ottawa Hospital 7:30 – 9:00pm FREE

Speaker: Dr. William James, CHEO

Topic: “The Young and the Restless - ADHD” – Dr. James will be speaking to us about Attention Deficit Hyperactivity Disorder. His experience and work at the ADHD clinic at CHEO will provide for some very interesting listening.

Jill Bobula  
President, Ottawa Chapter  
Tourette Syndrome Foundation of Canada

## UPCOMING EVENTS (Cont'd)

### NEW Sport Time for Kids with Special Needs in Kemptville & Area

**Equifitt Fitness & Sport Conditioning** will be offering a new parent/child sport group supported by Autism Ontario, and open to all children with special needs.

Meeting weekly, in the evening, for 8 weeks of sports and active learning. Activities subject to change but could include basketball, soccer, floor hockey, yoga, Olympic-type activities, dance, fitness training and much more. Giving your child an opportunity to socialize and develop sport skills at a suitable pace, in a fun & non-judgmental environment.

Interested families and volunteers are asked to contact Patricia (info below) for more information, or to sign up. The class will be on either Tuesdays or Thursdays, time to be determined depending on participant interest and availability. Cost will be approximately \$80 for 8 weeks.

Contact Patricia Flanagan:

Email: [pflan@xplornet.com](mailto:pflan@xplornet.com)

Cell: (613) 724-1843

**EQUIFITT.COM**

*Fitness & Sport Conditioning*

(613) 258-4866

[personaltraining@equifitt.com](mailto:personaltraining@equifitt.com)

**'Balanced Training for Better Living & Sport Performance.'**

**Nancy Gibson**  
RCP Coordinator  
Ottawa Chapter

613-230-6305  
[nancy@autismontario.com](mailto:nancy@autismontario.com)

**AutismONTARIO.com**

**REALIZE COMMUNITY POTENTIAL PROGRAM**



## UPCOMING EVENTS (Cont'd)



SNAC drop in will begin on Tuesday, Sept. 8<sup>th</sup> @ 1:00. Looking forward to seeing everyone come by and visit.

Our first speaker for this Fall will be Ms. Robin Gaines, PhD, CC-SLP, SLP (C), CASLPO - who will give us an overview of the *act early autism project*. This project is a partnership between the University of Ottawa/ Children's Hospital of Eastern Ontario, Pinecrest-Queensway Community Health Centre and Emerging Minds Treatment Centre for Children and Youth. The CHEO Centre of Excellence has funded this opportunity for the Ottawa community.

The act early autism project is looking for children between 12 and 24 months of age, whose parents have some concerns about their development. All services in this project are free. For more information on the project please refer to page X.

Dr. Gaines is a Clinical Researcher and Speech/ Language Pathologist with the Children's Hospital of Eastern Ontario and the First Words Preschool Speech and Language Program in Ottawa. She also holds an adjunct professorship with the School of Rehabilitation at the University of Ottawa. Robin specializes in services for toddler, preschool and school aged children with phonological, language, and social-pragmatic delays/disorders. She is able to develop and supervise intervention programs for young children and their families

Please call to reserve your spot as spaces are limited.

Contact Dale at SNAC:

Dale O'Reilly, Manager Resource Centre, SNAC

56 Kennevale Drive

Nepean Ontario K2J 3B2

613-825-9385 ext.14

[barfrc@on.aibn.com](mailto:barfrc@on.aibn.com)

## Summer Science Camp 2009 Submitted by Elaine Bissonnette & Sheri Curkovic

Children at Risk sponsored two exciting and incredible successful camps during August this summer. These specialized camps, facilitated by Elaine Bissonnette, Sheri Curkovic, and Caitlin Howard offered children on the spectrum a safe, supportive and fun environment to be with their peers. Designed specifically to meet the needs of the participants, these camps offer support in areas where regular camps may not have appropriate degree of resources, support and expertise.

**OBJECTIVES:**

- Develop positive peer interactions
- Develop abilities to participate in group activities/team work
- Respond and attend to peers during activities
- Problem solving (social scenarios) and making good choices

### **CAMP # 1 - 6 Participants** **August 10 to 14<sup>th</sup>**

The first week of camp was held for 10-13 year olds and focused on the ever popular topic of Forensic Science. Participants became crime scene investigators, examining clues, analyzing evidence, and interpreting data to identify the prime suspects in several different cases. A new case representing a real-life middle school situation was examined each day. Cases included scenarios involving forgery, theft, burglary, vandalism, and arson. Working like real forensic scientist the students observed, experimented, and discussed different theories. Students learned how to use hand writing analysis, body language, fingerprinting, soil pH, and forensic dentistry and through interpretation of the data collected, students developed plausible solutions to each case. Daily activities also included cooperative games which helped to facilitate social interactions and conversations between peers. "Social Autopsies" were conducted whenever a social error occurred. Participants were guided in identifying the problem and then worked together to come up with a better solution. Some of the cooperative games included: "The Memory Game", "Gum Art", "Dress the Mummy", and "True or False". The group worked together compromising, problem solving, negotiating and having fun as teams.

### **Feedback from Parents:**

#### **Has your child enjoyed participating in the science camp?**

*"He enjoyed this science camp, but does not like to write."*

*"Yes, she loved the experiments."*

*"Yes loved it! Especially the fingerprinting."*

*"Always looked forward to going, bursting with excitement!"*

#### **Can you identify how your child has benefited from this camp?**

*"Interaction with other kids."*

*"He enjoys problem solving and it appeared as though he had a good time."*

*"Can recall everyone's names. She has a great attitude!"*

*"Positive social contact resulting in increased self-esteem/confidence."*

### **CAMP # 2 - 13 Participants** **August 17<sup>th</sup> to 21<sup>st</sup>**

Week two of the camp was designed for 7-9 year olds. During the week, all those who participated put on their space suits and traveled deep into space to study different aspects of our universe. On day one students studied the sun and made a sundial and sun catcher.

On the second day we studied Earth's only natural satellite, the Moon. The kid's created their own moons, and then working as a team, they performed a hand's on activity demonstrating the moon's different phases. A closer look was then taken of the lunar surface and the many craters covering it. We experimented with making our own craters, discovering how the size and velocity of a meteorite can affect the crater's size. This day had a real "impact" on the kids!

## Summer Science Camp 2009 (Cont'd)

Aliens invaded CAR on the third day as we studied constellations and explored the possibility of life on other planets. Participants created their own constellations and then used their infinite imaginations to design an alien life form.

Our fourth day focused on rocketry and what a “blast” it was. It was amazing what these young people could do with a paper rocket fueled with alka seltzer! And their imaginations soared when they built their own model spaceships!

Our last day together was one of celebration. We watched the movie, WALL-E, and used this day to say goodbye to the friends made and to just relax and enjoy each others company. This group had an instant connection with each other- like none we have ever seen in previous groups. It was an amazing experience for Sheri, Elaine and Caitlin. It was a success story for this group of extraordinary young people.

Daily activities during the week again included cooperative games and” Social Autopsies”. Some of the cooperative games included, “Amoeba Races, Shipwreck, Graveyard (a real favourite) and Human Bowling!”

### **Parent Feedback:**

#### **Has your child enjoyed participating in the summer science camp?**

*“Yes, he woke up early every morning eager to get going and not be late.”*

*“Yes! Loves science and experiments!”*

*“Yes, it got rated with two thumbs up every day!”*

*“Overall, he enjoyed the camp.”*

*“He had a great time. He was counting down the days for it! Everyday he was up early and excited to go to camp.”*

*“Yes, he thoroughly enjoyed it.”*

#### **Do you feel your child has benefited from being in the group? Please comment.**

*“Initiating more interaction with his peers, more confident and enthusiastic, good sense of accomplishment.”*

*“Other than the fact that he enjoyed his day, I didn’t notice any specific things.”*

*“He benefited by having social interactions with boys of similar age and interests (he normally interacts almost exclusively with girls).”*

*“He is talking about the activities with anyone who will listen.”*

*“You have the ability to identify what needs to be “worked” on, whereas the school never brings these issues to our attention. My son also benefited from interacting with new peers and this really helps his self-confidence.”*

**\*WITH THE INTEREST AND SUCCESS OF THE SCIENCE CAMPS – PLANS ARE BEING MADE TO OFFER THEM OVER THE CHRISTMAS HOLIDAYS AND/OR MARCH BREAK!  
MORE NEWS AS THIS DEVELOPS!!**

### **New Facilitator Caitlin Howard**

My name is Caitlin Howard. I have my Early Childhood Education diploma, a B.A in psychology and I recently graduated from the Autism and Behaviour Science program at Algonquin College. I am a new therapist entering the field of Autism and I am very excited. I just took part in the Summer Science Camp with Elaine Bissonnette and Sheri Curkovic. I enjoyed it very much. I learned so much throughout that week about all the kids, they also taught me a few things or two. I would love to continue to work with Children at Risk in the future.

Hi. My name is Matthew Roy and I am 12 years old. My family and I went on a trip to Niagara Falls this summer on Friday, July 24<sup>th</sup>. This trip was a fundraiser for Children at Risk and the Friendship and Social Skills Groups that I belong to. The VIA Rail was on strike so we had to drive instead. We had passes to go on the Maid of the Mist Boat, the Journey Behind the Falls Tour, the Bird Kingdom, Wax Museum, Butterfly Conservatory, Adam Beck's Power Plant, Aero Car, Marine Land, the Guinness World Record Museum and the big lookout Ferris Wheel.

I enjoyed going on the bow of the Maid of the Mist Boat. They gave us long blue rain coats. When we got closer and closer and closer to the base of the Canadian Horseshoe Falls, it felt threatening and amazing. Water ended up in my eyes and face making it hard to see but it turned out to be a lot of fun! I really heard the falls crashing down like thunder. On our way back to the dock, we saw a beautiful rainbow.

Niagara's Fury movie and its little cartoon was so much fun. The little cartoon was about a chipmunk that didn't know a lot about Niagara Falls. Then he ended up in a book and he found out all about the foundation of the Niagara Falls from a snowy owl teacher. Most of the cartoon was during the ice age and they met a grizzly bear.

Then we went into another room to see "Niagara's Fury". My family and I were given another blue raincoat! It was really amazing when the ground was tilting, kind of like being in a glacier. Then it started to snow. The lights were like lightning and it gave me a surprise. Water was splashing and it felt like we were moving down the Falls. That was one of the best simulation movies I have ever been to.

It was exciting to see what it was like behind the Canadian Falls by the tunnels in the Journey Behind the Falls Tour. This time my family and I wore yellow raincoats! One tunnel split into two tunnels. One went outside where you could see a really good image of the side of the Canadian Falls. When you walked through the other tunnel, it's like you were in the Horseshoe Falls. There were also lights near the cascading falls that light up Niagara Falls at night.

My whole family and I also went to "everyone loves Marine land". We saw a show with dolphins jumping up in the air doing tricks, seals going down the slides, trainers feeding the marine animals and a trainer getting kissed by a seal. There's this ride I didn't want to go on at first, but in the end I decided to go on it. It is kind of like a small version of the Sky Screamer but not as high. Marine Land is a side attraction of Niagara Falls.

The tour of Adam Beck's power plant was interesting to see how it works and how power is made. The tour was kind of complicated but I learned that Ontario Hydro diverts 50% of the water from the falls for generating power. I saw a Canadian and American dam and a bunch of hydro towers too. I got a video as a souvenir about the power plant.

Clifton Hill was a lot of fun! My family and I walked through the wax museum. We saw sculptures like Britney Spears, Hanna Montana, Harry Potter, Doctor Phil, Elvis Presley and Obama. I loved having my picture taken in front of the sculptures. It was fun pretending that I was getting kissed and hugged by celebrities. I pretended to be zapped in a wax electric chair.

Lego City in Clifton Hill was enjoyable. It took a man five years to build this city. There was a big CN Tower, moving trains, a rock show with music, and many famous structures all made of Lego.

There was so much more we did in Niagara Falls like going to the bird kingdom and butterfly conservatory and other attractions. I want to thank Brenda, for putting together this holiday and all the companies that donated their passes to Children at Risk. It was one of the greatest trips ever!

Autism and other Autism Spectrum Disorders affect each individual and each family differently. Most families are left with more challenges to overcome and extra stress in their day to day life. Did you know chiropractic may be able to help you and your family?

Chiropractic is the practice of adjusting the spine to improve the function of the nervous system. The nervous system controls and coordinates the function of every cell, tissue, and system of the body. Every facet of health function and life is governed by the nervous system. Different types of stress whether physical, chemical, or emotional can lead to interference with the nervous system at the spinal level. This is called a vertebral subluxation. Specific spinal adjustments remove this interference and rebalance nervous system function.

How could this help you? When the nervous system is properly balanced, it allows for optimal function. This results in different changes for different people. For some, it means a full night sleep, for others it means they can better handle stressful situations. Other common results are clearer thinking, better immune function, better moods, less ear infections, less pain and tension in the neck, shoulders, lower back, or pelvis, and better balance and coordination.

Each person is individual and how their body improves with chiropractic is equally individual. There have been many cases of ASD children who have had great results with different aspects of their lives while under chiropractic care. In a particular study,

*'many of the children were taken off Ritalin, bladder and bowel control improved, some children started to speak and eye contact and attention span also improved in some children. Hyperactivity and aggressive behaviour were reduced in other children and five children were able to attend mainstream classes at school for the first time. Behavioural data, recorded by the teachers and parents, showed significant improvements in most cases.'* \*

Parents of ASD children often fear their child will not be cooperative with the process of getting their spine checked. A pediatric/ family based chiropractor often creates an office environment that ensures you feel right at home, with a kid's corner for the little ones to play.

Pediatric chiropractors take their time and move at the pace the child dictates. Often even children who do not like any physical contact can grow to be relaxed and calm when having their spine checked. Families with specific needs can often be accommodated families by scheduling visits when there is less activity in the office.

Chiropractic is for the whole family. Although only one member of the family may be affected with ASD all members of the family are dealing with the extra challenges of daily living. This may lead to a number of health concerns with parents and siblings including headaches, neck and shoulder tension, mood changes, irritability; the list goes on. Chiropractic doesn't treat any specific symptoms or health problems. Chiropractors specialize in finding areas of interference to the nervous system, correcting those areas and allowing the body to express itself as it should. Getting the family checked by your pediatric and family chiropractor is the only way to determine if chiropractic can help your family.

The International Chiropractic Pediatric Association certifies chiropractors in pediatric chiropractic. To find a pediatric chiropractor close to you or to review more research, please visit [www.icpa4kids.org](http://www.icpa4kids.org).

Marketplace Family Chiropractic Centre  
80 Marketplace Avenue, J2

[www.marketplacechiropractic.ca](http://www.marketplacechiropractic.ca)  
613-823-1255

*\*Clinical Chiropractic 2006 (Mar): 9 (1): 6-10*

## A Summer Camp to Remember

By Rebecca Weaver - Mother of 3 amazing young ladies



We wanted to share a wonderful, positive and fun experience our daughter, Ashley (15 years old) had this summer. The **Happy Trails** Recreation Program is located in Carlsbad Springs, just east of Ottawa and offers a great experience for our kids. The farm has all sorts of animals and opportunities for the kids to get to know and care for the animals. Art and Nathalie, the owners, are kind, patient, encouraging and most important, positive. What we loved is their vision and goals - **LIVE LAUGH GROW** and how they adapt to each individual's needs.

First, an information application is filled out about your child to give them a better idea of their needs and then before putting any money down you visit the farm a few times to see if this is a good fit for both parties involved. At Ashley's first visit she was hesitant but Art and Nath had her smiling and laughing before long. We could see she was nervous around the chickens – the sound and pecking of the birds bothered her but there were so many other animals to see. A “fake” horse is in the barn for the kids to first learn how to properly get on and off a horse and the commands to use. Nathalie breaks these down into simple, visual steps for the kids to learn. After three visits to the farm we

decided to register Ashley for a week camp in August – half days in the morning. She loved it and could not wait until the next day when she would get to go back to ride “Anna” the white horse and go on a wagon ride with Art as their driver.

Ashley was excited to share all the names of the animals with her family, give details and describe the features of each. During the week Nathalie would send us emails with pictures of Ashley on Anna and each day we saw Ashley more confident and comfortable with her horse. By the end of the week they had her feeding the chickens!

On the last day there was a BBQ lunch for the campers and families as a celebration and the participants received a placemat with a photo of the animals and the kids in their camp. (Ashley has it hanging on the wall in her room.)

All in all a great experience which truly lived up to the goals of **LIVE LAUGH GROW**. That has led us to sign Ashley up for private lessons during the school year. If interested or for more information please contact Nathalie Gour at 613-302-5152 or visit their website at [www.happy-trails.ca/recreation/](http://www.happy-trails.ca/recreation/)

We'll be back for next year's Summer Camp!



*Riding Stables  
Recreation Program*

## **PROGRAM DESCRIPTION**

### **Vision Statement:**

To improve the lives of children and adults facing physical, developmental and psychological challenges through the benefits, of full exposure to farm life which include horseback riding and care of animals. By nurturing the relationship between our participants and the animals, great benefits can be achieved on an emotional, physical and psychological level.

Our long-term goal is for the farm to become a full time, year round facility that will serve the special needs community of Eastern Ontario. Our program can provide working opportunities, life skills training and so much more, offered in an environment that promotes inner well being and physical participation.

### **Mission Statement:**

To provide a unique facility with personalised programming for individuals, groups and families of Eastern Ontario who require special care and attention, while experiencing the full benefits of nature and animals offered in a safe farm environment.

### **These benefits include:**

- Improvement in muscle tone – flexibility, strength and posture
- Balance and coordination
- Increase in self-esteem and self-confidence
- Increase in motivation and concentration

The focus will remain on offering a flexible approach that will ensure a pleasant experience for all participants.

### **Services include:**

- Assessment visit that will take place at Happy Trails
- Following assessment, we will provide a **personalised program** tailored to meet each participant's needs, abilities, adaptability and availability.
- Services will be extended to children and adults with physical, developmental and psychological disabilities. The family members of the participants are welcome to take an active role in the program or they can choose to take advantage of the respite Cabin. (cabin available on premises)
- Group activities
- Half or full day sessions available

*Live, Laugh, Grow*





At Happy Trails, we understand that not all participants are comfortable in a group setting. Therefore the programming offered will be **specifically designed to satisfy each participant's needs** and may vary to include horseback riding according to the mobility and circumstances of each participant. In being flexible, we will ensure that all participants have a pleasant, satisfying and rewarding experience.

The program will offer a hands-on approach and will modify where necessary so participants can take an active role in the day to day caring, grooming and feeding of the farm animals. They will also have the option of participating in the farms daily living activities. A better understanding of farm life, the animal and the food chain will be acquired.

The art of hoof trimming and other basic horse care will be demonstrated to the participant. They will have the opportunity to create a bond with his/her horse by grooming and caring for this animal before riding occurs. This will help alleviate some of the anxiety that can be associated with riding for some of our participants.

Included in the program are, nature walks in a wooded area with proximity to a beaver pond, alongside the Mer Bleu conservation area. In this setting, children and adults will be able to learn about the eco-system of our area. A wagon ride will transport the participants to this scenic setting of the property.

The participants may take part in an organic gardening experience; a great way to learn about the different vegetables and their origins.

The participants may also try their hands at basic woodworking, and make different projects like building bird houses, painting and decorating them. Products found on the farm will be included in other craft designing activities.

A variety of activities will be offered, from volley-ball, soccer, baseball, hiking, snowshoeing, cross-country and ice skating. Team sports will be introduced for skill building purposes in a group environment. Sports skills will be assessed prior to participation thereby giving the participants the opportunity to improve their sports skill while improving their social skills as well. Benefits of group and individual sports give the participant the opportunity to become more self-reliant, confident as well as becoming healthier and physically active.

Available on site is a warm and cozy cabin, where a well deserved rest, snacks and lunches will be taken.

A variety of other activities can be made available and adapted in order to meet the needs of all who are interested in participating in the program. Please feel free to contact us with any specific requests.

Contact: Art Mackie 613-822-1482 Nathalie Gour 613-302-5152

5979 Leitrim Road, Carlsbad Springs, Ontario, K0A 1K0  
613-822-1482 Fax: 613-822-3206  
[www.happy-trails.ca/recreation/](http://www.happy-trails.ca/recreation/) [recreation@happy-trails.ca](mailto:recreation@happy-trails.ca)



**Children at Risk, Ottawa**

**Helping autistic children and their families**  
**FOURTEENTH ANNUAL RAFFLE WINNERS – June 14, 2009**

<b>PRIZE</b>	<b>NAME</b>	<b>TICKET #</b>
#1 – Country Inn & Suites, Ottawa Sun/Sundance Balloons, Cora’s, Local Heroes, Pinto Valley Ranch, Capone’s & Penny’s Fudge (\$1,160)	Maury Medjuck	1751
#2 – Lord Elgin, NAC, East India Company, Jubilee Jewellers & Mulligan’s (\$770)	Julia Langhorn	3735
#3 – Avis Car Rental, Sandalwood Hotel, CN Tower, Casa Loma, Science Centre, Ontario Place, Royal Ontario Museum (\$715)	Micheline Thibault	4546
#4 – Ottawa Senators, Travelodge Hotel, Marshy’s, Georgie’s & Denny’s (\$612)	Joyce Mortimer	4063
#5 – Ottawa Senators, Travelodge Hotel, Marshy’s, Georgie’s & Denny’s (\$612)	Steve Sharlow	4132
#6 – Brookstreet Hotel, The Spa, Joseph’s Bayshore & Roses Are Us (\$570)	Grace O’Farrell	0434
#7 – Global Vision, New York, Pflug Optical, Mary K, Maxwells & Versailles (\$410)	Jenny O’Brien	1871
#8 – NGCOA Golf Red Book, The Sam Group, Speedy Messenger, Kevin’s Auto Care, Frisby Tire, Mary Kay, Local Heroes & Bell (\$406)	Tony Provenzano	0398
#9 – Holiday Inn Plaza la Chaudiere, Vittoria Trattoria & Mont Cascades (\$406)	Kim Warner	1472
#10 - Handcrafted Quilt (\$400)	Jenny O’Brien	1870
#11 – Chateau Cartier Hotel Accommodation & Green Fees (\$400)	Jim Bourgeois	4692
#12 – Lincoln Fields/Riocan Gift Bag, Guy’s, Sonia’s, UPS & Whispers (\$360)	John Halliwell	0414
#13 – Crowne Plaza Hotel, The Keg & New York, New York (\$335)	Tara McCreery	4202
#14 – Canadian Fitness Club, Kiddie Kobbler & Yang Ming Buffet (\$223)	Patricia Flanagan	2523
#15 – Canadian Fitness Club, Kiddie Kobbler & Yang Ming Buffet (\$223)	Frank Charron	3306
#16 – The Wine Making Shop & La Porto a Casa Certificates (\$220)	Michelle Babb	0852
#17 – McDaniel’s YIG, Bell, Stained Glass Stuff, Kardish & Merivale Fish (\$209)	Diep Jackson	4021
#18 – Canadian Museum of Civilization/IMAX Passes & Baskin Robbins (\$195)	Chris Maziarski	0569
#19 – Hummingbird MediSpa, Joseph’s Bayshore & Joey’s Only Certificates (\$125)	Opa Weaver	0713
#20 – Hummingbird MediSpa, Joseph’s Bayshore & Joey’s Only Certificates (\$125)	Jacquie Lecuyer	3289
#21 – Mr. Mozzarella Pizza, Ottawa Citizen Book & Tops Car Wash (\$91)	Isabelle Lafleche	3872
#22 – Mr. Mozzarella Pizza, Ottawa Citizen Book & Tops Car Wash (\$91)	Roger Furmanczyk	2908
#23 – Mr. Mozzarella Pizza, Ottawa Citizen Book & Tops Car Wash (\$91)	Iris Luszczelc	0842
#24 – Gladestone Theatre Passes for Two & Siam Bistro Certificate (\$90)	Ashley MacDonald	4543
#25 – Gladestone Theatre Passes for Two & Siam Bistro Certificate (\$90)	Norma St. Jean	2036
#26 – New Edinburgh Pub, Ent. Book, House of Pizza & Centrepointe Deli (\$77)	Joanne Higgins	4228
#27 – New Edinburgh Pub, Ent. Book, House of Pizza & Centrepointe Deli (\$77)	Bruce Deep	3534
#28 – New Edinburgh Pub, Ent. Book, House of Pizza & Centrepointe Deli (\$77)	Harry Speciale	0951
#29 – New Edinburgh Pub, Ent. Book, House of Pizza & Centrepointe Deli (\$77)	Brittany Starkey	0901
#30 – Kelsey’s Restaurant Gift Certificate (\$25)	Brian Boyd	4541
#31 – Tucson’s Road House Gift Certificate (\$25)	Jennifer Wood	3110
#32 – Al’s Diner Gift Certificate (\$25)	Karen Barrey	1480
#33 – Maggie’s Flowers Gift Certificate (\$25)	Tom Clark	2924
#34 – Mexicali Rosa’s Gift Certificate (\$25)	Rob Langlois	4922
#37 – Theo’s Greek Taverna Gift Certificate (\$25)	Alicja Jach	1289

**CONGRATULATIONS TO ALL OUR WINNERS – MANY THANKS FOR YOUR SUPPORT!!**

## Entertainment Coupon Books - Quickie Store List 2009/2010

### Ottawa Central

Bay/Albert  
435 Albert St.  
232-6488 15 copies

Rideauview  
1430 Prince of Wales Drive  
224-1721 30 copies

Bronson  
655 Bronson Ave.  
238-1948 10 copies

Gilmour  
332 Bank St.  
598-0052 10 copies

### Ottawa East

Bilberry  
375 Des Epinettes Ave.  
830-3507 10 copies

Chapel Hill  
1600 Forest Valley Dr. (Orleans)  
837-8350 20 copies

St. Laurent  
1034 Pleasant Park Rd.  
733-0985 15 copies

### Kanata

Kanata  
2 Goldridge  
592-8019 15 copies

Stonehaven  
800 Stonehaven Dr.  
254-9413 15 copies

### Ottawa South

Leitrim  
4505 Bank St.  
822-2301 10 copies

Conroy  
4 Lorry Greenberg Dr. (at Conroy)  
739-8493 15 copies

McCarthy  
3332 McCarthy Road  
526-1230 15 copies

Rideaucrest  
1 Rideaucrest Drive  
823-4050 10 copies

Hunt Club  
1661 Hunt Club Rd.  
248-9160 15 copies

Fisher Glen  
350 Viewmount  
224-4389 10 copies

### Ottawa West

Assaly  
1325 Richmond Rd.  
596-0217 25 copies

Woodroffe Baseline Transit Station  
1400 Woodroffe Ave.  
225-2005 15 copies

Valleystream  
2946 Baseline Rd  
829-8790 15 copies.

Kennevale  
3023 Cedarview Rd.  
825-2458 15 copies

Bayshore – Transit Station  
50 Woodridge Crescent  
829-6946 10 copies

Craig Henry  
1 Chartwell Ave.  
226-7676 10 copies

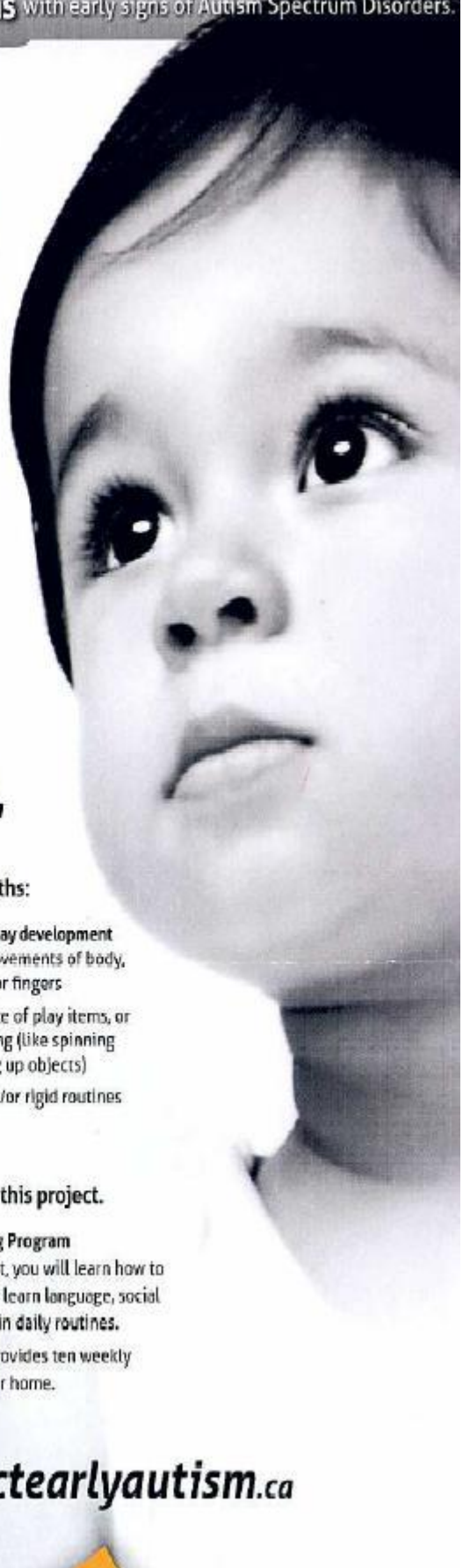


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2. Present your card at the participating merchant to receive your discount.
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Key to the City cards come with 3 pieces – one card size and two key fobs. Share these pieces and each person who possesses a “key” is eligible to receive all of the same savings, at any merchant, at any time.



*If you have concerns about your child's development,*  
**this project may help.**

Some children show these signs of Autism between the ages of 12 to 24 months:

**Social Interaction**

- Less eye gaze
- Fewer warm, joyful expressions
- Less sharing of interest or enjoyment
- Lack of response to name

**Communication**

- Fewer "showing" gestures
- Lack of pointing
- Less nonverbal communication
- Unusual voice pattern (odd pitch, intonation, rhythm)
- Difficulty understanding simple language

**Behavior and play development**

- Repetitive movements of body, arms, hands, or fingers
- Unusual choice of play items, or ways of playing (like spinning objects, lining up objects)
- Repeated and/or rigid routines

**If any of these signs describe your child, you may be eligible to participate in this project.**

**Contact us**

for more information and to talk to us about available services in the Ottawa region. If you do not qualify for this project, we can help connect you with other services.

**Screening**

We will screen your child's communication, social and play skills. If you qualify, you and your child will soon participate in a free parent-training program.

**Parent-Training Program**

With a therapist, you will learn how to help your child learn language, social and play skills in daily routines. The program provides ten weekly sessions in your home.



**(613) 286-8079** [www.actearlyautism.ca](http://www.actearlyautism.ca)

## ADVERTISING

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- a holistic treatment package customized for you
- an understanding and treatment of the underlying causes
- a principled approach for improved health and development
- measurable results and removal of symptoms

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*Tutoring Special Needs children*

*Providing Wellness Home technologies*

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