



NEWSLETTER

JUNE 2013

Issue #63

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Charitable Registration #
10691/3775/RR/0001

URGENT!
RAFFLE RESCUE
REQUIRED!
Please help us sell our
Tickets.
See details on Page 5,
Ticket on Page 19

MARK YOUR CALENDARS

- Children at Risk Annual Raffle
Draw June 9, 2013
- Autism Community
Annual Family Picnic
Sunday, June 9, 2013
(See Page 20)
- 5th Annual Fall Raffle
August/September 2013
- 18th Annual Celebrity-Carved
Pumpkin Contest
October 24-27, 2013



ANNUAL GENERAL MEETING OF CHILDREN AT RISK, OTTAWA

Tuesday, June 4, 2013

235 Donald Street, Room 209 – 7 p.m.

You are invited to attend the Annual General Meeting of Children at Risk. This evening will also be an opportunity for all friends and families of Children at Risk to meet informally and to discuss issues around supporting children and families within the Autism Spectrum Disorders. Wine and cheese will be served!

****Special Guest Speaker****

Dr. Keith Lane is a local Family Doctor who also has a son with ASD, as well as experience with ASD patients. From both the perspective of a Parent and a Physician, Dr. Lane will be speaking on his views and experiences with various alternative medical therapies for Autism.

The following business will be conducted:

1. Minutes of 2012 AGM
2. President's Report
3. Treasurer's Report & Appointment of Auditors
4. Fundraising Report
5. Election of new Board

Standing for re-election to the Board are:

Paul Lacroix Lesia Gilbert Mark Lalonde Natasha Ell Saunders

The following positions are vacant: Up to 2 Directors – if you are interested in getting involved with Children at Risk by becoming a Board Member or a Volunteer Executive, please contact our offices at 613-741-8255 or email car@childrenatrisk.ca before the Board Meeting to register your interest and present a small bio.

The Children at Risk Board follows the Carver Policy Governance Model, now meeting bi-monthly to review charity policies and happenings. We are especially looking for Board Members who either have experience or background in Human Resources and can attend Board Meetings, but also those who have the ability and desire to help with Fundraising Events and Activities – specifically charity representation at such Events. Throughout the year Children at Risk either stages Fundraisers or is invited as a recipient charity and it is important for a Charity Representative to attend, be social and impart the cause of Autism and how Children at Risk provides supports for ASD children and their families!

Members who cannot attend may give a proxy to any other person, who need not be a member. Proxies must be in writing, signed by the member who will be absent, and mailed to or brought to the meeting by another member. Members who have given a proxy may still change their minds and attend, in which case the proxy is cancelled. Only those members who have paid their annual membership dues to Children at Risk, Ottawa, have the privilege of voting at the AGM. However, ALL are Welcome to the AGM, even if you are not a Member!

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.

PRESIDENT'S MESSAGE

Paul Lacroix, President, Board of Directors

Greetings to all! Once again for 5 weeks starting in July, Children at Risk is pleased to be running Camp Kaleidoscope - providing a safe and enjoyable environment for our very special children. The CAR camp team has been hard at work hiring counselors, interviewing campers, preparing programs, outings and much more. We look forward to another fun and successful camp.

At the time of our last newsletter, CAR was just completing the move to our new office. Wow what a great new office is it. We now have room to move, hold groups and meetings, room to store our supplies for camp, the dance, the groups and more. Come and have your voice heard and vote for your Board of Directors at our AGM on June 4th at 7:00 pm.

With the condensed NHL Sens season, the games were scheduled at a fast and furious pace with at times, 5 games per week. A Gigantic THANKS goes out to all the volunteers that helped to sell the 50/50 tickets! Too bad the Sens did not make it into the next round. Well - next year!

Hard to believe we are almost through half of 2013! Hope everyone has a great Summer and see you at the Ottawa Autism Community Annual Family Picnic on June 9th!!

2012/2013 BOARD OF DIRECTORS

President – Paul Lacroix
Treasurer – Lesia Gilbert
Secretary – Mark Lalonde
Director – Natasha Ell Saunders
Director – Valeria Mills

EXECUTIVE DIRECTOR'S MESSAGE

Submitted by Brenda Reisch

Funding and Fundraising is on my mind these days – A LOT! Competition for “Charity \$’s” is fierce – with the depressed economy, job layoffs, increase in living expenses...I know first-hand just how tough it is out there!! Recently The Ottawa Citizen ran an article on the Children’s Hospital of Eastern Ontario lottery and slow ticket sales – if a much well-loved institution like CHEO is having challenges with their fundraiser, well, imagine a small charity like Children at Risk.

Our “Rockin’ for Risk” may have rocked its last year due to low attendance and currently our Spring Raffle Ticket sales are well below average – with the draw in a week! Good News is that funding for Camp Kaleidoscope is in place for this year, but already we are working on 2014 – and possible ways of procuring Sustainable, Renewable Annual Funding for the Camp – because (frankly) the uphill battle of raising \$100,000 from scratch year after year is exhausting!!

We know how much the Autism Community appreciates the efforts of Children at Risk – from our Programs and Services to our Ticket Donations – as demonstrated by the dozens of Thank-You’s in this Newsletter alone! But we do not want to be supported on the backs of our Families – you already have enough weight to carry. However, we need you to “shout it from the roof-tops”! In other words, tell friends, family, neighbours, co-workers, employers, sports team-mates, etc. of the wonderful supports CAR offers to you and other families. Let them know of our Fundraising Events and Activities, suggest Children at Risk for Community or work fundraisers ... spreading the word and Opportunities for support through your network, Facebook or more! We are proud to be the Little Charity that does BIG things – and we want to be able to continue that tradition for many years to come!!



EVENTS/ACTIVITIES SINCE MARCH 2013...



Courtesy of **The Greater Nepean Chamber of Commerce** (GNCC), on March 19, 2013, Children at Risk was invited to their networking breakfast, along with the Capital City Condors and Dreams Take Flight, to profile our charities and receive a donation! Along with Community Partners the Barrhaven Lions Club, The South Nepean Rotary Club and The Royal Canadian Legion Branch 641, the GNCC brought together local employers and businesses to network and hear messages from not only the recipient charities, but an address from Mayor Jim Watson! Children at Risk was thrilled to not only be invited, but to receive a cheque for **\$1,600!!**

SNAC DONATION

For several years, the **South Nepean Autism Centre** had supported services for Autism in the Barrhaven, Kanata and Greater Nepean district by raising funds to help finance various programs. Children at Risk has been fortunate to receive past funding for several Social Skill Groups in the west-end. Sadly, a decision has been reached to shut down SNAC and distribute their remaining funds to several local charities. Children at Risk has gratefully received **\$10,000**, which will be applied for several years to our West-End Typical Teens Outing-Based Social Skills Group.

Many thanks to all the local community leaders who made this donation possible, including Gavin Leishman and Steve & Linda Warne. Their efforts on behalf of children with Autism have been admirable. For this we acknowledge their contribution by awarding them the June 2013 "Hat's Off"!!



DONOR'S CORNER

Ottawa Jewish Community Foundation
 Anne (Blair) and Hyman Mayberger
 Endowment Fund.....\$108

12th ANNUAL "ROCKIN' FOR RISK" RETRO ROCK DANCE PARTY

Once again, Children at Risk rocked-out with our 12th Annual "Rockin' for Risk" Retro-Rock Dance Party on Saturday, April 6, 2013! One Dozen Years of rocking Ottawa was celebrated, with an update to our music and image – still some oldies music – with 50s/60s and Ottawa's "Elvis" **Shawn Barry**, but more 70s, 80s and even 90s+ tunes. We welcomed back "**Eric the Intern**" from **CHEZ 106.1 FM** as our Master of Ceremonies, helping us to "Rock On" all evening!! Special Guest Performances came from **Arthur Murray Dance Studios!** Heather from "**A Little Bit of Bling**" amazed our patrons with her terrific "face art" and glitter tattoos, not to mention the hundreds of donors who sponsored our Silent Auction and Raffle. Over **\$1,000** was raised to fund our services and supports for Autistic children and their families!

OTTAWA SENATORS 50/50 TICKET SALES

What a wild ride!!! From not thinking we would have an NHL season this year to a compressed schedule of 24 games in just over 3 months – WHEW! Children at Risk was honoured to be invited back to help sell 50/50 tickets at the games – for 4 seasons now we have raised funds through this activity! We usually do not work every game – last year we did 25 games (including pre-season, all-star & playoffs) but to try and maximize the funds we could raise – we pledged to be at ALL 24 games this season (plus 4 Playoff Games)! Thanks to our SSTP's (Same Special Ten People) we had a dedicated base of Volunteers who made most of the games – and we added to this for the requirement of 15-20 Volunteers for each game through other parents or supporters who came out when they could. Students getting Volunteer Hours, Parents, Friends, Co-Workers, Grandparents – you name them and they were there!! We have not yet been informed of how much was raised this season yet – but we know these are valuable funds that we would sorely miss (and hard-pressed to find elsewhere) if the season had been cancelled! A Million Thanks to those who were able to come out and help – hope to see you again in September for the 2013/2014 Season!



GARAGE SALES FOR CAMP



Spring is here and with Spring comes – Garage Sales! Spearheaded by Camp Kaleidoscope Coordinator, **Hazel Smith**, (with help from her daughter **Jasmine** and friend **Samantha**) we have joined the Riverside South Community Garage Sale and the Glebe Garage Sale, raising \$121.65 for items sold. At the Riverside sale, Keelan Smith sold Mini-Muffins to raise \$17 and at the Glebe Sales, Phoebe McLelland of The King’s Daughters & Sons Set up a Coffee/Hot Chocolate/Muffin Sales Table and raised \$106. So far these efforts have raised **\$244.65!**

SHOELESS JOE’S KEMPTVILLE



Recently, the **Healey Family** have partnered in the opening of a new restaurant in Kemptville – Shoeless Joe’s! Children at Risk was honoured to be included in this occasion by being chosen to receive a donation of **\$714.20** Staff tips

from their “Family and Friends” soft opening!! If you are in the Kemptville area, they are located at 315 Colonnade Drive – stop in for a bite and let them know how much you appreciate their support!!

COMMUNITY FOUNDATION OF OTTAWA



For Good. Forever. Le bien... toujours.

Children at Risk recently received the awesome news that the Community Foundation of Ottawa has approved our application for **\$10,000** in funding for our Saturday respite groups “Saturday Fun Club”. No dates set yet, but we are hoping to resume this support for 2 Saturdays a month in the winter – hopefully starting in September!

DONOR SPOTLIGHT

TED HAY MEMORIAL FUNDRAISER



Ted Hay, a former executive with **Speedy Messenger Service**, had a long-standing tradition of celebrating St. Patrick’s Day at work by treating his fellow employees to a homemade pot of Irish Stew! With Ted’s passing in 2011, Speedy staff wanted to carry on Ted’s tradition by continuing this St. Paddy’s celebration. Heather Ablett spent many hours researching recipes, having taste testings and finally coming up with an Irish Stew as close as she could to Ted’s secret recipe! In 2012, they held their 1st St. Patrick’s Day Fundraiser for a local charity and this year Speedy chose Children at Risk as recipient charity.

Not only did the Fundraiser happen with their head offices in Ottawa, it was also extended to their branches in Toronto, Montreal and Quebec City to make donations in Ted’s memory! Staff donations were \$710, along with a corporate donation from Speedy of \$300 – totalling **\$1,010!!** Please join us in thanking Speedy Messenger Service for this consideration and consider choosing this local business should you require courier services!



FACEBOOK CONTEST



Children at Risk has created a new charity Facebook page. We held a contest asking for fans to go to www.childrenatrisk.ca and click on the "Like Us" Button AND "Share" our post about our NHL raffle before 5 pm on April 12, 2013. The winner of 2 tickets to the Ottawa Senators vs. Pittsburgh Penguins on Monday, April 22, 2013, 7:30 PM Section 310, Row M, Seats 23 & 24 was Jennie Lake. Congratulations to Jennie!

WHAT IS ON NOW/COMING:

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 November 2012, funds raised by Donate A Car have reached **\$1,941.94!** 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!!

18TH ANNUAL SPRING RAFFLE

Tickets are NOW available for our 18th Annual Fundraising Raffle! After many weeks of gathering quality prizes, we can proudly offer them for sale. The prizes are fabulous! I hope everyone can join me in trying to make this year a sell-out!! Unsold tickets represent lost Fundraising \$'s for Children at Risk. Funds raised will support our Community-Based Special Projects. These include Sibling, Friendship and Family Support Groups, Summer Camp, Educational Training Workshops and Information Seminars as well as updating resource materials. These valuable activities receive no government funding and are supported solely through Fundraising efforts and Donations. Note: Tickets can only be sold to persons 18 years and older! The Raffle will be drawn at 2 PM our Autism Community Annual Family Picnic – Sun., June 9, 2013.

Our Raffle offers:

- Tickets \$2 each, 3 for \$5 or a book of 12 for \$20!
- Prizes worth a total of \$9,998!
- 36 draws, with an average Prize Value of almost \$278 (1st 17 prizes over \$300 each!)
- Maximum 6,500 tickets sold - That's just over a 1 in 181 chance of winning!
- Minimum Prize Value of \$25!

LOOK AT OUR 1ST FIVE PRIZES:

1st - EMOTO 2017 NIFTY RUNABOUT ELECTRIC SCOOTER Environmentally-Friendly Two-Wheel Electric Scooter (Power Assisted Bicycle) for Two VALUE \$1,243

2nd, 3rd & 4th - KID'S STUFF! - SYLVAN LEARNING, KIDDIE KOBBLER & SCHLEICH TOYS VALUE \$579 ea

5th - FAMILY FUN – CROWNE PLAZA, CITY OF OTTAWA, LOTUS CENTRE, GLUTEN FREE, MAXWELL'S & MONT CASCADES – 1 Night's Stay, 1 Month Family Fitness, Gift Certificates VALUE \$570

URGENT: Help us sell/buy our Raffle Tickets – currently over half of the tickets are UN-SOLD! Call 613-741-8255 or email car@childrenatrisk.ca to get yours today!!

SUMMER PROGRAMS

Prisms Options Programs is a Not-for-Profit Parent Group. (P.O.P) is a group of dedicated parents who invest their time and efforts to create continuing education programs as well as social and recreational opportunities for teens and adults who are differently abled. Currently they are offering 3 distinct Summer Programs: Around the World in 9 Weeks, Baking Program and Summer Yoga. For more information and registration, go to <http://prismoptions.wix.com/home>



Volunteer Spotlight

VOLUNTEER OPPORTUNITIES – HOPE & DRAGON BOAT



Out of respect of funds donated (HOPE) and in hopes of funds to be donated (Dragon Boat), we are encouraging our Members and Supporters to get out and get involved in these events! As you may be aware, our Camp Kaleidoscope will be running this Summer with \$25,000 raised from the 2012 HOPE Volleyball SummerFest – so it would be great if we can continue to acknowledge this special donation by volunteering! This year's Event is on Saturday, July 13, 2013 - To sign up on-line, go to <http://www.hopehelps.com/volunteers/be-a-volunteer/>



For Dragon Boat – Children at Risk has been trying for several years to be a recipient charity – an especially “Sweet Gig” as they support a charity for multiple years – and this would be awesome “seed” money for Camp Kaleidoscope. Last year I ran the Silent Auction and have taken it on again for 2013 with help from Volunteer Greg Wildey. Applications to be considered for next year's event will be open later this year and it would be terrific if I could indicate that several of our Members and Supporters got involved this year in anticipation! The event runs June 20- 23, 2013 – To sign up on-line, go to <http://www.dragonboat.net/volunteers.aspx>

If anyone does sign up to help – PLEASE let me know, as this is important stuff for applications for funding!!



I cannot remember exactly when **Greg Wildey** started to extend his support to Children at Risk...it started with frequent donations of exquisite hand-crafted, hand-turned Pens <http://www.insteadofflowers.ca/> for our Auctions and Raffles and evolved into frequent appearances at our Events and Activities – most recently running the Silent Auction at Rockin' for Risk and hawking 50/50 Tickets at the majority of the Sens games!! Yesterday I got his pledge to help at the Ottawa Autism Community Annual Family Picnic on June 9th by transporting supplies and working the BBQ! We are not sure why we are so lucky to have Greg's help – but we admire his drive, dedication and commitment – he is also pledged to help Co-Chair the Silent Auction at the Dragon Boat Festival in CAR's quest to be considered as a recipient for funds from that event. On behalf of the Families of Children at Risk – THANK-YOU, GREG!!

Thank You

PATRICK RYAN'S STORY

Submitted by Rosy Arena-Ryan

It brings me great pleasure to announce that my son Patrick Ryan has graduated from Algonquin College (Woodroffe Campus) in 2013 from the Pre-animation and Illustration program. He completed the program in 2 years-a one year program (course reduced load) and



will be receiving a certificate. He did extremely well and maintaining a 3.23 GPA and received mostly B's and A's in the courses throughout the program. The coordinator of the program saw a lot of improvement in his drawing skills from the beginning of the program to the last year. Patrick was also very liked from his teachers and students. He was also able to make some new friends.



Patrick is a big fan of the Marvel comics (the stories and details) and has always had a passion for drawing. This was the reason that he chose the program at Algonquin College.

He was very determined and worked hard at achieving his goals throughout the 2 years at Algonquin College.

This was somewhat of a setback but showed Patrick determination. He had lost his laptop 2 weeks prior to submitting a portfolio at the end of the program (presenting his art work-a prerequisite that is needed to be accepted into the next level-Animation and Illustration program (a diploma). At first losing the information from his laptop (drawings and other important info)-he had no backup-learned a new lesson) was a challenge that he had to face but he did cope fairly well. Teachers were also very understanding and he was able to produce the portfolio. Working many hours on the weekends at the College and at home and help from his brother Alfonso and a visit with myself at the school to explain and understand the impact of losing the info...and how to recover it, he was in the end able to complete the requirement of the portfolio.

THANK YOU'S



"Just wanted to say a huge THANK YOU to you and the other volunteers for the tickets to Oprah last night. It was such an inspirational evening." *Rachael*

"Thank you to Children at Risk and the organization who donated the OPRAH tickets. It was truly an inspirational night out and one that I won't soon forget!" *Brenda M.*

"The Oprah show was amazing. Thank you so much." *Sharon*

"Thank you very much for the Oprah tickets. I really enjoyed the evening." *Natasha*

"Thank you so much for allowing me to have 4 tickets. We all enjoyed Oprah's message so much. I really appreciate all the effort you and the other volunteers did to get the tickets to us." *Kathy*

"Thank you!!! for the Oprah tickets. Thank you for doing all the hard work of assigning the tickets and contacting everyone. The show was amazing and once again thank you!!!" *Ania*

"I wanted to pass on a HUGE THANK YOU!! Because of the generous donation of Oprah tickets, I was able to attend an unforgettable evening with my mother-in-law and teenage daughter. We spent many years listening to Oprah from our kitchens and living rooms. To be able to see her in person and be part of an audience filled with such positive energy was a memory of a lifetime! Thank you so very much!!!" *Michelle*

"Thank you for the tickets to Oprah and for the volunteers braving the crowds to hand them out. It was a memorable experience!" *Patricia*

THANK YOU'S (Cont'd)

"I just wanted to extend my sincere gratitude for the pair of Oprah tickets you gave me. My friend and I were inspired in so many ways. Oprah has a lot of good information and lives by example. I could relate to the message about listening to those inner feelings, the whisper, and the message, avoiding disaster before its too late. One of my favorite Oprah and Maya Angelou quotes, "When people show you who there are believe them" It is so true. It was fun to look back on past shows and remember. She looked great, and she cares about the audience. Thanks again for the tickets!" *Jocelyn*

"Just wanted to share with you that we all really enjoyed Oprah, especially Nicholas. He was mesmerized. Thanks for allowing him the opportunity to enjoy it!" *Pina*

"Thanks very much for the Oprah tickets. It was great, like seeing an old friend." *Dina*

"Thanks so much for the tickets to Oprah. Much appreciated for pulling this together at the last minute and getting so many people to such an interesting event. Appreciated!" *Kathleen*

"I just want to say a HUGE THANK YOU for the Oprah tickets. I do not normally check my home email every day - but on Wed after work - I thought maybe - just maybe Children at Risk might have received some tickets.... when I saw your emails - I took a chance and emailed your office. You were kind enough to return my email and provide a cell number to reach Tracey out at Scotiabank. Everything fell into place despite the very last minute (on my part) and the heavy traffic heading west. We were just walking along the concourse when we heard the crowd roar and I knew that Oprah had just come on stage. I want to thank everyone involved for your patience and dedication in setting up the distribution channel for tickets for this once-in--a-lifetime opportunity. God Bless!" *Beverly*

"Thanks for the tickets to Oprah! It was a fabulous show." *Irma*

THANK YOU'S (Cont'd)

"My Aunt and Uncle and Cousin had a wonderful time last night. It was nice to be able to give them something back from me...after all the babysitting they do for me.

When I know how difficult it is to watch my boys (all 3 boys are special needs). Thank you for the tickets!!!!"

Sarah

"Thank you so much for the tickets to Oprah last night! My son has been spiralling downhill over the past few weeks, and it was really nice to get out, and just forget about our daily struggles for a few hours :)" *Edward and Angie*

"Thank you so much for those tickets. The ladies I took are all in crisis in their lives and each one said it was life changing. Again...thank you. :)" *Heather*

"I'm so grateful for the opportunity to receive tickets for Oprah! Thank you so much!!" *Anna*

"Dear Children at Risk: I really want to thank you VERY much for the Oprah tickets. What a thoroughly enjoyable evening. I am still floating. What a treat. There was something additionally amazing about the evening; my daughter looked after my son for the first time. He is on spectrum and he did quite well. They both did. I really appreciate the opportunity and all that you do for parents and kids with Autism. Thank You!" *Tammie*



"Thanks so much for the tickets ... Michele and I had a blast! It was especially touching because it's Michele's birthday this weekend :-). It was very moving and reminds us how important it is to take care of ourselves." *Brenda D.*

"The event was spiritual, inspirational and motivational all combined into one. I had no expectation going in and was very impressed. It is truly wonderful that Children at Risk are able to get this type of donation and thus pass it on to families that wouldn't necessarily get a chance to attend. Thank you!" *Jim and Karen*

THANK YOU'S (Cont'd)

“Thank you for this nice treat! I can't tell you how much I needed to get out and hear such positivity. This has been the most challenging year that my family has been thru yet and this break really made a difference. Thanks again~” *Christine*

“It was a little hectic last night as I was one of the people who requested tickets at the last minute. So the delays were understandable. I went with my 13 year old son who is intrigued by Oprah. It was amazing to see him take it all in. He asked questions for things he did not understand and really got a lot out of it. Thank you so much for the opportunity to see her. By the way, the volunteers were amazing!” *Rubina*

“Thank you very much for your consideration of my request for two tickets for the Evening With Oprah last night. My wife and daughter thoroughly enjoyed the event and asked that I convey their appreciation as well.” *Gord*

“Thank you so much again for all the hard work and love you do for your members and their families. We appreciate these opportunities and had great fun with Oprah. Thanks again and all the best!” *Amy*

“The show was awesome last night!!!! thank you sooooo much for the tickets. We really enjoyed it.” *Suzanne*

“Thanks for the e-mail and also for your great work. My wife was able to enjoy a well-deserved evening out at Oprah and have a good time listening to someone she admires quite a bit. I just wanted to let you know your work and dedication is appreciated. This charity is made better by having such wonderful personnel working for it.” *Louis*

“Linda and I would like to thank you for the tickets for the Oprah show - it was inspiring! I would also like to thank you and the other volunteers for the effort put in to deal with the assigning and delivering of the tickets to Scotiabank Place.” *Linda and Mark*

“Thank you so much for the Oprah tickets. Thank you thank you, thank you again. The show was amazing! Much appreciation!” *Carol and Lotte*

THANK YOU'S (Cont'd)

“Although I personally did not request tickets nor did I attend the Oprah show (not a fan but I know many are), I have requested tickets in the past and have attended shows such as Bon Jovi and Fleetwood Mac. The efforts put in by the staff and volunteers at Children at Risk is incredible! Given you are made aware of these donations at a late date and the high demand for free tickets to many of these events, I can see how it would be very challenging to be able to fill all requests while ensuring members and their families come first. Kudos to all those who pitch in for these events and I would hope that members and others who benefit from such donations also do what they can to reasonably "give back" to Children at Risk given the imperative need for this organization in our community and the fact that all dollars are received on the basis of donations with no government funding. Thank you once again for all that the volunteers and the Board Members do for this community and I am hopeful that there are more emails of gratitude than not when it comes to all you guys do!!! Cheers and know there are those of us who see what you do and appreciate it more than we often let you know!” *Kelley*

“Thanks very much for the tickets ... We enjoyed the outing last night to Oprah!” *Joanne*

“Thank you for the Oprah tickets and to all your volunteers, it was a wonderful night. Cheers!” *Pat*

“I just wanted to extend my sincere thanks not only for the tickets to Oprah Winfrey, but also to everyone involved in their organization and distribution. When I saw the email and how many tickets you had, I could only imagine what was involved to get them organized and distributed to the people requesting them. I really appreciate all you folks had to do to make it happen. The evening with Oprah was amazing, inspiring and wonderfully entertaining - a truly uplifting experience. I was fortunate to have a good friend who was able to join me on short notice, and being of a similar “vintage” to Oprah, we could relate so well to her many stories and experiences, and appreciate the messages and fresh perspectives that she provided. We thoroughly enjoyed an unforgettable evening. So, thank you to Children at Risk, and all those involved, so that we could have this opportunity.” *Cathy*

THANK YOU'S (Cont'd)

“Hi! I just wanted to reach out and say a huge THANK YOU for the Oprah tickets :) I left it very last minute but as I was going as a single there was a lucky ticket found and I was able to take part in this once-in-a-lifetime experience. I really gained a lot and had a fantastic time! Thanks also to Bambina and Tracey who took my numerous phone calls and waited outside until after the start for those of us who were stuck in the terrible traffic coming into the Scotiabank Place. You guys are amazing!! Thanks so much!” *Gillian*

“Just wanted to write & say THANK YOU for the opportunity to see Oprah last night. It was a great evening out & both my friends n' I took home lots of what Ms. O had to say. Thanks again!” *Julie*

“Thanks for the Oprah tickets! We enjoyed our night.”
Jess



“Thanks very much for the tickets to the Magic and Mystery show earlier this month. It was a hoot!! We really enjoyed ourselves and saw some really amazing tricks. Thank you!” *Dawn-Heather*



“This is a big thank you message for tickets to see the both semi-finals games that featured Ottawa University in the first game and Carleton University in the second game! This time, in front of a good crowd of about 5,000 at the Scotiabank Place, we watched two exciting games with one of the Ottawa teams prevailing, the Ravens, as they went on to win the national championship for a third time in a row the next day. Benjamin had a lot of fun and was very happy to share the moment with his parents, and also with our neighbours, including three boys who are starting to get friends with Benjamin. Many thanks again, Kind regards!” *Marc*

THANK YOU'S (Cont'd)



“I just wanted to thank you very much for the excellent tickets you gave us. First time I have ever seen a game from the first row, and Canada certainly put on a good show. Cheers!” *Alan*

“This is a very big thank you message that you can forward to the 2013 Ice Hockey Women's World Championship organizers or company for offering us outstanding tickets to see three games at the 2013 Ice Hockey Women's World Championship:

- 1) Wednesday, April 3rd @ 4 pm - Germany VS. Sweden (Nepean Sportsplex) – 3 tickets - Thrilling victory by Sweden in overtime 3-2 after they were trailing 2-0
- 2) Saturday April 6th @ 4 pm – B3 VS. B4 (Nepean Sportsplex) – Czech Republic VS. Sweden – 8 tickets – went with friends of Benjamin – another exciting victory by Sweden 2 to 1 in a shootout
- 3) Monday, April 8th @ 7:30 pm - Canada VS. Russia (April 8) at the Scotia Bank Place – 3 tickets – A very exciting game in front a large crowd with Canada overwhelming Russia in a 8-1 victory

Benjamin is now a real hockey fan and just love the game. He likes to cheer Go Canada Go, wave balloon sticks, wave paper fans, do the waves, sign “O Canada”, and is increasing his language skills as he talks more with us and friends (or at least, he tries!).” *Marc*



“Thank you so much for the tickets to the 67's game recently. Hockey tickets of any kind are a luxury for our family, so it was a nice night out. And even though they didn't win that night, we had a great time! Thanks again!” *Dawn-Heather*

THANK YOU'S (Cont'd)



“We have to take a minute to thank you for the absolute treat we received when our family's name was drawn for suite tickets with the Y101 “Country Cares Spotlight” to see the Sens!!! The whole night was



fantastic, hurrying out to Kanata, the kids looking so forward to the outing and arriving to see such an AWESOME suite.

Not only was it beautiful with an amazing view of the ice, but it had space for the kids to move around and cheer in the "luxury" of a private box. A great experience and a very comfortable setting to bring two children with Autism! Primarily I put our name in for my youngest son Aidan,

who is a die-hard Sens fan.

As everyone knows, kids on the spectrum develop their interests and "passions" and those interests become EVERYTHING to these kids...For Aidan it's the Senators, especially his hero Chris Neil, Aidan lives and breathes...everything Senators!!!! So he was nearly in knots when I told him our names were drawn and we could go to the game! He packed up Sens towels, foam fingers, dressed head to toe in Sens wear. He was pumped and ready...and cheered and cheered!!!! I hope we didn't drive everyone else in the suite crazy - ha!



THANK YOU'S (Cont'd)



My oldest guy, Luka, is more reserved and while he enjoys the outings, he's more the type to put in ear-plugs and sit back and people watch. But mid-way through the second period he jumped up and was joining his brother cheering, swinging towels, and chanting along...we were AMAZED!! Having the opportunity to attend the game in the suite really helped his comfort level and he relaxed and really enjoyed 'the game'. Nights like that are break-through moments for him...and a sheer delight for us to see and experience with him. The entire family had a great time and we were the last to leave the box that night and savoured every last second of our outing.

We got in very late, and arrived home with two boys who thought they had the night of their lives! Aidan's EA's told me the next day at school that it was all he talked about and that they gave him time during class time to tell his class-mates about his night - which was fantastic to hear. We cannot thank you enough for that night! Not just for the boys, but for us to be able to get out to a game - my husband Sandro and I had a blast too! It wasn't just about getting hockey tickets for us...For our family, the opportunity meant so much more and it's a night we won't soon forget! Thank you again.”



April (Mom of Luka and Aidan)

Editor`s Note: The following questions were submitted by high school student, Francesca Martin, for a project. In addition, you can link to an article along the same theme of whether people with ASD have feelings <http://autismspectrumwotsnormal.com/autismspectrum/dispelling-myth-asd-feelings/>

Also Check Out Sheila`s site at www.autismandtheartofcommunication.com.

1. Do people with autism understand love? How about emotions in general?

Yes – I`m actually just in the process of writing a blog post about this topic. It is a common misconception that people with autism lack emotion. In fact, they tend to have very strong emotions that can overwhelm them. Often emotions are not well categorized and sorted, and one of the important things to address in intervention is understanding, sorting , naming of emotions, as well as defining degrees of emotion – this helps the person deal with their own emotional responses (and those of others) in a better way.

2. Is a real, healthy and long-term relationship possible?

Again, yes. There are books and blogs out there now, written by people on the spectrum and their spouses/partners. One good one to look at is by David Finch, called “The Journal of Best Practices: A Memoir of Marriage, Asperger Syndrome, and One Man's Quest to Be a Better Husband”. Dynamics of the relationship will be different because of the personalities and quirks of the people involved, but marriages and partnerships can be as long-lasting and rewarding as those involving people not on the autism spectrum

3. Can an autistic person differentiate between flirting and friendliness?

This is a challenge because it requires reading non-verbal social cues, and difficulties with this skill are a core feature of autism spectrum disorders. ASD boys/men can end up on the wrong side of a harassment law-suit because they don`t read the cues of disinterest or disengagement, while ASD females are at a higher risk (than the overall population) of being victimized in a sexual/dating relationship.

4. Do autistics understand when they have crossed a line? (Ex: moving too fast, asking inappropriate questions, saying mean things)

Many ASD people develop strong paranoia about social interaction because they frequently end up in difficult social situations where everyone is angry with them. When you aren`t able to read non-verbal social cues (facial expression, voice tone, body language), you cross lines without meaning to. But if your brain is not set to receive those cues, the social world can be a very punishing place – people are generally not very tolerant of social mistakes. It`s a bit like hitting blind people for not seeing you or yelling at people in wheel-chairs to just get up and walk up the stairs. People with autism often withdraw from the social world because we “neuro-typical” people are not very nice to them.

5. What aspects of a relationship involving autism are similar to a “normal” relationship? Differences? (Ex: intimacy)

People with autism want what anyone wants – some good friends who accept you for who you are. The difference is that their neurology makes interaction with others more challenging, so social situations are work (always). In our Typical Teens groups, we work to make social interaction enjoyable & pleasurable again – we also understand that both sides of the equation need to change for friendships to develop and work out.

6. What are some of the complications in a relationship where one person is autistic? How about both?

For this question, I’d refer you back to the David Finch book, also I would recommend a google search to find some of the blogs that are out there detailing relationships where both partners are on the autism spectrum.

7. What are some strategies you can give people with autism to improve an existing relationship? (Ex: watching friends’ behaviours)

Drawing out tricky social situations can help (see www.autismandtheartofcommunication.com) – also, having peer models (as we do in our Typical Teens social groups) who are “safe” people to ask tricky social questions is helpful (if you click the “Typical Teens” link at the bottom left of the home page for “Autism and the Art of Communication”, you will see more about this social skills model)

8. What advice would you give to the partner of an autistic person? (Ex: state things plainly)

State directly how you feel, what you want, etc. Be kind and gentle and direct. Understand that the person with autism is not being difficult on purpose

9. Do people with Asperger’s have an easier time with relationships?

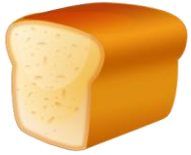
No. If anything, it’s more difficult because they are intelligent, speak well, and are blind to social cues. People do not understand this, and the world in general is quite punishing to highly verbal people with autism (high incidence of stress-related disorders, depression and suicide)

10. Is there such thing as homosexuality in autistic relationships?

Yes, I would recommend you look up the online writings of Landon Bryce (ThAutcast)



RECIPE CORNER



With many of our Families observing a GF/CF diet for their child, thanks to Hazel Smith for searching out this info on ways to make using your Bread Machine work!

Need to troubleshoot a gluten-free bread machine disaster? Here are a few key tips on baking gluten-free bread in a bread machine. Match your g-free bread recipe or gluten-free bread mix to your bread machine (pan sizes vary). Are you baking a 1.5 pound loaf? Or a 2-pound loaf? Check manufacturer's instructions for loaf sizing. Often, "short" loaves are the result of *not enough* dough for the size of the pan.

Use a good recipe. Or a tasty gluten-free bread mix with superior ingredients (sorghum flour, brown rice flour, almond flour, millet, to name a few). Not all recipes and mixes are created equal. A bread based on white rice flour and potato starch is never going to be amazing. Honestly. Remember that starches are dirt cheap for manufacturers (hence their popularity). But they're also devoid of nutrition, texture and flavor. So choose wisely. Because the cheap stuff still sports a hefty price tag (the gluten-free market is booming, after all). So why not go for the higher protein, more flavorful gluten-free flours?

More tips:

- Use room temperature ingredients. Cold ingredients inhibit the yeast, and shorten the rise. Warm up cold eggs briefly in a bowl of hot water.
- Follow instructions for the ingredient sequence, adding dry and liquid ingredients to the bread pan in the order recommended by the manufacturer. Some machines need the liquid added first, some require the dry ingredients first.
- For best results, whisk together all the dry ingredients before adding them to the bread machine.
- I always add slightly less liquid to the machine at first. During mixing, I check the consistency of the dough to see how wet it is. I add more warm water only if it needs it. Weather (especially humidity) affects flours. Flours can get dampish- and if so, you'll need a tablespoon or two less liquid.
- Even though you are using an "automatic" machine, sometimes machines need a little help. Check the pan during the mixing cycle and using a soft spatula, scrape down the sides of the bowl to incorporate stray flour, if you need to.
- Some cooks like to remove the paddle before the bread bakes. To do this, reach in after the mixing cycle **stops** (right before the rise cycle) and remove the paddle. Smooth over the disturbed dough with wet fingers. Note- this may make your loaf shorter. I don't think gluten-free dough enjoys being disturbed (I've had better luck with the rise leaving the paddle in).
- Once the loaf is baked- remove the loaf from the pan as **SOON AS** possible. The longer gluten-free bread sits in a bread machine, the soggy it gets. It steams. If your loaf feels soft or under-done in the center, gently remove it from the pan and place it directly on the center rack. Bake it at 350 degrees F for another 5 to 10 minutes, until it firms up. This will also give it a pleasing, crustier crust.
- If the loaf sinks, it may indicate a wet dough. Use less liquid next time. For me, the dough works best when it resembles a thick muffin batter.
- Vegan or egg-free? Please note that egg-free gluten-free loaves do not rise very high in bread machines. The loaf will usually be denser, and shorter.
- If your bread machine does not have a gluten-free cycle, try using a rapid cycle with a single rise. Gluten-free breads don't require two rises. (Although, having said that, I once baked a killer gluten-free loaf with a two-rise cycle, by mistake. Go figure.) Here is an excellent bread machine with a gluten-free cycle- [Cuisinart CBK-100 Programmable Breadmaker](#).

All things told, after years of using a bread machine, I now use my oven more than my bread machine. I use a glazed ceramic loaf pan, and bake bread in a 350 degree F oven. Works beautifully. Gluten-free bread baking is an art, not a science. Weather, moods, oven differences, and mischievous fairies can all wreak havoc, even with the best recipe. If your gluten-free bread flops, don't beat yourself up. Keep a light heart. Make breadcrumbs and try again tomorrow!

Author: Karina Allrich

Read more:

<http://glutenfreegoddess.blogspot.com/2011/08/gluten-free-bread-machine-tips.html#ixzz2UhzvxmmQ>

Noor Siddiqi, centre, and Sara Siddiqi, far right, get a visit from Beacon Hill-Cyrville Coun. Tim Tierney, second from right, at Gloucester High School for World Autism Day.



EMC news - Two Gloucester High School sisters marked World Autism Day on April 2 by setting up a booth and sharing their story of living with two autistic brothers.

"Sometimes it's challenging, but other times it's fun," said Noor Siddiqi, a Grade 12 student. "But we look on the bright side, we have fun, we always think of the positive."

Together with her sister Sara, a Grade 9 student, the girls set up a booth with information and items donated by Autism Ontario.

The sisters have two brothers with autism, and have learned a lot about the abilities of many children with autism.

"They have a lot of interesting strengths many of them have bright minds and great memorization skills," Sara said.

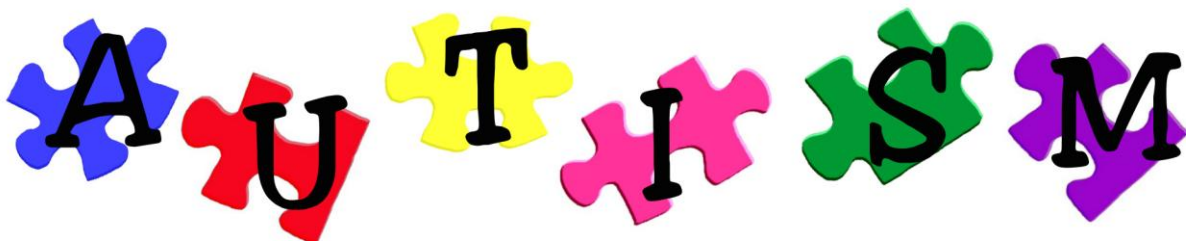
One of their brothers has an excellent memory for birthdays, and the other a keen interest in animals.

"Any animal you don't know, he'll know it. It's the thing he loves," Sara said.

Last year, the sisters set up a bake sale to support Children at Risk and Autism Ontario on their street. They decided to do something different to mark World Autism Day by setting up the booth at their school.

They said they explained to other students that autism is a neurological disorder, not a mental illness like many may believe.

"We wanted to teach them that bringing awareness is important," Sara said. "To bring more awareness to those affected so they can realize their potential."



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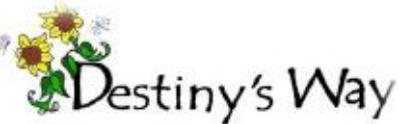
All sessions must be completed by Saturday, August 31st, 2013. Some restrictions apply. Valid at participating centres. May not be combined with other offers.

READING, MATH, WRITING, STUDY SKILLS, HOMEWORK SUPPORT, FRENCH & More

All sessions must be completed by Saturday, August 31st, 2013. Some restrictions apply.
Valid at participating centres. May not be combined with other offers.

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ADVERTISING



613-314-7477

Registration now open

www.destinysway.ca

Destiny's Way Summer Camp July 07 – August 31, 2013

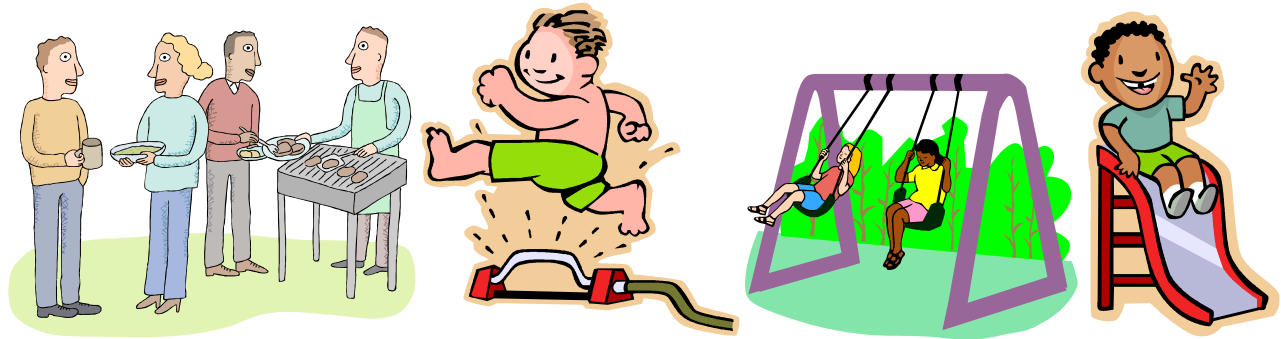
Serving those with Autism Spectrum Disorders, Down's Syndrome, PDDNOS, Global Developmental Delay, ADD, and ADH. Promoting creativity, self esteem, social skills, and good old fashioned fun.

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Children at Risk 2013 Raffle Ticket Sample

<p>CHILDREN AT RISK: 2013 SPRING RAFFLE <i>To Provide Community Supports for Families and Children with Autism Spectrum Disorders.</i></p> <p>NAME:</p> <p>ADDRESS:</p> <p>PHONE #</p> <p>City of Ottawa License #</p> <p align="center">XXXXXX</p> <p>MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT</p> <p>Ticket SAMPLE of 6,500</p>	<p>CHILDREN AT RISK – www.childrenatrisk.ca 235 DONALD ST., OTTAWA</p> <p align="center">1st Prize – EMO TO 2017 NIFTY RUNABOUT ELECTRIC SCOOTER Environmentally-Friendly Two-Wheel Electric Scooter (Power Assisted Bicycle) for Two VALUE \$1,243</p> <p>2nd, 3rd & 4th – KID'S STUFF! – SYLVAN LEARNING, KIDDIE KOBBLER & SCHLEICH TOYS Value \$579 ea. 5th – FAMILY FUN – CROWNE PLAZA, CITY OF OTTAWA, LOTUS CENTRE, GLUTEN FREE, MAXWELL'S & MONT CASCADES – 1 Night's Stay, 1 Month Family Fitness, Gift Certificates Value \$570 6th – AVIS, TOWNE PLACE SUITES HOTEL, HOCKEY HALL OF FAME, AGO, ROM& KEG "Toronto Fun" Package – Weekend Rental, Hotel, Tourist Attractions & Coupons Value \$562 7th – GOODLIFE FITNESS 6 MOS & CLOTHING Value \$550 8th – HANDCRAFTED QUILT Value \$500 9th & 10th – EXECUTIVE GOLF, GREEN FEES, RED BOOK, EMERALD BUFFET, NEW EDINBURGH PUB Golf Membership, Golf for Two Coupons, Golf Coupon Book, Brunch & Fajitas – Value \$495 ea. 11th & 12th – HEALTH DYNAMICS, MOLLY MAID, STRONGER YOU & NEW YORK, NEW YORK Value \$439 ea. 13th – JOSEPH'S BAYSHORE, SAMADHI WELLNESS, HUMMINGBIRD, IL PARADISO, MARY K & AVON Hair Styling, Massage, Facial, Manicure, Satin Hands Set, Foot Works Products Value \$402 14th & 15th – OTTAWA SENATORS TICKETS, COLONNADE PIZZA & PATTY BOLANDS PUB Value \$353 ea. 16th – GCTC THEATRE, RADISSON HOTEL, FRATELLI'S & RICHMOND BEAUTY Value \$337 17th – LINCOLN FIELDS GIFT BASKET & EPICURE SELECTIONS BY KELLEY MATHESON Value \$325 18th – SENIOR TOURS TRAVEL BASKET, KEY TO THE CITY ROADSIDE & STRANDZ HAIR Value \$265 19th EUROPEAN GLASS, 1ST CHOICE & RINK PRO Value \$150 20th INSTEAD OF FLOWERS PEN Value \$136 21st & 22nd CARLINGWOOD GIFT CARD, VERSAILLES ACADEMY & VITTORIA TRATTORIA Value \$85 ea. 23rd & 24th – KEVIN'S AUTO CARE & ANIKA ARTS/FLOWERS Value \$81 ea. 25th, 26th & 27th – choice of CAPONE'S RISORANTE, CHURCHILL'S PUB or MILAGRO GRILL Value \$30 ea. 28th, 29th, 30th, 31st, 32nd, 33rd, 34th, 35th & 36th – choice of \$25 Gift Certificates, each for: AL'S DINER, BOSTON PIZZA, FLOWERS BY MAGGIE, GREENBANK FLOWERS, JONNY CANUCK'S, KARDISH, NATE'S DELI, SUMMERHAYS GRILL & UPS STORE HUNT CLUB Total Value \$225</p> <p><i>RAFFLE: To Provide Community Supports for Families Raising Children with Autism Spectrum Disorders</i></p> <p align="center">*MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT*</p> <p>Draw: June 9, 2013, 2 PM, Brewer Park (100 Brewer Way), Ottawa City of Ottawa License #XXXXXXX Ticket SAMPLE of 6,500 (613-741-8255) PRICE: \$2 or 3 for \$5</p>
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OTTAWA AUTISM COMMUNITY ANNUAL FAMILY PICNIC



Sunday, June 9, 2013

12 Noon-3 PM

Brewer Park

Brewer Park (Seneca St. off Sunnyside) is a sprinkler water park, so bring your suits and get wet! The Annual Family Picnic is a great time to celebrate the start of summer, see old friends, meet new friends and frolic in the park. Below is a list of planned activities. Some items and activities, like the food, are at a low cost or you can bring your own picnic lunch! Hope to see you there!!

Activities & Features:

B.B.Q. HAMBURGERS, HOT DOGS, DRINKS, CHIPS, COOKIE DECORATING, FISH POND, BALLOONS, COTTON CANDY & SNOW CONES (low cost)

FREE: WATERMELON, BUBBLE PLAY, MOON BOUNCE & OBSTACLE COURSE INFLATABLES

2:00 PM -18th ANNUAL RAFFLE DRAW

2:30 PM - WATER BALLOON TOSS (**PRIZES**)

"Pick 'n Pay" table of children's toys, clothes and household items
(gently used or small defects)

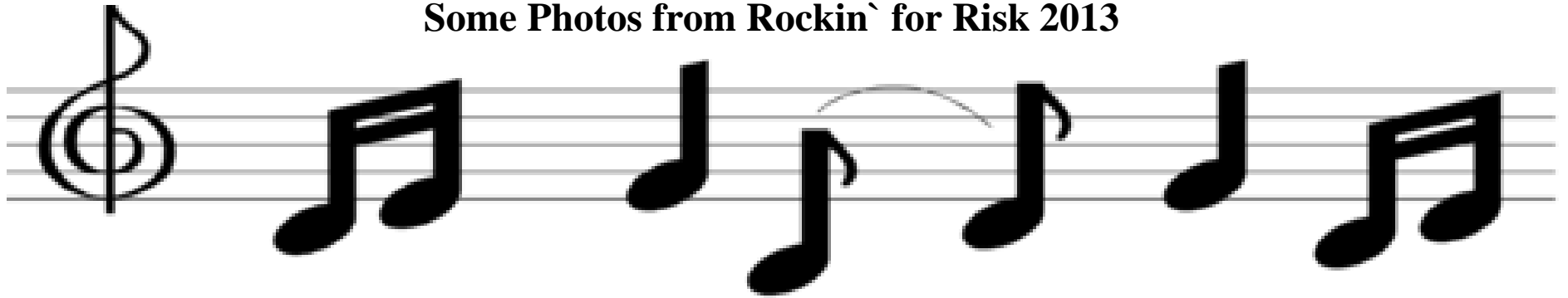
** IN ADDITION, WE WILL BE ENTERTAINED BY TUNIS SHRINE KLOWNS!
BACK AGAIN - Heather Unhola from "A Little Bit of Bling" Face Painting & Body Art

BBQ courtesy of The Gathering Church



For more info, call 613-741-8255 or email car@childrenatrisk.ca

Some Photos from Rockin` for Risk 2013



We did it again! Welcome to our 3rd year of all day summer camp for ASD children and youth ...

Camp Kaleidoscope

Please join me in acknowledging our 2013 Camp Sponsors:

