

38 years
of Service

1979-2017



NEWSLETTER
MARCH 2017
Issue #78

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Charitable Registration #
10691/3775/RR/0001

MARK YOUR CALENDARS

Inner Wheel Gala

Friday, May 5, 2017

“Walkin’ & Rockin’ for Risk”

Fundraising Walk & BBQ

Sunday, May 28, 2017

Annual Spring Raffle – June 2017

Ottawa Autism Community

Annual Family Picnic

Sunday, June 11, 2017

Difference Makers

Golf Tournament

Monday, June 19, 2017

Dumouchel Meats Golf

Tournament, July 9, 2017

H.O.P.E. Volleyball Beachfest

Saturday, July 15, 2017

PRESIDENT’S MESSAGE

Spring is in the air...at least somewhere in the world. I was greeted by a cold blast of winter air this morning. I am presently watching the snow fall outside my window as I am writing this message. But, I am not deterred. I know that the warmer weather and sunny skies are right around the corner. This is always an exciting time for me. As I look forward, I see so many wonderful things.

Our **Saturday Fun Club** is in full swing, with record breaking attendance. This popular event is running 10 bi-weekly sessions from the beginning of the year to June. The feedback we have received is very positive, from both the children attending and their parents. The **March Break camp** was a success with full participation. This was a nice break for parents and a week filled with fun activities for the children. We are also pleased to be offering the **Family Fun Night, Typical Teens and Social Skill Groups** on an ongoing basis - and **Camp Kaleidoscope** is just around the Corner!

We had a successful **11th Annual Rollin' for Risk Bowl-A-Thon** in January. We were able to have good participation and raised more funds than the previous several years. My wife, Carol, and I were among two tables reserved by Children at Risk for the **2nd Annual Ottawa New Year's Eve Charity Ball** presented by Destiny's Way. This was a really fun night and something that we plan to attend again this year. They even had a service to look after children while the parents danced in the New Year! We are very appreciative of these new, fun initiatives designed to help our charity. It is a great way to bring the community together and raise funds at the same time. We will have our 3rd annual **Walking for Risk Walk-a-Thon** this Spring. We are hoping for even more participation and (hopefully) great weather. We continue to be busy with Ottawa 67's 50/50 ticket sales as well as other 3rd Party Fundraisers like Bowling, Darts, Golf, Valentine's Dinner, a Gala and more by groups like **“The Difference Makers – Les Faiseurs de Différence”**, **“ The Inner Wheel Club of Ottawa”**, **Dumouchel Meats & TD Canada Trust.**

The Staff and Board Members at Children at Risk have been quite active this winter, with many ideas for funding and donation initiatives that will help support the many programs we want to offer in 2017 and beyond. We were fortunate to receive a presentation and advice from **Wayne Hussey**, who is a professional fundraiser. We will be utilizing his teachings to improve our fundraising success in the future.

I want to wish all the children, parents and volunteers a wonderful Spring. Don't worry, it is definitely coming!

Mark Lalonde,
Board President



3rd Annual “Walkin’ & Rockin’ for Risk” Sunday, May 28, 1-4 PM

- WHAT:** Fundraising Walk, Auction and BBQ to raise funds for Children at Risk, Ottawa!
- WHERE:** Walk & Activities 235 Donald Street, in back of the building, around and under the covered structure **WITH** Honourary Walk Chair MPP Lisa MacLeod & MC Chez 106’s “Eric The Intern”
- HOW:** Registration details enclosed or visit www.childrenatrisk.ca
- WHY:** To help raise funds to finance Children at Risk supports like Camp Kaleidoscope, Saturday Fun Club, Family Fun Nights, Sibling Workshops, Typical Teen & Social Skill Groups – and More! Children at Risk does not receive government funding and assists over 400 Member Families in the local Ottawa Community – and – most Important – **WHAT IS RAISED HERE – STAYS HERE!**

EVENT FEATURES:

- **WALK** – to be held behind 235 Donald Building – 1K, 3K & 5K - \$25/Adult & \$15/Child (can be paid in Pledges) – includes BBQ & “Pick-A-Prize” Draws For Laps Completed
- **BBQ** – Hosted by Enbridge - to be held behind 235 Donald Building
- **MUSIC** – provided by local band “Glass Onion” under covered Structure
- **INFLATABLES** – large slide & moon bounce
- **FACE PAINTING & OTHER ACTIVITIES**
- **SILENT AUCTION**
- **MARKET PLACE WITH LOCAL VENDORS**
- **PLEDGE PRIZES & DRAWS** - Prizes for Top Pledges & For every \$25 in pledges, Participant receives a ticket for the “Pick-A-Prize” Draws
- **SPRING RAFFLE TICKETS**

2016/2017 Board of Directors

President – Mark Lalonde
Treasurer – Melissa Van Alstine
Secretary – Linda Kwasnick
Director – Carrie Groulx
Director – Walter Davidson
Director – Marca McManus
Director – Rob Gentles

EXECUTIVE DIRECTOR'S MESSAGE

2017 is promising to be one of our BUSIEST years – EVER! When I look at the breadth and depth of all the Info in this Newsletter – what has happened since December – and what is coming up after March – it takes my breath away!! We have been blessed not only to receive Recognition from Donors like **HOPE** and Industry like the **West-Ottawa Board of Trade and Orleans Chamber of Commerce** – but also from several local, grass-roots Supporters who want to help our Cause and raise valuable Funds for Children at Risk! Many of these are smaller Events – but we know it will add up – and we are so excited – as Fun Club, March Break Camp and our Social Skill Groups had no sponsorship this Year – not to mention some reduced Donations for Camp Kaleidoscope.

It will be a tough act to follow in 2018 – but our Board of Directors and our Admin Staff have been also working hard to procure more sustainable and secure funding for our critically-important Services and Supports! As Bruno Mars will croon in “Uptown Funk” – if you “don’t believe me – just watch!”

Brenda Reisch, Executive Director



Children at Risk



March 30th was Special for Children at Risk!

We had been nominated for the **West Ottawa Board of Trade 2017 Business Excellence Award in Community Development** – and we **WON!!**



In attendance with Board of Directors Member **Rob Gentles**, we were able to Profile our Programs and Services to Corporations, Businesses, Restaurants and Service Industry Leaders! This was a Banner Evening, receiving both recognition and accreditation for the critically-important supports we provide not only to Families in the West-Ottawa Community, but across the City and Region – this our 38th Year of Service in this our 150th Year of Canada.

Please join me in thanking our Donors, Volunteers, Staff, Camp & Group Counsellors and most of all our Families – who put their faith in Children at Risk to serve their ASD children diligently, expertly, respectfully and compassionately.



Issue 78

EVENTS/ACTIVITIES SINCE DECEMBER 2016...

**OTTAWA NEW YEAR'S EVE
2017 CHARITY BALL**



2017 started off on the right foot with Children at Risk now attending the 2nd Annual New Year's Eve Charity Ball as a Recipient Charity, along with Journey House! Presented again by Destiny's Way, this year's edition of the Event featured much of the same excitement as 2016 – only BIGGER & BETTER! Guests enjoyed Red Carpet Photos, a delicious four-course meal, live musical entertainment, silent & live auction, charity casino. Attendance almost doubled since the 1st Year, as Ottawa gets to know this Event as a Signature way to ring in the New Year – and support Charity – with more than double the amount of funds raised for both Causes!

For their continued support and generosity, we award the Ottawa New Year's Eve Charity Ball the March Newsletter "Hat's Off"!



Cheque Presentation at BOOM 99.7 FM



Horace Roxborough & Jacqueline Mansell – Founders of Ottawa New Year's Eve Charity Ball



Brenda Accepting a Gift



Dylan Black, MC from Boom Radio



"Ladies of the Ball" from Children at Risk



MIDNIGHT! Happy New Year 2017!!



It was an honour for the Orleans Chamber of Commerce choosing to support Children at Risk with a 50/50 Draw that was held during the Cocktail Hour Casino! The more Casino Chips Members purchased, the more money was raised for Children at Risk! We are delighted to report the 50/50 SOLD OUT – with a **Prize of \$1,000 for Winner Lisa Cruickshank** of State Farm Agency and \$1,000 raised for CAR. The extra special news was that Lisa then donated \$500 of her winnings back to Children at Risk. Overall it was a WINNING night for ALL!



BELL EMPLOYEE DONATION



Bell Canada encourages and recognizes the volunteer work of retirees and employees through grants that provide direct financial support to the organizations for which they volunteer through the **Bell's Employee Giving Program**. Local charities are wholly dependent on the efforts of volunteers and external financial support can have an application for Funds submitted by a Bell Employee. Through Volunteer and Bell Employee **Greg Wildey**, Children at Risk was thrilled to receive a **Grant of \$2,500** at the end of 2016!!

OTTAWA CITY UNION DONATION



INTERNATIONAL ORDER OF THE KING'S DAUGHTERS AND SONS



On January 14, 2017, Children at Risk attended the Annual General Meeting of **The King's Daughters and Sons Ottawa City Union** – where our Founding Donor continued their outstanding support of Camp Kaleidoscope!



Brenda accepting cheque



Bambina receiving Founder's Award

President Walter Davidson presented a cheque for **\$50,000** for our 2017 Camp Kaleidoscope. In 2011, KDS enabled Children at Risk to finally launch our summer day camp as our 1st Large Donors!

Since then, they have continued to support this incredible program with Donations totaling \$415,000 that has now offered 1,355 weekly camp spots for children diagnosed with Autism Spectrum Disorders from 2011 to 2016!!

DONOR SPOTLIGHT –EMPLOYEES GIVING BACK!



PARKS CANADA EMPLOYEE DONATION

Late December it was a pleasure to receive a call from **Jasmin Richer** of the **Parks Canada** National Office. Employees and Members of **Local 70501** looked to the Holiday Season as an opportunity to support Charity and chose Children at Risk to donate **\$300** for our Programs! Jasmin delivered this special gift in person!!

WHITE ELEPHANT SALE



Once again, one of our Families contacted us that the school where they worked, **St. Rita Catholic School**, held a White Elephant Sale to support charities. She again put Children at Risk's name forward to be considered – to raise funds for Camp Kaleidoscope – and we were overwhelmed to receive a generous donation of **\$608.87!!**



We want to thank all those involved with making this special gift happen – and hope that this will give inspiration to our Families to consider Children at Risk the next time your school, company, church or other organization is looking for a worthy cause to support!

11th ANNUAL “ROLLIN’ FOR RISK” BOWL-A-THON



On **Sunday, January 29, 2017**, Children at Risk kicked off our Fundraising by knocking down pins for Autism! Although still not quite a sell-out – our 16 enthusiastic Teams bowled, danced, snacked and

fundraised **\$6,900** in admissions, pledges and raffle ticket purchases! Joan Wiggins returned with her Top Pledge winning Team the “**Alley Gators**”, while Teams Beyblade Ballers and GrandKiddiePoohs Goldstars were runners-up. **Early Bird Team Registration Draw** of 1 night for 2 with Breakfast at Hilton Garden Inn Airport, Cineplex movie for 2 with drink and popcorn, \$25 KS on the Keys Restaurant with Total Value: \$275 was also claimed by the “**Alley Gators**”!

We welcomed back **Ottawa Idol Singers** – **this year sisters Sharlee and Chelsea Palmer** for Post-Bowling entertainment! Heather from **A Little Bit of Bling** gave Bowlers sparkle and pizzazz with her awesome face painting and glitter tattoos!

SPONSORS

Bronze Sponsors:

Kiwanis Club of Nepean & Villa Lucia Supper Club
Honourable Mention - Wubs Transit

Raffle Sponsors:

Wine Station, Ottawa 67's, United Way,
Pam Campbell AVON, Club EG Golf,
Speedy Messenger, KS on the Keys, Moon Energy,
Tiny Hoppers, Cosmic Adventures, Don Cherry's,
Pro Physio, ISO Spa, Ottawa MediSpa, CAA

Grab Bag Sponsors:

Pizza Hut, Roots South Keys,
Entertainment Publications, Pam Campbell
AVON, NAC, Akran Marketing

Prize Bag Sponsors:

United Way, Entertainment Publications,
Pam Campbell AVON,
Shopper's Drug Mart McCarthy, Ottawa 67's,
Cora's Hunt Club, Personal Service Coffee,
Various Other Vendors

Pledge Prize Sponsors:

Ottawa 67's Booster Club, Howard Yegendorf,
Don Cherry's Sports Grill & Pam Campbell AVON

Special Mention:

Walkley Bowling, Grant Ottawa Idol (Eldon Fox),
Sharlee & Chelsea Palmer,
Heather & A Little Bit of Bling

Volunteers:

Alicja, Bambina, Greg, Tracey, Gabriella,
Gillian & Jordan

See Bowling Photos on Page 28.

DONOR'S CORNER

Bruce McLelland Retirement Donations	\$140.00
United Way Centraide Ottawa	\$6,827.48

AUTISM Awareness NIGHT



Local Autism support continued with the 2nd Annual Autism Awareness Night with the Ottawa Senators on Saturday, March 4 when the Sens hosted the Columbus Blue Jackets at Canadian Tire Centre.

Local Autism Charities (who will be receiving funds raised) - including **Children at Risk, Spectrum Intervention Group, Ausome Ottawa, Capital City Condors, QuickStart - Early Intervention for Autism, TIPES, Autism Ontario, and CHEO Autism Program** joined forces with the Senators to host this great experience for groups, families, and children.

It was an excellent night of recognizing our local autism community and bringing acceptance to autism!

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!!

\$1,350 was donated through Canada Helps January to March!



St. Louis Bar and Grill continued their support by donating \$200 of \$25 Gift Certificates for our Raffles and Auctions this year!

Shown below are each location extending their \$500 donation cheque for the Puzzle Piece Fundraiser last October in recognition of Autism Awareness Month in Canada!



LOCATIONS

1331 Clyde Ave Unit 101
Ottawa, ON K2P 1M9
Phone: 613.231.1116
Everyday 11Am-1Am

399 Elgin St Unit 2
Ottawa, ON K2C 3G4
Phone: 613.274.0296
Everyday 11Am-2Am

DONATE A CAR CANADA



Donate A Car Canada accepts vehicle donations for Children at Risk Ottawa to donate a car, truck, RV, boat, motorcycle or other vehicle to CAR simply fill out the DONATE NOW tab at www.donatecar.ca. Donate A Car Canada can provide you with free towing in many areas across Canada. Donate a Car Canada can pick up your car or truck, or you can drop off your vehicle to maximize your donation. When you donate your car it will either be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after everything to make your donation easy for you to support Children At Risk Ottawa. DONATE NOW at www.donatecar.ca and CAR will send you a tax receipt after your car donation is complete! Since September, Children at Risk has received **\$133.85** from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached **\$15, 732.28!** 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!

IL PARADISO FUNDRAISER



On Thursday, March 2nd, **Il Paradiso Spa & Tanning/Strandz Hair Design** (2525 Carling Avenue - Lincoln Fields Shopping Centre) continued their commitment to Children at Risk by holding a Fundraiser with Yelp – “Spring is in the Hair”.

It was be a fun filled (yet relaxing) evening- complete with free mini manicures and massages, vendor tables, drinks, nibbles, and great deals on services!

IL PARADISO FUNDRAISER (Cont'd)

There was also be a braiding bar on site - for a small donation to "Children at Risk", patrons learned how to beautifully braid hair for all spring events! The salon reps & Yelp also put together some beautiful gift baskets as door prizes, along with swag bags for each guest. The Great news was that they hit their goal of **\$850** - to officially can send to KIDS 2 KAMP!!! Stay tuned for another YELP Fundraiser with Tanya and Friends later in 2017!!



What is On Now/Coming:

INNER WHEEL CLUB OF OTTAWA



At the end of last year, I was honoured to be approached by a wonderful group of Ladies (through a contact of Parent Asha Jain) who have formed a chapter in Ottawa of the Inner Wheel. Their Mission is to

“Improve the Lives of Women and Children in the World”. For 2017 – they have taken on Children at Risk as their recipient charity and will be fundraising all year to donate for our Programs and Services. For more info you can go to

<http://www.innerwheelottawa.com>

A red-themed flyer for a Valentine's Dinner. It features several red hearts of various sizes and a string of lights. The text reads: "THE INNER WHEEL CLUB OF OTTAWA Invites you to attend a very special VALENTINE'S DINNER INCLUDING FULL MEZZA, GRILLED PLATTER, DJ, BELLY DANCE Friday, Feb. 10th, 2017 @ 7:00 p.m. @ El-Mazaj Restaurant 5307 Canotek Rd., Gloucester, ON, K1J 9J3 TICKETS : \$ 45". At the bottom, there is a logo for "Children at Risk" and the text "ALL PROCEEDS ARE GOING TO CHILDREN AT RISK AUTISTIC KIDS". On the right side, there is a list of contact numbers for tickets: "For tickets: Rima 613.866.0518 Ruba 613.869.9363 Amal 613.889.4422 Maha 613.301.9368".



On February 10, 2017 – the Ottawa Inner Wheel Club held its 1st Fundraiser for children at Risk – a Valentine’s Dinner that was SOLD OUT – with delicious, non-stop food, dancing and Entertainment with Belly-Dancing!

More about Inner Wheel:

Internationally, Inner Wheel is one of the largest women’s service voluntary organization in the world that is active in more than 103 countries. Inner Wheel has more than 103,000 members in 3,895 Clubs worldwide.

The Ottawa Chamber Club is one of the most active clubs in Ontario’s District (#707). Founded by Mrs. Rima Kawar in July 2014, Inner Wheels’ main objectives remains to Promote True Friendship, to Encourage the Ideals of Personal Service as well as to Foster International Understanding.

Each year, IW chooses a beneficiary where all the proceeds go to. For 2017, we have chosen Children at Risk, Ottawa!

In 2015, Inner Wheel Club of Ottawa raised over 5000 \$ CAD for the Canadian Cancer Society. In 2016, Inner Wheel Club of Ottawa raised over 9000\$ CAD for the Canadian Institute of the Blind. In 2017, Inner Wheel Club of Ottawa aims to raise greater funds for this year’s beneficiary-Children at Risk Organization-Helping Autistic Kids in the Ottawa region.

Thank You & Regards,
Rula Sharida, IWC Secretary/District Editor

Their next Event is a 2nd Fundraiser planned for our Charity with their Dinner Gala on May 5, 2017. We are hoping that some Parents and/or Supporters can show this marvelous group of Ladies how much we appreciate their Support by booking tickets for this Event!! Please let me know if you are coming so I can get tickets reserved!





The Inner Wheel Club of Ottawa

welcomes you to attend its

Annual Gala

Friday May 5th, 2017

St. Elias Cathedral Banquet Hall

750 Ridgewood Avenue, K1V 6N1

Doors Open at 7 pm

Live Entertainment - Seated Dinner - Raffle Prizes

Ticket Price \$75

Proceeds will be donated to Children at Risk Charity (Helping Autistic Children)



The Inner Wheel Club of Ottawa will be hosting its *Third Annual Fundraising Gala* on Friday May 5th, 2017 at St. Elias Banquet Centre. All proceeds will be going to CAR Organization-Helping Autistic Kids in the Ottawa region. The Annual Gala succeeds in collecting the most funds throughout each year and ensures Diversity and Multiculturalism at such occasions. Patrons will enjoy a lovely meal, a Raffle with Stellar Prizes and Entertainment that includes Belly Dancing, Bollywood Dancers, Brazilian Dancing and More! Tickets are 75\$ - Contact Children at Risk to reserve yours!!



Ottawa Airport Authority Coin Collection for CAR – March-April 2017

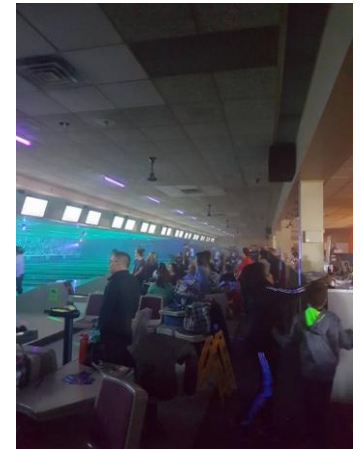
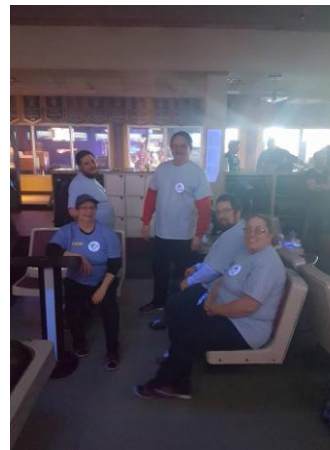
THE DIFFERENCE MAKERS – LES FAISEURS DE DIFFÉRENCE



Recently Children at Risk was approached by Michel Lalonde – he is part of a group of 7+ friends (The Difference Makers – Les Faiseurs de Différence) who have, for the last 10 years, doing fundraising events like Golf tournaments, Darts, Bowling and Selling Chocolate, and all the proceeds were donated to Marie Vincent Foundation, Robert Smart Center and Ottawa-Vanier Food Bank. For the 10 years they have raised over \$300,000! This year, they want to make sure the money they raise goes directly to Kids in Ottawa!!

So - For 2017, The Difference Makers – Les Faiseurs de Différence want to raise fund for Children at Risk!

Their 1st Event was Sunday, March 12 – Charity Bowling in Orleans where a record-breaking number of 20 Teams rolled the afternoon away for Children at Risk! A 50-50 raised even more funds – along with Team Loot Bags and Door Prize Draws – a GREAT time was had by all!



THE DIFFERENCE MAKERS – LES FAISEURS DE DIFFÉRENCE (Cont'd)

Their 2nd Event was a **Dart Tournament** on **Sunday, March 26th** at the Lunagan's Eatery and Pub. As well as a Participation Fee, this also **SOLD OUT** event raised additional funds with another 50-50 – where the winner donated **ALL** the funds back – and a Silent Auction that raised over \$1,300!



THE DIFFERENCE MAKERS – LES FAISEURS DE DIFFÉRENCE (Cont'd)



The 3rd Planned Event is **The 11th Annual Charity Golf Tournament** on **Monday, June 19th 2017** at the Hammond Golf and Country Club, located at 600 Golf Rd Hammond, Ontario.

Attached you will find the Registration Form.

Cost is \$125/golfer.

Registrations up to May 19, 2017 or before – as this promises to **SELL OUT** soon!



<http://www.hammondgolf.com/>



VOLUNTEERS FOR DRAGON BOAT FESTIVAL

Children at Risk was honoured to be a Recipient Charity for 2014 and 2015 with the Ottawa Dragon Boat Foundation for the Dragon Boat Festival.

We raised \$25,000 for two years for our summer day camp, Camp Kaleidoscope with this partnership and our Volunteers!

Although we are not involved this year with the Foundation/Festival as a Recipient this year, we are asking our Members and Supporters to continue to get involved, if possible...we have an opportunity to ask for additional funds this July – and criteria like continued support of the Foundation and Festival with Volunteers is part of the application!

Below is the link to sign up – it is quite easy – I just signed up my husband Jeff and I for shifts at the Concerts...but note that the on-line requirement is to sign up for 3 shifts (this has become standard for most Festivals). However, we would be grateful if you could offer even just one shift – in this case put a note in the Comments Box if you need to drop 1 or 2 shifts.

For those who volunteered that last 3 years, many thanks and hope you can come back this year too – for those who are new to Volunteering for the Festival – it is a terrific Event with many activities in which to participate and watch – including the actual Dragon Boat Races and the FREE concerts. I found it to be very wholesome and family-oriented – not the total Party atmosphere that some Festivals have...

So if you can spare a few hours between **Friday, June 16 - Monday, June 26, 2017** (includes set-up, Festival and tear-down) – we would be so very appreciative!

P.S. Make sure to put that you are volunteering for Children at Risk in the box when filling in the Registration!

If you would like to register or share volunteer registration, here is the general link for registration https://marcatoapp.com/forms/ottawadragonboatfestival/volunteer_application/new

Here is a link to a FAQ in case you have questions completing the registration form

<http://marcatoapp.com/asset/920222>

If you have any questions please contact the Volunteer Services Team at 613-238-7711 x 222 or

volunteer@dragonboat.net

ICE DRAGONBOAT RACES (February, 2017)



2017 H.O.P.E. VOLLEYBALL SUMMERFEST



Children at Risk is THRILLED to again be chosen as a Recipient Charity for this Year's HOPE Volleyball SummerFest!! Although the date of **July 15, 2017** seems far away now – we will soon be tasked with signing up 50 Volunteers to fulfill our Obligation in order to secure a Donation of **\$25,000** for Camp K in 2018!

You can look at our **Volunteer Assignments** below, let us know your chosen shift and send us:

- Volunteer's First & Last name,
- Contact number,
- Email address,
- Emergency Contact First & Last name
- Emergency Contact number,
- Age, if under 19
- plus any special notes (X wants to work with friend Y, needs accessible location, etc.)

Volunteers also have a requirement to attend the Orientation session on Wednesday, July 12.

a) Greeters

Working in a buddy system, the Greeter volunteers provide a visible security presence and help monitor the event grounds and entrances. Activities and responsibilities include:

- Providing site information and direction and informing attendees of site regulations
- Verifying access passes at service entrances
- Assisting professional security in the enforcement of site regulations (patrol fence lines to prevent participants and spectators from bypassing the gates, and verifying bracelet access to assist with crowd control in the concert area)
- Reporting safety and security concerns to supervisors/professional security/police

Shifts: 7:30 am – 1:30 pm = 2 x 15 volunteers
1:00 pm – 7:00 pm = 2 x 15 volunteers

2017 H.O.P.E. VOLLEYBALL SUMMERFEST (Cont'd)

b) Score Keepers

A Scorekeeper will interact with the players on a Competitive or Corporate court, starting and ending games, awarding points and ensuring a game's score sheet is delivered to the referee tent for recording of the results. No experience is required – training will be provided. All courts will have a group coordinator to assist you, and court runners are also available for support.

- Start games on time
- Ensure games are played according to HOPE tournament rules
- Calculate scores to determine which teams are in the playoffs and inform the team captains.

Shifts: 7:30 am – 12:30pm = 2 x 10 volunteers
12:00 pm -- 5:00pm = 2 x 10 volunteers

ADVERTISING

**EYE
CARE
FOR YOU**

**Dr. Linda Kwasnick
OPTOMETRIST**

7778 Jeanne D'Arc Blvd

613-837-4043

www.oreansoptometry.com

Your Ad
Here

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

VOLUNTEER SPOTLIGHT



Dr. Linda Kwasnick and her husband Mark Bottomley have been Members of Children at Risk for almost 12 years! Frequently, we have seen Linda and her Family (Mark and sons Darcy and Evan) support CAR with numerous Volunteer commitments like

50-50 at Sens games (although they live in Orleans!), HOPE Volleyball SummerFest, “Walkin’ & Rockin’ for Risk” and more. Darcy also recently graduated University and has been Volunteering in the CAR Offices and for March Break Camp, too! Linda feels strongly about supporting Charity and making a difference in the community, both locally and globally. Her commitment to Children at Risk now includes our Board of Directors, where she has assumed the duties of Secretary, despite her busy Family and Business life – with her Orleans Optometry “Eye Care For You” Practice that has served Orleans Families for over 30 Years! Last January, The Orléans Chamber of Commerce and the Business Excellence Awards (BEA) organizing committee, judged by an independent panel, awarded Dr. Kwasnick Healthcare and Wellness Professional of the Year. The award was announced at the Business Excellence Awards gala on Thursday, January 28th, 2016. Dr. Kwasnick is the first Optometrist to receive this award in Orléans. Children at Risk values not only Linda’s contributions to our Charity, but her passion and professionalism are assets that can only help to make CAR better and stronger. Join me in thanking Linda for all her Past, Present – and Future Endeavors with and for Children at Risk!!



Rice Krispies Easter Cups

With Easter coming up – this seemed like a seasonal item! The best part was the Cadbury Eggs on top. You don’t have to use this candy for yours but they were really yummy. You could also use Robin Eggs or even Easter M&Ms. If you are looking for a fun and simple Easter treat, try this recipe. I know you’ll love it!! Serves: 16 cups



Ingredients:

- 1 - 16 oz. bag Marshmallows (mini or regular size)
- 7 cups Rice Krispies
- 2 TB butter
- Easter Egg Candies

Butter cream frosting

- Green food coloring
- ½ C. Unsalted butter
- 3-4 C. Powdered sugar
- ¼ C. Milk
- 1 tsp. Vanilla

Instructions:

- Grease cupcake pans and set aside.
- Melting marshmallows and butter in a microwave safe bowl (I cooked mine for about 2 minutes but kept a close eye and made sure they weren’t puffing up too much and falling out of the bowl.)
- Stir together until well blended and pour in Rice Krispies. Stir until well combined.
- Pour into greased cupcake pan and press down with wax paper. Let set for half hour.

Frosting:

- Combine butter, milk, vanilla and 2 cups of your powdered sugar in a large bowl. Mix till smooth and creamy, about 5 minutes. Then add the remaining powdered sugar and food coloring of your choice.
- Pipe your frosting into your cookie cups and top with Easter egg candies. ENJOY

From: <https://lilluna.com/>



March Break Camp

Helping autistic children and their families

Hiring sufficient staff to offer March Break Camp to as many Families as we can has always been a challenge! We employ many University and College Students – and they do not have the same Break. Those working in the school boards need to use that week to rest, recharge or have Family time - especially if they are signing up for Camp Kaleidoscope in the summer!



We set out to have in place Group Leaders for 4 Groups and enough Counsellors to provide 1:1 or 2:1 where necessary for 36 Campers. Those 36 spaces filled up within a few days of the application going out so every effort was made to accommodate everyone that was on the wait list.

In the end - we had 6 Group Leaders organizing schedules to provide 45 Campers with a week packed with fun activities and 41 families with the break that they were looking for. Even a few Campers needing the 2:1 had the support they required.



This was only made possible with the concerted efforts of the 62 people that worked that week: 7 were Camp Kaleidoscope Counsellors some coming in from out of the city to stay with relatives for the week; 18 answered our advertising and were working with us for the first time and the remaining were those who are part of our dedicated Saturday Fun Club team. Only 34 actually worked all 5 days and even some of those had to leave early to attend late classes or other work commitments. Others came in where they could for a few days straight or odd days; a few worked half days around their courses, some just to cover the non swimming Counsellors so that we always maintained a minimum of 1:1 ratio in the pool with Group Leaders on deck. We also had a couple of terrific volunteers who were with us all week. Remarkably on the Wednesday when everyone was dealing with getting around in heavy snow, only three didn't make it in, two had car trouble and one stayed at home also with a camper so we had plenty of staff as not all campers made it in either.



The day before Camp opened, Sunday, was a busy day: A morning of setting up the 6 Group rooms, a staff break room, and quiet rooms and putting up name plates on all the campers lockers. In the afternoon we had 4 hours of training for new staff and those that hadn't taken the Camp Kaleidoscope training. Later all staff attended for a couple of hours to go through the Camp philosophy, expectations for staff and then broke into their groups to meet with their group leaders to go over the Campers and the schedule of activities. Everyone went home excited for the week ahead.



When we were planning on having 36 campers, we were faced with just a few too many for the WUBS school bus that we hire for our off site trips. The solution to this was to have a “Camp within the Camp” for the Higher Functioning Teens that were able to go out on public buses. At first we thought to have Families apply for an Attendant card to cut down on costs – but the timeframe was too short with a doctor’s signature required.

Brenda then contacted OC Transpo and we were extended re-usable passes for the week for the 9 Campers, their 9 Counsellors and their Group Leader for trips out for the week. All 9 families agreed to pay a higher Camp fee so an Outings orientated Camp was organized!

CAMP WITHIN A CAMP

Monday: The plan was to walk to the Vanier Loblaws and have a tour of the premises and a talk about healthy eating. Unfortunately the coordinator was taken ill but the group still went and did the shopping for all the cooking and baking activities they had discussed and agreed upon that morning.



Tuesday: In honour of national π (pi) day, the group made a chocolate chip cookie dough pie which they ate with vanilla ice cream. After lunch they caught the bus to St Laurent Mall and went to see a movie. Only Moana fitted in best with the times of camp but all campers enjoyed the movie whilst munching on popcorn.

Wednesday: Despite the snow the group made a successful trip to the Gloucester Wave pool to enjoy the wave swim and slides. On the way back the bus ride plans got changed up with a cancelled bus. Parents were contacted and some were sent to the mall for pick-up. One family brought back the Group Leader who went back up in a car to get all the remaining Counsellors.



Thursday: Now comfortable with the bus schedule - a more complicated journey was made to the Laser Quest on St Laurent. They provided 3 games for the price of 2 so campers had plenty of time to improve on their shooting skills and no one had a meltdown (at least from our Camp group), cannot say the same for the general public players! As the rest of Camp was off site that afternoon they had the place to themselves to enjoy the Gym, Nerf Gun games and made Brownies which they had for afternoon snack with ice cream.



Friday: In the morning the group again took full advantage of the rest of Camp being off site and having the gym and kitchen to themselves. Everyone made wraps filled to their personal tastes from the ground beef, grated cheese, sliced tomatoes, chopped onions that they had all helped to prepare and some added a dollop of sour cream. In the very sunny afternoon there was a quick walk over to the McArthur Bowling alley for two hours of unlimited games of ten pin bowling.



This pilot project was a great success and something to be considered for the summer and again next March Break as our philosophy is to provide the same fun and enjoyment that is afforded to Neurotypical youth but with the support in place to have everyone safe and successful.



MAIN CAMP

The other 5 Groups were just as busy having lots of fun. The Hardini centre gym was in constant use with groups going in for organised games or to play on the array of scooters and plasma cars and good use was made of the snow with sledding. Each day had a theme which factored into the cooking activities and crafts. The green for St Patrick's Day was embraced with green cupcakes and scavenger hunts for lucky coins and four leaf clover crafts, everyone had the luck of the Irish.



The Main Camp Campers weren't cooped up in the building. Luckily two buses were available from WUBS so the main Camp spent Tuesday afternoon at the Plant Recreation Centre Pool and Thursday we headed over to Cumberland to the Proulx Sugar Bush. Whilst there, the Campers enjoyed checking out the farm animals in the barn, playing on the structures and then headed off to the restaurant for a couple of pancakes each with plenty of Maple syrup and to eat their own packed lunches. Once outside there was a tour of the production facilities and Campers and Counsellor all got to taste the Maple Syrup taffy - the one thing that no one minded waiting in line for as it was delicious! Some then headed back on the wagon to the play structures and the first bus back to camp whilst others stayed on to check out the walking trails and then got the wagon back to the waiting bus. The fresh air and walking in the snow had some younger Campers having a hard time keeping awake.



Friday morning the main Camp walked over to McArthur Bowling Alley where we had 7 lanes reserved for two hours of unlimited bowling. We had the bumpers put up to prevent gutter balls so that the Campers could really enjoy knocking down the pins, some were surprisingly accomplished bowlers. The walk back was a chance to enjoy the beautiful sunny day.



Although just a week, which seemed to fly by, Counsellors were sad to say goodbye on Friday afternoon. For many it was see you later as a number are joining the Saturday Fun Club Team and others cannot wait until the Counsellor Camp Application becomes available for Camp Kaleidoscope this Summer!



Parent Testimonials

“If it was not for Children at Risk’s March Break Camp, we would have had to hire a babysitter for the entire week, which would be prohibitively expensive. For a fraction of this, March Break Camp provided care for our autistic son for the week, allowing us to work. What’s more, he loves going there. It’s a win-win proposition!”

Stephen



“This 2017 March Break Camp, run by Children at Risk, was our son Liam’s second year of attendance. We are still smiling, re-visiting the picture in our heads of Liam “freaking out” after being dropped off at camp the first day (this first day anxiety response was short lived we were assured), to Liam singing and skipping up a storm, reluctant to leave the building and staff on the last day of camp. We are so grateful to the engaging staff and attribute this resoundingly positive experience for Liam to the care and attention the counsellors provided him. To have this camp option with one-on-one care is invaluable. For Liam and all the special kids that attended, it is an amazing opportunity for personal growth as the outings and activities expose the kids to things that they have not seen or done before; a piece of independence away from their parents. Biggest Thanks!”

Marca & Paul



“My grandson did not hesitate to say “yes” when asked about March Break Camp at Children at Risk - this says a lot about the quality of staff and program. We were Blessed to have access to this 1:1 program. The staff took into account all of my concerns and accommodated my grandson to ensure he had a good time. It was excellent, exceeding expectations once again.”

Paula



“Our son loves participating in the programs offered by Children at Risk. He struggles with social situations and it is very difficult to get him involved and any group interaction. When it comes to Children at Risk, he is eager and excited to participate. As a parent, it is very comforting to know he is in a safe, engaging and well planned day. The skills he learns while at play are helping him in situations at school and the community.”

Pam

“Once again Dawson had a wonderful time at March Break Camp. It gave our family some much needed respite and gave Dawson the opportunity to have some fun, socialize and go on some amazing outings! Kudos to all the wonderful staff!!!” **Judith & Donald**



“I am Iris's mom. I write this to express my thankfulness for the very positive experience that Iris had in her March Break camp.

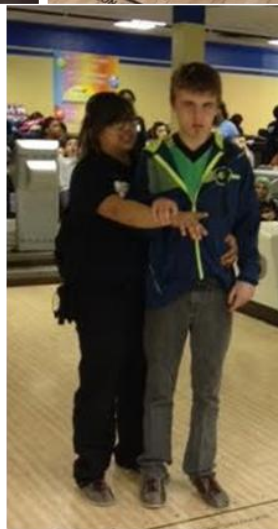
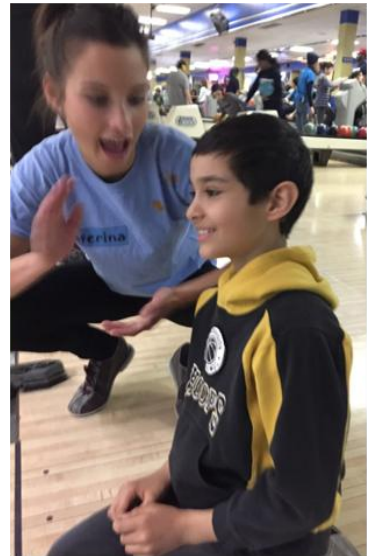
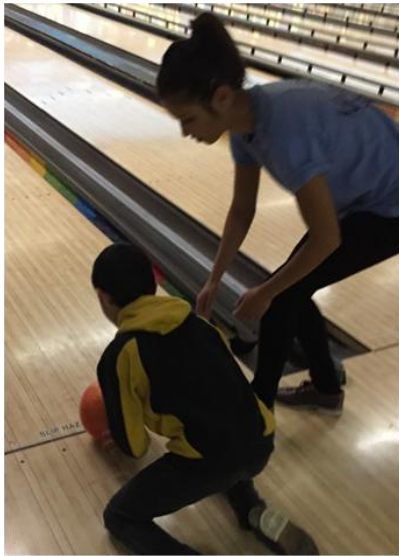
Actually it was her first full day camp; my husband and I were so worried that there might be a lot of tears and protests. However, the transition was unexpectedly smooth. Obviously the two previous sessions in your Saturday Fun Club program had established trust and bond. Although she was not able to tell us verbally, we could tell that she had a great time every day in the camp from her.

Actually it was her first full day camp; my husband and I were so worried that there might be a lot of tears and protests. However, the transition was unexpectedly smooth. Obviously the two previous sessions in your Saturday Fun Club program had established trust and bond. Although she was not able to tell us verbally, we could tell that she had a great time every day in the camp from her interactions with her worker and from her mood when we picked her up. Iris used to be afraid of indoor pools because of the smell and the noise; so when her worker told me that she entered the pool with other campers and did not want to leave the water at the end, I could not believe my ears. We were so pleased to hear that she could engage in most group activities and follow the routines. We believe her subsequent sessions in your Saturday program will definitely help her to get ready for the upcoming full-day kindergarten in September. I will register her for your summer camps as soon as the registration is open.

Thank you very much for taking Iris, for your fabulous programs and workers. I will highly recommend CAR to parents who are hunting for special social programs for their children.” **Lilou**



Fun Bowling





Summer Day Camp 2017

Children at Risk will again be offering an **all Day Summer Camp** for children diagnosed within the Autism Spectrum Disorders (ASD) for the Summer of 2017. Graciously, **The King's Daughters & Sons (Ottawa City Union)** have agreed to continue as our Major Funder – and along with a donation from **the Unity for Autism Foundation**, fundraising and other private donors, plans are again for 5 weeks of Camp this summer!

Individuals with any level of Autism have difficulty with Summer Camps due to their social and communication deficits as well as their unique behavioural challenges. Add in “Severe” Autism and “High Needs” and the situation is immeasurable in complexity. To adequately service the target clientele the camp needs to be a “specialized camp”.

We would also like to note here that we differentiate between level of functionality and need, as we had many Campers last year who had diagnosis of high-functioning Autism and/or Asperger Syndrome – but also were high-needs due to behavioural challenges, often making it difficult for them to participate in a camp for typically-developing children.

Children at Risk's objectives with a Specialized Camp is to provide a recreational camp which, through expertise and proven techniques, will accommodate the deficits of autism such as communication, socialization and behaviour seamlessly whilst allowing the Camper to have the stimulation, excitement and fun that summer camp is renowned for and an understated right of any child regardless of the severity of their disability. Too often children with severe Autism are denied access to programs and/or if access is granted, the parent must pay extra to send a 1:1 worker. This discriminates against a child with higher needs and penalizes both the child and their family by not having this opportunity that is available for typically-developing children!

Our Camp Spaces are limited - with plans for only 50-55 children per week.

Our Camp employs qualified, experienced staff and offers a 1:1 and 2:1 supervision ratio. Ages 4-20+.

Cost: With the high level of supervision and experienced staff, Camp Kaleidoscope's parental contribution per 5-day week would have been \$600. However, due to the generous funding of our donors – who, along with Children at Risk, wish to assist the Autism Community families with camp opportunities that are affordable and accessible, we are able to offer the following rates: **\$425 for Full Week, \$340 for 4-day week.**

NOTE - Due to High Demand & Limited Funding, Only 2 weeks can be offered at above super-subsidized price – additional weeks may be offered for Returning Campers (contingent upon camper's needs, staff availability & funding) at \$550/week (\$450 for week #5)

NEW - Due to the additional administration required – billings to a 3rd party funder (Service Coordination, Children's Aid, etc.) will be subject to a \$20 fee.

NEW - Campers new to Children at Risk will only be offered a **Maximum of 2 Weeks** of Camp to start, due to the High Demand.

If you would be looking for additional weeks and we have Staff and Space Available – we may be able to offer them - but only after Camp has begun.

Intake Interviews will take place prior to confirmation of Registration.

Camp Weeks: July 10-14, July 17-21, July 24-28, July 31 – August 4, August 8-11

Camp Location: Lester B. Pearson Catholic High School, 2072 Jasmine Crescent, East-Central Ottawa

Times: Camp 9 AM to 4 PM, - before and after care available 8 AM to 5 PM (at no extra cost)

Please see the attached application for more details! **Returning Campers only need to complete the 1-Page Application. New Campers must complete as well a detailed Intake Form** (to be supplied).

Applications for NEW Campers will be taken up to April 28 (please complete both forms), Returning Camper Applications are due May 12, 2017 (complete short form).

The Camp will address three main areas:

1. **The Camper-** Provide a safe, accommodating, non-judgemental day camp for the Autistic child. Provide the camper with the opportunity to improve social skills, sense of autonomy, leisure skills and play repertoires and possibly make life-long friendships. Objectives include:

- Maintaining or improving the child's functioning level
- Maintaining or improving existing skills and/or to develop new skills
- Continuing the child's school program or routine

2. **Parents & Siblings** - Benefit parents by allowing them the reduced stress from knowing that their child is with understanding individuals who will accommodate their child and not expel them from camp for the slightest infraction of social behaviour. This also provides the parent the benefit of knowing that they have a number of weeks where they can maintain their normal working hours and not use up their full annual vacation time to supervise their child. Also to provide families with the opportunity to spend dedicated time with Siblings that in many families, unintentionally suffer due to the demands of the child on the Spectrum.

3. **The Community** - Extend Summer employment to Educational Assistants and provide EA's and Special Education Teachers with appropriate training pertinent to the ASD Spectrum and provide hands on application in real life situations that will benefit all children that they teach and especially those on the ASD Spectrum. Educate younger camp counsellors on the complexities of the ASD field and assist to make informed decisions about continuing in this area through higher education for i.e. ABA, OT, SLP employment or hands on activities.

Brenda Reisch, Executive Director, Children at Risk, Ottawa

613-741-8255

car@childrenatrisk.ca

THANK YOU'S



“Thank you so much for the Disney on Ice tickets for our family of 4. We all enjoyed ourselves immensely! The children were mesmerized by the show, and did so well! As expected, one was focused

on the characters, while the other also became engrossed in the staging, lights, and production. Again, our thanks for the last minute tickets!” Zachary and his cheering section – mom, dad, and Rylie

We would just like to thank you for the tickets to Disney On Ice. This is something we would not have otherwise experienced, and our son really enjoyed it. We don't generally get the chance to do things like this, and it was so beneficial for him, and for us to learn more about his limits and likes. We were so grateful for the opportunity. We had a fantastic time and really, can't thank you enough!” Tammy & Family

“My son said he was too old for Disney On Ice but when he got home he let it slip to his dad that he had really enjoyed going. Being on the 100 level really helped as past events on the 300 level had been met with "it's too far to see anything". At one point I said to him that I was frozen, He responded with "that's a classic" so I said I was classically cold. He said I was indeed a classic as I was born in the sixties! Thank you for the donated tickets as we were able to enjoy a fun evening out together that we would otherwise not have risked attending in fear of spending valuable monies and not having it work out...!” Hazel



“A huge thank you from 2 little girls and one happy mom. Mariah has had recent medical issues making it impossible to go out most of the time and her friend Amelia has a rare kidney disease which makes her susceptible to illness. They spent the whole show laughing, dancing, and making friends with the kids around us. Everyone around us was smiling and carefree, what a great experience! Melissa

“I want to send you a HUGE thank you for the ticket donations!!! This was the first time for Omar to attend a show like this and he was super excited and had such a wonderful time!!! It really was a great experience. Thank you again.” Muna

“Thank you, Children at Risk, my family really enjoyed the Disney on Ice. My son is 23 years old and still enjoys all the Disney classics. He happily sang and clapped along. He was entranced with Peter Pan flying through the sky. I also want to thank you for the 100 section seating, it was perfect for him. He usually gets very stressed having to climb the stairs due to peripheral vision sensitivity. This section did not cause anxiety and he was able to relax and enjoy the show. My daughter who is 19, thought she would be too old for this show but also loved it. It was a great family evening. Thanks again!” Cindy

Thank you so much for the tickets to the Disney On Ice show . My daughter Melanie (who can't sit through a movie) was over the moon happy with the show. She remained engaged and sang a few words ,which is a big accomplishment for her so thank you on so many levels! It was the best yet !!!! Melanie was so happy. She has never enjoyed anything more .? Maybe it's her age ? I think it was the show !!” Carrie

“OMG Disney on ice was fantastic this year!! We had a great time! It's only through Children at Risk and the donation of tickets they receive that my family has been able to attend this event! Many thanks♥♥!” Tracy

“There are no words to express the thank you I feel for being able to attend the Disney On Ice Show... The smiles and excitement on my son's face throughout the show was priceless. I have attached a couple pictures of our night. I had tears in my eyes a few times, it's very rare we can do something as a family and have Jakob enjoy it. From the bottom of my heart THANK YOU Feld Entertainment.♡”

Angie

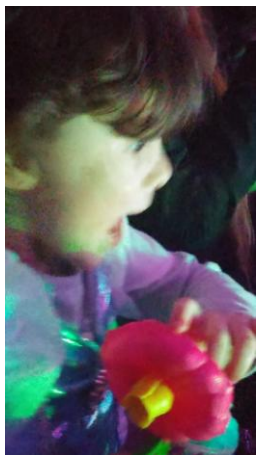


“It was a really nice show. We had a great time. The one thing that stood out was that the autistic kids did not stand out! They fit right in and looked like they were having a really fun time. At various events and socials - such as sports, church, group meetings, picnics, on the bus, in the mall, and the like - autistic kids are noticed because of their spunk and zeal where everybody else is busy trying to be socially correct. At this event there were so many children, and it was encouraged by the organizers, that people were allowed to be happy and excited without trying to be overly socially restrained. About half an hour before the show started we noticed there was a family in the same row as us. In that family was a skinny little guy about 5 years old and his younger sister. He was autistic and very excited to be there. As they took off their coats and got settled into their seats it seemed as if his grandma was trying to fix his hair (he had fly away hair from the winter hat he had been wearing). The music was playing, Disney music that he loved, and his little hips were shaking all over the place. His head was steady in her hands as she fixed his hair but his little butt was wiggling toward us in time to the music. A young girl who was sitting in front of us had a princess hat and dress. She was about 14. She was autistic. She seemed to be a real princess to her doting dad and she seemed very proud to be there. An autistic boy who ended up sitting in the row in front of the princess was about 12. He was there with his mother.

During the show he would jump up and start clapping, cheering, and dancing when characters would skate on the ice. It was only for a few seconds but he would block her view and our view, a bit, as well. He was having a great time but he didn't really think of people sitting directly behind him. The princess girl gently tapped on his back after a few times of him doing this and he turned around almost startled that there were people behind him. He sat down quickly. Someone else skated onto the ice. He jumped up and did the same thing only this time he turned around quickly and sat back down. Still, with a big smile on his face. The next time someone skated onto the ice he jumped up again but immediately turned around, looked at us, and sat back down with a big smile on his face. The next time only his arms went up, and he turned around to the princess and smiled. The next time he clapped and cheered while sitting and turned around to the princess and smiled. All the while she acknowledged him and eventually he just sat in his seat and cheered, clapped and hugged himself with excitement. I think he was totally thrilled that there were princesses skating on the ice in front of him and a princess sitting directly behind him. I said at the beginning that the autistic kids did not stand out. Their zeal and enthusiasm were specifically required at this event, and by all the people. The organizers encouraged fun and excitement. The fact that all the kids are able to dress up, laugh out loud, cheer and have fun, made us all fit in together. The ones trying to be too socially correct were the ones who stuck out. It was like camp day. Having all those children there, of all ages, made the real essence of these autistic kids come to light. The playful energy, the awe factor, the downright excitement. Everyone was able to throw off our inhibitions and sing, dance, smile, clap, shout, and wiggle our butts!, all the way through the event. What a wonderful blessing to see these autistic kids in their element. Thanks again!” Ron and Laura

“Thank you so much for giving my two young sons the opportunity to experience their first live show. They were ecstatic to see all the Disney Characters and loved every minute of it. We appreciate your donation and want you to know that it went to good use. My sons now have memories of a great experience at the show! We look forward to your continued support.” Mandeep

"I want to thank you - Children at Risk and Feld Entertainment for the wonderful opportunity last night of the generous donations of tickets for DISNEY ON ICE. I was very lucky to get to hand out the tickets and see the



faces and hear the excitement from the children and families that got tickets. To many families having children with Autism they can't afford tickets to events and seeing the appreciation on their faces and knowing they will get even a slight break from day to day realities is priceless trust me I know. I got to bring my granddaughter to her first DISNEY ON ICE for her family is one that can't really afford tickets her reaction will be forever in my

mind and what a treasured memory for her as well as me. I included a picture of Dahlia and her excitement as the stars came out on the ice. I also got to hear many of the kids who benefitted from these tickets sing along with the music my son Skyelar as well who is high functioning belt out the tunes and some even up dancing. Again, I cannot Thank you enough for this wonderful opportunity. FOREVER GRATEFUL!" Kim

"Please pass along my thanks to Feld Entertainment and let them know how much my family and I enjoyed the show. The Frozen Finale was amazing and the seats were fantastic. Thanks again!" David

"We had a wonderful time at Disney On Ice! Getting these tickets gave us an opportunity we wouldn't have had otherwise. The kids had a blast seeing their favourite movie characters come to life! Thank you so much!" Mary Clare - aka Nathan's mumma

"Thank you so much for the Disney tickets. It is our first time going to see a live show with our kids and they didn't cry or tried to get out. We were glad to be there as a family and we have hope that we can do it again. We could see the amazement and joy in our kids eyes. It was an amazing feeling. Thank you!" Maria, Stephane, Miguel and Isa.

"Thank you very much for the Disney tickets. We loved the show :) Lana was soooooo happy!!" Iman

"To Feld Entertainment - Thank you so much for giving the opportunity to my boys to attend Disney on Ice. It was actually one of my boys birthday and it was a great birthday gift. You made his day :). Thank you for your generosity!" Noura

"Thank you Feld Entertainment for your free ticket donations! My son, Chase, has autism and likes very limited number of entertainment events, but Disney on Ice is one of them. He really loved yesterday's show. Since we shared our pictures and videos on social media, a number of our friends have purchased tickets to see the show. We hope your show in Ottawa will continue to thrive year after year!" Chen

"I just wanted to thank you for the tickets to Disney On Ice. Our kids had a fantastic time. It's something we thought of taking them to but couldn't really spend the money on it. Please thank the company (or companies) that donated the tickets and let them know how much it meant to us. Thank you again for a wonderful evening!" Michel



"I just wanted to let you know that we had fantastic time at the game this afternoon at the Ottawa 67's Game! This is our first time as a family to watch a game after the development of Lansdowne. The seats were so great that we could see hockey players so close. The arena feels relaxed and my active kids did not feel restricted and really enjoyed themselves. We should come back again as a family. Thanks very much!" Kevin

"Just wanted to send out a big thanks for the tickets to yesterday's game. Markus and I had a great time despite them losing. Thanks." Rachelle

Happy Mother's Day to ALL our Super "Warrior Moms"

This is what a WARRIOR MOM looks like!



1. Because they never thought that "doing it all" would mean doing this much. But they keep going, do it all, and then some.
2. Because they've discovered patience they never knew they had !!!
3. Because they are willing to do something 10 times or 1,000 times if that's what it takes for their kids to learn something new.
4. Because they have heard doctors tell them the worst, and they've refused to believe them. Instead they continue to search for that doctor who knows how to help their kid.
5. Because they have bad days, meltdowns, and cry their eyes out, especially at PMS time. But they pick themselves up and keep right on going.
6. And when they don't feel it, they fake it. They manage to keep themselves together and look pretty damn good. Heck, they even make tie-dye and sweatpants look like a fashion statement.
7. Because they are strong. Who knew they could be this strong?
8. Because they aren't just moms, wives, cleaners, chauffeurs, cooks, or women who turn on the music and dance. They are also physical therapists, speech therapists, occupational therapists, teachers, nurses, pharmacists, scientists, nutritionists, researchers, coaches, cheerleaders and amazing problem-solvers.
9. Because they understand their kids. They trust their instincts, and know their kids better than anyone else. They know what that kid needs even when their child can't tell them what that is and has no speech at all. They still know.
10. Because just when it seems like things are finally going in the right direction, and suddenly it isn't OK. But they never give up on their kids, and they deal. They march on even when it seems like their heads or hearts might explode.
11. Because when they look at their kids, they never see kids with autism. They only see kids they adore, and will move heaven and earth to support.
12. And God help anyone who tries to get in their way!

I wrote this blog for our "Warrior Moms." <http://autism-and-treatment.com/2016/12/21/warrior-moms-rock/>

Please share it with those special warrior moms you know!

Marcia Hinds 805 497-8202 www.autism-and-treatment.com

11th ANNUAL "ROLLIN' FOR RISK" BOWL-A-THON PHOTOS

