

Celebrating
35 years
1979-2014



Children at Risk
NEWSLETTER
JUNE 2014
Issue #67

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Charitable Registration #
10691/3775/RR/0001

MARK YOUR CALENDARS

Spring Raffle – June 2014

**Ottawa Autism Community
Annual Family Picnic**
Sunday, June 8, 2014

Ottawa Dragon Boat Festival
June 19-22, 2014

Kiwanis Classic Car Show
August 16, 2014

Fall Raffle – October 2014



**THE ANNUAL GENERAL MEETING (AGM) OF
CHILDREN AT RISK (CAR), OTTAWA**

Wednesday, June 4, 2014 - 235 Donald Street, Room 209 – 7 p.m.

You are invited to attend the AGM of CAR. 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. Alex Nounopoulos is a registered psychologist currently in supervised practice. He completed an accredited pre-doctoral internship at the University of North Carolina – School of Medicine, where he gained invaluable experience at the TEACCH Autism Center, UNC Pediatric Consult Liaison Services and the Child and Adolescent Inpatient Services programs then spent an additional year at the UNC School of Medicine working as an Autism Scholar and Research Fellow. Always looking to inform the Autism Community, we are delighted to have him speak on Structured Teaching, otherwise known as The TEACCH Method http://www.autism.com/treating_TEACCH

The following business will be conducted: 1. Minutes of 2013 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 * Michelle Thompson***

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

What a busy place our offices are these days! With the last of 9 **Saturday Fun Club** dates still coming up in June, **Camp Kaleidoscope** applications closing on May 30th – our **AGM on June 4th** – the **Autism Community Annual Family Picnic on June 8th** ... along with our Spring Raffle Tickets being drawn that day too ... Bambina, Brenda, Gillian, Hazel, Debbie, Lisa have all been spinning in circles for the Charity and our Families!

In addition, **Dragon Boat** is coming up fast June 19 to 22 – and we are working hard to manage the Silent Auction, get Volunteers, Prizes and sell their raffle tickets – as well as entering a Boat for our **“Risk Riders” Team**. One of our Camp & Fun Club Counsellors, **Dhaha Hassan**, has rounded up a number of the Paddlers – so we made her Team Captain – and going out to sell baked goods like homemade cupcakes to raise pledges for the Boat!

Once again, Children at Risk is also responding to the needs of the Families for more respite and quality breaks by applying for and being granted funding from the Community Foundation of Ottawa for what we are affectionately calling “Date Night”! WOW- the ability to drop off both your ASD child and their siblings for a few hours of adult quite time ... don't know about you, but I am IN!

All in all, the 1st half of our 35th year is shaping up very well – make sure to fasten your seat belts and keep your hands inside the vehicle as we ride out the 2nd half with (I am sure) just as much or more happening over at Children at Risk!

EXECUTIVE DIRECTOR'S MESSAGE

Submitted by Brenda Reisch

Children at Risk is growing up – we are a hard-working, respectable 35 year-old – with a responsible attitude to helping Families raising a child(ren) diagnosed within the Autism Spectrum Disorders to the best of our abilities! As such, we have attracted Partners like the **Ottawa Dragon Boat Foundation**, the **Community Foundation of Ottawa**, the **Unity for Autism Foundation**, the **Ottawa Senators Foundation** – well, the list goes on.

And we have seen many changes and evolutions in the Ottawa Autism Community – some that move services and supports ahead in leaps and bounds – some that seem to run backwards in time to more challenging issues. On a personal basis, with my ASD son now in his 22nd year – what I have seen as self-destructive at times is a lack of a sense of community – attacks or criticisms of parents/professionals who are just trying to make the world a better place – more accommodating and accepting of those who are different.

We may not all agree on the same things – but one thing I am sure we agree on is that we love our special children – unconditionally and without judgment. I may be going out on a limb here – but use those qualities and apply them to those other than just your children! Closed ears and minds lack the ability to recognize the positives - the supports we DO have in place that I can guarantee you were little or non-existent when my son was diagnosed at 2 ½ years of age!! Give back and reward those who have a positive influence in the lives of your children and family. Hold the powers-that-be accountable for providing needed supports – let's be constructive. Otherwise, it is wasted energy that could be channeled into so much good – and allow you to celebrate the successes of both you and your children!

2013/2014 BOARD OF DIRECTORS

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

KIWANIS CHARITY CAR SHOW



Children at Risk is thrilled to be selected this year as Recipient Charity for the **5th Annual Nepean Kiwanis Club Charity Car Show.**

Saturday August 16th, 9:00 AM – 2:00 PM
Bells Corners Loblaws
59 Robertson Rd at Moodie Drive



Dash Plaques, Goodie Bags,
Door Prizes, 50/50 Draw,
Great Music and Great Food

Rain or Shine ! **Visit:** www.nepeankiwanis.com

DONOR'S CORNER

In Memory of Doris Harvey (dear Aunt of Brenda Reisch)	\$150.00
United Way Peel Region	\$191.91

FUNDRAISING UPDATE

Submitted by Brenda Reisch, Fundraising Chairperson

EVENTS/ACTIVITIES SINCE MARCH 2014 ...

13th ANNUAL "ROCKIN' FOR RISK" RETRO ROCK DANCE PARTY

On Saturday, April 5, 2014, **Children at Risk** combined efforts with the **Capital City Condors** Special Needs Hockey Teams to present "Rockin' for Risk". Live Band **RPM** were joined by **Elvis Tribute Artist Dan Burgess**, as "**Eric the Intern**" from **CHEZ 106.1 FM** continued this year as our Master of Ceremonies! A small but enthusiastic crowd enjoyed the tunes, Silent Auction, Raffle (made possible by sponsorships of hundreds of donors!), Sandwich Buffet and many dance and door prizes. In addition, patrons got to be "Blinged" by Heather from **A Little Bit of Bling** Face & Body painting! However, as our attendance has been getting consistently lower for the past 3 years, we have decided that "Rockin' for Risk" will probably retire – but that we will be looking to replace it next Spring with another event – and still involve the Band and an Auction – stay tuned!!

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! March to May this year we saw many Spring Cleaning their old vehicles with donations totaling \$1,340! Since November 2012, funds raised by Donate A Car have reached **\$8,562.71!** 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!

COMMUNITY FOUNDATION OF OTTAWA



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

Children at Risk is once again responding to the need in the Autism Community for Respite ... and for Parents to have some “we” time with a support called “**Date Night**” to start this Fall! With a **\$10,000** grant from the **Community Foundation of Ottawa**, we will be offering a Friday night Session where you can drop your ASD child and Siblings at our Offices for an evening – allowing Parents to shop, go to dinner, see a movie or just get caught up with chores ... note that this will also be open to single parent families – as “me” time can be just as important!! More info to come later this summer ... but for now – join me in awarding the **Community Foundation of Ottawa** this Newsletter’s “**Hat’s Off**” for their continued recognition and funding of the supports offered by Children at Risk for Families raising a child diagnosed within the Autism Spectrum Disorders!



ANNE MAYBERGER BLAIR LEGACY

In our March Newsletter our Donor Spotlight acknowledged the Birthday and In Memoriam donations received by Children at Risk in honour of **Anne Mayberger Blair** – a dedicated Mother and Grandmother who chose to support many charitable causes in her almost 100 years of life! We recently found out her legacy continues with a donation of **\$362.52** from the **Adam Eliesen B’nai Tzedek Fund** through the **Jewish Community Foundation of Montreal**. Children at Risk also has annually received a donation from the **Anne (Blair) and Hyman Mayberger Endowment Fund** through the **Ottawa Jewish Community Foundation**, with receipt of the 2013 disbursement of **\$121**. We wish to again express our appreciation to Anne’s Family and Friends for choosing to carry on Anne’s passion and commitment to charity, with donations now well over **\$3,000** in her name!

CORPORATE INITIATIVES

We are delighted to recently receive some support from local businesses and we hope you join us in thanking them for these special gifts!

- 1) **Jim Keay Ford Lincoln** (www.jimkeayford.com) in Orleans chooses a local charity and donate **\$5 for every returned customer satisfaction survey** they receive. So – if you are a Customer – please make sure you return your Survey and help Children at Risk!! Children at Risk is the charity for both May & June, 2014!
- 2) **Halpenny Insurance Brokers Limited** (www.halpenny.com) just held a Dress-Down Friday fundraiser for Staff and donated **\$116** to Children at Risk!
- 3) **Smith, Petrie, Carr & Scott Insurance Brokers Limited** (www.spcs-ins.com) continues to support Children at Risk through a donation of **\$250** towards Camp Kaleidoscope!

Any donation (as we value every penny - er...nickel!) is gratefully received - when they are combined they can have a significant impact! No amount is too small – or too large for that matter – but if all Local Businesses and Corporate offices were to take these initiatives, I could probably hang up my Fundraising Hat! However, for now we will still have to continue to Fundraise – but keep Children at Risk in mind if your Company or Office encourages any Community Support like this!

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!!



What is On Now/Coming:

11TH ANNUAL MICROSOFT GOLF CLASSIC FOR AUTISM

June 17, 2014
10:30AM - 9:00PM



Microsoft
in support of **Golf Classic**
autism

The Ottawa Senators Foundation is proud to present the 11th Annual Microsoft Golf Classic in support of Autism. This year's event is set for Tuesday, June 17th at the Marshes Golf Club.

Over the past 10 years, this event has given back over **\$300,000** to local autism charities, programming and support services.

Expect a great day of best ball golf and terrific participant prizing. The day includes lunch and golf, followed by a cocktail reception, dinner and ceremonies at the Marshes Ironstone Grill for all participants. We'll have premium live and silent auction items and the special gift our tournament is becoming famous for. Please join us!

For More info go to:

www.ottawasenatorsfoundation.com

(Community Events, Upcoming Events).

KEY TO THE CITY DISCOUNT CARD



NOW AVAILABLE – 2014-2015 Key to the City Discount Cards, effective April 1, 2014 to March 31, 2015. Each Key has a card and 2 keychain fobs, so up to 3 persons can use them for continued discounts throughout the year. More info is at www.keytothecity.ca Each Key is only \$20 and each sale raises \$10 for Children at Risk! Call us or email us to get YOURS today!

19th ANNUAL SPRING RAFFLE

Tickets are NOW available for our 19th Annual Fundraising Raffle! After many weeks of gathering quality prizes, we can proudly offer them for sale. (see Sample Ticket page 17) The prizes are fabulous! As we are getting started somewhat late ... we will need LOTS of help to sell out of our 6,500 tickets before the draw on June 8th! 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 8, 2014.

Our Raffle offers:

- Tickets \$2 each, 3 for \$5 or a book of 12 for \$20!
- Prizes worth a total of \$9,997!
- 28 draws, with an average Prize Value of almost \$357 (Over half of prizes over \$300 each!)
- Maximum 6,500 tickets sold - That's just over a 1 in 232 chance of winning!
- Minimum Prize Value of \$25!
- LOOK AT OUR 1ST FIVE PRIZES:

1st Prize –

TORONTO – IN STYLE!

VIA Rail, TownePlace Suites Hotel, Hockey Hall of Fame, Art Gallery Ont. & Books, VALUE \$1,113

2nd & 3rd –

EXECUTIVE GOLF, TOPS CAR WASH, KEVIN'S AUTO & NEW EDINBURGH Value \$539 ea.

4th -

HANDCRAFTED QUILT Value \$500

5th –

EPICURE EXTRAVAGANZA Value \$490

SATURDAY FUN CLUB

Saturday Fun Club offers a Fun environment to youth with autism aged 4 to 18 years of age. The program provides challenging and engaging activities from 10 a.m. to 3 p.m. approximately two Saturday's a month during the school year.



Thanks to funding from **The City of Ottawa Community Projects & The Community Foundation of Ottawa**, our pilot Saturday Fun Club became a fully fledged Children At Risk program for both activities for ASD children, as well as respite for families needing a few hours during the school year! Timely funding from the **Unity for Autism Foundation** allowed Fun Club to continue in January 2014 – as well as the offering of March Break Camp, too!



Seven sessions operated between September to December 2013 with 18 to 27 Clubbers attending each session and nine sessions ran from January to June 2014 with 25 to 35 Clubbers per session. The increase in the number of clubbers able to attend was partly due to many more Counsellors joining the team having come on board for March Break Camp, interviewing for Camp Kaleidoscope or having heard about the program through relevant Algonquin College or University programs. All Counsellors proudly wear their dedicated Fun Club T shirts with plenty of paint and glue stains as evidence of successful fun sessions!

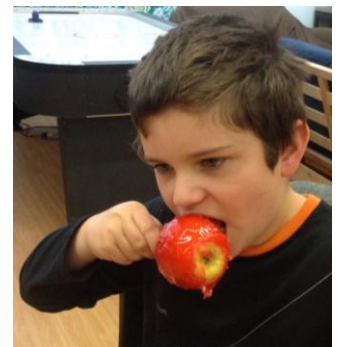
The Clubbers are divided into three age ranges each with their own dedicated rooms and Group Leaders. A schedule is devised each session to share the Children at Risk's kitchen and the Hardini Centre's large gymnasium.

The schedule typically includes a cooking or baking activity, crafts, mad science where "the more mess the better" is the mantra and a Challenge which could be a scavenger hunt or a Nerf game of Cops and Robbers.



No one was ever hungry the Saturdays that Saturday Fun Club ran. Cooking and baking was definitely a preferred activity by clubbers and staff alike. Seasonal influences meant candy apples and rice crispy nests with chocolate eggs, Halloween called for spiders and ghost cookies and December sessions had eggnog influenced fare such as Eggnog pretzel fudge. The youth groups' Chicken pot pie and Red Pepper Humus were trumped by the teens group serving up fried eggs with turkey bacon and pancakes.

The griddles that were purchased for Camp with funds from **Project Clear Skies** were certainly put to good use. Thank goodness we have staff that like to do the washing up! ☺





As well as seasonal and holiday influences (such as our Valentines themed session), we also honoured sporting influences by having our own Winter Olympics. Each Clubber chose and coloured a flag from a different country and rice crispy rings were coloured to match the Olympic rings.

Olympic torches made from colour construction paper were carried along with the flags in our closing ceremony where medals were awarded to everyone for their achievement in the sporting challenges that had taken place earlier in the day. To complete our winter Olympics with closing Ceremonies, Clubbers were offered sparklers and we went outside to see some low level fireworks. We also had an Action Hero themed session.



See Olympic videos at: http://www.childrenatrisk.ca/e_media.php#funClubVid1.



Alex and William in their Super Hero Masks

With more sessions, the Mad Science got madder and madder! Not content with coloured liquids cascading out of bottles or volcanoes there were Ivory soap soufflés, explosions in a bag and “how many elastic bands can you put around a water melon before it explodes?”



Working Hard

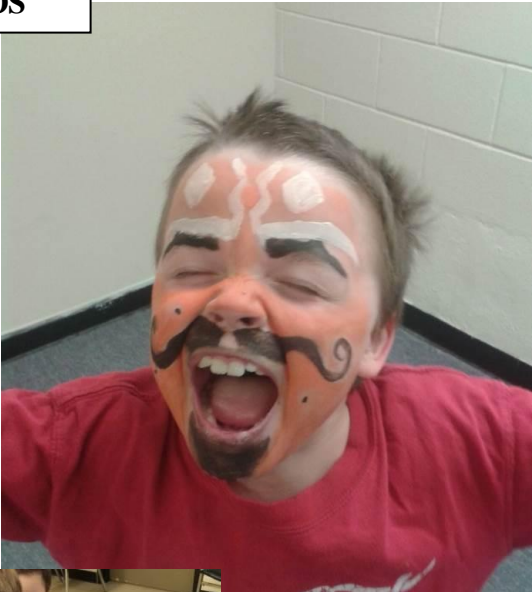


Finished Result

We are excited to plan for the Fall 2014 session with existing staff being joined by those that are coming on-board for Camp Kaleidoscope joining the Saturday Fun Club team!

Watch out for news on Parents Date Night where siblings can also join in the fun at CAR allowing parents to organize their own “fun” evening. This new Children at Risk program is possible due to the funding by **The Community Foundation of Ottawa.**

SATURDAY FUN CLUB PHOTOS



SIBLING SUPPORT WORKSHOPS PHOTOS





June 19 – 22, 2014

Children at Risk is delighted to be 1 of the 5 Recipient Charities for 2014 & 2015!

Each charity has requirements to fulfill to receive their funds – as well as help raise funds for the Dragon Boat Foundation!! The Following are activities we are responsible for:

- 1) Providing Volunteers – our charity is required to provide 200 hours of Volunteer time – most shifts are 4 hours each – but Volunteers can choose how much they can give! On April 14, 2014, the Volunteer Sign-Up will go live and Volunteers can choose from dozens of assignment areas and times – from set-up to Festival duties to tear-down – whatever works for your schedule! Just make sure to credit Children at Risk when you sign up!!
- 2) Raffle Tickets – The Ottawa Dragon Boat Foundation now has available Raffle tickets at \$10 each. The Prizes are simple – 3 draws at \$5,000, \$3,000 & \$2,000. Each Dragon Boat Charity has been asked to sell tickets as part of our involvement. Call or email CAR to get yours today!
- 3) Silent Auction – Children at Risk is in charge of running the Silent Auction. All the charities involved are required to provide prizes, as well as the Foundation solicits prizes too...let us know if you can help in that area with donations!
- 4) Dragon Boat Team – Children at Risk is entering a Dragon Boat Team – already pre-named the **``Risk Riders``**!! Thanks to an overwhelming response – **we are FULL** – come down to Mooney's Bay on June 21 to cheer on our Team!!

If you want to donate a Pledge for our Boat - Dragon Boat provides a convenient, secure on-line ability to pledge with this link:

<http://register.dragonboat.net/EVE/d.asp?id=C0216459046F4B2BAD5059253712B73E>

Children at Risk will receive \$25,000 (or more!) for 2014 & 2015 to support our Summer Day Camp, Camp Kaleidoscope!

THANK-YOU'S



“Wanted to say thank you again for the tickets to the R5 Concert! After the first band, we were upgraded...to the Player's Bench – next to the Stage!! It made for one extremely Happy Boy!” Jaybian & Tammy

“The R5 Tickets were much appreciated. My girls had fun, me too and some of Cassidy's friends got to enjoy the last- minute tickets, they were all thrilled. So on behalf of them all, A BIG THANK YOU.” Pascale

“This is a BIG thank you message that you can forward to the Ottawa Senators Foundation that provided us three free tickets to see the concert of R5, on Thursday April 3, at the Canadian Tire Centre. The R5 concert had a lot of energy and many exciting songs, as well as Special Guests Ryland and Brandon & Savannah performance that was delivered before R5. The whole event was incredible and quite lively. Benjamin had a good time and was really happy and excited! I have attached a photo of the event. Thanks again, Kind regards!” Marc



“Hi, my name is Cassidy I am 13 years old. I want to thank you for the tickets, I went to the R5 Concert and the Ice Skating show. I had a lot of fun and it was amazing. I like to go to the Canadian Tire Centre to see the shows. I hope I will go again this year.” Cassidy



“I would just like to thank the sponsors who gave the Monday Guys' Group Night free tickets to see the Harlem Globetrotters. Me and my friend Jamie went to the game and had an EXTRA-FABULOUS time watching the funny moments during the game! My special part was seeing the cheerleader skirts on the guys! IT WAS HILARIOUS!! It was my first time seeing the Harlem Globetrotters, and they put on a great show! My friend and I had a hoot! So thank you very much for giving us an excellent outing that day, and I love basketball.” Alex



Many Thanks to the Ottawa Senators Foundation for their donation of a Suite for the recent MONSTER SPECTACULAR show on May 24, 2014. A great (and loud!) time was had by all!

“This is a little late but wanted to say a big thank you for the tickets we received. At the end of March. It was a real thrill for my boys and they had an overtime period and shoot out with a bonus sub from subway the next day because Ottawa won the shoot out! Very memorable.” Trish





Volunteer Spotlight



Brenda Desjardins

They say you are only as good as you look....and for our Newsletters – Brenda makes us look like a million bucks!! For over 8 years, Brenda has taken all of our raw information on Services, Events, Activities, Fundraisers and More – then formatted and edited to produce this terrific quarterly Newsletter! As if this did not keep this working mother of two busy enough – Brenda has Volunteered annually at our “Rockin’ for Risk” dance (and other Events), helped with distribution and sale of our Entertainment Coupon Books, sold Raffle Tickets & MacMillan’s, Then she also has convinced her husband, Yves, to be our Ticket Seller at the Picnic and to lend his REMAX tent signs for the dance – as well as older son, Eric, volunteering for Events and Activities! Brenda’s dedication, attention to detail, commitment and patience are strengths and qualities we often take for granted – as she expertly juggles her life to fit in Children at Risk. Please join me in thanking this very special lady for all her efforts on behalf of the Families represented by our Charity!

DONOR SPOTLIGHT

It touches our hearts when an individual chooses to direct funds designated to commemorate years of service to Charity. It is even more exciting when that charity is Children at Risk! We want to extend our sincere appreciation and thanks to **Steve Armstrong** – who directed his **20 Year Service Award with Alcatel-Lucent** for **\$350** to Children at Risk!! Not only does Steve get recruited each Fall to help coordinate the IT support for our **Celebrity-Carved Pumpkin On-Line Auction** – he is being “voluntold” by his wife Alison Armstrong to help all weekend with the Event – especially the Carlingwood Shopping Centre location Alison manages for Children at Risk!

Thank You!

FAMILY HARMONIES FAMILIALES



Their team of dedicated Developmental Services Workers provides respite, personal support, developmental services and Harmonization, to families and individuals of all ages. Private and semi-private sessions, as well as workshops and social groups are available at reasonable and cost-effective rates. Visit their website for further details: www.familyharmoniesfamiliales.ca

Info-session coming soon!

We are always on the lookout for new team members!

Stay connected with us:

www.facebook.com/familyharmoniesfamiliales



With Berry season coming up soon – this recipe will be a welcome addition to any BBQ or Garden Party – especially if you are looking for GFCF recipes (but not nut-free – sorry!)

Gluten-Free Berry Tart with Dairy-Free Vanilla Bean Custard

Posted By [Against All Grain](#) On June 2, 2012 @ 11:38 am

AUTHOR: Danielle Walker - [AgainstAllGrain.com](#)

SERVES: 8

Ingredients:

Crust

- ¾ cup pecans
- 1.5 cups blanched almond flour
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ teaspoon vanilla
- 3 tablespoons cold butter or coconut oil
- 2 tablespoons honey
- 1 egg



Custard

- ½ tablespoon unflavored gelatin
- 1 tablespoon water
- 1 cup almond milk (or any other non-dairy milk)
- ¼ cup honey
- 1 vanilla bean, seeds scraped and bean reserved
- 3 egg yolks
- 1 cup coconut cream (cream that has risen to the top from a cold can of coconut milk)
- 3 cups mixed berries (I used strawberries, blackberries, blueberries, and raspberries)

Instructions:

1. Soften the gelatin by placing it in a bowl with the 1 tablespoon of water.
2. Heat the almond milk, seeds from the vanilla bean, and the bean shell over medium-high heat for 2-3 minutes.
3. Whisk the egg yolks and honey in a separate bowl, then slowly pour the heated milk mixture into the bowl while whisking constantly.
4. Return the mixture to the pan and heat for 2-3 minutes while whisking the entire time. Pour in the softened gelatin, and whisk until it is dissolved. Continue heating for another 5 minutes until the custard has thickened and will coat the back of a spoon.
5. Pour the custard into a bowl and press a piece of plastic wrap directly on top to avoid a skin from forming. Place in the refrigerator and chill for about 5 hours or overnight.
6. Preheat oven to 350 degrees.

RECIPE CORNER (Cont'd)

7. Place the pecans in a food processor and process until you have a coarse flour. Add the almond flour, salt, baking soda, cinnamon, nutmeg, butter/coconut oil, honey, egg, and vanilla and pulse until a ball of dough forms.
8. Using the palms of your hands, press the dough into the bottom and up the sides of a tart pan with a removable base. Cut a circle of parchment paper and lightly press it onto the bottom of the crust. Fill the bottom with pie weights or a cup of beans, then bake for 10 minutes. Remove the beans and parchment, then bake for another 5 minutes. Cool the crust while you make the custard.
9. Remove the custard from the fridge and pour in the cup of thick coconut cream from the top of 1 can of coconut milk. Using an electric hand mixer or stand mixer, whip the custard until thick and creamy. If your coconut cream is super thick (this will depend on which brand you use), you can add in a tablespoon of the coconut water to help thin it out a bit.
10. Spread the custard into the cooled pie crust then chill the tart for an hour to let the custard set up.
11. Arrange your berries in a circular pattern then serve immediately, or keep in the fridge until you are ready to serve.

ADVERTISING



<http://my.411.ca/6132228926/index.html>

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Specializing in interlock, roofs & all your home beautification projects.

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.

A parenting workbook to help special needs families thrive and survive their day to day challenges



About me

My name is Cathy Paquette, author of "The Treasures of Special Needs Parenting: Tips and Strategy Gems". I am a mother of three wonderful and challenging children. Two have ADD and were tested as gifted. This presented an unusual situation for the schools who were prepared with gifted programs or to challenge them but did not have the training or resources within those programs to deal with the obstacles that stood in the way of that child being able to tap those gifts. For that they needed to attend Special Needs programs which did not address their gifted needs.

My third and most challenging child has Attention Deficit Disorder with Hyperactivity (ADHD) combined with Conduct Disorder, Oppositional Defiance Disorder and Depression. I believe that, if he were to be retested today, he would be placed somewhere at the top of the spectrum. He provided the extreme sport in the family....Extreme stress...extreme frustration...extreme joy...extreme love...extreme exhaustion...extreme fear for his future....

I also grew up as a child with the same difficulties. Unfortunately the level of understanding and resources were not as advanced, yet some of the skills that they used are still practiced today. While these special needs can create obstacles parenting these special children, I believe that they gave me a unique insight into their behaviours and contributed to our success.

Why I created the book?

While these special needs can create parenting challenges, I whole heartily believe that there are ways to manage and successfully overcome these challenges faced by special needs families that celebrate their uniqueness without highlighting the social stigma associated with special needs.

In response to other special needs parents' demands, I wrote an book entitled, "The Treasures of Special Needs Parenting – Tips and Strategy Gems" that shows parents how to efficiently and successfully navigate the complexity of parenting special needs children while focusing on each special child's "treasure", or uniquely endearing qualities.

This workbook is filled with tips and strategies to help parents to review their own situation, and create a plan of action that will bring them a sense of hope. From my research I have found that my book, from its perspective, is unique. It is an easy read, with no repetition. So parents who are already on the run and exhausted can throw it in their bag and read it in between activities and appointments, and easily pull the information from it that they need. My publisher, Raymond Coderre (Baico Publishing) noted that it read like talking to his aunt (e.g. comforting and easy).

The Treasures of Special Needs Parenting: Tips and Strategy Gems (Cont'd)

I am extremely fortunate to have the professional support of a locally prominent physician/child specialist that is a member of the Children's Hospital of Eastern Ontario team of doctors that specialize in treating ASD, ADD/ADHD and disruptive behaviour children.

"I know of no other book that offers the type of support we have here for families and their special needs children with ADHD and children in the autism spectrum. They will now have the tools to be advocates for their children, and learn from the author's strategies that helped her through difficult times with her own son. This book should be a must, not only for families but professionals dealing with these high needs youngsters." - Dr. William James, M.D., FRCPC

Recently I have also been very fortunate in that both Dr. Patrick Friman and Kathleen Corrigan have agreed to review my book and both provide valuable feedback.

This why I need your help... to get the word out...to reach the parents like myself. My dream is to see this book used in clinics, support services, and education programs. In addition, I hope to create parent workshops to discuss these issues parent to parent. In support of this dream, I am updating my knowledge in the field. I am currently completing my graduate certificate in Autism and Behavioural Sciences at Algonquin College and thoroughly enjoying myself.

Please help me follow my dream to help other parents and professionals working with families to enjoy the treasures of these beautiful children.

Cathy Paquette
cathyepaquette@live.ca
www.cathyepaquette.ca

COME TRY OUT A RHYTHM FITNESS CLASS! WHAT IS RHYTHM FITNESS ABOUT?

Rhythm Fitness is based on the philosophy of connections. In fact, it is a blend of yoga and pilates combined with continuous tapping of drumsticks either on the floor or away from the body. Rhythm Fitness promotes flexibility, muscle elasticity and above all helps you develop coordination skills as you tap to the rhythm of the beats.

Motivation is the most important aspect of any workout. Drumming to music while exercising is certain to motivate anyone as well as improve one's mental and physical well being.

Try out class: June 16, 3:00 - 4:00 p.m. in Kanata

Regular Rhythm Fitness Classes start July 7, 2014.

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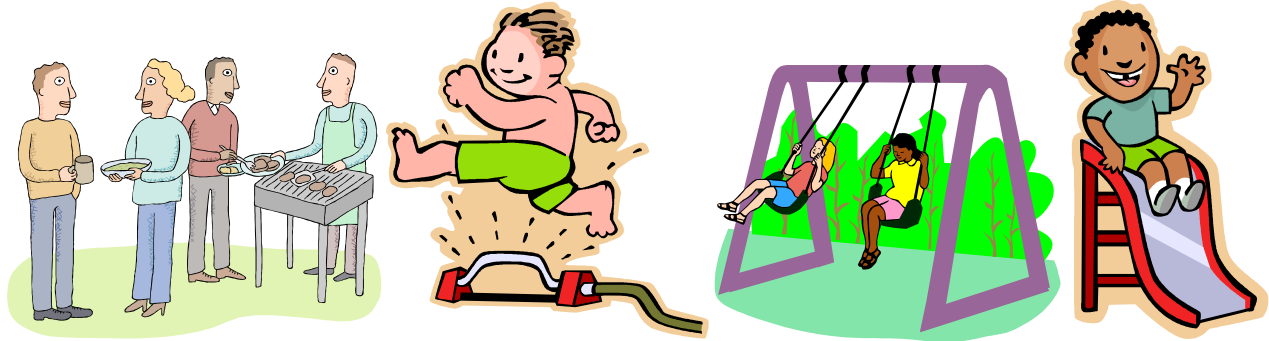
**If program interest you but time and days do not suit your schedule, please send us an e mail.
We would be happy to hear from you !**

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Children at Risk 2014 Raffle Ticket Sample

<p>CHILDREN AT RISK: 2014 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">XXXXXXX</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 – TORONTO – IN STYLE!</p> <p align="center">VIA Rail, TownePlace Suites Hotel, Hockey Hall of Fame, Art Gallery Ontario & Books VALUE \$1,113</p> <p>2nd & 3rd – EXECUTIVE GOLF, TOPS CAR WASH, KEVIN'S AUTO & NEW EDINBURGH Value \$539 ea. 4th – HANDCRAFTED QUILT Value \$500 5th – EPICURE EXTRAVAGANZA Value \$490 6th & 7th – SENS-SATIONAL –2 Ottawa Senators Club Seats, 2 Sens Hats & Keg Steakhouse Value \$478 ea. 8th – GOLF FOR 2 – Stonebridge Golf, Red Book, La Porto, Instead of Flowers & Contigo Mugs Value \$443 9th, 10th & 11th – KID'S STUFF! – SYLVAN LEARNING, KIDDIE KOBBLER & SCHLEICH Value \$425 ea. 12th – PHOTOS BY JEROME & ASSORTED PICTURE FRAMES Value \$424 13th & 14th – HEALTH DYNAMICS, STAMPIN' UP, WHISPERS & GIFT BASKET Value \$383 ea. 15th URBANELEMENT COOKING CLASS, PAMPERED CHEF & COOKING ACCESSORIES Value \$373 16th – FAMILY FUN – CROWNE PLAZA, SWIMGEAR & MONT CASCADES – Value \$355 17th – DELTA OTTAWA CITY CENTRE HOTEL & OTTAWA FURY FC SOCCER FOR 4 Value \$337 18th – HANDCRAFTED CEDAR FLOWER BOXES – SET OF 4 Value \$305 19th & 20th – MUSEUMS HISTORY or WAR & NATURE, SWIMS, IMAX, COSMIC, SKYZONE & GAME Value \$238 ea. 21st – SENIOR TOURS TRAVEL BASKET, COUPON BOOKS & EMERALD BUFFET Value \$225 22nd – RICHMOND BEAUTY, VERSAILLES, SPAHARA, HUMMINGBIRD, MARY K, SCARF & CAPONE'S Value \$198 23rd & 24th – SENS-SATIONAL AGAIN – 2 Ottawa Sens 3rd Level, 2 Sens Hats, Rockin' Johnny's Value \$184 ea. 25th – PFLUG OPTICAL & POCCO PAZZO ITALIAN EATERY Value \$150 26th & 27th CARLINGWOOD GIFT CARD & KEY TO THE CITY DISCOUNT CARD Value \$70 ea. 28th – UPS STORE HUNT CLUB Value \$25</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 8, 2014, 2 PM, Brewer Park (100 Brewer Way), Ottawa City of Ottawa License #XXXXXXXX</p> <p>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 8, 2014

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,
GIANT SLIDE & MOON BOUNCE INFLATABLES

2:00 PM -19th 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