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Charitable Registration #  
10691/3775/RR/0001

## Our Mission Statement

To provide services and programs to families of children diagnosed within the Autism Spectrum Disorders to develop their child's behavioural, communication, and social skills, and to advocate for their ongoing needs.

## MARK YOUR CALENDARS

**12<sup>th</sup> Annual "Rockin' for Risk"  
Fundraising Dance**  
Saturday, April 6, 2013

**Children at Risk  
Annual Raffle**  
May/June 2013



**Autism Community Annual  
Family Picnic**  
Sunday, June 9, 2013

## PRESIDENT'S MESSAGE

*Paul Lacroix, President, Board of Directors*

Although my calendar states that March 20<sup>th</sup> is the First Day of Spring, as I look out my window – well, there seems to be a difference of opinion! I remember last year at this time we were starting to see grass, but Old Man Winter is still holding on for March 2013!!

So much has happened in the past 3 months for Children at Risk! Winners of the **Celebration of People 2012 Advocacy Award** for Camp Kaleidoscope, moving our offices at the end of January, the NHL season starting up again, so a BIG commitment of Volunteers to sell 50/50 tickets to the end of the short season – whew! We just have barely time to catch our breath and we will be into our Rockin' for Risk dance on April 6<sup>th</sup> and then preparation for our **3<sup>rd</sup> summer of Camp Kaleidoscope**. With guidance from our Board of Directors, Brenda, Bambina and Hazel have been working very hard to keep not only our day-to-day operations going, but also managing new additions to our Services like our **Saturday Fun Club** Respite days and our 1<sup>st</sup> full-day **March Break Camp**. We also acknowledge Liz, Yassemin, Amanda, Sheila, Nancy, Kim, Heather, Lisa, Dhuha, Jasmine and the Volunteers who keep our Social Skill Groups, Sibling Workshops and Typical Teens Sessions running throughout the year!

**2013 marks 34 years that Children at Risk** has provided Services and Supports for children with Autism and their families. Glad you can be along for the ride!



Paul Lacroix and Brenda Reisch of Children at Risk accept their award at the 2012 Celebration of People ceremony in Ottawa. Children at Risk offers support to children and families affected by autism.

*Photograph by: Jean Levac, Ottawa Citizen/Postmedia News*

**12th ANNUAL "ROCKIN' FOR RISK"  
Retro-Rock DANCE PARTY  
Saturday, April 6, 2013**



Get ready to join us and celebrate  
12 YEARS of Rockin' & Rollin' to  
raise funds for Autism through  
Children at Risk!

Saturday, April 6, 2013, 8 PM – 1 AM  
(doors open 7:30 pm)  
Algonquin College, Building "D"

Featuring:

Live music from Ozone  
Ottawa's Elvis, Shawn Barry  
MC "Eric The Intern" from CHEZ 106.1 FM  
Arthur Murray Studios Dance Demos

Door, Costume and Dance Prizes  
Silent Action, Raffle,  
Mid-Evening Sandwich Buffet  
(Included in ticket price!)

**Tickets \$25 advance/\$30 door**  
**\$225 table of ten (advance sales)**  
(must be 19+ years)

Ticket info at [www.childrenatrisk.ca](http://www.childrenatrisk.ca) or  
call 613-741-8255

Don't delay – get your tickets today!

\*Volunteers needed – please email  
[car@childrenatrisk.ca](mailto:car@childrenatrisk.ca)

**2012 CELEBRATION OF PEOPLE AWARDS**



On December 3<sup>rd</sup>, 2012,  
Children at Risk was  
privileged to attend the  
Celebration of People Awards  
as one of the 3 Finalists  
nominated for the Advocacy  
Award for our Camp

Kaleidoscope Summer Day Camp for children with  
Autism.

The Advocacy Award recognizes the efforts and  
contributions of a self-advocate, family member, group  
or organization towards raising awareness of disability  
issues and/or work which improves the lives of a person  
or people with disabilities.

We were thrilled to be chosen as the 2012 Advocacy  
Award Recipients!



As the nominations were made by Parents whose  
children attended our Camp, not only was it an honour  
to receive this award – but an accreditation of our  
Services and Supports by the Community we serve!  
With only 2 years under our belts, we are planning for  
2013 and hope Camp Kaleidoscope can continue to  
support the Autism Community for many years.  
However, being fully funded only by grants, fundraising  
and donations does present on-going challenges.

On that note – join me in thanking our 2011 and 2012  
Sponsors:

- The King's Daughters & Sons Ottawa City Union
- Unity for Autism Foundation
- City of Ottawa Community Project Funding
- Project Clear Skies
- Community Foundation of Ottawa
- Ottawa Catholic School Board Focus on Youth Program

**FACEBOOK CONTEST**



We've created a new charity  
Facebook page go to  
[www.childrenatrisk.ca](http://www.childrenatrisk.ca) and click on  
the "Like Us" Button AND "Share" our post about our  
NHL raffle by 5 pm on April 12, 2013 and your name  
will be entered in our draw to win 2 tickets to the Ottawa  
Senators vs. Pittsburgh Penguins on Monday,  
April 22, 2013, 7:30 PM Section 310, Row M, Seats 23  
& 24.

## 2012/2013 BOARD OF DIRECTORS

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

### THANKS AND GOOD-BYE

Since 2011, **Kelley Matheson** had served on the Children at Risk Board of Directors. Kelley had to recently step down from the Board due to personal commitments. With her background in Human Resources, we found her invaluable during our inaugural year of Camp Kaleidoscope, as she helped review job descriptions, resumes and even participated in interviewing! Throughout the year, Kelley always also promoted Children at Risk Raffles and other fundraisers by letting friends and co-workers participate!! Although she has left our Board, we know she will still keep Children at Risk close to her heart by continuing to support our fundraising activities. Thank-You, Kelley!

### EXECUTIVE DIRECTOR'S MESSAGE

*Submitted by Brenda Reisch*

Children at Risk has a new home!! Many of you saw the notices of our Office Move (and some of you even helped!) – we still are in the same building, but “moved on up” the hall to Room 209! This has resulted in tripling our office/group room space – something that has been needed for a long, long time!! We are thrilled with our new space – although Bambina and I might have to go into therapy for separation anxiety, as each of us now has our own office!! 😊

For over 12 years, we managed to work out of our 2 room offices at Room 212, but with so many new initiatives of Camp, Saturday Fun Club, March Break and more – this was a needed and necessary change! The only challenge we face now is higher rent and a renovation cost that included a new floor (possible fundraiser for this in the works – stay tuned!).

### EXECUTIVE DIRECTOR'S MESSAGE (Cont'd)

However, our New Offices offer so many opportunities for Groups, Activities, Workshops, Fundraisers (including our recent “Coffee & Cups”!) that we could never have considered in our old, cramped space! In addition, we have been able to consolidate our Camp Supplies within our offices, instead of renting other rooms in our building.

We still have more plans for renovations and changes to our environment, but these decisions will be made as we settle into our “new digs” and determine what is needed. With our “Rockin’ for Risk” fundraising dance right around the corner on April 6<sup>th</sup> – we are trying to get “back to business” so we can continue to support our now over 400 Member Families!





## FUNDRAISING UPDATE

Submitted by Brenda Reisch, Fundraising Chairperson

### EVENTS/ACTIVITIES SINCE DECEMBER 2012 ...

#### M.A.U.D.E.S. PUB FUNDRAISER



On Friday, November 30<sup>th</sup>, Children at Risk was delighted to again be recipient charity for the 2<sup>nd</sup> Annual Pub Fundraiser with local band **Good2Go!** Organized by **Kim Simm & Michel Mantha**, the event moved into the Market to larger venue **Zaphod Beeblebrox**, the night featured "Miss Maureen" on vocals and Michel's brother, Gilles, on drums, rounded out by music scene veterans Christian Lapensee on guitar, Reg Allen on bass and Glen Russell on keyboards. Thanks also to MC **Dick Alta Vista** of 93.1 CKCU Carlton University radio station. With sponsorships/donations, ticket sales and a raffle, funds raised managed to top 2011 at **\$2,952!!**

Kim & Michel are passionate about supporting local causes like Autism and more info can be found on their website at <http://drugfree.maudesupport.com> where you can view videos of the Pub Fundraiser or [http://www.thesecondgardenhairstudio.com/1%20MAUDEES\\_2nd\\_fundraiser\\_event\\_for.htm](http://www.thesecondgardenhairstudio.com/1%20MAUDEES_2nd_fundraiser_event_for.htm).

#### OTTAWA 67'S 50/50 TICKET SALES

**Kiwanis Club of Rideau**



Appreciation to the Kiwanis Club of Rideau and the Ottawa 67's Hockey Club for once again inviting Children at Risk to be a charity partner for the 50/50 ticket sales during the months of December and January!

Despite some challenges with attendance on some week night games at Scotiabank Place, ticket sales at these 8 games managed to raise **\$3,454.51!**

## BREAKFAST WITH SANTA



*Board Members Lesia & Natasha Ell Saunders accept cheque from Santa (with help from Donovan!)*

On Saturday, December 8<sup>th</sup>, Children at Risk, along with the Barrhaven Food Cupboard and Dreams Take Flight, were invited by **Larry Matschke**, a local professional Santa Claus to receive a **\$500** cheque each!

Every year, Mr. Marschke makes many event appearances for which he receives an appearance fee, which he then accumulates and returns 100% of these fees in the form of a donation to various charities!! Our Board Treasurer, Lesia Gilbert, had put forward Children at Risk for consideration. What was even more exciting was that after the Christmas season was done, Mr. Matschke gave an additional \$295 to each charity, as it had been a busy and generous season for Santa! This is proof that yes indeed, there IS a Santa Claus!!

#### SANTA PHOTOS



Children at Risk has been both honoured and grateful to **Riocan Properties** and **Westgate Shopping Centre Merchants** for our 4<sup>th</sup> year of being invited as a charity partner, earning funds by taking the Santa Photos at Westgate Shopping Centre! Families love this intimate setting to bring their children to visit not only Santa Claus, but Mrs. Claus, too! With their magical, wonderful decorated display, arts & crafts for the children and the non-commercial charity aspect for the photos, no wonder that Westgate's Santa has charmed and enchanted neighbourhood children for 9 years!! With the sponsorship of Westgate for expenses, donations and the pledges of dozens of Volunteers for the photos, Children at Risk earned even more this year at **\$6,581.64!**

Special mention to photographers **Leo, Cindy and Jeff** – as well as **Bambina** for all their hours!



## FUNDRAISING UPDATE (Cont'd)

### CAPITAL CHORDETTES CHRISTMAS CRAFT SALE & AUCTION



On Saturday, December 1<sup>st</sup>, Children at Risk attended the Capital Chordettes Christmas event to once again receive an annual donation – this year for **\$773.94**. Many of you are aware that The Capital Chordettes Ladies Barbershop Chorus has been a strong and on-going supporter of Children at Risk. Since 2004, these energetic and community-minded ladies have raised almost \$23,000 for our charity! 2013 marks 50 years of the Chordettes entertaining Ottawa area audiences and we are delighted to help them celebrate this landmark!! There are plans for several events throughout the year, kicked off with a Big Band Dance & Concert on March 9<sup>th</sup>!

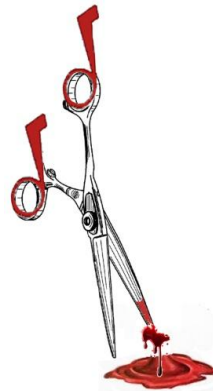
From their Website: The Capital Chordettes is a performing and competing chorus which has been entertaining audiences in the Ottawa area for 50 years! The Capital Chordettes chartered with Harmony, Inc., an international women's barbershop organization, in 1963. In 2013 we will be celebrating 50 years, with just 4 directors in that time, the Capital Chordettes have benefited from great continuity in our musical leadership. During this time, we have had success in Harmony, Inc. contests, and are engaged in that organization, contributing members to leadership groups at area and international levels, and hosting contests and educational events. We are active members of the Ottawa area cultural community, performing regularly and making several recordings. Performance highlights over the years have included Canada Day celebrations on Parliament Hill, opening ceremonies for the Canadian Museum of Civilization and Ottawa City Hall, and singing for the Queen and Prince Philip on the occasion of their 50<sup>th</sup> wedding anniversary.

## FUNDRAISING UPDATE (Cont'd)

We love to sing. We rehearse weekly, striving always for musical excellence, in the company of those who share our passion for music. We offer a welcoming environment and an excellent learning program in vocal and visual performance. Our members come from Ottawa and surrounding areas in eastern Ontario and western Quebec. We are active within our community. We perform regularly at public and private events, large and small, including fund-raising concerts with community partners. We support a local charity, Children at Risk.. We travel twice a year to compete internationally at Harmony, Inc. contests. We rank consistently among its top choruses, and have been international champion chorus three times.

Come help us celebrate our **50th anniversary!** Our next event is:

### MUSICAL MURDER MYSTERY DINNER THEATRE



Friday, June 7 and  
Saturday, June 8, 2013  
Tickets available in advance only or  
through any  
Capital Chordette member  
Last date to purchase tickets:  
May 30, 2013  
\$52 on-line or \$50 from a member  
of the chorus.

<http://harmonize.com/capitalchordettes/wordpress/events/>

### **Hair Today, Dead Tomorrow**

As part of its celebration of 50 years of entertaining Ottawa audiences, the award-winning Capital Chordettes present a Musical Murder Mystery Dinner Event. The story unfolds around preparations for an upcoming wedding. The groom's snooty; upper crust family meets the bride's unrefined, ragtag kin at a beauty salon where they have been double-booked. With these mutually contemptuous families thrust together, much chaos and hilarity ensues. See if you can solve the murder mystery, while dining on a delicious, multi-course meal provided by the outstanding chefs of Algonquin College catering.



**7<sup>TH</sup> ANNUAL “ROLLIN’ FOR RISK”  
BOWL-A-THON**



Once again, a cold January day was made warmer with Children at Risk’s Bowl-A-Thon, “Rollin’ for Risk”! On Sunday, January 27<sup>th</sup>, 14 enthusiastic Teams participated in an afternoon of bowling, eating, winning prizes and just general all-around FUN!

**Alex’s Strike Club**, led by Melissa Roy of Minto, captured Top Pledge Prize, choosing the SENSsational Package of 4 pairs of Ottawa Senators Hockey Tickets & Memorabilia! Runners up were **Dean Ryan & Friends Strike Force Team** and one of Perram Corporation’s 3 Teams “**Gutter Guards**” - winning Hot Air Balloon Rides, GoodLife Membership & Pelican Fishery & Grill Certificates. Special Mention to **High Roller Babies** and **Donovan’s Dominators** for their efforts to take 4<sup>th</sup> and 5<sup>th</sup> spot! **Antonio Pezoulas**, one of Ottawa Idol’s 2012 Top 10, rounded out the event with a mini-concert to the delight of all! With Pledges and Raffle, the event raised just over **\$5,000!**



Please join me also in thanking the Sponsors, Donors and Volunteers who without, this day would not be possible!

**7<sup>TH</sup> ANNUAL “ROLLIN’ FOR RISK”  
BOWL-A-THON (Cont’d)**

**SPONSORS**

**Silver Sponsors** - Villa Lucia Supper Club

**Bronze Sponsors** – Kiwanis Club of Nepean, Minto, Wubs Transit

**Raffle Sponsors** – Back in Balance Chiropractic, Relaxation Station, Yves Rocher, Lone Star, Executive Golf, Schleich Toys, Kiddie Kobbler, Ottawa Senators, The Garlic King (tickets), Greg Wildey (Pen)

**Grab Bag Sponsors** – CAA, Canadian Dental Hygienists Association, Entertainment Publications, John Baird’s Office, Kelsey’s Kanata, Key to the City, Pizza Hut, Speedy Messenger, RBC Royal Bank, Unhola Family, Phil McNeely’s Office, Ottawa 67’s, Ottawa Senators, AVON, Schleich Toys, Crabtree & Evelyn, Booster Juice, Pierino Scarfo, Ottawa Idol, Epicure Selections by Kelley Matheson

**Prize Bag Sponsors** – Shopper’s Drug Mart McCarthy, United Way, Reisch Family, Ottawa 67’s, Various Other Vendors

**Pledge Prize Sponsors** – GoodLife Fitness, Pelican Fishery & Grill, Ottawa Senators, Speedy Messenger & Canadian Security Team (Sens Tickets), The Ottawa Sun (Balloon Rides)

**Special Mention** - Walkley Bowling Lanes, Ottawa Idol & Antonio Pezoulas, A Little Bit of Bling

**Volunteers** - Alicja, Bambina, Paul, Tracey & Gillian



## ENTERTAINMENT COUPON BOOKS

In case you have not already heard the news, I wanted to let you all know that unfortunately Entertainment Promotions has filed for bankruptcy as of March 11th, 2013. All of the offices and manufacturing plants have officially closed. It is expected that most Vendor should honour their commitment and the coupons in the current 2013 book should remain valid until their expiration date of Nov. 1, 2013. Although sales by Children at Risk had been significantly down again in 2012, we still made a profit of **\$3,199.50** – and will be hard-pressed to find another fundraiser to replace this one!

## MICROSOFT GOLF TOURNAMENT



Children at Risk was thrilled to receive a donation of **\$4,000** from the 2012 Microsoft Golf Classic for Autism! Over the past 9 years, this event has given back over \$280,000 to local autism charities, programming and support services.

On **Tuesday, June 11<sup>th</sup>**, **Microsoft**, in cooperation with the **Sens Foundation**, is proud to present the 10th Annual **Microsoft Golf Classic in support of Autism** at the Marshes Golf Club. As always, you should 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!



To golf in the event, go to:

[http://www.sensfoundation.com/en/default.asp?sensfoundation=240&urlkeyword=Microsoft\\_Golf\\_Classic](http://www.sensfoundation.com/en/default.asp?sensfoundation=240&urlkeyword=Microsoft_Golf_Classic)



Any questions on golf or sponsorship can be directed to tournament co-chair **Steve Warne** at 613-789-2486, ext. 4808.

## OTTAWA SENATORS AAA



Recently the Ottawa Senators Triple A Hockey Association held a local tournament and designated Children at Risk to receive a **\$1,000** donation from the event! Many thanks to all those involved with the Team and the Tournament for their terrific community spirit and support!!

## JEANS DAY



Children at Risk was delighted to receive a donation of **\$402** from staff at **Gowling, Lafleur, Henderson**

**LLP** offices for designating our charity for their recent “Jeans Day” initiative! It is heart-warming when companies and employees embrace an activity that is both community-minded and philanthropic – Many Thanks!!

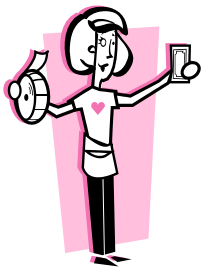


## DONOR'S CORNER

In Memory of Charlene Brown .....	\$100.00
In Memory of Marcella Villeneuve .....	\$200.00
Elizabeth Park Protestant Congregation .....	\$200.00
In Memory of Darelene Hubley .....	\$275.00
United Way/Centraide Ottawa (directed donations) .....	\$7039.90

## What is On Now/Coming:

### OTTAWA SENATORS 50/50 TICKET SALES



Our wishes have come true – the NHL is back in business! This means Children at Risk is ON for the 50/50 ticket sales – and for ALL 24 home games. We have shown such a terrific team effort that the Sens Foundation invited our charity back!!

However, this heavy schedule (same # of games as in 2011/2012 but in 3 ½ months instead of 7 ½ months) is tough – and we are being asked to have 15-20 Volunteers at EACH game.

We are over half way through the games, but with 7 games in March (6 in the last 2 weeks) and 5 in April – PLUS the possibility of Playoffs – I am hoping that all our Members and Supporters can find it in their schedules (& hearts) to come out and help! Below is a list of the remaining games Children at Risk is scheduled to work this season.

#### Volunteers:

- \* must be at least 16 years of age or older (but 16-18 teens must be very mature) - note that high-functioning ASD teens can come with a parent to sell as a team and get volunteer hours!
- \* need to arrive 2 hours before the games (5 PM for the 7 PM games and 5:30 PM for the 7:30 PM games)
- \* will be given free parking & pizza AFTER sales are done (we supply bottles of water - no alcohol allowed while selling)
- \* will sell up to the middle of the 2<sup>nd</sup> Period of Play, then cash out before leaving or staying to watch the game - floats are supplied by Children at Risk.

Monday, March 25 VS. Devils (7:30 PM game)

Thursday, March 28 VS. Rangers (7:30 PM game)

Saturday, March 30 VS. Leafs (7 PM game)

Tuesday, April 16 VS. Hurricanes (7:30 PM game)

Thursday, April 18 VS. Capitals (7:30 PM game)

Saturday, April 20 VS. Leafs (7 PM game)

Monday, April 22 VS. Penguins (7:30 PM game)

Saturday, April 27 VS. Flyers (7 PM game)

Please check your schedules and let me know if anyone can help out at any or all of these games by calling 613-741-8255 or email us at [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca).

## DREAMS TAKE FLIGHT 2013



**Dreams Take Flight Ottawa** (DTF Ottawa) is a not-for-profit charitable organization dedicated to providing a one-day trip of a lifetime for physically, mentally or socially challenged children in Canada's National Capital Region. Since

October 1995, DTF Ottawa has given special needs children an incredible day where their ongoing struggles are forgotten. These children are treated to a wonderful day of magical memories at the happiest place on earth – Walt Disney's Magic Kingdom.

Children at Risk was chosen in 2000 as a recipient charity of spots on the flight and for every year since (except 2005) has had the joy of sending a minimum of 4 and maximum of 15 children on this day of magic!

For 2013 – we are again being granted 6 spots the September 24<sup>th</sup> flight for higher-functioning ASD children AND siblings! Please note that we have several applications for children from last year that were submitted as alternate names in case additional spots become available, but did not end up attending. It is likely that most of those will attend this year, but we welcome additional applications for 2013 Alternates and consideration will also be given to ASD children or siblings who would “age out” after this year. For more information and to apply, see the enclosed application and/or call or email Children at Risk!

## CANADA HELPS



Children at Risk has signed up with CanadaHelps.org. When you visit our Website at [www.childrenatrisk.ca](http://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](http://childrenatrisk.ca) and the rest is easy!!



## 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](http://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](http://www.donatecar.ca) and CAR will send you a tax receipt after your car donation is complete! Since November 2012, funds raised by Donate A Car have reached **\$1,152.99!** 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!

## RECIPE CORNER

This recipe is easy, it can be made into crackers, pizza or wraps and it actually tastes pretty good.

### Quinoa Flatbread Pizza

By Christine Sinding

[www.christinesallergyfreecooking.com](http://www.christinesallergyfreecooking.com)

(Check Back Soon – Site in Progress!)

¾ c quinoa flour  
1 ½ c chickpea flour  
1 c tapioca starch  
1 tsp salt  
3 tbsp grapeseed oil  
3 c water



Mix the dry ingredients. Add water and oil all at once and whisk until smooth. Let the mix sit about 5 minutes before using. Melt oil or milk free margarine in a pan. Put approx. 1/3 c batter in center and spread with a spatula until you have a large oval crepe. Flip and cook until lightly browned on either side. Spread with tomato sauce and top with your choice of toppings. Cook in a 400 degree oven for 8 minutes or until crisp. Cooked crepes can be stored in a container 2/3 days in the fridge or stored uncooked in a glass container for 5-6 days.



## Volunteer Spotlight



Tracey with “Miss Maureen” at Pub Fundraiser

Over 2 years ago Children at Risk had the fortune of **Tracey Crabtree** bidding in our Pumpkin Auction – and then asking if she could help volunteer! Since then, Tracey has become a familiar face at our fundraisers like Pumpkins, Pub Night, Rockin’ for Risk and Ottawa 67’s & Senators 50/50 sales! Tracey is never shy to roll up her sleeves and get to work! Her energy and infectious smile, not to mention her sense of humour, make her one of our “go to” Volunteers. We hope (and pray) that she never gets tired of helping our charity!!

## DONOR SPOTLIGHT



With the encouragement of parent Denise Medjuck, Children at Risk was put forward for the **Eastern Ontario Regional Laboratory Association (EORLA)** staff initiative of casual, dress-down Fridays for a 3 month period at the end of 2012. We were thrilled to receive a donation of **\$1,400** in January! For this community-minded method of raising funds for charity – AND for this outstanding donation, we want to award EORLA the March 2013 “Hat’s Off” award!





Children At Risk heard parents loud and clear and, with funding from City of Ottawa's Community Project Funding, have held 8 Saturday dates, 10 AM to 3 PM, for a Saturday Fun Club for youth aged 4 to 18 years of age from November 2012 to March 2013.

With five hours of fun and creativity with peers, where there is adequate support to feel confident and get the most out of the organized activities which include but aren't limited to - Mad Science, crafts, Computer Games, Gym Circuits, youth on the spectrum have considered Saturdays the best day of the week!

Utilizing management and counsellors from Children At Risk's Camp Kaleidoscope, we used many of the activities that proved so successful at Camp - such as the ability for the older group's participants to influence the content to have the best experience.

As these first sessions of Saturday Fun Club were a Pilot, we only opened them up to families whose children had attended Camp Kaleidoscope in 2011 and 2012. Currently we are seeking funding to be able to continue offering this wonderful support and opening it up to more children and families in the community!



### CHILDREN AT RISK MARCH BREAK 2013



With a lot of number crunching and smart budgeting, our Special Projects Coordinator Hazel Smith managed to squeak out enough money to run a 4 day March Break Camp for 25 ASD children and youth! With both Camp Kaleidoscope and Saturday Fun Club under our belts, Children at Risk felt ready to take on this challenge!

The March Break was an exciting and fun time. Activities included Crafts, Mad Science, Gym Games, Challenge Games, cooking for snack times and Pizza on Friday (GF/CF alternatives provided) as well as going to the RA Centre on Thursday for Bowling.





## KEY TO THE CITY!



It's a Coupon Book on a card! Unlock your City with the "key" to great savings! Save \$ at hundreds of participating merchants with one little card! Many merchants offer 10% (some up to 20%) discounts - THAT CAN BE USED OVER AND OVER AGAIN (card expires March 31, 2014).

2013-2014 Key is only \$20 – AVAILABLE NOW! With a card and 2 keychain fobs, one purchase can be used by 3 persons!!

Children at Risk is currently has keys for sale - with a 50% return to the charity! The Key is so compact, we can even mail it out to you!

For sample Merchants Check Out "Key" Merchants at [www.keytothecity.ca](http://www.keytothecity.ca). Check out their new Key to the City Roadside Assistance too!

Call our Offices at 613-741-8255 or email us at [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca) if you would like to purchase these items!

## CAMP KALEIDOSCOPE 2013



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 2013. With funding from donors like The King's Daughters & Sons (Ottawa City Union), HOPE Volleyball SummerFest, the JCC Sports Celebrity Dinner and private donors, plans are again for 5 weeks of Camp this summer!



Richmond Wilson of KDS presenting \$60K cheque to Brenda

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".

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 25-30 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 week would have been \$425. 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: \$325 for Full Week, \$260 for 4 day week.

**Camp Dates:** July 8-12, July 15-19, July 22-26, July 29-August 2, August 6-9 (Monday to Friday excluding civic holiday on 5th August)

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

**Location:** Still to be **determined** (we hope to return to our 2011/2012 school) but it will be in the East-Central end of Ottawa.

Please see the **enclosed** application for more details!



## THANK YOU'S

“Thank you very much for the tickets for the Magic & Mystery Show. It is holiday season again. I have been with the Children At Risk for near 10 years. You and your organization have given my son and my family so much happy experiences. Really appreciate!!!! Happy Holiday Season” *Susan*



“Thank you very much for the Carrie Underwood tickets. She put on a great show! We had a great time. It was a nice night out for a break. Thank you so much!” *Sandra*

“A huge thank you for the Carrie Underwood tickets. What a special night - we could never have afforded to go and see this show. So very much appreciated!!!!” *Kimberly*

“I really appreciated the Carrie Underwood tickets! It was a great show, and a nice unexpected surprise. Just thought I'd say thanks, and have a merry Christmas!” *Daniel*

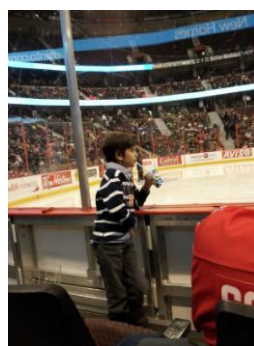
“Thanks so much for the tickets ... we had a blast! I know it's a lot of work for you ... but it REALLY is appreciated! Thank you, thank you, thank you!” *Brenda*

“This is a big thank you message that you can forward to the organization that provided the free tickets to see the concert of Carrie Underwood on Saturday December 8 at the Scotia Bank Place. Carrie's show, songs, and special effects were incredible, as the songs from Hunter Hayes and Ottawa's sweetheart Kira Isabella. Benjamin was really happy and had a lot of fun ... as well as his parents and grandparents!!!!” *Marc*

“This is a big thank-you for the tickets. Patrick took his friends with him and they had a great time. They got Alfredsson's autograph and a picture with him. Again a huge thank-you. Regards.” *Sheryl*

“Just wanted to thank you for the five tickets for the Ottawa 67's, the kids my husband and I had an amazing time. We cheered when they scored. Kids were so happy to end their Christmas vacation seeing the game. Thank you again!” *Lisa* (mom of Felix)

“This is a big thank you message that you can forward to Trinity Developments for offering us outstanding tickets to see the Ottawa 67s with Benjamin and his grandparents on January 3 against the Sault Ste. Marie Greyhounds. Although the 67s lost 4-1, as they are not the strongest team this year, the game was still entertaining and a lot of fun to watch.” *Marc*



“Thank-you so much for the 67's tickets. Both my boys were thrilled with the game and the seats. We were so close to the ice my kids really felt they were part of the game. It was wonderful to see them participate with the excitement of the crowd, cheering on their team. :) It was a wonderful experience for them.

Best Wishes!” *Samantha*

“On Feb. 18th, I received 4 tickets for the 67's game. I took my son, Liam, and 2 of his friends. Liam has Asperger's. He enjoyed himself despite his fear around large crowds. His 2 friends had never seen a live hockey game. So as you can see in the pic, they all had a great time. Thanks very much for those tickets.” *Derek*



“Thanks so very much for the 67's ticket donations. The girls had a blast and the seats were really good. They enjoyed their afternoon, and it's nice that they have taken such an interest in hockey. Much appreciated!” *Merle, Stephanie & Ashley*

## THANK YOU'S (Cont'd)



kids, as we are trying to help Benjamin build friendship and increased his social skills. It was great activity as all kids had a lot of fun despite the 67s losing 6-0. We were also sitting in section 118, row G, which means we were a lot closer to the action as you will see in the photos. Many thanks again.” *Marc*

“This is a big thank you message that you can forward to Trinity Developments for offering us outstanding tickets to see the Ottawa 67s with Benjamin and his grandparents on Wednesday December 12, against the Belleville Bulls. Although the 67s lost 2-0, the game was still entertaining and fun to watch. As a ten year old autistic child, and as Benjamin is also leaning to skate these days, he certainly enjoys to go and watch hockey with all of us together. He likes to shout: 67s Let's Go! Kind regards” *Marc*



“We were fortunate enough to receive tickets to see Bon Jovi at Scotiabank on Wednesday February 20th. They are currently embarking on their 'Because We Can' world tour to promote their new album. As such, they played a selection of new previously unheard hits off of the album, as well as many of the old classics and favorites! Jon Bon Jovi and the other members of the band put on a fantastic show for nearly 3 hours. The stadium rocked and we were happy to sing and dance all night, with some screaming too!! Thank you for a great experience, it was so much fun!” *Melanie*

“My wife and I want to send you and Children at Risk an immense thank you for the five tickets we received for the incredible Bon Jovi show. We went together with Benjamin and his grandparents and the show was just riveting and incredibly entertaining. My parents were totally delighted by the showmanship, variety, special effects, voices and talent of the whole group. As we were on the eve of my mom's 77th birthday, she was absolutely delighted to witness such an amazing show. Benjamin was so excited by the music that he was moving, dancing and singing from his seat! We will remember this show forever. Again, a very big thank you to you and your team at Children at Risk.” *Marc*



“I just want to thank you all so, so, so much for the Bon Jovi tickets. I have been a fan since I was 9 years old; while all my friends were still listening to the mini-pops I had a poster of Jon Bon Jovi above my bed. Thanks so much again.” *Jennie & Luc*

“I would like to Thank you for the tickets to the Bon Jovi concert. Excellent concert!” *Nadia and Marco*



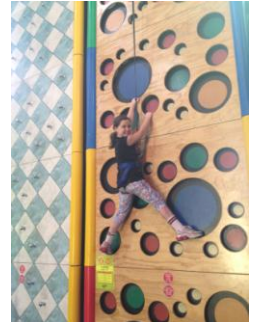
“Thanks for the Disney on Ice Tickets. We enjoyed it so much!” *Alejandro*

“Was a fabulous, beautiful performance. The kids were in heaven. We loved Disney on Ice this year even more than last year!!! Thank you so much.” *Ewen, Audrey and their mom Natalie*

*Thank You*



Children At Risk has always supported Siblings through their own program which recently has taken the form of workshops and outings. The workshops provide siblings the opportunity to discuss Autism, how it affects them and that they are not alone with all the issues which sometimes can feel so unfair and over whelming. Hearing someone else voice what you yourself were unable to put into words really helps. Also feeling that you are getting a special event for yourself also helps reduce the resentment that is felt by many who see their ASD siblings getting so much attention. Playing games in the Gym, crafts and making lunch and a snack is included in each session.



Due to funding through Autism Ontario's Potential Program, the Groups were able to enjoy a fun activity together. The older group went to Laser Quest and Clip N' Climb and the younger group went to

Midway and later this month will be going to Fun Haven. Everyone enjoyed the excitement of the laser quest and the challenge of reaching the top of the many different climbing walls plus watching Lisa pushing her own fears to get 5 feet off the ground!

#### Parent Feedback:

"I just wanted to let you know that my daughter, Ayame would also like to attend a Sibling Outing on Saturday, March 30. She had such a great time at the Sibling Workshop last weekend. Thank you so much." *Asami*

"Hi, I just wanted to say thank you very much on behalf of my daughter, Sofia, for the sibling support workshop this last Saturday. Sofia really had a great time and can't wait to have another one. " *Dina*

"I just wanted to let you know that Gaby went to the sibling workshop yesterday and loved it! I think it was so important for him to connect with other kids and share their stories and have fun! He loved making tacos and smores and playing. He said he made some new friends and he wants to go again next year. This is so great that you guys offer this, the sibling is often the one we forget about when we get the diagnosis, we are so focused on getting help for the child with autism. Even CHEO has a social worker phone the parents, but no one talks to the sibling. Thank you for offering this." *Jenn*

#### Yoga Class for People with Autism Offers Many Benefits

Written by Andrea Mailhot

My name is Andrea Mailhot and my son Jaeden has Asperger's Syndrome. I am a certified yoga teacher and a graduate of the Autism and Behavioural Science program offered through Algonquin College.

Nancy, formerly the Realize Community Potential Coordinator from Autism Ontario, was instrumental in encouraging me to develop a program for children affected by autism based on my experience, my knowledge and my teachings. I wasn't convinced initially that I was qualified but she gave me the confidence to attempt it. In my research of children on the spectrum, I learned that most have some form of anxiety or depressive disorders, as well as difficulties with sleeping, eating, bullying, building confidence and learning social skills. I also discovered that the suicide rate among teens with Asperger's is elevated because they feel they don't fit in. If they can make it to adulthood, they will discover that doors will open wide for them, opportunities will present themselves and I want to help them get that chance.



## Yoga Class for People with Autism Offers Many Benefits (Cont'd)

I designed my program to promote better sleep, to reduce depression and anxiety, to increase self-confidence and to help develop social skills. My class has an accepting atmosphere. If some of my teens are having an off day, they still come to class and are accepted just as they are. I think this is the most important part of the class. I have never had to ask a student to leave because they were stimming, e.g. toe walking, hand flapping, talking too much or even yelling. We just work on trying to reduce the behaviour. I work part-time, developing and teaching yoga classes. I teach yoga to Teen/Preteen with Asperger's and also to Parents and their teens affected by Autism Spectrum Disorder (ASD). At the beginning of a session, new students may not be able to hold a particular posture such as holding their arms up, by the end of a twelve week session; they can hold their arms up. I celebrate different achievements in every class. Since everyone can benefit from yoga, I also teach adults on the spectrum. One of my primary goals is to introduce yoga, to familiarize people with all the amazing associated benefits and to ensure it is available to anyone who wants to try it.

I love teaching yoga to teens on the spectrum, and I offer two different classes. Initially, the kids were reluctant to try yoga; most children on the spectrum want to know what is expected of them before participating. I manage to get 99% participation in all my classes by just letting the kids watch the first class. I also have pictures of the postures so they can look at them and get familiar with them before they do them. Most of the kids love the program, even the ones who first claim to hate yoga.

My ASD and parent yoga class is the same class every week. Once they learn the sequence of the class, we work on holding the postures for longer periods of time. My students work on going a little deeper in each posture. I extend savasana or corpse pose (the end of every class) from two minutes to five. When we are first learning a posture, we focus on one little thing in the posture before putting the whole thing together. You can see how the students advance each class. My Asperger's class is taught very similar to a regular yoga class with some exceptions. When the kids have a question about "why do we do this" or "where is that body part", I pause the class to answer the questions. I want the kids to be allowed to fully understand what it is they are doing and to feel comfortable to ask. We try different things, like chair yoga, partner yoga or gentle yoga. Then the kids can let me know what they really liked and what they didn't like as much. So far they say they really like everything I've taught them.

In my classes, I use a variety of tools, such as visual aids, flashing balls, felt pads and counting. The kids get into a pose and they start counting so they know how long to hold the posture. When I see my students smiling, I know I am achieving my goal of teaching the kids to relax. Some of my students move on to my regular Mom and Daughter class after learning the basics and it is amazing to see them sharing their knowledge with their parents.

The program is presently in two schools with dedicated autism classrooms. I go in for three sessions to teach the teachers. In the first session I provide some program cards and teach the teachers how to teach yoga to their students. They practice the yoga sequence for one week before I return to answer any questions and teach the next part of the sequence. The last week is another review, any other questions answered and the last part of the sequence. To date some of the feedback is "we are thrilled by the program and love the results we've seen in a short three weeks!" and the kids are asking for yoga. How rewarding is that to hear!! I think part of the secret to working with children on the spectrum is to accept them for who they are. In class, my students know that they are welcome to do any of their comforting behaviours, just as long as they try to hold the pose. After the first few classes, my students report sleeping better, and as they move forward, they enlighten me about how they overcome obstacles thanks to yoga.

Yoga provides people on the spectrum with tools they can use every day to deal with stresses and challenges. It's also a great way to relax and unwind.

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