

38 years
of Service

1979-2017



Children at Risk

NEWSLETTER
DECEMBER 2017

Issue #81

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Charitable Registration #
10691/3775/RR/0001



New Year's Eve Charity Ball
Sunday, December 31, 2017

12th Annual "Rollin' for Risk"
Bowl-A-Thon
Sunday, January 28, 2018

Valentine Dance,
Saturday, February 10, 2018

Annual Spring Raffle – June 2018

Ottawa Autism Community
Annual Family Picnic
Sunday, June 10, 2018



PRESIDENT'S MESSAGE

Mark Lalonde, Board President

Well, another year is coming to a close. I always look forward to the holiday season as a time to spend time with family and friends, reflect on the past year, and make plans for the coming year. Once again, we have had a successful year in 2017 providing support and activities to the children and their families.

The Staff and Board Members at Children at Risk are continuing along our transition path with the goal of developing more sustainable funding initiatives and support partners that will allow us to continue to provide the many programs that are so necessary for the children and their families. The need to find more sustainable funding is based on the reduction or elimination of some previous fundraising initiatives and sponsors and the expected increase in the cost of our programs due to higher wages in 2018.

There are several very popular programs that we want to continue to offer our families. **Camp Kaleidoscope** is our premiere program which runs for 5 weeks each summer. The demand has increased every year since we began the camp in 2011. The feedback we get from both parents and the children is extremely positive. Our **Saturday Fun Club** Respite Sessions reached new records of children attending this program. We ran 5 sessions in the Fall, with a maximum group every Saturday. We are quite pleased to know that the Fun Club can be so important for both our children and parents. We plan to offer another 10 sessions over the Winter and Spring. It is best to book your sessions early, so you don't miss out. We also have a **Family Fun Night** at various times throughout the year, which includes siblings. It is also well attended.

We continued with our regular fundraisers this Fall, including the **Celebrity-Carved Pumpkin Contest**, which was the best year yet for this high profile fundraiser. We had the **Ottawa Autism Circle of The King's Daughters & Sons** Fundraising Brunch and Pub Night with **Good2Go**, which helped raise additional funds. We really appreciate all the Volunteers that help make these fundraisers a success. We were also very pleased to receive our donation cheque as a Recipient Charity for the Ottawa **H.O.P.E. Volleyball SummerFest**.

PRESIDENT'S MESSAGE (Cont'd)

Coming up, we are pleased to be a benefit charity again for the **3rd Annual Ottawa New Year's Charity Ball**. This event will be held at the Ottawa Conference and Event Centre. This is sure to be a fun filled evening that should not be missed. **See Page 10 for more details.** We will also be running our **"Rollin' for Risk" Bowl-A-Thon** fundraiser on **Sunday, January 28th** at Walkley Bowling Lanes. We are hoping for all 30 lanes to be filled this year!

I want to say a special thanks to our Executive Director, **Brenda Reisch**, Admin Staff **Bambina Lemme**, **Ursula Ferraro** & **Yuki Hidebrandt** and Special Projects Coordinator **Hazel Smith**, who have kept the charity running smoothly throughout the year. I also want to acknowledge the efforts from our volunteer board members **Walter Davidson**, **Linda Kwasnick**, **Melissa Van Alstine**, **Carrie Groulx**, **Marca McManus** and **Rob Gentles**. Thanks to all of you.

Finally, I want to wish all the children, parents and volunteers a safe and happy holiday season!



12th Annual "Rollin' for Risk"
Bowl-A-Thon for Autism

Sunday, January 28, 2018
(NEW Time Noon-3 PM)

***Early Bird Draw for 2 Ottawa Senators Tickets
with Parking
(Tuesday, February 6, 2018, 7:30 PM VS.
New Jersey, Section 106, Row L, Seats 15 & 16)
\$20 Keg Steakhouse Certificate
\$385 Value for Teams Registered
by January 19, 2018**

Minimum Pledges of **\$175/team** for entry. All Pledges over \$20 will receive an Income Tax Receipt. Join us for Fun, Prizes and a Rockin' & Rollin' good family time! See Attached Info and Pledge Sheet!!

EXECUTIVE DIRECTOR'S MESSAGE

Brenda Reisch, Executive Director

Each December I like to look back on the Full Year, reflecting on our Challenges but ultimately celebrating our Successes – marveling at what Children at Risk manages to do and what we offer for Families in the Autism Community – and Beyond!

I then look with Excitement to the New Year - to being able to continue and sometimes even grow the Supports – hoping to meet the Critical Need for Services to the best of our Abilities.

Unfortunately – I am looking at 2018 with Great Trepidation – EVERYTHING will be rising in Cost due to the large leap in the Minimum Wage in Ontario. Fundraising and soliciting donations to cover our Program subsidies is always a challenge – adding an immediate 23% increase with the turn of the Calendar page from December to January gives absolutely NO opportunity to seek funding to meet this Increase ...and NO choice but to immediately raise the Fees for ALL our Programs – as you will note in the Registrations for Saturday Fun Club, Family Fun Night and March Break Camp in this Newsletter. We have calculated a very conservative increase of \$60,000 in wages for Camp Kaleidoscope this summer alone – and we anticipate that this is just “the tip of the iceberg” as many more expenses will be higher – as all those Suppliers will have to pay their Staff more!

We hope that a Charity like Children at Risk, Ottawa does not have to consider no longer existing for those who critically need these supports – or as one person put it to me recently – becoming only a Charity for the Rich – as those who have disposable income will probably be able to pay increased fees for the Programs – those who do not will cut back or not access the services at all.

While some Families do receive funding – it is our distinct belief that this funding will not increase the eventual 30% that the minimum wage is by 2019 – and we received our first confirmation of this today when Autism Ontario put out a support for March Break next year – at the same amount as in 2017...yet we have to raise our March Break fees \$100 a week to cover the cost of wage increases!

EXECUTIVE DIRECTOR'S MESSAGE (Cont'd)

We recently asked you to contact your City of Ottawa Counsellors to request reinstatement of Community Projects Funding – the 2018 Budget does NOT include this – but there has been a promise to have dialogue in 2018 around this.

Now we need you to contact Your Member of Provincial Parliament (MPP) – especially if you are accessing Services with any Provincial Funding or Grants like Special Services at Home or through Service Coordination.

The Ontario Government needs to know that the impact of raising the Minimum Wage raises the cost of Programs and Services – and that there MUST be an equal raising of Funding and Grants to acknowledge these increases.

The best I can say is “Keep your hands and feet inside the Vehicle AND Hold On – it is going to be a Bumpy Ride”.

(Also – please note that due to personal circumstances Gavin Leishman has had to step down from our Board of Directors but he will continue to support Children at Risk and may even be leading a new Fundraiser for us!)

2017/2018 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

CHILDREN AT RISK MEMBERSHIP

With the increase in costs due to the Minimum Wage rise – we have to look in many areas to balance out these Challenges – so we will be raising the Annual Membership from **\$35 to \$40 for 2018**.

As this is short notice – we will allow a renewal up to the **end of January 2018** at the older rate of \$35 – and you can take out 2 years at \$70 to save even more!

We are also in a transition to having ALL our Memberships due for January 1st of each year – some of you who have been coming due this Fall have already received notices of Fees retro to 2019. Once the conversion is made – All Memberships will then be due each January – but this will take some time to consolidate everyone. Note that if a Family joins mid-year – they will owe for the remaining of the year + one full year to take them to the following January. (Note that Memberships are mandatory for insurance liability purposes if your child is receiving a service – and we also look to offer Ticket donations 1st to Members in recognition of this payment).

CHILDREN AT RISK 2017 REPORT ON SERVICES**

Social Skill Therapy (Friendship) Groups

(Based on sessions of 10 weeks, 1 ½ hours/wk)
Ages 17-23 years: 6 children

Asperger “Typical Teens”: 7 youth
(8 week session, 2 hrs/wk)

Camp Kaleidoscope - Summer Full-Day Camp
(Camp Week Spots - ages 5-24): 334 children

Saturday Fun Club - Respite Sessions
(15 Saturdays from January-December): 269 children

March Break Camp: 45 children

Friday Family Fun Night: (2 Nights): 54 children

**GRAND TOTAL OF NUMBER OF CHILDREN
RECEIVING DIRECT SERVICES FROM
CHILDREN AT RISK: 715**

****In addition – we sent 4 children to Walt Disney
World through Dreams Take Flight in 2017!**

EVENTS/ACTIVITIES SINCE SEPTEMBER 2017...

BAKE SALE & LEMONADE STAND



Again this year, Children at Risk received a donation from the **Siddiqui Family**. Here is the Note received with a cheque for **\$500**:

“Please accept the cheque for Sara’s Bake Sale It was a very successful event! She advertised it on Facebook groups, dropped flyers to over 150 houses and put signs on street corners. A young Mom of a 5-year old ASD boy joined Sara with her Lemonade Stand on our Driveway. Together they raised \$500 for Children at Risk! Our Family has been with Children at Risk since the 1st year of Camp Kaleidoscope in 2011 and we have received so much from you. We hope to continue this Family Bake Sale Initiative in future years” Khadija Siddiqui

DONOR’S CORNER

IBM Canada Employees’ Charitable Fund	\$44.00
Binks Insurance Brokers Limited	\$100.00
StoneHaven Early Learning Centre	\$100.00
United Way Peel Region	\$442.75
Sara Siddiqui Bake Sale	\$500.00
Elizabeth Park Protestant Congregation	\$750.00
CIBC Children’s Foundation	\$1,000.00

22nd ANNUAL CELEBRITY- CARVED PUMPKIN CONTEST – OCTOBER 26-29, 2017

The tables are cleared, the pumpkins now have new homes and Children at Risk has raised some valuable funding for our Summer Camp, Camp Kaleidoscope - THANKS TO YOU!!

Our List of **Top 13 Pumpkin-Carvers for 2017** follows. With our final totals, we include the funds raised by the Auction with the Prize Packages, so there is a lot of shuffling from Days 1-4!

We welcomed many NEW Carvers this year - and a "return to the Pumpkin Patch" by some like Stuntman Stu. We also saw many more community-minded, local businesses carving this year!

2017 was also a Year of Change for our Popular and Seasonal Fundraiser – first with a move to Billings Bridge Shopping Centre – and with Tanya and her Crew (formerly **Strandz/Il Paradiso** at Lincoln Fields) - now at **Tappa Hair Salon** in Carlingwood Shopping Centre!

This Year – last year’s Runners Up - **ASNY Productions** (Ain't Seen Noth'n Yet) poured on the Juice with their “Little Women” pumpkin and landed on the Top of the Pumpkin Patch – raising an incredible **\$2,335!**



Yet – despite a move and settling into new digs at a new location - **Tappa Hair Salon & Beauty Bar in Carlingwood Shopping Centre** raised almost **\$1,200**.

22nd ANNUAL CELEBRITY- CARVED PUMPKIN CONTEST (Cont'd)

SPECIAL MENTION TO:

Merivale Mall for their hosting of this event for **22 years** (with sponsorship of the pumpkins) and the **Merivale Farm Boy** for again allowing us to clean Pumpkins - as well as **Billings Bridge Shopping Centre, Carlingwood Shopping Centre** and **Place d'Orleans** for their on-going support!! As well the **Budget-Avis Group** again lent us a van to deliver the Pumpkins!

SPECIAL THANKS TO:

Our Pumpkin Mall Managers & Auction Volunteers –

- **LeAhn & Bambina** (Orleans),
- **Alison** (Carlingwood),
- **Angele & Melodie from Family Harmonies Familiales** (Billings)
- **Hazel** (Merivale)
- **Greg, Tracey & Tammy** (Auction)

As well as the multitude of Volunteers that make this Fun and Seasonal Event possible!

All-In-All - **\$16,339** was raised, making it a truly **incredible end to Autism Awareness Month!** (Up **\$3,334** from last year - a **25% increase!**)

Also – join me in congratulating our Winners of the Ballot Prize Draws:

- 1) **Anuk Jain - Canon EOS M10 18MP Mirrorless Digital Camera**
VALUE \$730
- 2) **Jennifer Chamberlain - Gift Cards from 4 Participating Malls**
VALUE \$550
- 3) **Guy Brule - Fluid 43” 1080p DLED HDTV**
VALUE \$400



ANNUAL CELEBRITY-CARVED PUMPKIN CONTEST - 2017

Top Lucky Thirteen Celebrities (FINAL)

- 1) ASNY Productions (Ain't Seen Noth'n Yet Musical Theatre Ottawa)
- 2) Tappa Hair Salon & Beauty Bar - Carlingwood
- 3) “Big Joe” - Grey Cup Festival
- 4) Jennifer Chamberlain – Royal LePage Team Realty
- 5) Angie Poirier & Stuntman Stu – Magic 100
- 6) Sky High Snow Removal & Roofing
- 7) Ottawa New Year’s Eve Charity Ball 2017 – presented by Investors Group
- 8) Dean Brown – TSN 1200 Ottawa
- 9) Keith Egli – City of Ottawa Councillor – Knoxdale-Merivale Ward
- 10) Wayne Scanlan – Ottawa Citizen/Ottawa Sun Sports
- 11) Hallie Cotnam – CBC Radio Ottawa Mornings
- 12) Orleans Chamber of Commerce
- 13) Metroland Media

Special Mention:

HOT 89.9, Carter & Sandra KISS FM, Ian Black CBC, Ottawa Senators, Rogers TV, Doc & Woody 1061 CHEZ Show, boom & JUMP! FM, Jewel 98.5 FM, Bruce Garrioch Ottawa Citizen/Sun, Rebel 101.7 FM, Shaun Van Allen, City of Ottawa Mayor & Councillors, Local Businesses, MP & MPP’s

TOTAL FUNDS RAISED FOR CHILDREN AT RISK: \$16,339



UNITY FOR AUTISM SUPPORT

Since 2011, Children at Risk has received donations from the **Unity for Autism Foundation**

– for many of our Supports like Camp Kaleidoscope, Saturday Fun Club, March Break Camp. To date, this incredible Initiative has funded Children at Risk an outstanding total of **\$170,000** – and this includes a cheque we received last week for **\$20,000** for Camp K 2018!! In a sense – these Grants represent an Accreditation of the Programs and Services provided by Children at Risk – an acknowledgment of the Best Practices we seek to observe.

On the Unity Website is this posting <http://www.unityforautism.ca/>

Message from Kathy Carsley, Founder of Unity for Autism

“Thank you for visiting our site and assisting our foundation's goal in uniting to make a profound difference for so many persons touched by autism with the heroes that support them. We are an extremely efficient charity, void of most operating costs and minimizing most of our expenses. All monies raised are dispersed to centers of excellence providing specific programs and support that will make an immediate and direct impact on the development and/or well-being of individuals with autism and their families.”

For their Past, Present and (hopefully) Future Recognition of Children at Risk’s service to the Autism Community – we award this Newsletter’s **“Hats Off” to Unity for Autism!**



7th ANNUAL BENEFIT BRUNCH FOR AUTISM – SUNDAY, NOVEMBER 12



Capital Chordettes

7th ANNUAL BENEFIT BRUNCH FOR AUTISM (Cont'd)



Sala San Marco
BANQUET & CONFERENCE CENTRE



KDS

PATRICIA BOAL,
OTTAWA NEWS

The **Ottawa Autism Circle of The Ottawa King’s Daughters and Sons** was delighted to change up the Venue for the Brunch for Autism to the prestigious **Sala San Marco Banquet & Conference Centre** this year! Many Positive Comments on the location and the quality of the menu were heard as an enthusiastic and supportive roomful of patrons from the Autism Community and other Circles dined on delicious eats, were entertained by sibling students **Regan** (violin), **Hilary** (viola) & **Simon** (cello) from the **Suzuki School of Music**.

Once again, we were delighted to have celebrity MC **Patricia Boal of CTV Ottawa News** join us again this year – as well as having MPP **Ottawa South John Fraser** – once again with Mrs. Linda Fraser donating a hand- knitted blanket throw for the Auction! Co-Founder of Family Harmonies Familiales **Melodie Grealy-Fredette** told us a bit about their supports for individuals and families – as well as introducing one of their Clients, **Dana Bevilacqua**, who also volunteered at Camp Kaleidoscope this summer. Finally, our Event was serenaded by the beautiful voices of the **Capital Chordettes Chorus!** Over **\$3,000** that was raised by the **Autism Circle of The King’s Daughters and Sons Ottawa City Union** to support Autism services in the Ottawa area. Special Thanks to KDS Members **Phoebe McLelland, Bruce McLelland, Nell Pocock and others** for their exhaustive efforts in procuring and delivering so many of the auction item donations!

DONOR SPOTLIGHT

2017 H.O.P.E. VOLLEYBALL SUMMERFEST



On November 23rd, Children at Risk joined the 5 other 2017 Recipient Charities for their annual Celebration of HOPE to receive our **Donation of \$25,000** for Camp K in 2018!



PRESENTS



HOPE Volleyball SummerFest

Once again – to all those who Volunteered on **July 15, 2017** - on behalf of the HUNDREDS of children who are currently attending Camp Kaleidoscope – and the hundreds that will benefit next year from the Funds raised at HOPE – THANK-YOU!!

This Year represented 5 TIMES that Children at Risk has been involved in HOPE – once as the Charity at their former “HOPE at the Hop” Dance (which we then took over as “Rockin’ for Risk”) and 4 times at the Volleyball SummerFest.

For not only the Support received by Children at Risk – but for hundreds of Charities that for **35 years HOPE** has truly been Helping Other People Everywhere – we feature them in our Newsletter Donor Spotlight!

Check them out at <http://hopehelps.com> and mark the date of Saturday, **July 14, 2018** to come and help again!

A CELEBRATION OF HOPE INVITATION!

NOVEMBER 23RD, 6:30-8:30PM

35TH ANNIVERSARY!

HOPEHELPS.COM

1 DAY, 6 CHARITIES HELPING OTHER PEOPLE EVERYWHERE

VOLLEYBALL SUMMERFEST

2017 CHARITIES

Children at Risk, HOPE, The Sexual Assault Support Centre of Ottawa, Waypoos, Les Burgers de l'Espoir, BREAD FOR SUCCESS

A CELEBRATION OF HOPE

THURSDAY, NOVEMBER 23RD AT 6:30PM-8:30PM
RAMADA ON THE RIDEAU, 2259 PRINCE OF WALES DRIVE

RSVP:

INFO@HOPEHELPS.COM BY NOVEMBER 14TH

THANK YOU



TITLE SPONSOR



HOPE MEDIA SPONSORS



HOPE PLATINUM SPONSORS

PUB NIGHT FUNDRAISER

On Friday, December 1, a Benefit Concert/Pub Night with local band Good2Go was held at Irene's Pub! This Fundraiser also included 2 other bands - The Fog and Not Really. With the Door Proceeds and a Raffle and 50-50 - **\$1,185 was raised!**



CAPITAL CHORDETTES CHRISTMAS MARKET AND CONCERT



On December 2, Children at Risk was again invited to the **Capital Chordettes Christmas Market and Concert** event to accept a donation. **Bambina Lemme** our Office Administrator, attended to thank this incredible group of ladies and to let those attending know that their donations up to 2016 represented funds to support over 600 children in our Saturday Fun Club Respite Program. For 2017 - a donation of **\$1,000** was given! Since 2004, the Chordettes took on Children at Risk and since then have raised an incredible **\$28,247.38**



CONTINUING SUPPORT

The Difference Makers - Les Faiseurs de Différence stopped by our Offices to extend another **\$1,000** from their 2017 Fundraising. They will continue to support Children at Risk next year with Fundraisers for Bowling Darts and another Golf Tournament!

Total Funds Raised in 2017: \$15,165!



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 \$75 from supporters donating the proceeds of their old vehicles. Since September, Children at Risk has received \$405 from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached \$16,512.28! 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!

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!!

\$10,055.30 donated through Canada Helps September to November!



What is On Now/Coming:

OTTAWA NEW YEAR'S EVE 2017 CHARITY BALL



Ottawa's final Canada 150 celebration of the year! Once again it's time to glide into your tuxedos and your evening gowns for a truly classy, stylish, exciting, fun filled evening with all proceeds supporting Children at Risk and Journey House. Limited tickets still available for \$169 go to <https://onyecb2017.eventbrite.ca>.

On Sunday, December 31st, 2017, this amazing event will be held at the Ottawa Conference and Event Centre - 200 Coventry Road Ottawa ON.

Cocktails at 6:00 PM , Dinner at 7:00 PM

- Hosted by our dynamic MC Dylan Black of Ottawa's Boom 99.7
- Elegant Four Course Meal with wine
- Live Music with the Steve Berndt Quartet
- DJ and Dancing
- Fantastic Silent Auction items!
- Live Auction by Ottawa's Dave Smith
- \$100 in Charity Bucks for event Casino & selected prizes.
- Toast the New Year with champagne
- Complimentary parking
- Reduced rates for on-site accommodations
- Onsite childcare available for the evening
- Tuxedo rentals 40% off

A chance to win the Grand Door Prize worth over \$10,000!

CHILDREN AT RISK

2017 Fall Raffle

Dear Parents & Friends,

Tickets are NOW available for the Fall Raffle! After many weeks of gathering quality prizes, we can proudly offer them for sale. Funds raised will go towards our summer day camp, Camp Kaleidoscope, in 2018! This valuable support receives no government funding and is financed solely through Fundraising efforts and Donations.

*Note: Tickets can only be sold to persons 18 years and older!

To finish off 2017 with a BANG - the Raffle will be drawn on Tuesday, December 19, 2017!

Here are more details on the First Prize:

1ST Prize – DESTINATION: VANCOUVER!

This Exciting Trip Prize includes:

- WestJet Airlines Vouchers for Any Destination! (Value \$3,000)
- Ciao 3-Piece Spinner Luggage Set (\$712)
- 2 Night Family Stay Century Plaza Hotel & Spa Suite - Vancouver Downtown (Value \$400)
- C/Prime Modern Steakhouse & Wine Restaurant Gift Card (Value \$200)
- 4 Passes for Vancouver Attraction (Value \$200)
- 4 Passes Vancouver Art Gallery (Value \$96)
- Dr. Sun Yat-Sen Classical Chinese Garden (Value \$59) & Vancouver Mysteries (Value \$50)

TOTAL 1ST PRIZE VALUE: \$4,717!

2nd Prize– Paderno 10-Piece Pro-Elite Stainless Steel Set & Urban Element Certificate (Value \$991)

3rd Prize –2-2018 Club EG Golf Memberships, 2-18 Holes Falcon Ridge & Ultimate Dining (Value \$919)

4th Prize– Greco Kanata North 10 Week Lean & Fit with Fitness Consult (Value \$700)

5th Prize –European Glass & Paint, Jill Alexander Original Painting & 1-800 Got Junk (Value \$546)

6th Prize – Executive Fitness Leaders Personal Training, Running Room & Fitness Aids (Value \$420)

7th & 8th – 2 Ottawa Senators Tickets, TownePlace or Fairfield Inn, Ultimate Dining (Value \$356 ea.)

9th & 10th – 2 AVON By Pam “Beauty & Bling” Gift Baskets - Skin Care & Jewelry (Value \$339 ea.)

11th – Ottawa 67’s 6-Pack Tickets & 6 Ottawa 67’s T-Shirts (Value \$264)

Our Raffle offers:

- Tickets \$2 each, 3 for \$5 or a book of 12 for \$20!
- 11 Draws with Prizes worth a total of \$9,947!
- Maximum 6,500 tickets sold



SEE PAGE 18 for Ticket!

For more information, do not hesitate to contact us at the office, 741-8255, or by email, car@childrenatrisk.ca

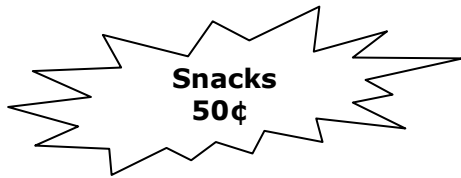
Yours truly,

Brenda Reisch, Fundraising Chairperson, cell 613-261-4442

235 Donald Street, Suite 209 • Ottawa, Ontario K1K 1N1 • Tel. (613) 741-8255 • Fax (613) 741-5530

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BeMyValentine Celebration Dance!



DJ CHARLES
Fabulous
music and
lights!

**For Teenagers, Young Adults, and the Young at Heart
with Special Needs and Different Abilities.
Dancers who need any form of assistance must be
accompanied by a Guardian or Caregiver.**

Saturday, February 10, 2018
7 - 9:30 pm

Cost: \$10.00 at the door

Guardians and Caregivers enter Free. Donations Welcome
Proceeds from this event are in support of
Children at Risk

Salle d'Accueil
Richelieu-Vanier Community Centre
300 Des Pères-Blancs Avenue, Ottawa

***Wheelchair Accessible *This is a peanut and nut free event!**

celebrationdances@gmail.com

Ottawa Conference, April 16 & 17, 2018

Shaw Convention Centre, 55 Colonel By Drive

Learn practical skills that can be immediately implemented into existing curriculum and training programs, at home or in school!

Monday, April 16 - Scott Bellini

Building Social Relationships through Evidence Based Social Skills Programming for Youth with Autism Spectrum Disorder.

The workshop will provide an overview of the Building Social Relationships (BSR) program, a social skills instructional model developed by Dr. Bellini. The workshop integrates research on social-emotional functioning with effective strategies for teaching social skills to children and adolescents with autism spectrum disorders (ASD). The BSR program provides a systematic and comprehensive framework to guide parents and practitioners in the development and implementation of social skills programming.

Tuesday, April 17 - Brenda Smith Myles

Critical Mass, Purposeful Practice and ASD: Creating Independent Learners. Most individuals with ASD and other related disorders are taught skills only to a certain point. For example, an individual may learn to read a calendar of assignments and check it the night before; however, he is not totally independent on this task because he has not learned that you often need to check your calendar more often than one night before an activity, such as a test. As adults, people on the spectrum may be taught to pay bills and pay them on a timely basis when an invoice is provided. However, what if there is no invoice — such as with rent. These challenges are directly related to a lack of success in independent living, employment, and social interactions. How do we change this trajectory? We can help individuals reach critical mass. Think of critical mass as beyond generalization — über generalization, if you will. It is the point where an individual has gained enough information to apply it to situations, activities or skills in which instruction has not been provided. This presentation focuses on describing the factors that lead to critical mass for those on the spectrum or other related disorders when providing instruction and supports. Learn easy-to-use strategies that can help individuals with ASD to move about their world as independently as possible, making informed decisions about their wants and needs. Teaching to critical mass will help learners to be successful not only with tasks they have been taught to do, but will also help them to be successful with activities on which they have not received instruction.



Volunteer Spotlight



For several years, as a Client of Family Harmonies Familiares, **Dana Bevilacqua** has Volunteered for Children at Risk at Events and Activities. This Summer, Dana Volunteered at Camp Kaleidoscope through what is called Employability - where participants can “work off” part of their program fees, by contributing to the growth of the business while practicing real-life, transferrable job skills.

The following is from Dana “*Children at Risk gave me an opportunity to work their summer camp. I have worked with the children one on one and also gained some experience in kitchen as well. Some of the work I did with the children was going to the park, swimming and playing in the gym. I also volunteered for them during Saturday Fun Club where we did some classroom activities such as art, cooking and gym. I also volunteered for the Pumpkin carving event. My duties were to talk to people and explain what this contest was all about. I even had the opportunity to learn how to be a manager. They have given me a great volunteer opportunity to gain some great experience in working with clients with autism. I myself have a learning disability and this is one of my barriers in finding employment, so I am grateful for Brenda and Hazel at Children at Risk for giving me this opportunity to gain work experience with their organization. It has given me lots of strength and skills and courage to succeed in life. My favorite quote is: My ability is stronger than my disability.*”

Please join me in thanking and congratulating **Dana** for being featured in our Volunteer Spotlight!



Sharing 2 of my Annual Holiday Recipes!



GUM DROP FRUIT CAKE

For those who do NOT like regular Fruit Cake is this delightful treat with Gumdrops instead! Also avoids nuts for those with allergies!

- 1 Lb. – 2 Cups - Coloured, Plain Gumdrops (not black)
- 1 Lb. - 2 ¾ Cups Light Seedless Raisins (or Dark Raisins if desired)
- ½ Cup Shortening
- 1 Cup White Sugar
- 2 Eggs – Beaten
- 2 Cups Sifted Pastry Flour (or 1 Cup White & 1 Cup Whole Wheat)
- ½ Tsp. Salt
- 1 Tsp Cinnamon
- 1 Tsp. Nutmeg
- 1 Tsp Baking Powder
- 1 Cup Milk

Grease a 9 X 5X 3” Loaf Pan and Line with Parchment Paper or Wax Paper – also greased.

Cut Gumdrops with scissors or sharp knife. Mix with Raisins.

Cream Shortening, Sugar & Eggs – Beat well.

Sift together Dry Ingredients and Spices. Sift 1/3 Cup with Gumdrops & Raisins.

Add dry ingredients alternately with Milk to Shortening Mixture. Add Gumdrops and Raisins.

GUM DROP FRUIT CAKE (Cont'd)

Bake slow in 300 Degree F. oven for 2-2 ½ hours. Check with a pick to see if batter done in the middle – then allow to cool in the pan slightly. Remove from pan and complete cooling on rack.

When cool, seal in Plastic bag. Can be cut like fruit cake.

Enjoy!

GINGERBREAD PUDDING



This recipe is for an oven-steamed variation on the traditional stovetop steamed pudding. It's lighter than the heavy fruit and dough pudding and its gingerbread flavor is heightened by the tartness of the cranberries. You will need – if you do not have – a steamed pudding mold – can be found in kitchen supply stores easiest.

- 1 orange
- 2 teaspoons baking soda
- 1/2 cup light molasses
- 1/3 cup sugar
- 1 large egg, at room temperature
- 1/2 teaspoon ground allspice
- 1 1/2 teaspoons powdered ginger
- 1 1/2 cups all-purpose flour
- 2 cups cranberries
- Creamy vanilla sauce (recipe follows)

Preheat the oven to 350 degrees. Spray a 4- to 6-cup steamed-pudding mold with vegetable coating spray.

GINGERBREAD PUDDING (Cont'd)

Grate the zest (the colored part of the peel) from the orange and set aside. Squeeze the juice; measure 1/3 cup, and heat until hot. Place the baking soda in a large bowl; stir in hot orange juice until the soda is dissolved. Stir in the molasses, sugar, egg, allspice, ginger, flour and orange zest. Fold in the cranberries.

Spoon the batter into the mold. Cover the top with waxed paper and a lid or with foil. Place in a stock pot on a rack, or in a steamer. Pour in enough hot water to come 1/3 up the sides of the mold.

Cover and bake for 2 1/4 to 2 1/2 hours, or until a knife inserted in the centre comes out clean. Remove the mold to a rack and cool for 10 minutes. Invert it onto a platter or foil.

Note: The pudding may be wrapped in foil and refrigerated for several days or it may be frozen. If you prefer a touch of alcohol in your pudding, try wrapping it in cheesecloth that has been soaked in Grand Marnier or Triple Sec before wrapping in foil.

If frozen, Defrost, covered, at room temperature. Reheat at 350 degrees for 20 minutes or until hot.

If not frozen – portions can be heated in the oven for 5 minutes or even microwaved.

Serve warm with Creamy vanilla sauce. Makes 6 to 8 servings.

Creamy vanilla sauce

- 1 cup powdered sugar
- 3 tablespoons butter or margarine melted
- 1 large egg yolk at room temperature
- 1/4 teaspoon vanilla
- Dash salt
- 1 cup whipping cream

Whisk together the powdered sugar, melted butter, egg yolk, vanilla and salt in a medium bowl until well blended and fluffy. Whip the cream in a separate bowl until soft peaks form. Fold the whipped cream into the sugar mixture. Serve chilled. Makes 1 3/4 cups. Note: The sauce may be refrigerated, covered, overnight.

WINTER GREETINGS!



We are excited to announce Children at Risk's Winter Fun Club Programs – Unfortunately we are having to again apply an increase – with a 23% increase in the Minimum Wage since September 2017 – all our contracted Staff have to receive increases – not to mention that all our Expenses for Fun Club and the Charity overall will be increasing as Suppliers will need to up costs, as well.

For those of you receiving grants through the Province of Ontario Special Services at Home or other Funders – we encourage you to advocate for an increase in those support \$'s to match the increase cost of the Programs.

Email or call your MPP – silence and acceptance will not facilitate change! If the Province sees fit to raise the Minimum Wage this much – then the Funding supports should also be raised!!

We truly hope this will not be a burden to Families but in order to continue to offer this Support – we have no choice but to increase the Price.





What: Saturday Fun Club for ASD Children - ages 4 to 18+ years of age.
Where: Children At Risk, suite 209, 235 Donald Street, Ottawa.
When: January 20, February 3 & 24, March 24, April 7 & 21, May 5 & 26, June 2 & 16, 2018
Duration: 10 a.m. to 3 p.m. – Lunch & Snacks required from home
Cost: \$90 each session – payable in advance to guarantee sessions.
Registration
Deadline: January 6, 2018 (**NOTE: if your child has attended SFC this past year or Camp Kaleidoscope Summer 2017 - and there is no new information or challenges you need to share with us - you only need to complete the 1st and last pages.**) By email to: car@childrenatrisk.ca By Fax: 613-741-5530

Since November 2012 - Children at Risk has been offering Saturday Fun Club Activity/Respite Sessions on Saturdays. We are opening up Registration for Fun Club to all families. If your child has attended Camp Kaleidoscope in 2017, an intake will not be necessary. However, if your child is new to Children at Risk and/or attended Camp in 2011, 2012, 2013, 2014, 2015 & 2016 - we would require an intake.

Utilizing management and counsellors from Children At Risk's Camp Kaleidoscope, we used many of the activities that proved so successful at Camp. Each Fun Club session runs for 5 hours, 10 AM to 3 PM, for children and youth aged 4 to 18+ years of age. SFC will not be exactly like summer camp, but with adequate and qualified support staff, your child/youth will have five hours of fun and creativity with peers. Organized activities will include but not limited to: Mad Science, Crafts, Computer Games, Gym Circuits, can turn Saturdays into the best day of the week! As at Camp, as well, activities will align with ability - allowing older participants to influence the content to have the best experience.

Ten Saturdays have been arranged for the Winter/Spring Session from 10 a.m. to 3 p.m. Sessions cost \$150+ to offer per child, but with donations & fundraising, we can offer each session at \$90 in advance to secure the dates offered to you. No additional subsidizes are available. A current Children at Risk Membership (\$40 per annum) will also be required for Insurance Liability purposes.

How many Saturdays each participant can be guaranteed will depend on the demand within the three age ranges – 4 to 8, 9 to 12 and 13 to 18 years of age. These ranges aren't fixed as participants will be grouped according to their best fit. As per the Registration Form, you can ask for some or all of the dates and we will confirm what we can offer once all the Registrations have been received and we can balance out each date with a mix of younger, older and level of needs corresponding to staff available. Spots are limited with only being able to accommodate 50 children.

Please complete the attached Fun Club Registration and submit to Children at Risk ASAP.

(Note that due to the Location, Environment and availability of appropriate staff, we may not be able to accommodate some of our more challenged ASD youth that have had success at our Summer Camp.)



FAMILY FUN NIGHT

Children at Risk is delighted to continue this Support for the Autism Community!



Community
Foundation
of Ottawa

Courtesy of initial Funding from **The Community Foundation of Ottawa**, we rolled out a Program called “Family Fun Night” – this is the name your children will know it by – BUT for you – our Parents – we are calling it “Date Night” for Mom and Dad or “Me Night” for Single-Parent Families!

Responding to our Parents (and supported by Research), Respite seems to be at the top of the list for critically-needed supports. But not just a break from your ASD child – but from ALL your children!! Go to Dinner, see a Movie, Visit friends, Shop or Attend a Party – or even just complete a Project – undistracted and uninterrupted!! No need to clean your house for a Baby-sitter – just drop off your children at our Offices – and enjoy up to 4 ½ hours of purely Adult time!

Activities include playing games in the gym, Nerf games, Wii, Kinect, making snacks, a movie for those that can sit through one. There will be Dedicated Staff for both Siblings and those with ASD. 6 p.m. to 10.30 p.m.

WHEN: Saturday, April 28, 2018

WHERE: Children at Risk, 235 Donald Street, Suite 209

WHY: Opportunity to offer Respite for your ASD child (ages 4-18+) and Siblings (ages 3-14+). We would have Gym games, scavenger hunt style games, glow in the dark activities for the first two hours and then settled down to a movie or gaming. For those that can't watch a movie there would be more Gym activities or crafts. We will offer snacks, but do request that your children have dinner before arriving!

HOW: Cost is \$55 for each ASD child and \$30 for each Sibling. If your ASD child has not attended our Summer Camp or Saturday Fun Club, we will need to arrange an Intake Meeting to properly document their needs. Please complete the attached Registration and Email back or Fax. If Siblings are attending, please also complete the Sibling Form so we have info on them too!

We must have at least 20 children booked to offer this support.

Booking and Payment will be required in advance – though we may be able to accommodate last minute Registrations depending on demand.

A current Children at Risk Membership (\$40 per annum) will also be required for Insurance Liability purposes.



MARCH BREAK 2018

Attached you will find the Registration Form for March Break Camp – March 12-16, 2018. The demand for this Support has increased every year and we currently have no dedicated funding for this – so it must be financed by existing Fundraising and Donation proceeds. We are submitting Grant requests in hopes funding will come through – but until then we have to maintain a very conservative budget – which also limits our numbers for March Break Camp. For the first time, we are going to take Applications and then draw Lottery Style for a maximum of 30 Spots. IF funding does become available – then we will look to add on possibly up to 20 more spaces. Therefore – Applications will be taken up to January 26, 2018 – that is a week later after Autism Ontario closes their applications for March Break funding <https://www.autismontario.com/> – which unfortunately remains at a maximum of \$350 – despite the increased cost of \$475 that we have to have due to the Minimum Wage increase. Again – we encourage Families to inform Autism Ontario (who dispense funds from the Province) and their MPP that Funding for this Support is insufficient now due to the increase in minimum wage increasing the Cost of Supports!

2017 FALL RAFFLE SAMPLE TICKET

<p>CHILDREN AT RISK: 2017 FALL RAFFLE <i>Providing 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>M758728</p> <p>MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT</p> <p>SAMPLE TICKET</p> <p>of 6,500</p>	<p>CHILDREN AT RISK – www.childrenatrisk.ca 235 Donald Street, Suite 209, Ottawa, Ontario, K1K 1N1, 613-741-8255 <i>Providing Community Supports for Families and Children with Autism Spectrum Disorders</i> 2017 FALL RAFFLE Draw: December 19, 2017, 12 NOON, CAR Offices, 235 Donald Street, Ottawa</p> <p>1ST Prize – DESTINATION: VANCOUVER!</p> <p>This Exciting Trip Prize includes:</p> <ul style="list-style-type: none"> • WestJet Airlines Vouchers for Any Destination! (Value \$3,000) • Ciao 3-Piece Spinner Luggage Set (\$712) • 2 Night Family Stay Century Plaza Hotel & Spa Suite - Vancouver Downtown (Value \$400) • C/Prime Modern Steakhouse & Wine Restaurant Gift Card (Value \$200) • 4 Passes for Vancouver Attraction (Value \$200) • 4 Passes Vancouver Art Gallery (Value \$96) • Dr. Sun Yat-Sen Classical Chinese Garden (Value \$59) & Vancouver Mysteries (Value \$50) <p>TOTAL 1ST PRIZE VALUE: \$4,717!</p> <p>2nd Prize– Paderno 10-Piece Pro-Elite Stainless Steel Set & Urban Element Certificate (Value \$991) 3rd Prize –2-2018 Club EG Golf Memberships, 2-18 Holes Falcon Ridge & Ultimate Dining (Value \$919) 4th Prize– Greco Kanata North 10 Week Lean & Fit with Fitness Consult (Value \$700) 5th Prize –European Glass & Paint, Jill Alexander Original Painting & 1-800 Got Junk (Value \$546) 6th Prize – Executive Fitness Leaders Personal Training, Running Room & Fitness Aids (Value \$420) 7th & 8th – 2 Ottawa Senators Tickets, TownePlace or Fairfield Inn, Ultimate Dining (Value \$356 ea.) 9th & 10th – 2 AVON By Pam “Beauty & Bling” Gift Baskets - Skin Care & Jewelry (Value \$339 ea.) 11th – Ottawa 67’s 6-Pack Tickets & 6 Ottawa 67’s T-Shirts (Value \$264)</p> <p>City of Ottawa License #M758728 *MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT SAMPLE TICKET of 6,500 PRICE: \$2 or 3 for \$5</p>
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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

University of Ottawa's MOVIE Night Presented by D.R.E.A.M. uOttawa

The club is organizing a info session and movie night for students in high school interested in attending university but who may have questions about services and accommodations available to them. They have coordinated a tour beforehand as well as got confirmation from the student disability services that a representative will be available to answer any questions. There will also be students there who have a learning disability who have gone through the entire application process of finding accommodations willing to share their experiences. The event is open to any student in grades 9 and up who currently hold an IEP at school or who may need an accommodation in their post-secondary education route who want to connect with other students and plan ahead. Siblings, parents, and friends are welcome to join.

For information please email dreamuottawa@gmail.com before Dec 22nd, 2017.

SHOPPERS POINTS



As of **February 1, 2018** – Shoppers Optimum Points will join with Loblaws PC Points to come together as the "PC Optimum" program. However – an Inquiry I made to Optimum could not tell me at this time IF the same program to donate Points to a Charity will exist!

So – if you were thinking of it – PLEASE donate NOW or in January – but let us know if you are as it only comes through anonymously and if your donation is enough – we will cheerfully issue you an income tax receipt for the amount that we can use the points to purchase.

ALL points we have will remain – but as we do not know if this program will continue to exist for supporting a Charity – consider sending us these points if you can before February 1, 2018!

The Shoppers Optimum Points™ Donation Program - A Unique Way To Support Children at Risk!

We have a great opportunity for you to support us ... made available by Shoppers Drug Mart through the Shoppers Optimum Program™.

By donating some (or all) of your Shoppers Optimum Points™ to our organization, you are enabling us to use your points at Shoppers Drug Mart® toward the purchase of products and supplies we need for our ongoing fundraising activities.

To donate your Shoppers Optimum Points™, please go online to: www.shoppersdrugmart.ca/donate. Select Children at Risk and donate! If you are not presently a Shoppers Optimum Member™, next time you are in a Shoppers Drug Mart ask for a card, which will be issued to you right on the spot at no cost.

With your support, this initiative has the potential for Children at Risk to “optimize” our fundraising dollars through this unique program!

THANK-YOU'S



"Thank you so much for the Senators Tickets - it was a great game and we had an awesome time! Go Sens Go!"
Ru



"Thank you very much for The Ottawa Senators Tickets that were donated to Children At Risk. It gave these 2 sisters a night out together. They had an absolute blast that night. Although the Sens lost in overtime it was exciting AND such a treat to go to a hockey game."
Stephanie & Ashley



"We were lucky enough to get a pair of the tickets for the October 19 Sens game against the New Jersey Devils. It was great to have a night out and watch the Sens play although they lost in overtime. We rarely go out so opportunities like this are wonderful for an evening of live sports. Thanks to the United Way Gifts In Kind for providing that support."
Mark & Linda

"Dear Children at Risk - Thank you so much for your recent gift of Sens Tickets. My son Brandon is a HUGE hockey fan and was thrilled to get to see the Sens game. Without the generosity of the Sens and Community donors/United Way, this would happen very rarely - if at all. A huge thank you as well to the ongoing commitment of Children at Risk for supporting children and their families living with autism. Thanks again for your kindness - very much appreciated!!! God Bless."
Beverly

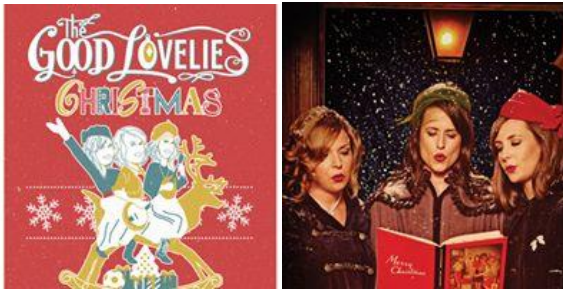


"I would like to take a moment to say Thank you to Children at Risk and their Donor for the tickets received to attend the Barenaked Ladies concert at the NAC. This was the most needed perfectly timed treat we could have asked for. It was a very Hard week and to have that Break from regular day life, if even for just a few hours, was Great. We have always enjoyed any help or gifts received from Children at Risk and their donors and this one was a very special time."
Greg & Tracey

"Attending the Barenaked Ladies concert on November 29th was a rare evening out for our Family! Raising 2 children with disabilities - one with Autism and the other with Cerebral Palsy (and a recent diagnosis of Bi-Polar) is a consuming task. Being able to take time to shut off the reality and enjoy this immensely entertaining Concert was one of the few lifelines we can grasp on to for our health and sanity...we are so very grateful that consideration was able to be given to a request for Ticket Donations to Children at Risk. We hope that the Donors will be able to continue to offer these special gifts!"
Brenda, Jeff, Jeremy & Ian



"Thank you so much for the amazing tickets to see Sass Jordan. It's not always easy to get out to events but the effort was so worth it. I got to escape with my friend to enjoy this intimate show and recharge my battery. Thank you, thank you, thank you!" Brenda



"I would like to take this opportunity to sincerely thank you for NAC concert tickets for the Good Lovelies show! Iliya loves music and he was fixated to his chair for most of the length of concert and this is amazing for him as he usually does not stay in one place for more than 3-4 minutes. He enjoyed the show a lot and I like to thank you on my and his behalf for the generous tickets. Can you please convey our thanks to the sponsors as well?" Roxanne



"Dear Children at Risk - Thank you for the 67's tickets. My girlfriend and I had a great time at the game!" Gabriel

"Many Thanks for the recent donation of the Ottawa 67's tickets – my son had just come out of the hospital and it gave him and his father a chance to enjoy a rare night out with friends – it could not have come at a better time!" Brenda



"Thank you for making the tickets available for our family to attend the Guitars for Vets concert. We really enjoyed the event - the music was wonderful and for a very good cause. An evening out like this was long over-due. Much appreciated!" Margaret



"Thank you for your generosity in providing our family to experience our first musical show. My son enjoyed it thoroughly and pleasantly impressed us with how calm and attentive he was during the show. It was a great experience for us and we are grateful for the opportunity your provided. We really appreciate it and thank you kindly. Have a Merry Christmas and Happy New Year." Mandeep



103 of the 120 Children At Risk personnel involved in the execution of 2017's Camp Kaleidoscope day camp.

2017 saw Camp Kaleidoscope return to the East end of the city and to Lester B Pearson High School for our 5 weeks of summer day camp. A few things had changed since we were last on the school premises reducing the number of group rooms available to us and the Staff room was being renovated necessitating the stage to be set-up as a break room. Regardless, we were excited to be back as the location has the distinct advantage of being walking distance from the Gloucester wave pool.



Although we had come to expect the requests for Camp slots to increase every year, this year there were a greater number of new families added to the ranks of regulars than any other year. 47 Campers attended for the first time although 7 of them had previously started with us at Saturday Fun Club. We were able to provide 143 campers from 133 families with 333 camp slots from the 347 requested. Although some new families would have liked more weeks, our policy is to only provide two weeks the first year. Unfortunately due to the high demand for the two weeks in August, we had to reduce the maximum number of weeks for each Camper from 5 weeks to 4 weeks much to the disappointment of 14 families.

The Campers ranged in age from 4 years to 23 years with a record number of 4 and 5 year old campers attending. Our largest number of Campers is in the Mid age range of 8 to 12 years followed by the Teenagers, then the Kids age range and a few that have been with us for many years going into their twenties. The number of girls attending continues to grow with 28 attending which allowed for multiple Girls only groups for multiple weeks.



Two Groups getting together for a game of Duck, Duck, Goose.

A Camp of this magnitude offering 1:1 and greater support to campers takes a lot of staff. We had a total of 120 staff working at Camp for 1 to 5 weeks with an age range of 12 to 59 years. The Camp Director was supported by a morning and an evening person to cover the registration desk; 11 Group Leaders and 2nd's, a team of 4 designated to behavioural support, 76 Counsellors with an additional 5 through the Focus On Youth program and another 5 that were Volunteers. Our Kitchen Coordinator was supported each week by a Volunteer from Families Harmony a charity supporting adults with disabilities and an additional 2 Volunteers supported our Maintenance person to setup and take down our water play equipment.

This year was also the first time our returning staff were outnumbered by new staff. We had 62 staff attending Camp K for the first time, including two Group Leaders although 15 of the Counsellors had joined us earlier in the year at March Break Camp or Spring Saturday Fun Club sessions. Almost all new staff had undertaken a hands on interview at one of the Saturday Fun Clubs as an insight to what a day at Camp K is like and for us to see which Camper they would be best suited to work with.



Camp Kaleidoscope isn't about putting a group of Campers in a room with a handful of Counsellors. As well as the age of the Camper we take into consideration their level of functionality, their social interaction, whether they are non verbal, limited in their communication or super chatty. We can't have screamers in with those who are sensitive to noise or those that are full of beans with those that like to go at a slower pace. Once we have the Campers divided into Groups and making sure those groups aren't too big we then need to allocate the right Group Leader and give them support of a suitable 2nd. They need to plan and execute a schedule of activities suitable for the group taking into consideration all of the above. We then need to provide the Counsellors for each group and allocate who will work with each Camper. We have learnt over the years that you have to take into consideration the personality of both the Camper and the Counsellor to get the most harmonious match. Sometimes it does take a couple of moves to find just the perfect Counsellor for a Camper, especially if they are young themselves and not as experienced with all the nuances of autism.



We are very fortunate that we have a great number of dedicated and talented people requesting to be Camp Counsellors. We have those that work in the school boards, recent graduates from Child & Youth Worker or DSW or health science courses or those still studying in these areas. We have increased our number of high school students so as to have experienced and trained staff for March Break camp as those working for the school boards need that break and those in University and Colleges are not available as it never matches with their reading weeks. We have always found Siblings to make great Camp Counselors as they have a unique understanding living with autism 24/7. This year I was pleasantly surprised to find a large number of our younger counsellors already had autism experience even though they were not siblings. Many had a close relative, a neighbour or a friend at school or had interacted with those on the spectrum at church groups or other social interactions. We also had a number of staff who were on the spectrum themselves and wanted to give back or show that you can be in university, successful, responsible and FUN. These made for great buddies to our teenage and older Campers.



The Karaoke Sonic Birds Band that entertained the other Campers with their singing and dance parties



Each Group had some unique activities that only their group were into. The Teens & + group decided to have a crazy day where they dressed up. They had a parade singing down the corridor and a conga on the way back! They also invited the teenage girls to join them in a dance party.

Cooking was a big part of the camps programming. Each group gained access to the kitchen twice a week having both a morning slot and an afternoon slot. Those attending in the morning would make something they could have for a late breakfast such as pancakes or waffles or to supplement or replace their packed lunch. Menu items included Pigs in a blanket, mini pizzas, quesadillas, wraps, pasta with a tomato sauce, chicken risotto.



Having a hand treatment as part of the Teen Girls Group Spa Day

The Teens Girls Group had a spa day where after enjoying mani-pedi's themselves they invited staff to join in the fun. We were treated to cucumber water whilst having our hands softened with clay masque, nails painted, a shoulder massage and our hair styled or accessorized. Everyone involved had a lot of fun as well as softer skin and a unique look!



Those attending in the afternoon could make cookies, brownies or frozen treats for the next day. Food allergies, sensitivities and avoidance were always respected with alternative ingredients.





With the Gloucester wave pool within walking distance each Group had two opportunities to attend each week. They could go to the family Swim twice a week or swap out one session for an afternoon Wave swim if their Campers were strong enough swimmers.



Project Clear Skies funding allowed us to purchase a commercial grade double water slide that also provided a shallow paddling pool. It was suitable for all ages

Campers swim suits were in constant use as in addition to the Gloucester Pool we also had a local splash pad and almost every day we were onsite our maintenance team set-up our new Double water slide, a couple of large inflatable pools and an octopus sprinkler. This gave us our own water park so all the Campers could have fun keeping cool.



A number of our trips also included water. There were the water parks at Brewer Park and Saunders Farm, our beach day at Mooney's Bay and four groups squeezed into a bus for a trip to Mont Cascades. For 2017, we should have been called Aqua Camp!

We were very fortunate that despite this summer being the wettest on record we were rarely impacted by the rain and thunder showers. The rain did make for a muddy time at our first trip to Saunders and there was a large puddle to Go Kart through at Karters Korners! Some days the walk to or back from the pool was made a bit quicker to avoid getting caught in the rain. Luckily all the thunder storms came after camp was over for the day.



If we had of had bad weather, we were prepared. On one side of our big gym we set-up with three Spring Free trampolines along with our new large and medium bouncy castles thanks to funding from Project Clear Skies. In the other side we had Plasma cars, Razor and Flicker scooters to keep Camper entertained and this side was also used for games of dodge ball, basketball and snowball fights. In our smaller gym when it wasn't being used for the Garage sale we had Electric cars and new this year some quad bikes that had been donated to us by The Ottawa Safety Council.



With all the kitchen time, gym time, swimming, walks to the local parks and a day trip out each week you would think the days were pretty full but Groups also managed to fit in scavenger hunts, many art and craft projects, sensory play, mad science activities and even growing tomatoes.



A great time was had by all the Camper's who attended and the staff equally had a lot of fun as well as getting to learn from the best teachers on how talented, creative, funny, loving and special youth on the autism spectrum can be.



They were able to see firsthand beneath the diagnosis, the meltdowns, bad language, anxiety and anger management issues that our Campers are just like all other youth who given the right amount of support can be successful in everything they do and how much pleasure they derive from being given that extra bit of support to be even more exceptional. We had talented Campers in areas such as musicians, singers, artists in crafts, painting and drawings to name just a few.



Cassandra's Group of campers wrote a song of thanks to those who made the camp financially possible and sang it to some of our donors when they visited the Camp. Piers had also made up the tune so you will have to take our word for it that it sounded good, especially when they were all in harmony. The words were

Welcome to Camp Kaleidoscope!

Welcome to Camp Kaleidoscope!

*We had so much fun today! There are fun activities
And cooking, And swimming, And field trips
At Camp Kaleidoscope! C'mon let's go in!
C'mon let's go in! We will be waiting for you,
At Camp Kaleidoscope! Camp Kaleidoscope! Yeah!*

VIP visitors were able to see all our Group rooms decorated with all the crafts from that week, see our gym set-up and watched some of the campers enjoy the outdoor water activities. Our Thanks go to:

- The International Order of The King's Daughters and Sons Ottawa City Union,
- Ottawa Inner Wheel Chapter,
- Ottawa Senators Foundation,
- Barbara Crook and Dan Greenberg, Danbe Foundation,
- Unity for Autism Foundation,
- The Difference Makers – Les Faiseurs de Différence,
- Community Foundation of Ottawa,
- Ottawa International Airport Project Clear Skies,
- Paul Rushforth Real Estate,
- Ottawa Catholic School Board Focus on Youth Program,
- Autism Circle Ottawa King's Daughters and Sons,
- Private Donors & Supporters.

For making Camp Kaleidoscope 2017 possible.

Saturday Fun Club

Just in case you are not aware of what Saturday Fun Club is, it is a program of fun activities for the Clubbers from 10 a.m. to 3 p.m. and an opportunity for some well deserved respite for parents. It takes place at our office location at 235 Donald Street one to two Saturdays a month.



Never too big to enjoy the plasma cars in the gym

Activities include but are not limited to: Gym games, outside play, baking, mad science, arts & crafts, scavenger hunts or other challenge activities. Each group is divided into age and functionality with a schedule of activities organized by a Group Leader. The program is organized and managed by the same staff as operate Camp Kaleidoscope.



Fun on the play structures at the park

Usually the Fall registration for Saturday Fun Club starts in the early twenties and rises to the mid twenties for our last session in December. This year we were taken aback with registrations starting in the fifties and rising to 58 which is higher than our first week of Camp K!

This is a logistical challenge squeezing into the space limitations of the Hardini Centre as in the summer we have a High School to ourselves! Luckily we had a large number of Camp Counsellors still in the area as we did lose a number to Universities far from Ottawa, so were adequately able to provide the 1:1 support and a division into the right number of Groups for the ages and functionality of those that registered.



As always not everyone is available every session including Group Leaders so we had a number of the Group 2nd's from Camp K try their hand at being in charge and also made some promotions for returning staff who only work at Saturday Fun Clubs.



Making Unbreakable bubbles



Christmas spirit - 2nd December session.

Despite the large number of Clubbers, all 6 Saturday Fun Clubs ran smoothly with lots of fun being had. The large numbers were really only noticeable with how crowded the registration area was with all the parents dropping off and at the 3 p.m. pick-up time.

Merry Christmas from

Family Fun Night

