



NEWSLETTER SEPTEMBER 2012

Issue #60

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Charitable Registration #
10691/3775/RR/0001

MARK YOUR CALENDARS

- **Children at Risk Fall Raffle**
October 1, 2012
- **16th Annual Celebrity-Carved Pumpkin Contest**
October 25-28, 2012
- **Epicure Open House**
Saturday, October 27, 2012
- **Fundraising Brunch for Autism**
Sunday, November 18, 2012
- **Capital Chordettes Christmas Craft Auction**
Saturday, December 1, 2012
- **Maudes Pub Fundraiser with `Good2Go`**
Saturday, December 1, 2012
- **7th Annual “Rollin’ for Risk” Bowl-A-Thon**
Sunday, January 26, 2013
- **12th Annual “Rockin’ for Risk” Fundraising Dance**
Saturday, April 6, 2013

PRESIDENT’S MESSAGE

Paul Lacroix, President, Board of Directors

Just when I thought last summer, with our 1st year of Camp Kaleidoscope, could not be more exciting – well, then there was the summer of 2012!

Not only did Children at Risk again offer our All-Day Summer Camp – but we went from 4 weeks to 5 weeks, from 89 spots to 146 spots. WOW! And it was a great Team effort – from Camp Director Debbie Lacroix, Camp Coordinator Hazel Smith and Camp Facilitator Lisa Gregory to Group Leaders Jamie Michaud & Melanie Smith – and all our dozens of terrific Camp Counselors and Camp Volunteers! We also do not want to forget Bambina and Brenda in our Offices – as well as our Intake Coordinator, Christine Martell.

But we must acknowledge that ALL of this would NEVER be possible without our Camp Sponsors: **The King’s Daughters and Sons Ottawa City Union, Unity for Autism Foundation, Community Foundation of Ottawa-Carleton** and the **Ottawa Catholic School Board Focus on Youth Program!** Join me in extending our appreciation to all these outstanding donors!

Now comes the hard work of looking for sponsorship for 2013 – we have a great head-start with **\$25,000**, thanks to the hard work of almost 60 Volunteers at the HOPE Volleyball SummerFest in July (and on what I am sure was one of the hottest days of the summer!). If anyone knows of a group or donor that can help – make sure to direct them to Brenda.

Hope everyone is having a great start to your Fall and look forward to seeing you at our many events coming up!

2012/2013 BOARD OF DIRECTORS



President – Paul Lacroix

Treasurer – Lesia Gilbert

Secretary – Mark Lalonde

Director – Natasha Ell Saunders

Director – Kelley Matheson

Director – Valeria Mills

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.

EXECUTIVE DIRECTOR'S MESSAGE

Submitted by Brenda Reisch

So much has happened since our June Newsletter – our Autism Community Annual Family Picnic, our Spring Raffle Draw, HOPE Volleyball, ticket donations for events like the Tunis Shrine Circus – and, of course, the jewel in our crown – Camp Kaleidoscope 2012!

However, on a personal basis, I have to say the highlight of my summer – and probably the most humbling, was to receive the honour of being awarded the Queen Elizabeth II Diamond Jubilee Medal with a nomination from Nepean-Carleton MPP Lisa MacLeod. To stand with war heroes and community leaders - to be recognized as having made a contribution, was indeed an accolade I never expected. However, I told Lisa (when she called) that my acceptance was to be on behalf of all those unsung heroes in the Ottawa Autism Community who have helped to support and raise awareness, needs and funds for the hundreds of families raising a child (or children) diagnosed within the Autism Spectrum Disorders. Representing Children at Risk only gave me a public profile more so than many in our community, but it is the efforts of so many others that have brought the cause of Autism forward.

I want to thank the dozens of friends and families who sent emails of congratulations and best wishes. If I could, I would award this medal to every parent of a child with ASD, every special needs worker, every educational assistant, every teacher – all those who make a DIFFERENCE in the lives of these very special individuals! These people are Every Day Heroes – dealing with the challenges - and rewards that come 24/7 with Autism Spectrum Disorders. I will wear my Diamond Jubilee Medal proudly – but only with the thought that this is not only an honour for me, but for all those Every Day Heroes, too!

DIAMOND JUBILEE MEDAL QUEEN ELIZABETH II DIAMOND JUBILEE MEDAL

A new commemorative medal was created to mark the 2012 celebrations of the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada. The Queen Elizabeth II Diamond Jubilee Medal is a tangible way for Canada to honour Her Majesty for her service to this country. At the same time, it serves to honour significant contributions and achievements by Canadians. During the year of celebrations, 60,000 deserving Canadians will be recognized.

The Chancellery of Honours, as part of the Office of the Secretary to the Governor General, administers the Queen Elizabeth II Diamond Jubilee Medal program.

Eligibility criteria

To be eligible for this honour, a person must:

- Be a Canadian citizen or a permanent resident of Canada, but need not necessarily reside in Canada;
- Have made a significant contribution to a particular province, territory, region or community within Canada, or an achievement abroad that brings credit to Canada; and
- Be alive on February 6th, 2012, the 60th anniversary of Her Majesty's accession to the Throne. The medal can be awarded posthumously, as long as the recipient was alive on that date.

DIAMOND JUBILEE MEDALLION



Lisa MacLeod, MPP, Nepean-Carleton congratulated twenty-two individuals (including our own Brenda Reisch) on being honoured with the Diamond Jubilee Medallion in recognition of Her Majesty Queen Elizabeth II's sixty year reign in Canada for their community service. She organized an evening at Watson's Mill in

Manotick to present them to the recipients.



EXECUTIVE DIRECTOR'S MESSAGE (Cont'd)

WELCOME A-BOARD!

With our June AGM, we voted in 2 new Directors for our Board! Please join me in welcoming **Natasha Ell Saunders** and **Valeria Mills**.

Natasha moved to Ottawa last year with her husband Steve and children Max & Kate. Her background is in Corporate Law and she has lived and worked both in Canada and internationally. While she is currently raising her young family, Natasha is getting involved with both Children at Risk and Autism Ontario, taking on the position of SEAC (alternate) for the Ottawa Catholic School Board – as well as helping with her husband's business. Her desire to join the Children at Risk Board is to demonstrate a commitment to helping children with Autism and that her professional experience and organisational abilities can make a contribution to our charity!

Valeria is married with 2 teenage boys - her 16 year old diagnosed with ASD. Her background includes over 15 years in graphic design, marketing, communications, new media development and conference/events management. For the past 2 years she has been advocating for her son's needs and understands the importance of parents being well-informed about programs, resources and other supports that can improve the quality of life for a special needs child and their family. We welcome Valeria's experience, passion and enthusiasm to our Board of Directors!

SIBLING SUPPORT WORKSHOPS & OUTINGS

Children at Risk will be offering not only 2 Sibling Support Workshops, but also 2 Sibling Outings! The Outings will be co-sponsored by Autism Ontario's Potential Program. Here is the schedule:

Saturday, October 13 – Older Sibling Workshop at Children at Risk (ages 8-13)

Saturday, October 20 – Older Sibling Outing at Laser Quest

Saturday, November 10 – Younger Sibling Workshop at Children at Risk (ages 4-7)

Saturday, November 24 – Younger Sibling Outing at Midway Fun Park

For more info and registration form, see Page 12.

FUNDRAISING UPDATE

Submitted by Brenda Reisch, Fundraising Chairperson

EVENTS/ACTIVITIES SINCE JUNE 2012 ...

OTTAWA AUTISM COMMUNITY ANNUAL FAMILY PICNIC

June 10th turned out to be the perfect day to hold the Autism Community Annual Picnic! Returning to our usual location of Brewer Park was great – except for no notification from the City that the new Water Play area was not yet complete. However, our families adapted and, despite several clad in dry swim trunks, managed to have fun enjoying the BBQ, Circus Delights Inflatables, Fish Pond, Cookie Decorating, Bubble Play, Pick n' Pay, Balloon Toss and much more!

Many, many thanks to all the Volunteers who made this possible - especially BBQ Crews who skillfully ran the BBQ donated for use by The Gathering Church - not to mention many other Volunteers who jumped in to help at all the other activity stations!



Please join me in thanking our many sponsors:

- **The Gathering Church** for their BBQ and **The Teed Family** for transportation.
- **Loblaws College Square** for some food donations.
- **Weston Bakeries** for donating the hot dog and burger buns.
- **Tunis Shrine Klowns**.
- **Humpty Dumpty** for chips donations.
- **Hazel Smith** for managing our Pick n' Pay Table
- **Phil & Heather** from **A Little Bit of Bling** for their awesome glitter tattoos!

CHILDREN AT RISK 17TH ANNUAL SPRING RAFFLE

As is custom, we also draw our Spring Raffle ticket at the Picnic! Sales were a bit down with the economy ☹, but up from last year ☺, so we again did not sell out the 6,500 tickets this year, but we still managed to make a profit of over \$8,100!

Deepest appreciation to all those who purchased and/or sold tickets and Congratulations to the Winners!! (please see Page 22 for the List).

HOPE VOLLEYBALL SUMMERFEST



Thanks to all of our almost 60 Volunteers, the 30th HOPE Volleyball SummerFest was a smashing success and, in spite of the incredibly steamy weather, all of you represented Children at Risk so well – both in helping us make our quota of Volunteers required to receive the funding AND in quality of work. I heard great feedback for both the Parking Lot Volunteers and the Tear Down Crews! In November Children at Risk will receive \$25,000 towards our 2013 Camp Kaleidoscope!!

What is On Now/Coming:

FALL RAFFLE TICKETS

Children at Risk is excited to offer for sale our Fall Raffle Tickets! This will be our 4th year of this popular Raffle Ticket that features 1st Prize of 2 WestJet Tickets! Tickets are \$2 each, 3 for \$5 or only \$20 for a book of 12 tickets!! **See Page 24 for ticket sample.**

Tickets are NOW available! After many weeks of gathering quality prizes, we can proudly offer them for sale. Funds raised will support our summer day camp, Camp Kaleidoscope, for 2013. 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 kick off October as Autism Awareness Month, the Raffle will be drawn on Monday, October 1, 2012. We recognize that many of you supported Children at Risk through the purchase of our Spring Raffle Tickets - we are hoping to sell the Fall Raffle tickets at various venues so we do not rely only on our Members and Supporters. However, we wanted to let everyone know of the tickets and the fabulous prizes!

If you would like to purchase tickets, we will cheerfully fill them in and send you the ticket portion (send us your mailing address). Only \$20 for a book of 12 tickets! If you think you can sell some tickets for Children at Risk, let us know and we can send some books for selling! Or use the sample ticket to promote it at work or with your friends and family!!

We can be reached at the office, 741-8255, or by email, car@childrenatrisk.ca

I truly couldn't believe that I was the Grand Prize winner in the 2011 Children at Risk, Ottawa, FALL RAFFLE SUPPORTING AUTISTIC CHILDREN AND THEIR FAMILIES! I was absolutely thrilled to learn that I had won 2 WestJet Tickets to anywhere WestJet flies in the World. Also included in my prize was a wonderful package of tickets to a number of tourist attractions located in Calgary such as (among others), the Royal Tyrell Dinosaur Museum and the Calaway Family fun Amusement Park. There was even a 2 night stay at the Radisson Hotel (Calgary Airport)! I immediately began to plan my trip. My husband and I had a lot of fun looking at all the possibilities of a rare vacation with just the two of us! In August we were finally able to take to the skies and fly to Las Vegas! We had always wanted to find out what everyone was talking about when they said, "What happens in Vegas, stays in Vegas!" Without giving away any secrets, let me just say that we had an incredible week! As it happens, this "trip of a lifetime" turned out to be extra special because the week after we returned, my husband deployed to the Middle East with the Canadian Military. Many, many thanks to the donors who made this raffle prize possible! Our Grand Prize is the "gift that keeps on giving". Two of our friends were traveling to Calgary over the summer so we shared some of the free tickets to attractions that were part of our prize. We still have tickets for the Country Dinner Excursion on the Alberta Prairie Steam Train and admission to both the Calgary Zoo and Fort Calgary that we can use next summer!
Sincerely, Debbie and Kevin Ng


UNITED WAY/CENTRAIDE OTTAWA INFO

As this year's campaign kicks off, we wanted to remind everyone that charitable donations can be directed to your charity of choice, whether a United Way charity or not. We welcome the direction of your contribution to Children at Risk to support the services and programs we provide to families raising a child with Autism! This way you can contribute to a workplace campaign and support Autism too! Specifically, you need to list: Name: Children at Risk –Ottawa, Revenue Canada Charitable Registration Number: 10691/3775/RR/0001. While CAR does not receive direct funding from United Way, our last bi-annual cheque from these directed contributions was over \$5,750.45! The importance of these donations cannot be overstated – as our charity does not receive government funding. If you have any questions, do not hesitate to contact us! *Please note that when donations are received this way, the donors are not identified*. Feel free to let us know if you have contributed to our charity in this manner and accept our sincere appreciation for those who remain supportive, but anonymous!

FUNDRAISING UPDATE (Cont'd)

17th ANNUAL CELEBRITY-CARVED PUMPKIN CONTEST – OCTOBER 25-28, 2012

Once again, Children at Risk will mark October as Autism Awareness Month with our Celebrity-Carved Pumpkin Contest! This seasonal and fun event has helped not only to raise valuable funds for the Autism Community, but raise awareness about Autism and the challenges families experience raising a child with this disability. As usual, our event will still start with our Celebrity-Reception at Merivale Mall on **Thursday, October 25** - and will run an additional 3 days until **Sunday, October 28** in 4 Shopping Centres (Friday to Sunday at the other 3 malls). In order to make this event a success, we need many **Volunteers** to come forward to man the displays. This fundraiser is one of the most high-profile events for Children at Risk, raising not only valuable funds but awareness and support! Many hands are needed, so please check your schedules and give a little time, even a few hours!

 We are also THRILLED and DELIGHTED to welcome back RealDecoy with their donation of their RealAuction on-line website for our Silent Auction. We had great success with them in 2010, but unfortunately their site re-vamp took longer than expected (as all the time dedicated to the RealAuction is by their employees Volunteering!) and it was not available in 2011. We are confident that we will NOT experience the terrible issues our donated Auction Site did last year and already Hazel Smith has been busy setting up the Auction. The GREAT news too is that we can continue to use the Auction Site for any future on-line auctions (instead of an email auction!). For this wonderful and philanthropic donation from RealDecoy – we award our Hat's Off!



Here are the Mall requirements:

Merivale Mall

Thursday, October 25 – 9 AM to 9 PM
(Reception at 10 AM)

Friday, October 26 – 9 AM to 9 PM

Saturday, October 27 – 9 AM to 6 PM

Sunday, October 28 – Noon to 5 PM

Please contact Pam Wainwright at 613-823-8813

Email: wainwill@rogers.com

Place d'Orleans

Friday, October 26 – 9:30 AM to 9 PM

Saturday, October 27 – 9:30 AM to 9 PM

Sunday, October 28 – 11 AM to 5 PM

Please contact Bambina Lemme, 613-834-9169

Email: amc52@primus.ca

Carlingwood Shopping Centre

Friday, October 26 – 9:30 AM to 9 PM

Saturday, October 27 – 9:30 AM to 9 PM

Sunday, October 28 – 10 AM to 6 PM

Please contact Alison Armstrong at 613-960-3177

Email: alison.armstrong@ic.gc.ca

Lincoln Fields Shopping Centre

Friday, October 26 – 9:00 AM to 9 PM

Saturday, October 27 – 9:00 AM to 5:30 PM

Sunday, October 28 - 11 AM to 5:30 PM

Please contact Angèle Jodouin at 613-302-5943

Email: angele.jodouin@rogers.com

ENTERTAINMENT COUPON BOOKS



Hot off the Presses - Children at Risk now has for sale the 2013 Entertainment Coupon Book at only \$35 each!

NOTE: IF BOOKS ARE ORDERED ON-LINE, THEY ARE \$40 – BUT ONLY \$35 THROUGH THE CHARITY!

They can be obtained through our offices or at 15 Quickie Convenience stores throughout the city (see Page 24 for the stores that are carrying them).

We also can get books for Montreal, Toronto or Vancouver for those "out of town" relatives! Centrepoint parents can also get them from Merle Hagerman at 613-226-4982. East end or Tunney's Pasture buyers call Brenda Desjardins at 613-951-0034.

FUNDRAISING UPDATE (Cont'd)

“Epicure Selections Open House Event”
Saturday, October 27, 2012 from 12-3pm @
46 Bowhill Avenue, Ottawa

It is my pleasure to invite you to an Open House event where Children at Risk (CAR) will receive 10% of all profits!



Epicure Selections® is a 100% Canadian, family-owned, woman-led company offering the highest quality spice blends and dip mixes for the health-conscious consumer. Many of our products are gluten and/or casein free, some are kosher and, with the

numerous recipes and ideas available on our website, our products allow busy families to make quick, simple and healthy foods for their loved ones ... of course, they are quite tasty as well!!

I invite you to stop by on October 27th to taste some of these delicious, healthy products at this Open House while helping to support CAR. As a mother of a child with autism who attended Camp Kaleidoscope and also benefits from other CAR activities and events, I know from personal experience how important it is to help in any way I can and one of those ways has been through my fundraising efforts.

In addition to fundraising for CAR, attending this event will allow you to sample and learn about some of our delicious products ... and enter a draw for a door prize!

Thank you in advance for your supporting in this fundraiser and looking forward to seeing everyone there! For those who are not able to attend this event in person, please contact me directly and I would be happy to place any orders via phone or email and, if you like, can offer my services for a tasting party where you are the hostess and a percentage of the profits can still be designated for CAR!

Sincerely,
Kelley Matheson, *Independent Epicure Consultant*
613-274-3775

kelley.varietyofspices@bell.net
<http://www.epicureselections.com>

CELEBRITY SPORTS DINNER

OCT 29, 2012 COCKTAILS AT 6:00 **DINNER AT 7:00** LEARN HOW TO BECOME A SPONSOR
HAMPTON INN AND CONFERENCE CENTRE

AN EVENING WITH GREATNESS
DOUG FLUTIE ★ BO JACKSON

Children at Risk is very honoured to be chosen by the Soloway Jewish Community Centre to receive funds from this year's prestigious Celebrity Sports Dinner on Monday, October 29, 2012. Funds raised will be dedicated to our 2013 Camp Kaleidoscope Summer Camp! Special Guests include Doug Flutie, Bo Jackson and Bruce Firestone. Many of you will know that NFL quarterback Doug Flutie has been a tireless supporter of Autism. The Doug Flutie, Jr. Foundation for Autism was established by Doug and his wife, Laurie, in honor of their son, Doug, Jr. who was diagnosed with autism at the age of three. Doug and Laurie are fortunate to have the resources to provide their son with the educational opportunities, special equipment and tools necessary for Doug, Jr. to live a happy and rewarding life. They realize, however, that there are thousands of families of children with autism who struggle every day to pay for similar services. Their primary objective is to provide families with a place to turn when they are in need of support and autism resources.

<http://www.dougflutiejrfoundation.org/>

For more info on the Event and Sponsorship opportunities, visit:

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

VOLUNTEERS NEEDED!

Monday, October 29, 2012

Hampton Inn

Children at Risk will need up to 50 Volunteers for the JCC Celebrity Sports Dinner!

Duties include:

- 4-6 for day set-up (9 AM to Noon)
- 50+ for the evening event as Greeters, Reception, Photo Booth, Silent & Live Auction (4 -9 PM)
- Dress Code will apply (TBA) ability to be on your feet most of the evening
- Volunteers will be asked to attend an Info Session prior to the Event

Please contact Brenda at car@childrenatrisk.ca for more info and to sign up!

FUNDRAISING UPDATE (Cont'd)

2nd ANNUAL BENEFIT BRUNCH FOR AUTISM – SUNDAY, NOVEMBER 18

Once again, The Ottawa Autism Circle of The King's Daughters & Sons is holding a Fundraising Brunch to benefit Children at Risk and the Ottawa Branch of Autism Ontario on Sunday, November 18, 2012. The event is being held at the prestigious Falcon Ridge Golf Club (High Road at Albion, across from Rideau-Carleton Raceways/Slots) and runs from 11:30 AM to 2 PM, with Brunch starting at 12 Noon. There will be Entertainment from local singers and musicians (TBA) along with a Silent Auction to help you with your Holiday Shopping! Tickets are \$30 for Adults and \$15 for Children ages 5-12 (under 5 is free). Call our Office at 613-741-8255 to get your tickets or email us at car@childrenatrisk.ca

MAUDES FUNDRAISER

**Event Coming up
Saturday, December 1, 2012**



Photo by by Michelle Valberg

**Featuring the Rock Band GOOD2GO
at Zaphod Beeblebrox to raise funds for
CHILDREN AT RISK**

Zaphod Beeblebrox is located at:

27 York Street
Ottawa, Ontario
K1N 9J6

Details to come!

FUNDRAISING UPDATE (Cont'd)

OTTAWA 67'S 50/50 TICKET SALES



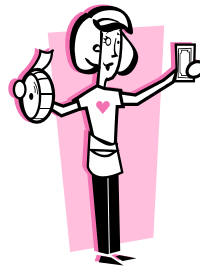
Currently the Ottawa 67's will be our only source of 50/50 fundraising, so we hope our seasoned Volunteers can put their support behind helping out at these games, especially as

many of you are accustomed to being at Scotiabank Place, as this is the 67's New Home for the next 2 seasons! Children at Risk will be covering the Home Games for both December 2012 and January 2013.

(needing 10-12 Volunteers/Game - need to arrive 1 1/2 hours before game)

Wednesday, December 12 - 7 PM game
Friday, December 14 - 7:30 PM game
Monday, December 31 – 2 PM game

Thursday, January 3 - 7 PM game
Wednesday, January 9 - 7 PM game
Friday, January 18 - 7:30 PM game
Sunday, January 20 – 2 PM game
Thursday, January 24 – 7 PM game



Volunteers need to arrive 1½ hours before game time, with 3 hours of time required. Volunteers must be 18 years of age or older. Parking and a beverage will be provided for Volunteers.

DONOR'S CORNER

| | |
|--|------------|
| In Memory of Margaret Joy & Michel Louli | \$25.00 |
| United Way Peel Region | \$466.30 |
| United Way/Centraide Ottawa Donors | \$5,750.45 |



We are starting a new addition to our Quarterly Newsletter – “Recipe Corner”! We invite you to send us a favourite recipe – not necessarily GFCE, but those would be great, as cooking without gluten and milk products can be challenging. Team Lead Camp Kaleidoscope Counsellor Lisa Gregory had everyone’s taste buds dancing with her version of Chicken Burgers!

LISA’S CHICKEN BURGERS

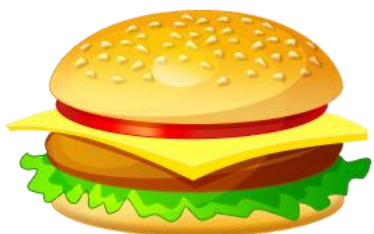
- 1 cup breadcrumbs (GFCE or regular)
- 1/4 tsp thyme
- 1/2 tsp nutmeg
- 1 tsp garlic powder
- 1/4 tsp salt
- pepper to taste
- 1/3 cup diced onion
- 4-6 Tbsp Chicken Broth (amount as needed)
- 2 lb (907 g) lean ground chicken or turkey
- hamburger buns (GFCE or regular)

Preparation:

Mix dry ingredients together and stir into meat. Add onion. Stir in Chicken Broth, adding 1 tablespoon at a time until mixture is cohesive.

Shape into ½ inch (1 cm) thick patties. *(For best results, make-ahead: Layer between waxed paper in airtight container and refrigerate for up to 24 hours or freeze for up to 1 month. Thaw in refrigerator.)*

Cook on a greased grill, medium-high heat close lid and grill OR fry in greased frying pan turning once about 10 minutes. Sandwich in buns.



WITHIN THE AUTISM COMMUNITY

CINDY GIRARD



Cindy Girard has enjoyed photography since she was 7 years old. She worked washing dishes in a restaurant in order to purchase her first 35mm camera at the age of 14. With the power of multiple lenses and filters at her disposal, photography then became a passion. She was discouraged from pursuing photography as a career, so instead of following her dream she went to university to become a math and science teacher.

Cindy hired a recent graduate of a photography program to photograph her wedding but she was extremely disappointed with the results. Realizing that talent is independent of a photography diploma, Cindy started doing wedding photography for friends with stunning results and great praise. So she returned to her passion, on a part-time basis, taking courses to improve her work.

Over 20 years have passed since that decision to return to photography as more than a hobby. Life has thrown many significant challenges Cindy’s way (including two boys on the spectrum), preventing her from ever pursuing photography full-time. However the passion remains! Her favourite subjects are young children, and the beauty of Creation. She provides wedding, family, and baby photography on location, or in her home studio in Vernon, Ontario (south end of Ottawa). Cindy also has lent her expertise annually to Children at Risk by volunteering at our Santa Photos at Westgate Shopping Centre!

INFO WEB: www.onceuponachildhood.ca

DISABILITY TRAVEL CARD

This Disability Travel Card is intended for people with disabilities who require the assistance of a support person when traveling. The Card offers its holder discounts to the support person in attendance with them when traveling with participating partners Via Rail, Greyhound bus lines and Coach Canada. Program run through Easter Seals. For info email bchan@easterseals.ca or sheila@easterseals.ca.

ACCESS 2 ENTERTAINMENT

Easter Seals has played a role in building an exciting — some have called it historic—partnership with the disability community, Cineplex Entertainment, and the movie theatre industry. Together they have built a partnership that provides access to entertainment and recreational opportunities for people with disabilities: the **Access 2 Entertainment Card**. Since its launch in 2005 there are currently more than 31,000 card holders across Canada. This unique accessible customer service program enables people with disabilities to receive either free admission or a significant discount for their support person at participating entertainment, cultural and recreational venues. Presently the Access 2 card is accepted at movie theatres across Canada and a selection of attractions. For more information about the card and where you can use it, please call Toll free number 1-877-376-6362 ext 227.

COMMUNITY THANK YOU

OC TRANSPGO GOES ABOVE AND BEYOND



My little guy Denis LOVES taking the bus. Often we jump on the bus with no destination just for the joy of the ride. Recently we were given a personal tour of OC Transpo headquarters by John Manconi, his assistant Jocelyne Bégin and a few awesome volunteers. They treated Denis (and us) like royalty. We were moved beyond words ... still get emotional thinking about it ☺
Submitted by Brenda Desjardins



Volunteer of the Month



Jasmine and Camper

Teen Jasmine Smith is taking the title this newsletter! Jasmine volunteered for all 5 weeks at Camp Kaleidoscope this summer, as well as at past Sibling Support Workshops, along with fundraising events and activities. Jasmine's younger brother, Keelan, has Autism and she uses her skills in interacting with him to connect with other ASD children and siblings. Her dedication, tireless energy and enthusiasm have made her invaluable to Children at Risk – THANKS SO MUCH, Jasmine!

THANK YOUs



“I want to thank your organization for giving my family and myself Circus tickets. I also am very happy and thankful for the Roxette tickets thank you guys so much”

“We are very appreciative for the gift of tickets that enabled our family to go to the Circus. We all had a wonderful time!!! This activity would not have happened for us if it wasn't for the ticket donation. Thanks very much!” Brenda & Family

“I wanted to write to thank you for the donated Shrine Circus tickets. We went to the 7:30 show on Saturday Aug 11/12 in Ottawa and it was an amazing night. Our 10 year old daughter with autism truly enjoyed the show. She especially loved the aerial acts and was spontaneously applauding the performers. It is thanks to donations like this that we have been able to work on helping our daughter learn how to tolerate the noise levels and the environment, so that she could experience an evening like the one we had last night. Many thanks to the Shriners for putting on this performance and for donating the tickets. They were very much appreciated!!!” Ania, Rachael's mom

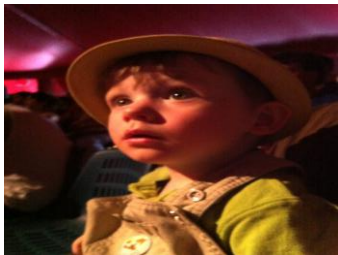
THANK YOUs (Cont`d)

"I would like to thank you all for the donated Circus tickets. Justin had a great time and we all really enjoyed ourselves. Thank you again!" Sandra

"We just want to thank Children at Risk and the generous donations that allowed some regular volunteers (special needs workers) and our young children to attend the 2012 Tunis Shrine Circus. It was a great evening and we got some awesome pictures of the kids enjoying the show. It's been almost a month and they still talk about it! Thank you for providing these kinds of opportunities to us!"

Angèle & Mathieu (28 months), Melodie & Leonard (16 months), Tyler (nephew, 12) and Delilah (niece, 4)

Here are a few pictures of the kids watching the acrobats!

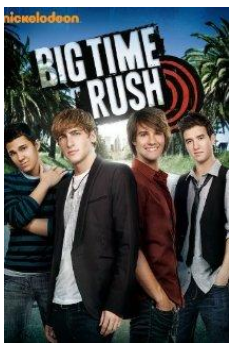


(Mathieu)



(Leonard, Melodie, Tyler, Delilah)

"Thank you so much for the tickets last week for Roxette & Glass Tiger. We had such a great time! Your generosity is very much appreciated." Melanie



"I just wanted to tell you the kids had a fabulous time last night at the Big Time Rush concert. Thank you so much." Chaarlie

"Many thanks for the Big Time Rush tickets -- my tween kids were excited to see Cody Simpson and to go to a 'real concert' ... Even my youngest was dancing in her seat. Thanks again for making these things possible -- it gives us the chance to do things as a family without worrying about planning far in advance."

Joy & Family

"Thank you so much for the four tickets to see Big Time Rush. My daughter, who has autism, was able to invite two of her friends that also have special needs. Chey's dad accompanied them and they had the time of their lives. Singing, dancing, buying a souvenir and talking about what a great concert it was became the weekend event. For all of them to be able to say they went to Big Time Rush at Scotiabank was a huge thrill and they happily told everybody who would listen all about their exciting night. Thank you for allowing these girls to be "just another tween fan" enjoying the concert." Karen, Dave and Chey

"A big thank you to Children at Risk and the Sens Foundation for the donated tickets to see Big Time Rush and Cody Simpson! I had three very happy girls, who thought that it was a fantastic show, and they thoroughly enjoyed themselves. These donated tickets are ALWAYS appreciated!" Lisa

"I would like to express my sincere thanks for the tickets to the recent Big Time Rush concert -- it was my 9-year-old daughter's first concert and we had an absolutely amazing time together. The artists were very talented and energetic and it was extremely fun. As a parent, I also appreciated that the backup dancers dressed modestly and the messages of the lyrics were very positive. Altogether, we had a spectacular evening. Many thanks!" Veronica



"The Savage family would like to thank the Ottawa 67s and Children At Risk a million times over for providing us with Ottawa 67s tickets last season. It was wonderful to go and watch

some good hockey with my son who thoroughly enjoyed himself. Without the wonderful generosity of the Ottawa 67s, this is something I wouldn't have been able to do with my son. Thank you again!"` Jeff & Jessica

"Hi, I just wanted to thank you and Trinity Developments for the 2 tickets to the 67's game last night. It was a great night in a great arena, and I went with my dad, who is a long-time volunteer for Children at Risk. We both had fun. Thanks again."` Alison

THANK YOUs (Cont`d)

We would like to thank George and Son's Upholstery for the 67's Box Seat tickets to last spring's playoff game. It was a very enjoyable evening for our family. Let's go 67's!!!! Brenda MacMillan & Family

``A very warm thank you from our family! It has been wonderful for the kids to have fun outings and also at other times as much needed respite for the family. Exciting home opener for the 67's tonight in Kanata. We very much appreciate the joy that these events bring! Ewen still talks about Disney on Ice and never stops talking about hockey. Thank you, thank you, thank you!`` Natalie, Dan, Ewen and Audrey



NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS

``I just wanted to say big thanks again to the donors for being able to enjoy the NAC-Beethoven concert earlier this year. My son played on his electronics until the Beethoven section started then his ears picked up and I just knew he would warm up to that type of music. It was nice for me to be able to enjoy something so fine that I can't otherwise afford much of. We were very happy to be awarded the tickets and a friend that works with special needs kids was quite surprised and thankful that we were able to bring her.`` Esther

PARENT RECOMMENDS A BOOK

I just wanted to share an awesome book that we bought to explain my sons' high functioning autism to him. We told him last year when he was 5 years old and it was probably one of the best things we did for him. He was starting to notice things such as leaving the class for speech and OT, etc. Here is the book we used to help him understand: <http://asdandme.org/wordpress/>

ASD and Me by Author: Theresa DeMars.

FYI: we bought it on iBooks.

I hope this will be useful to some parents out there. I know it was for us.

Kim Peterson

Fall Celebration DANCE!



For Teenagers and Young Adults with Special Needs and Different Abilities. Must be accompanied by a Guardian or Caregiver.

Friday, November 9, 2012

6:30 – 9:30PM

Cost: \$10.00 at the door

(Guardians and Caregivers Free)

Proceeds from this event are in support of Children at Risk (www.childrenatrisk.ca)

Kiwanis Hall Richelieu-Vanier

Community Centre

300 Des Pères-Blancs Ave., Ottawa

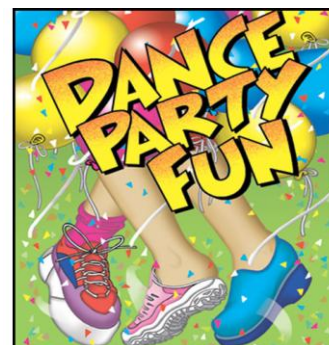
*This is a peanut-free and nut-free event

For more information please e-mail one of the following organizers:

Asha Jain jainasha@rogers.com

Beth Mitchell beth_mitchell@sympatico.ca

Shanti Stuber sstuber@hotmail.com



SIBLING SUPPORT 1-DAY WORKSHOP

Children at Risk has a mandate to provide services and supports for not only the diagnosed ASD child, but for their family, as well. One support we have always felt very strongly about is our Sibling Support Groups. However, Siblings seem to have very busy schedules these days and we have had difficulty pulling a weekly group. Last year we changed our format of weekly meetings for a 1-Day Workshop – with rave reviews! For this Fall, we are once again looking to offer a Workshop. We hope that, even if your Sibling has other commitments usually, they can set aside this one time to attend this valuable and needed support! It will not be the same as a weekly meeting where the siblings meet each other and establish longer-term relationships, but the same principles that are applied to the weekly meetings will be covered.

We will be offering 2 groups – for Younger and Older Siblings
Cost will be \$35 per child - includes supplies and lunch.

Younger Group: Ages 5-7 – Saturday, November 10, 2012 - 10 AM to 2 PM
Older Group: Ages 8-13 - Saturday, October 13, 2012 – 10 AM to 3 PM
(There might be some flexibility on the ages, with a maximum of 12 participants per workshop)

WHERE: Children at Risk Offices, 235 Donald Street, Room 212.

DESCRIPTION: Children at Risk is pleased to offer a one day workshop for siblings of children with an Autism Spectrum Disorder. The workshop will provide siblings with the opportunity to meet in a relaxed, supportive and fun setting. They will participate in games, crafts and group discussions. They will have the opportunity to share their feelings, to meet other siblings who can relate to their experiences and to learn more about Autism Spectrum Disorders. There will be 2-3 Facilitators. Lunch will be provided.

SIBLING WORKSHOP - REGISTRATION FORM

NAME OF PARTICIPANT: _____ AGE: _____

TODAY'S DATE: _____ DATE OF BIRTH: (DAY/MONTH/YEAR) _____

TO PARTICIPATE IN: YOUNGER GROUP (5-7 YRS.) _____
OLDER GROUP (8-13 YRS) _____

ADDRESS: _____

TEL. NO. (HOME & WORK): _____ E-MAIL: _____

MOTHER'S NAME _____ FATHER'S NAME: _____

SIBLINGS NAMES AND AGES: _____

STRENGTHS AND INTERESTS OF CHILD ATTENDING THE GROUP: _____

IDENTIFY WHAT YOUR CHILD HOPES TO GET FROM THE GROUP (i.e. opportunity to discuss feelings with peers, to share ideas, to have fun): _____

ALLERGIES: _____

MEDICATIONS: _____

SPECIAL CONSIDERATIONS: _____

EMERGENCY CONTACT AND PHONE NUMBER: _____

For this group, we would like to distribute a phone list with names and phone numbers of children within the group so the participants can contact each other if they wish. Please check here to indicate you give permission for your names and your child's name along with your home phone number to be included on this list _____ **Thank you**

Introducing Sean Behncke



Sean Behncke, a long time beneficiary of Children at Risk services and a continuing supporter of the group, is starting his first year at Carleton University. Like all freshmen, Sean has been excited and nervous about this major change; unlike most, Sean has been diagnosed as having Asperger's Syndrome so his challenges extend beyond those of the average student. Sean is pursuing a Bachelor of Public Affairs and Policy Management at Carleton, a limited enrolment program.

In 2012, Sean was honoured in being nominated by his high school's staff and selected by his principal to receive the Ottawa-Carleton District School Board's Student Recognition Award. Students receiving this award "demonstrated initiative, supported by the will to succeed, the dedication to finish what they started, and the commitment to achieve their personal best."



His principal, Mark Harris, wrote: "Sean is an inspiration for his courage and his willingness to push himself outside his comfort zone. Sean has Asperger's, so he finds social interactions with other people challenging. You would never know this looking at Sean's contributions to life at A.Y. Jackson."

Throughout his high school years, Sean participated in Leadership Camp and played an integral part of the drama program each year. As part of the audio-visual crew, Sean worked behind the scenes doing lighting and photography during assemblies, plays, concerts and awards nights. He travelled to Winnipeg and China on exchanges and toured the battlefields of Europe with fellow students. Sean was involved in raising awareness and funds for the Ubuntu Club, the Global Action Team, and the Relay for Life.

At his June commencement, Sean received academic excellence awards for top marks in Dramatic Arts and World History. In addition, Sean won both the Lieutenant Governor's Community Volunteer Award and the newly-minted Alumni Award in recognition of his exemplary volunteer activity and community contributions. He spent over 600 hours serving community groups like Kanata Theatre, the Arthritis Society and Children at Risk.

With the support of family, friends, groups like Children at Risk and their social skill programs, and interested and excellent teachers (curricular and co-curricular) throughout elementary and high school, Sean has been able to explore and enjoy many opportunities.

Sean will learn to become more independent as he lives in residence on campus for his first year. He has had great advice about university life from other upper-class students who also have Asperger's and he will continue to communicate with them through the Paul Menton Centre's mentorship program pmc@carleton.ca.

The counsellors at the Centre organized some excellent transition sessions and will provide ongoing support. As a quiet young man, Sean will need to strengthen his self-advocacy skills; this is the expectation as he gains greater self-sufficiency in his new environment.

His present plan is to pursue the Development Studies stream of the BPAPM program, no surprise given his appreciation for the benefits derived from individuals and groups, including Children at Risk, interested in others' well-being.

Camp Kaleidoscope 2012

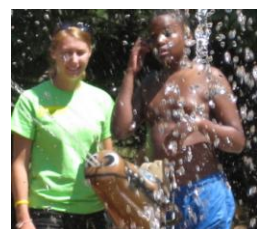
Children at Risk's Camp Kaleidoscope 2012 took all that was great from 2011 and made it better! The number of campers was planned for 25 per week but in true Children at Risk fashion this increased to 30+ for some weeks as the requests from parents increased. This was either due to existing campers wanting to stay on longer as they were having such a great time, new families that hadn't heard how good the camp was until hearing it from existing families were registering or parents contacting Children At Risk as their alternative Camp plans fell through as other camps didn't adequately cater to the child's needs. While we said `yes` for the 1st 4 weeks, by week 5 we were having to say no to at least a dozen requests – there was just no more room, no more budget and no more weeks available.

Final numbers saw us increase Camp Kaleidoscope by 63% over 2011, providing 68 Campers with 146 weekly slots. This also saw us double the staff involved all of whom received NVCi and an Introduction to ABA training. A number of staff returned from 2011 and we employed a wide range of experience levels as well as a number of volunteers who kept the same hours as counsellors rather than just helping with swimming and trip days. This allowed us to provide 2:1 staff to camper ratio where required as well as nearly a 1:1 ratio for everyone, thus providing a safe and enjoyable environment for all!



Distinct age ranges/groups emerged from intake (Kids, Tweens, Teens + and Higher-Needs) and we organised each with their own rooms:

- The Kids group, known at Camp as the Puppies, had a dedicated room set-up similar to Kindergartens with a rug for circle time where much singing took place, music time with equipment borrowed from Tiny Hoppers and floor play; a corner of soft climbers for play or chilling out; a crafts area, eating area and play area stacked with plenty of toys and games.
- The Tweens and Teens+ who choose weekly the name for their groups; Wolves, Wild Dogs etc., would start the morning for icebreakers in the Teen+ room as it had been set up with lots of sofas with this purpose in mind. Campers would then split into their own rooms for activities or move between the rooms as activities dictated as there was more room for Mad Science in the Teen+ room and the Tween room had the computers for printing out T shirt designs or working on memory books from the vast amount of pictures that were taken each day. The Gym did double duty as the space where the higher needs group hung out when they weren't fully integrated with the other groups or it was used for circuit training, using the fitness equipment and karate as well as for burning off energy with the plasma cars and scooters and just for the Kids group a donated bouncy castle. The kitchen was well used with all the baking and cooking that took place and there was also a quiet room for when everything was just proving too much and Campers needed some quiet time to avoid sensory overload. The school grounds gave us a play structure and sand to play with the Tonka trucks in, the playground was great for the electric cars or shooting off our rockets and nearby were two splash pads that saw plenty of use on the many hot days!



Choice was offered as much as possible – allowing the Camp to respect the age and ability of the Campers and to allow those capable of doing so to have a greater say in what went on each day or the trips that were chosen that week. As our numbers were higher we needed to have two school buses anyway so this also allowed for separate trips. The Kids Group and who ever preferred their activity from the Tweens group or higher needs group visited Saunders Farm the first and fifth week, drove Matt nuts with watching the singing chickens show at the Valleyview Little Farm again and again and checked out the animals at the Big Sky Animal Sanctuary. The older groups favoured museums and visited the Museum of Nature where they also watched the Imax on sea creatures, learned about Jump seats at the Museum of Aviation, wanted to see if Kyle’s beard would stand up and a number got zapped at the electricity interactive show and visited outer space on the simulator at the Museum of Science and Technology as well as having a great time with the water rockets and there was a quick visit to the Museum of Agriculture which they walked up to from Dows Lake having spent the morning paddle boating, kayaking and canoeing. Everyone went to Logosland Lake Resort where the Campers enjoyed the slides, trampolines or paddle boats in the lake, catching frogs on the beach, checking out the petting zoo or playing crazy golf. The day ended with a train ride around the acres of land. In addition we went swimming at the Gloucester Wave pool twice a week and following a picnic outside in the park the bus would drop the older group off to go shopping in Loblaws for the following days cooking activity and they would walk back from the Gloucester Mall to camp.



Each group had their own kitchen time and cooking agenda ranging from quick snacks to elaborate lunches. The Kids group melted chocolate for dipped fruit or pretzels and made fruit salad and marshmallow squares. The Tweens decided that Marshmallow people were much tastier and also made cookies and the Teens+ made their Friday lunches with Chicken Stir Fry, individual pizzas, quescadeas, tacos and both groups made Lisa’s fabulous chicken burgers – these were so good we have included the recipe for you too to try them out (Page 8).

Programs were complemented by bringing in third parties: OAC personal Trainer Eva Tshunza who did the impossible and made Gym time enjoyable for teens! Douvris Karate Sensei Alexandra had the older campers working on their katas and Sensei Liz developed a new kind of rug karate for the kids group and Eric from Tree Frog Percussion actually had the Tweens and Teens+ in harmony with his large drums and shakers – not so much for the kids group but they also had a lot of fun trying out the various instruments. The firemen from Station 55 were very accommodating; they came three times which allowed all of the campers to climb in the cab or in the driver’s seat as well as check out the hoses. Thank you to all these individuals for adding so much to our Campers summer of fun.



Thanks are due to so many - people and organisations to thank that I hope we haven’t forgotten anyone – Thank you to our sponsors **The King’s Daughters and Sons Ottawa City Union, Unity for Autism Foundation** and the **Community Foundation of Ottawa**, who made Camp Kaleidoscope not only a reality but also made it affordable. Thank you to the **Catholic School Board Focus on Youth program** for providing the school facilities and two youth as counsellors and to the custodians for being patient and helpful. Thank you to the Parents that had the faith that we would look after their children well, to all the Staff that did a great job doing just that and mostly to our Campers for coming in every day with smiles on their faces ready to have some fun and going home every day happy in the knowledge they would return for more the next day!

Submitted by Hazel Smith, Camp Kaleidoscope Coordinator

Camp Testimonials

“My 7 year old son Alexander (Sasha) had a terrific time at Camp Kaleidoscope this summer! Special thanks to the Camp Counsellors who worked with Sasha one-on-one for their care, patience and dedication! The Camp Kaleidoscope program has enriched my son's life experience in so many ways, social, self-help, educational, fine and gross motor skills and expanded areas of his interest. Right now Sasha is demanding to do crafts at home similarly to the craftwork that he did in Camp Kaleidoscope. And field trips are unforgettable! He still talks about his trip to Saunders Farm and things that he saw over there. Every morning he was looking forward to going to camp. Of course, he was surrounded by people who know how to connect to Autistic children and make them comfortable. Thank you for making Sasha happy!”

“I would like to thank you all for the great professional time my son Mazen had in Camp Kaleidoscope. He really enjoyed his camp (although he had 3 other different camps) but he liked yours the most. You have friendly, professional Staff who really make changes in lives of Autistic Kids. My son's time with your camp was valuable and I am confident that the Children at Risk organization are doing great effort for the sake of Autistic Kids. It is perfect that we have your Organization supporting the cause of Autism.”

“I must congratulate you and your wonderful camp team! Richard had a great time, and the program was fun and exciting - thank you so much for the wonderful effort!”

“I wanted to drop you a line about the wonderful camp experience my son had. As my son is just barely 5 there are not a lot of camps that would take him, and with his Autism that number drops again dramatically. This year I signed him up for Camp Kaleidoscope for his first camp experience ever. Every day he came home smiling and singing camp songs. He likes music (but he rarely if ever sings) so this alone is a huge deal! In the mornings there was no hesitation or asking to stay home, he was getting on his own shoes and running to the car to get to camp. It is such a wonderful feeling to know your child is not only safe but so happy and enthusiastic about what he's doing. I foolishly only enrolled him in one week and when that was done he asked every single morning for weeks afterwards if he were going to camp today. He has never been so excited to go somewhere. I cannot thank you, staff and the donors enough for the experience he had. It is thanks to your patience, guidance, fun, safety, vigilance, caring, kindness and goodness that the Camp is such a tremendous place for our children. I will absolutely be sending my son back next year, this time however he'll go a whole lot more! Thank you again so very much. I only wish the camp ran more often!”

“I wanted to let you know that Reshmina really enjoyed her Camp Kaleidoscope experience. It is not often that she enthuses about camp but she is definitely coming back for more next year. She not only appreciated the friends she made and the activities that you had organized but also the attention that she received from the staff every day. It was the kind of positive experience that will help her gain confidence in dealing with her teachers and peers in the coming years. Thank you again!”

“The Autism community in Ottawa has been blessed with Camp Kaleidoscope. In my son's words, every day at camp was AWESOME. There was swimming, martial arts, visits to museums, computer fun and cooking! Most important, a chance to be with kids that think like him and share his interests. He wasn't being integrated into activities; he was the norm, and he was surrounded by wonderful staff members that understood him and kept him safe. My son is extremely sensitive to smells and had not been in a grocery store in over 2 years. With Camp Kaleidoscope, the support of staff and in the company of his new friends, he walked right into Loblaws to shop for ingredients needed for Friday Cooking! Thank you, Camp Kaleidoscope.”

Camp Testimonials (Cont'd)

“Once again, Mitchell took part in this exceptional camp! He thoroughly enjoyed himself during his stay at Camp Kaleidoscope! We are so comfortable with this specialized camp that we would not hesitate to recommend it to any family with a child or youth with autism. We just hope that there is enough funding to operate this much needed camp again for next year, and for years to follow. There are many acknowledgements that have to be made! Thanks to all the camp staff, who offered their expertise and patience. Thanks to the administrative staff at Children at Risk, who helped coordinate the camp itself. Special thanks go to The King's Daughter's & Sons - Ottawa City Union, Unity For Autism Foundation, Community Foundation of Ottawa and The Ottawa Catholic School Board. Without their support and generosity, this camp would not have gone ahead for this year! Hoping to see everyone again next year!”

“I would like to say thank you for the great summer camp you did this year, my son was so happy and full with confidence, he was so excited every morning to go there, and when the time to pick him up and he doesn't want to leave the camp. Camp Kaleidoscope was very beneficial for our son, thanks for the donors and staff who work in this camp, we really appreciated it.”

“Once again, a most successful year of Camp! We wish to thank you for arranging the older group this year, so that Alexander could once again participate. We never thought that this would happen, because he was older than the other campers. Alex was very excited to be included this summer and was ready every day for the adventures Camp K provided. Again the Camp was held at John Paul 11 Catholic School. We wish to thank the School as well. They are positively generous in allowing such an important Camp to be held at their school. They offer an extremely safe and clean environment for our special children.

It was so lovely to see all the familiar faces, and bless Hazel Smith & Deb Lacroix for their experience, kindness and warm giving of their time, to ensure all Campers left each day a happier individual.

They chose exceptional counsellors once again, who provided much experience, love and nurturing to each Camper they were assigned. Judging from the camper's faces every morning at drop off, they just could not wait for their day to begin! At the end of the day, the children looked very tired but extremely happy for having the chance to go to Camp. Once again the staff must be commended for their expertise and for giving up their summers to work with each camper, to offer them 5 weeks of awesomeness! They are all wonderful!

Every week, there were different outings and each camper had the chance to experience something that they might not ever have experienced before. I think that Canoe trip was Alex's favourite and of course Martial Arts! He loved having the chance every Thursday to go with the counsellors to purchase the food for their lunches the next day. The opportunity to help cook their meals on Fridays was an added joy. Swimming also was a favourite, he loves to float. I'm very happy that some of the staff, actually worked with Alex, to actually put his head under water! We thought this was quite a feat for Alex. The trip to the Aviation Museum was so much of a thrill for Alex. He had been there many times when he was younger, but had never had a chance to sit in the Pilots seat! How very exciting they were able to do this, and Alex spoke of this quite often to whoever would listen.

I must not forget the very generous assistance of the people behind the scenes, that actually help fund this Camp. Bless the King's Daughters and Sons (Ottawa City Union), Unity For Autism Foundation, Community Foundation and the Ottawa Catholic School Board. We are extremely grateful for their Funding this year's most successful Camp. I sincerely hope that they know just how important a part they had in helping this Camp succeed! A Huge Thank you to them. Brenda and Bambina, you both work extremely hard, days, nights, weeks, and months in trying to get this Camp up and going. This Family appreciates all that you do. You should be commended highly for all the time and effort that you both put into this all year round. Congratulations, for another most successful summer Camp for our very Special Children.”

Camp Testimonials (Cont'd)

“Camp Kaleidoscope was Greyson's second experience at camp and we were hopeful but cautious. Turned out, he had an amazing time! He attended all five days (the last camp he'd had it by day 3) and was so proud of his plate, cap and t-shirt at the end. The camp was organized really well, provided lots of great activities and of course, the staff were all very professional and kind. Andrew and I thank you for providing such a great experience for Greyson ... and for giving us new confidence when it comes to enrolling Greyson into programs that will provide fun, learning and new experiences for him in a caring, supportive environment. Thank you Children at Risk!”

“I wanted to thank everybody who made Camp Kaleidoscope possible for all our children. This was my son's first time at your camp and he enjoyed it so much. He would always make sure to fall asleep fast in the night because he couldn't wait for the morning to come to go to camp. I've never seen him so excited to go somewhere. So he was sad when the week was over. He still talks about things that happened at Camp, and he just laughs about certain things he enjoyed. He already can't wait till next summer to attend Camp again, he said. It was so nice to see my son so happy. I would like to say that not only his counsellor but all the staff were very kind, understanding and welcoming. This was an amazing opportunity for my son to go somewhere and to be accepted for who he is. An amazing little boy! Endless thank yous!”

“It is with absolute pleasure for me to write this Letter of Thanks ... Thank you is not enough ... Camp Kaleidoscope was such a wonderful experience for my son. I was so very concerned that my special needs son would not succeed at this camp. He is a very active teen, non-verbal, with many behaviours, such as hitting, biting and even at times he many run away. When I was registering my son for this camp, I had many concerns and I was very anxious and nervous that they would turn me away, but the opposite happened - I was given much reassurance and support. The first day was not pleasant for me, as my son did not want to stay...the staff encouraged me to leave, I of course did check in frequently to make sure everyone was ok, and even offered to come pick up my son early, but the staff refused and my son stayed all day! The next day my son went in the camp on his own very happy and excited. I cannot express my thanks enough times to the wonderful staff. Their experience, compassion and support were so overwhelming. I had complete confidence and trust in them all as I left my son with them each day. This is truly a wonderful camp. The staff are all so knowledgeable, caring and dedicated. The kids that attend this camp vary in their special needs, they are all so different and unique, and the staff ensure that each child succeeds and gets the most out of this camp. Without this camp, our kids would not have many choices for activities. It is very unfortunate but there is not a lot for special needs kids. This is a very good program and we as parents of special needs kids are very fortunate to have this camp available. I am very grateful and thankful to have had my son participate in Camp Kaleidoscope for 2 weeks, and I wish and pray that he will be able to attend next summer. There is nothing more precious for a mother to see you son happy and excited. Thank You Camp Kaleidoscope for this most wonderful and rewarding experience ... A very thankful mother!”

“Camp Kaleidoscope was awesome again this year! My son Nasir woke up every day with the words "Going to Camp" and would race inside through the door when we got there. His joy and enthusiasm told us what we already knew that there were great staff caring for him and how happy he was to be there. For our family, the Camp provided much needed support. His siblings were reassured that they could plan their own activities without worrying about how their brother would handle that, and we knew he was in a safe place actually having fun. He loved the trips especially the trip to Logos Land he still says "going on the school bus see the llamas". We would like to thank all the members of the staff for their hard work in running the camp and hats off to Brenda, Hazel, Bambina, Debbie, Lisa (and if I have forgotten someone here please excuse me!) the countless hours they must have put in for organizing the camp. Thank you and we really hope this camp will grow bigger and for more weeks for our kids in years to come.”

Camp Testimonials (Cont'd)

“Camp Kaleidoscope was truly a god-send for our family. Knowing that our child was being well cared for made a big difference in our stress level. The two weeks when our son attended camp provided us with a much needed break and allowed our family to re-energise. Every day of camp, our son came home happy and was eager to return the next day. He even got up early one morning thinking that if he packed up and was ready early that he could start sooner. During his time at Camp Kaleidoscope, he was active, engaged and well-behaved. We feel he learned independence & social skills and he had so much fun. And, he was truly proud of his budding new ability to not be aggressive. It was beautiful to watch it unfold. It is worth noting that all of this is in sharp contrast to our son's experience in the weeks that followed at another, different camp. At this other camp - despite the 1:1 support worker that they provided for him - our son had such a negative experience. He was disinterested and unenthusiastic nearly every day. In that other camp setting, staff and our son had great difficulty controlling his frustration level and dealing with the ensuing aggression. Several times our son asked if he could please back to Camp Kaleidoscope instead. Our family's experience with Camp Kaleidoscope and our son's success while in attendance has demonstrated so much to us with regards to our son's potential. Our family is grateful for the opportunity that was passed to us and for the support of staff, sponsors, and our community.”

“I am happy for the opportunity to let your funders know how grateful we were for the Camp Kaleidoscope program these past two years! My 16 year-old son, Gordie, is a high risk runner who also occasionally has severe tantrums and self-injurious behaviours. Few day camp programs are equipped to deal with the safety and security issues my son has, even with a one-on-one (which I would have to supply at my own expense). There is a program out in Stittsville which he has attended in the past, which was almost double the cost for the program alone as well as the transportation costs which doubled the price of the program again so that one week cost almost \$900. This comes out of Gordie's SSAH funding which has not had an increase in years and has to be carefully budgeted. Offering such a high quality program at such a low cost within the city and accessible by public transit means I can stretch Gordie's funding that much further. Gordie was not only well cared for by excellent staff and in a secure environment, he also had a blast. The program is set up to accommodate high-need individuals like Gordie, so rather than being the one high needs child trying to cope in a program which is set up for kids with a lot higher functioning level, he was one of many children in the program that have higher needs and the program was really designed to keep him engaged without being overwhelmed. Thank you so much. **I hope this extremely important resource continues to be available to families that do not have many places to turn.** Thanks again to Children at Risk and all of the contributors that made this program possible.”

“Camp Kaleidoscope is a "one of a kind" camp, just like my son - who has Autism! This Camp is fabulous because it gives the camper choices, unlike any other camp where they are unconditionally expected to follow the group. My son loved the ample opportunities to meet new friends "just like him", go on out-trips, play with the varied toys and to take a quiet break when he needed to - despite what was on the camp agenda. As an unexpected bonus, he met a new friend who has similar interests, is about the same age and lives close to us. That in itself is priceless, as he often feels different from his peers in his daily life. As a parent, I felt assurance that the carefully handpicked staff would be able to handle whatever issues may present themselves, in a manner which I, myself might do. Too often, the average person just does not have a good appreciation of Autism and can easily misunderstand particular characteristics the child may present. We express our many thanks to Camp Kaleidoscope and hope that the organization has enough funds to run it for many years to come!!!”

Camp Testimonials (Cont'd)

“Camp Kaleidoscope is the best camp ever. It has cool plasma cars, a trampoline, and karate lessons. We did cooking & swimming & fun road trips. I met new friends. I behaved really nicely. It was the most fun I had all summer.” Daniel (participant, age 11)

“Thank you for the opportunity for Dawson to go to camp this summer. It was the highlight of his summer and is still asking about going to camp. He loved the field trips, going to the water park, playing in the gym, building things, making crafts and socializing. The support he received at camp was excellent and the staff was caring, knowledgeable and most of all FUN! The reports I received each day were awesome and encouraging, which also gave us the chance each evening to discuss his day with him. Our family had the opportunity for some respite which we don't get very often, while Dawson had the opportunity to have some independence, socialize, play with others and have Fun!! Thank you for the wonderful memory book, we hope to see Camp Kaleidoscope running next summer, as Dawson will definitely be returning to camp to build some more memories. This camp is so needed for our children with high needs, it was wonderful that through the initiative of Children at Risk and the ability to see the need and help from their sponsors that this camp was developed and hopefully will continue to serve families in future summers.”

"Thank you to all the staff & volunteers who made my son's first week at camp a wonderful & memorable experience for him! I wish we could have sent him back this week and so does he. Hopefully we'll be able to do it again next year :)"

A few more camp photos:



Camp Kaleidoscope

Please join me in acknowledging our 2012
Camp Sponsors:



INTERNATIONAL ORDER OF
THE KING'S DAUGHTERS
AND SONS





SEVENTEENTH ANNUAL RAFFLE WINNERS – June 10, 2012

| PRIZE | NAME | TICKET # |
|---|-------------------|-----------------|
| #1 – 2 Nights Country Inn & Suites Hotel, Lincoln Fields Gift Basket, Richmond Beauty Salon, Molly Maid, Pflug Optical, Fratelli's, Capones Ristorante, The Works Burger Bistro, & Il Paradiso Spa Certificates (Value \$1,104) | Nadia Petti | 0439 |
| #2 – Campbell Ford, Bewer's Select, Rink Pro & Accessories (Value &673) | Peggy Hancock | 1139 |
| #3 – Avis, CN Tower, Science Centre, Casa Loma, Hockey Hall of Fame, Art Gallery Ontario, & Swiss Chalet (Value 555) | Merdina Price | 2233 |
| #4 – Sens Tickets, Key Roadside Pkg., Pocco Pazzo & Grace O'Malley's (\$540) | Francoise Webb | 0837 |
| #5 – Sens Tickets, Key Roadside Pkg., Pocco Pazzo & Grace O'Malley's (\$540) | Margo Sim | 4889 |
| #6 – Executive Golf Membership, Red Book, Green Fees & Patty Boland's (\$501) | Nadine Khalifeh | 1004 |
| #7 – Executive Golf Membership, Red Book, Green Fees & Patty Boland's (\$501) | Kim Zaluski | 0934 |
| #8 – Executive Golf Membership, Red Book, Green Fees & Patty Boland's (\$501) | Mary McDonald | 5436 |
| #9 – Handcrafted Quilt (\$500) | Linda Bottomley | 4826 |
| #10 – Holiday Inn, Golf, Mont Cascades, Maxwell's & Emerald Buffet (\$374) | Leverne Zwicker | 0828 |
| #11 – Holiday Inn & Suites & La Porto a Casa (\$349) | Marilyn Bell | 0005 |
| #12 – Minto Suites Hotel, Prime 360 & Absinthe Café (\$325) | Penny Haag | 3446 |
| #13 – City of Ottawa Fitness, HP Printer, Tote, Emerald Buffet & Maggie's (\$306) | Mary Joan Dunn | 2401 |
| #14 – Hummingbird Spa, Roses R Us, Avon, KS/Keys, Moon Energy & Scarf (\$277) | Diana Gibbons | 4299 |
| #15 – Health Dynamics, Carlingwood Shopping Centre & Yang Ming (\$270) | Kelsey McHugh | 0416 |
| #16 – Health Dynamics, Carlingwood Shopping Centre & Yang Ming (\$270) | Ken Schachnow | 5364 |
| #17 – A Little Bit of Bling, Merivale Fish Market, Dairy Queen Kanata (\$217) | Line Campagna | 0435 |
| #18 – European Glass & Paint Certificate & Greenbank Flowers (\$145) | Kelley Matheson | 1260 |
| #19 – Senior Tours, Anika Arts & Flowers & Rick Mofina Books (\$139) | Trish Turner | 3696 |
| #20 – Ent. Bk, House/ Pizza, M/ M, Swiss, New Edinburgh & Heart/Crown (\$137) | Adam Seaton | 3518 |
| #21 – Ent. Bk, House/ Pizza, M/ M, Swiss, New Edinburgh & Heart/Crown (\$137) | Karen Maher | 5411 |
| #22 – Ent. Bk, House/ Pizza, M/ M, Swiss, New Edinburgh & Heart/Crown (\$137) | Winniefred John | 2631 |
| #23 – Ent. Bk, House/ Pizza, M/ M, Swiss, New Edinburgh & Heart/Crown (\$137) | Alicja Jach | 1513 |
| #24 – Canadian Museum of Civilization & Canadian War Museum Passes (\$120) | Sheryl Kerr | 0192 |
| #25 – Kevin's Auto Care, Mr. Mozzarella & Vittoria Trattoria Certificates (\$119) | Mary Verge | 0789 |
| #26 – Kevin's Auto Care, Mr. Mozzarella & Vittoria Trattoria Certificates (\$119) | Cletus Ferrigan | 4046 |
| #27 – Kevin's Auto Care, Mr. Mozzarella & Vittoria Trattoria Certificates (\$119) | Helen Piquard | 3890 |
| #28 – Mary K Gift Package & Kiddie Kobbler Shoes Certificate (\$100) | Natalie Mesnic | 1444 |
| #29 – Mary K Gift Package & Kiddie Kobbler Shoes Certificate (\$100) | April Copelli | 2139 |
| #30 – New York/New York, Rockin' Johnny's, Monkey Joe's & Cora's (\$97) | Anne Borbey | 5162 |
| #31 – New York/New York, Rockin' Johnny's, Monkey Joe's & Cora's (\$97) | Joan Dubeau | 2056 |
| #32 – Top's Car Wash, Whisper's, Kevin's Auto & Colonnade Pizza (\$91) | Dave Pearson | 5707 |
| #33 – Top's Car Wash, Whisper's, Kevin's Auto & Colonnade Pizza (\$91) | Scott Smith | 6288 |
| #34 – Versailles Academy, Kevin's Auto & Denny's Restaurant (\$66) | Linda Henderson | 2499 |
| #35 – Versailles Academy, Kevin's Auto & Denny's Restaurant (\$66) | Lois Sample | 0992 |
| #36 – Bell Gift Card & Local Heroes Sports Bar & Grill (\$55) | Patricia Flanagan | 2230 |
| #37 – Mulligan's Flowers Gift Certificate (\$50) | Suzanne Viennau | 5235 |
| #38 – Pelican Fishery & The UPS Bank & Hunt Club (\$50) | Maria Campagna | 0427 |

CONGRATULATIONS TO ALL OUR WINNERS!

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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.

Children at Risk 2012 Raffle Ticket Sample

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|--|---|
| <p>CHILDREN AT RISK: 2012 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 style="text-align: center;">M669120</p> <p>MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT</p> <p>SAMPLE TICKET</p> <p style="text-align: center;">of 3,500</p> | <p style="text-align: center;">CHILDREN AT RISK – www.childrenatrisk.ca 235 Donald Street, Suite 212, Ottawa, Ontario, K1K 1N1, 613-741-8255 <i>Providing Community Supports for Families and Children with Autism Spectrum Disorders</i> 2012 FALL RAFFLE</p> <p style="text-align: center;">1ST Prize – SASKATOON – HERE WE COME! This Exciting Trip Prize includes:</p> <ul style="list-style-type: none"> • Return Trip for Two People to Any Scheduled WestJet Airlines Destination! (Value \$4,400) • 1 Night’s Stay at the Radisson Hotel Saskatoon - (Value \$235) • Gift Card for The Keg Steakhouse & Bar (Value \$100) • 2 Tickets for University of Saskatchewan Amati Quartet (Value \$60) • Puppet from Wide Open Theatrical Escapades (Value \$25) • Family Pass for Saskatoon Western Development Museum (\$Value 20) • 4 Passes for the Saskatoon Children’s Discovery Museum (Value \$14) <p style="text-align: center;">TOTAL 1ST PRIZE VALUE: \$4,834!</p> <p>2nd Prize–2 CTV Television/Sundance Champagne Flight Hot Air Balloon Rides & Weekend Accommodation for Two at Best Western Macies Hotel (Value \$1,087)</p> <p>3rd Prize– Jill Alexander Original Painting “Golden Pear”, Frames By Rockwell Certificate & Hickory & Tweed Gift Card (Value \$390)</p> <p>4th & 5th Prizes– 1-Night Stay Hôtel Le Chantecler –Sainte-Adele, QC (taxes extra), Tranquil Acres “Equine Assisted Therapy Session” & Molly Maid Gift Certificate (Value \$380 ea.)</p> <p>6th Prize – 2 Ottawa Senators Club Seat Tickets (with parking), Memorabilia, Patty Boland’s Gift Certificate & 1 Night’s Stay at Travelodge Ottawa Hotel (Value \$377)</p> <p>7th Prize – Health Dynamics & Hummingbird MediSPA Certificates (Value \$300)</p> <p>8th Prize – “Just Kidding” - 2012 Ottawa Ent. Coupon Book, Key to the City Discount Card, PlaSmart Plasma Car, Children’s Wooden Puzzles/Toys & Schleich Elfin Toys (Value \$216)</p> <p>9th Prize – Mary K Gift Bag & AIM Health Group Massage (Value \$168)</p> <p style="text-align: center;">Draw: October 1, 2012, 1 PM, 235 Donald Street, Ottawa City of Ottawa License #M669120</p> <p style="text-align: center;">*MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT SAMPLE TICKET of 3,500 PRICE: \$2 or 3 for \$5</p> |
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