



DECEMBER 2013

Issue #65

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Charitable Registration #
10691/3775/RR/0001

MARK YOUR CALENDARS

Capital Chordettes Christmas Craft Auction

Saturday, December 7, 2013

Maudes Pub Fundraiser with "Good2Go"

Saturday, December 7, 2013

8th Annual "Rollin' for Risk" Bowl-A-Thon

Sunday, January 19, 2014

13th Annual "Rockin' for Risk" Fundraising Dance

With Capital City Condors!

Saturday, April 5, 2014

Spring Raffle – June 2014

Ottawa Autism Community Annual Family Picnic

Sunday, June 8, 2014

Ottawa Dragon Boat Festival

June 19-22, 2014

Children at Risk

PRESIDENT'S MESSAGE

Paul Lacroix, Board President

Hard to believe we are almost about to wrap up another year with the end of 2013 rushing up and the New Year of 2014 just around the corner!



Children at Risk has had a busy Fall with Saturday Fun Club, Sibling Workshops and Typical Teens – as well as all the Fundraisers like 50/50 Ticket Sales at BOTH the Ottawa 67's and Ottawa Senators, Celebrity-Carved Pumpkin Contest, Autism Brunch, Kiwanis Fashion FunRaiser, MacMillans, Crear's Honey – and still to come/in the works Santa Photos, Maudes Pub Night and the Capital Chordettes Christmas Craft Sale & Auction.

We have had the most excellent news that **The King's Daughters and Sons Ottawa City Union** is on-board for another generous donation for a 2014 Camp Kaleidoscope – as well as the recent announcement that Children at Risk, Ottawa is one of 5 local charities to be chosen by the **Ottawa Dragon Boat Foundation** (see enclosed PSA) to receive funds in both 2014 and 2015! Stay tuned for info on joining our Dragon Boat Team – the **"Risk Riders"**, as well as Volunteering opportunities for this awesome summer festival!! January brings our Bowl-A-Thon - sign up your Team soon, as spots are limited.

But first, on behalf of the Board of Directors and Administration of Children at Risk, Ottawa, we want to wish you Safe & Happy Holidays – full of joy and cheer!

Merry Christmas, Happy Hanukkah and Happy New Year!



Holiday Snowflake Party

When: Sunday, December 8, 1-4 pm

Where: Travelodge Hotel, 1376 Carling Ave.

Activities: Face painting, cookie decorating, Munchies, swimming, crafts and Santa!

Cost is free to Autism Ontario and Children at Risk members.

Register with Jody at doohum@yahoo.com

**NOTE: REGISTRATION HAS CLOSED
DUE TO MAXIMUM ATTENDANCE –
WAIT LIST ONLY STATUS AT THIS TIME!**

2013/2014 BOARD OF DIRECTORS



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

Saturday Fun Club

From November 2012 to March 2013, with funding from the City of Ottawa's Community Project Funding, Children at Risk initiated Saturday Fun Club Activity/Respite Sessions on 8 Saturdays. With funding from the Community Foundation of Ottawa, we repeated this support this Fall, with 7 Saturdays from September to December.

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.

For the Winter and Spring 2014, we are planning 9 Saturday Fun Club sessions, with the first on January 25th. We are opening up Registration for Fun Club to all families. If your child has attended Camp Kaleidoscope in 2013, an intake will not be necessary. However, if your child is new to Children at Risk and/or attended Camp in 2011 or 2012, we would require an intake.

Please complete the enclosed Fun Club Registration and submit to Children at Risk by December 20th. (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.)

MARCH BREAK 2014

Similar to Camp Kaleidoscope and Saturday Fun Club, in 2013 we launched a 4-day March Break Camp for 25 ASD children with great success!

We are pleased to announce a 5-Day March Break Camp for 2014, for up to 30 ASD children and youth. It will run from March 10-14, 2014 from 9 AM to 4 PM daily. The cost will be \$300 and a current Children at Risk Membership of \$30.

Please complete the enclosed Registration – Applications will be accepted on a first-come basis, with limited spacing by age groupings. Note that we cannot accept candidates for the March Break unless they have attended either Camp or Fun Club, as we are unable to have an intake for March Break. Confirmation is completed with full payment.

EXECUTIVE DIRECTOR'S MESSAGE

Submitted by Brenda Reisch



Popular Songs 35 years ago:

"THE WAY WE WERE" - Barbara Streisand
"SEASONS IN THE SUN" - Terry Jacks

Price of Gasoline 35 years ago:

\$0.55 / gallon or \$0.145/litre

“The traditional symbol of the 35th wedding anniversary is coral. This is because coral organisms grow close together just like a good marriage, built and developed over many years.”

2014 will mark the 35th Anniversary of Children at Risk, Ottawa. In 1979, a concerned group of dedicated Parents saw the need and vision of a local, federally registered charity that would provide Services and Supports to children diagnosed with Autism and their families.

Like the traditional 35th anniversary symbol of coral, Children at Risk has grown and developed over the years – adapting to the needs of the Autism Community, identifying the “gaps” and looking to fill those gaps with critically-important programs. Join me in 2014 to recognize Children at Risk's 35 years of Service to Ottawa!

FOUNDATION AWARDS \$700,000 TO 5 LOCAL CHARITIES



The Ottawa Dragon Boat Foundation has committed \$700,000 to five local charities. Foundation and Festival CEO, John Brooman, says, “We are pleased to announce our commitments to Children at Risk, Ottawa; Heartwood House; Helping with Furniture; Shepherds of Good Hope and; Youth Services Bureau of Ottawa as our recipients and partners for the 2014-15 seasons. This support will provide funding for programming for homeless youth, a summer day camp for autistic children, furnishing homes for those in need, a facility supporting 18 grass root charities, and, helping men transition from the streets to the workplace.

Foundation past chair, Sandy Foote says “Our selection committee and board are excited to present this excellent mix of charities that provide direct support to our community.

We look forward to telling our paddling community and supporters more about the programs being funded by their work”.

According to Brooman, the Tim Hortons Ottawa Dragon Boat Festival is the largest free festival and festival fundraiser in the National Capital Region. “As I joined the organization 10 years ago, the charitable Foundation was being created, thanks to generous support of paddlers and donors.” Foote adds, “Everyone can support these charities through our on-site Silent Auction, the Tiki Beach Gala, and other onsite opportunities or through donations which may be made on-line or in-office year ‘round. Any additional funds we raise beyond our \$700,000 will also go back to these five charities.”



The 2014 Tim Hortons Ottawa Dragon Boat Festival will be June 19 – 22. Visit www.dragonboat.net to donate, to register a team or for more information.

STUPID DOG COMIC STRIP by Keelan Smith (ASD Tween Age 11)



LAYING THE FLOOR

Many thanks to both the **Kelly and Pocock Families** who came forward with donations totaling \$650 for our quest to dedicate our New Office floor renovation of \$10,000 to designated donors.

With the first donation by **Dr. Linda Kwasnick** of the **Optometry Professional Corporation** in Orleans, funds raised so far are at \$1,150.

So – only \$8,850 more \$'s to go! ☺ Please let us know if you can help and join these 3 donors to be forever immortalized as a Supporter of Children at Risk!! See www.childrenatrisk.ca for more details.



SIBLING SUPPORT WORKSHOPS

Children at Risk will be offering 2 Sibling Support Workshops for the Winter of 2014.

Saturday, March 1 – Younger Sibling Workshop at Children at Risk (ages 4-7)

Saturday, March 22 – Older Sibling Workshop at Children at Risk (ages 8-13+)

See registration form on Page 18.

SIBLING SUPPORT FEEDBACK

“My son Gaby recently participated in the sibling support group work shop. He really enjoyed meeting other children whose siblings are affected by autism and sharing his own experiences and relating to theirs. Thank you very much for offering this workshop for children, we often forget that autism affects them and that they too need support. We look forward to the one next year!” *Jennifer*

CHILDREN AT RISK 2013 REPORT ON SERVICES**

Social Skill Therapy (Friendship) Groups

(Based on sessions of 10 weeks, 1 ½ hours/wk)

Ages 10-12 years: 4 children

Ages 15-23 years: 12 children

Asperger “Typical Teens”: 27 youth
(8 week session, 2 hrs/wk)

Camp Kaleidoscope - Summer Full-Day Camp (Camp Week Spots - ages 5-24): 230 children

Saturday Fun Club - Respite Sessions (11 Saturdays from January-December): 24 children/session average

March Break Camp: 25 children

TOTAL: 322 children served

Sibling Support Workshop

3 Full-Day Sessions Ages 5- 14 & 2 Outings:

46 children served

GRAND TOTAL OF NUMBER OF CHILDREN RECEIVING DIRECT SERVICES FROM CHILDREN AT RISK: 368

****In addition – we sent 5 children to Walt Disney World through Dreams Take Flight in 2013!**

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.



FUNDRAISING UPDATE

Submitted by Brenda Reisch, Fundraising Chairperson

UPCOMING EVENTS/ACTIVITIES SINCE SEPTEMBER 2013 ...

What Happened:

18th ANNUAL CELEBRITY- CARVED PUMPKIN CONTEST – OCTOBER 24-27, 2013

The tables are cleared, the pumpkins found new homes and Children at Risk has raised some valuable funding for our Summer Camp, Camp Kaleidoscope!

Strandz Hair Design/Il Paradiso Spa & Tanning



saw their efforts help them re-gain the Top Carver Title this year over Stuntman Stu & Company at Majic 100 - definitely a case of Beauty over the Beast!! ☺



We also saw many community-minded, local businesses carving this year and their efforts are reflected in the Top 13 Carvers! SPECIAL MENTION TO: Vito Pilioci - Ottawa Citizen, Jen Traplin - LIVE 88.5 FM, Doc & Woody - CHEZ 106.1 FM, HostedBizz Inc.

All these Carvers were just a seed behind the Top 13, so we wanted to give them billing too!! Join me in thanking our dozens of Volunteers, Carvers, Donors and Sponsors - including **Carlingwood Shopping Centre, Lincoln Fields Shopping Centre, Place d' Orleans** and especially **Merivale Mall** (who host our Reception and purchase our pumpkins).

Also, recognizing the **Budget-Avis Group** who donate the cargo van for our Pumpkin Express deliveries and a yummy "Thank-you" as well to **Sue's Sweets** for (once again) donating all the delicious cookies as a token of appreciation to our Carvers!!

Note: Celebrity Pumpkin Carver MPP Phil McNeely also made a statement about the Pumpkin carving event at the Legislative assembly! Here's the link for it; <http://youtu.be/PMqBJVJWAIY>



All-In-All - \$11,270.65 was raised, making it a truly awesome end to Autism Awareness Month!

2013 Top Lucky Thirteen Celebrities (FINAL results – October 24-27)

- 1) Strandz Hair Design/Il Paradiso Spa & Tanning - Lincoln Fields
- 2) Stuntman Stu, Angie & Trisha – Majic 100 FM Mornings
- 3) Wayne Scanlan – Ottawa Citizen Sports Columnist
- 4) Lynn Saxberg – Ottawa Citizen Music Columnist
- 5) Carter & Sandra – KISS FM Morning Show
- 6) Wine Kitz Ottawa Iris
- 7) Brother Bob & Nida – Jewel 98.5 Morning Show
- 8) Derick & Lois – Rogers TV “Daytime”
- 9) Sky High Roofing & Snow Removal
- 10) The Garlic King
- 11) Sue's Sweets – Westgate & Colonnade
- 12) Extreme Auto Care Orleans
- 13) Jennifer Chamberlain – Royal Lepage Gale Real Estate

TOTAL FUNDS RAISED FOR CHILDREN AT RISK (Supporting Autistic Children): \$11,270.65!!

SAN GENNARO BOCCE TOURNAMENT



In September, parent Marco Petti organized a first time small bocce game for friends and paesan from his region of Italy (Oratino), held at Alexander Park. The Tournament raised \$280 for Children at Risk. Thanks to John Tarasco, Jim Giovannitti, Jim Iafelice & Robert Silvaroli who helped in calling up family and friends and got them out for the tournament – as well as Luca who donated the wine for the second place team! Marco is hoping this can become a yearly event!

HALLOWEEN FUNDRAISER CLUB DANCE



Children at Risk was selected by Melissa Gervais & friends – Dream Nation - to be a Recipient Charity for a Halloween Fundraising Dance, with DJ services from ODme Productions. Held at the Living Room Club on October 26th, between a raffle /admission at the event and a donation from owners Urban Male Magazine, **\$540** was raised!

Background: Dream Nation is a project started by 4 people in the Ottawa area. Melissa Gervais and Lirone Davis are child and youth workers and they have collaborated with ODme Productions, a local production agency here in Ottawa. Together they have formed a fundraising team to help local charities and non-profit agencies here in Ottawa by hosting themed dance nights. Their first event raised funds for Children at Risk in support of Camp Kaleidoscope.



LIVING ROOM
your place • your space

FALL RAFFLE TICKETS

With everyone's generous support and efforts, we are excited to announce that we earned over \$7,500 for Children at Risk's 2014 Camp Kaleidoscope! Many, many thanks to all those who bought and/or sold tickets for this Raffle - we so very much appreciate your support!



The Winners are:

- 1st Prize - Ticket # 2023 Lynda Warman
- 2nd Prize -Ticket # 1444 Steve Maveety
- 3rd Prize -Ticket # 4478 Andre Picard
- 4th Prize -Ticket # 0598 Rita Battisti
- 5th Prize –Ticket # 0453 Rubina Ramji
- 6th Prize –Ticket # 3996 Deb Petelle
- 7th Prize –Ticket # 2446 Jorge Soares
- 8th Prize –Ticket # 0988 Maria Wodejko
- 9th Prize –Ticket # 0196 Pramod Vasu
- 10th Prize –Ticket # 3004 Dan Lafreniere
- 11th Prize –Ticket # 2073 Christine Smith
- 12th Prize –Ticket # 3440 Larry King
- 13th Prize –Ticket # 0011 Carol Hanniman
- 14th Prize –Ticket # 0539 Guy Falardeau
- 15th Prize –Ticket # 2941 Kevin Skilliter
- 16th Prize –Ticket # 0224 Mike Montsion
- 17th Prize –Ticket # 4075 Barb Young
- 18th Prize –Ticket # 2231 David Roytenberg

DONOR'S CORNER

In Memory of Richard Hawley	\$25.00
In Memory of Norman Banning	\$75.00
United Way of Peel Region Directed Donations	\$352.08

3rd ANNUAL BENEFIT BRUNCH FOR AUTISM – SUNDAY, NOVEMBER 17

IOKDS

INTERNATIONAL ORDER OF THE KING'S DAUGHTERS AND SONS



The King's Daughters and Sons Ottawa Autism Circle continued to support Children at Risk by hosting a 3rd Annual Fundraising Brunch! Once again, this event was held at the prestigious Falcon Ridge Golf Club.

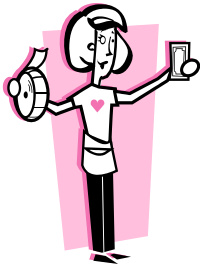
An enthusiastic and supportive roomful of patrons from the Autism Community and other Circles of KDS dined on delicious eats, were entertained by students **Lauren & Ben** from the **Suzuki School of Music**, as well as **KDS Scholarship Recipient Christine Bourgeois**. Final numbers are still yet to be calculated, but definitely over **\$2,000** was raised by the Autism Circle to support Autism services in the Ottawa area. Special Thanks to KDS Member **Phoebe McLelland** for her exhaustive efforts in procuring and delivering so many of the auction item donations!



What is On Now/Coming:

50/50 TICKET SALES

We have now completed the 50/50 sales at the Ottawa 67's games for this season (we had been invited for both September and November's games).



We have just started our schedule for the Ottawa Senators, with 5 of 18 regular season games (plus 3 pre-season) under our belts. However, 13 more games (and hopefully playoffs!) to go!

We have listed dates that we are currently booked to sell for – please check your schedules and let us know if you can help out for a few hours!!

Call us at 613-741-8255 or email car@childrenatrisk.ca.

50/50 TICKET SALES (Cont'd)

Ottawa Senators:

Volunteers:

- * must be at least 16 years of age or older to sell (but 16-18 teens must be very mature) - note that high-functioning ASD teens 14+ can come with a parent to sell as a team and get volunteer hours!

- * need to arrive 2 hours before the games (5 PM for the 7 PM games and 5:30 PM for the 7:30 PM games)

- * will be given free parking, pizza and a drink AFTER sales are done (I bring a bottles of water for the Volunteers if you need refreshment during selling - no alcoholic drinks allowed while selling)

- * will sell up to the end of the 1st intermission then cash out before leaving or staying to watch the game - floats are supplied by Children at Risk.



NEXT GAMES: OTTAWA SENATORS

Monday, December 9 VS. Flyers (7:30 PM game)

Monday, December 16 VS. Blues (7:30 PM game)

Monday, December 30 VS. Capitals (7:30 PM game)

Thursday, January 2 VS. Jets (7:30 PM game)

Thursday, January 16 VS. Canadiens (7:30 PM game)

Thursday, January 30 VS. Lightning (7:30 PM game)

Thursday, February 27 VS. Red Wings (7:30 PM game)

Monday, March 10 VS. Predators (7:30 PM game)

Tuesday, March 18 VS. Rangers (7:30 PM game)

Friday, March 28 VS. Blackhawks (7:30 PM game)

Monday, March 31 VS. Hurricanes (7:30 PM game)

Thursday, April 10 VS. Devils (7:30 PM game)

Saturday, April 12 VS. Leafs (7 PM game)

SANTA PHOTOS

Once again, Children at Risk has been offered the opportunity to earn funds by taking the Santa Photos at Westgate Shopping Centre this Christmas Season!



This year again we are covering the entire holiday photo schedule - from November 23 to December 23 (see Poster on Page 17 for the scheduled days).

For the 1st 2 weeks, photos are only being offered for Friday evenings plus Saturdays & Sundays. Then it will be Thursday and Friday evenings, Saturday and Sunday the 2 weeks before Christmas.

We will need volunteers throughout the schedule - more on Saturdays due to the volume - see below for the needs.

We will be using a digital camera and printing the photos on-site with a colour printer. Cost for a Santa photo will be \$5 with ALL of the proceeds being donated to Children at Risk! Please look at the schedule below and let us know if you can help out - even a couple of hours at a time would be great! We will need both volunteers who are comfortable (and somewhat good!) at taking photos, as well as table workers to take cash/print the pictures (easy to learn).

Even if you can help out for just a few hours ...

This would also be an opportunity for a teen and parent to work together to get volunteer hours!

Hours include:

- Friday, December 6 - 4-8 - 4 hours - 1 Volunteer for Camera, 1 Volunteer for Table
- Saturday, December 7 - 10-5 - 7 hours - 2 Volunteers for Camera, 2 Volunteers for Table
- Sunday, December 8 - 11-4 - 5 hours - 1 Volunteer for Table
- Thursday, December 12 - 4-8 - 4 hours - 1 Volunteer for Camera, 1 Volunteer for Table
- Friday, December 13 - 4-8 - 4 hours - 1 Volunteer for Camera, 1 Volunteer for Table

Hours (cont'd):

- Saturday, December 14 - 10-5 - 7 hours - 2 Volunteers for Camera, 2 Volunteers for Table
- Sunday, December 15 - 11-4 - 5 hours - 1 Volunteer for Table
- Thursday, December 19 - 4-8 - 4 hours - 1 Volunteer for Camera, 1 Volunteer for Table
- Friday, December 20 - 4-8 - 4 hours - 1 Volunteer for Camera, 1 Volunteer for Table
- Saturday, December 21 - 10-5 - 7 hours - 2 Volunteers for Camera, 2 Volunteers for Table
- Sunday, December 22 - 11-4 - 5 hours - 1 Volunteer for Camera, 2 Volunteer for Table
- Monday, December 23 - 4-8 - 4 hours - 1 Volunteer for Camera, 1 Volunteer for Table

CHRISTMAS CRAFT SALE & AUCTION



Saturday, December 7, 2013, 1-4 PM

- Ron Kolbus Centre (formerly Lakeside Gardens)
102 Greenview Drive, Britannia Park
- Live & Silent Auctions
 - Music & Light Refreshments
 - Crafts, Baking, Books, Jewellery and more

Tickets: \$10 adults, Seniors/students \$8
Children under 12 free

Available by calling 613-837-7704 or at the door.

Partial Proceeds support Autism through Children at Risk, Ottawa!



SEE YOU THERE!!

MAUDES FUNDRAISER



[2012 Fundraiser video](#)

(\$7 advance, \$10 door –
Costs less than a movie –
10 Times Better!)

Doors Open at 8 PM – Event runs to 11 PM

Zaphod Beeblebrox
<http://www.Zaphods.ca>
27 York Street, Ottawa, Canada.
Age 19+/ General Admission

ADVANCE TICKETS: \$7, for a limited time, at:
[http://www.ticketweb.ca/t3/sale/SaleEventDetail?d](http://www.ticketweb.ca/t3/sale/SaleEventDetail?dispatch=loadSelectionData&eventId=3921614&RE)

[FERRAL_ID=tmfeed](#)

\$10 at the Door

FOR SALE: FRUIT CAKES, CHOCOLATES AND MORE!

1) Selling for the Kiwanis Club of Rideau:

Kiwanis Club  of Rideau

We now have the delicious Kiwanis Fruit Cakes in stock:



- Decoratively tinned 900 gram dark cake
- Boxed 1.1 Kg light cake

At only \$15 each, these will go fast (limited quantities available).

As well – this year we are also trying:

- Fine French Chocolate Truffles, 100 gram Boxes, Original, Orange and Coffee - \$4.50/box or 3 for \$12 (specify which flavours you are looking for)
- Pure Scottish Shortbread, 380 gram boxes - \$8 each or 2 for \$15

2) Children at Risk wants to remind you that we still have available the 2013/3014 Entertainment Coupon Book at only \$30 each! These make great stocking stuffers and presents for those "hard to buy for" folks!! They can be obtained through our offices or at several Quickie Convenience stores throughout the city (for a Store Listing, check out www.childrenatrisk.ca)



3) We also have the Key to the City Discount Cards that are still good up to March 31, 2014. Each Key has a card and 2 keychain fobs, so up to 3 persons can use them for continued discounts throughout the year. More info is at www.keytothecity.ca Still a steal at only \$20!



8th Annual "ROLLIN' FOR RISK"

Bowl-A-Thon for Autism
Walkley Bowling Lanes
Sunday, January 19, 2014



Minimum Pledges of \$125/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 info and pledge sheet included.

UNITED WAY/CENTRAIDE OTTAWA CAMPAIGN INFO



As this year's campaign kicks off, we wanted to remind everyone that charitable donations through United

Way can be directed to your charity of choice, whether they are 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 for families raising a child with Autism! This way you can contribute to a workplace campaign and support Autism, as well!

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 **\$5,119.16!** The importance of these donations cannot be overstated – as our charity does not receive government funding, directed donations like this are so very needed.... If you have any questions or require additional information, do not hesitate to contact our office!
***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!

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!

This Fall saw an even higher increase in donations – as September to November donations received were **\$2,944.62!** Since November 2012, funds raised by Donate A Car have reached **\$6,510.71!** I joined the ranks in October as we said "Good-Bye" to our 2000 Toyota Corolla through Donate A Car. 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!!

Donations from September to November 2013 = **\$251.79.**

THANK-YOU'S



“This is a big thank you message that you can forward to Trinity Developments as they provided us 3 free tickets to see the Ottawa 67’s game of Sunday, September 22 when they played the North Bay Battalion at the Canadian Tire Centre.

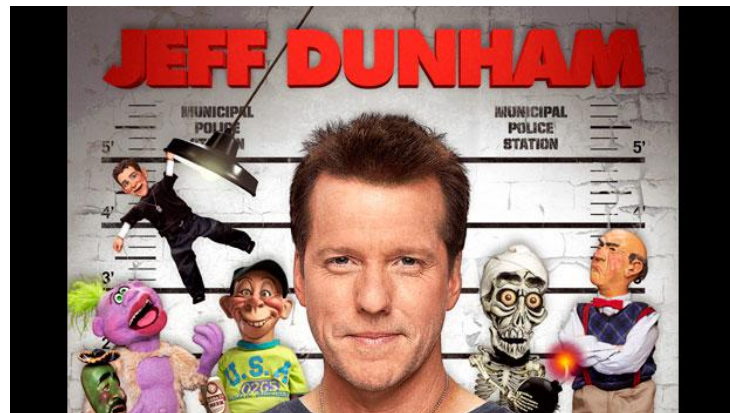
Although the 67s lost 4-3, the game was very exciting and you can tell that the 67s will be a lot more competitive this year compare to last year. Benjamin enjoyed the game, ate some popcorn and often sign "67s Let's Go". He also had fun dancing with kids around us.” *Marc*

“Thank you so much for the 67's tickets! We went to the game on November 14, 2013. My partner and I got the chance to go out together and do something different. I work privately with families and children with autism and it's not exactly a money making profession. It is beyond satisfying to actually see changes in behaviour and intellectual abilities, but my shifts are odd hours to accommodate as many families as possible, and work around their daily obligations. It often leaves me with odd, separated hours and long days of driving. Thank you so much for giving us the opportunity to enjoy the game!! Take care!” *Kendra*

“Thank you again for the Ottawa 67's Hockey Tickets. My Friday Night Social had a very good time. What a wonderful social opportunity you gave 6 boys and a financial break to the families! You asked for photos and to extend my thanks to Trinity Developments, following this email is a link to my site where I posted a thank you to C.A.R and trinity along w/ a photo of the group at the game. If you could please pass the link onto Trinity and extend our thanks.” *John Anderson*

<http://autismsocialskillsottawa.blogspot.ca/2013/10/generation-donation.html>

“I wanted to thank Trinity Developments for their generous donation of tickets for the Ottawa 67's game last night. My 3 kids had a blast! J' told everyone at school that he's going to see the game in the evening, and got everyone jealous ;) All three are still talking about the game with excitement. Thanks again Trinity Developments! Your donations make lots of kids and parents happy.” *Corina*



“Thank you Children at Risk for the tickets to Jeff Dunham. He was very funny. I laughed a lot.”
Mitchell Kelly

Donor Spotlight

MICROSOFT GOLF CLASSIC FOR AUTISM
Microsoft, in cooperation with the **Sens Foundation**, presented the 10th Annual **Microsoft Golf Classic in support of Autism**, on Tuesday, June 11th at the Marshes Golf Club. Over the past 9 years, this event has given back over \$280,000 to local autism charities, programming and support services. This year the Tournament raised **\$23,000**, supporting 4 local charities that provide supports and services for Autism in the Ottawa area. Children at Risk was **THRILLED** to be one of them – receiving a donation of **\$6,000!!**



For the years of continued support from this Tournament, we extend our December 2013 Newsletter “Hat’s Off” Award!



Volunteer Spotlight

Although it might seem a little “self-serving” – I was thinking about whom to acknowledge in this Newsletter for their Volunteer efforts – and I found myself not having to go too far...! I want to thank my husband, Jeff Reisch, for his many years of on-going “Voluntold” duties – on behalf of not only myself – but on behalf of the charity too! The saying is that behind every Executive Director – is a spouse who is being begged, pushed, cajoled, pleaded and (at times) practically bullied/blackmailed into helping. From designing (and constantly updating & tweaking) Children at Risk’s Website, fixing our software and hardware computer challenges, hauling around supplies, building & cleaning in our offices, manning Fundraising Events, taking Santa photos, selling 50/50 tickets (in theme – courtesy of Heather from A Little Bit of Bling at a Halloween Sens game below)...well – you name it and Jeff has probably done it! I will let you do the math – but I/we have been involved with Children at Risk since our son, Ian, was in Thursday’s Child Nursery School at 2 ½ years of age – and he turns 21 next week! Although many of you see me as mainly the face representing Children at Risk, I would have never been able to spend both the time and effort I have over the years without the support of Jeff. Please join me in both thanking and celebrating his efforts for the Autism Community through Children at Risk!!



With the “seasonal” nature of this Newsletter – I have decided to include the recipe I use for Shortbread Cookies from the Canada Cornstarch Box. It is very simple and I consider them easy to make – BUT – if you want them to turn out the same as mine - the important things to remember are 1) no substitutions – for example, it indicates butter (I use unsalted) – do not use margarine or butter-flavoured Crisco 2) follow the cooking directions carefully – this is also important to have them turn out perfect! However, if you are observing any dietary restrictions, you can experiment with substitutions – just do not expect them to taste like ours!! ☺

SHORTBREAD COOKIES



- ¾ cup unsalted butter, room temperature
- 1 cup all-purpose flour
- ½ cup icing sugar (sifted if there are lumps!)
- ½ cup cornstarch

Combine all ingredients in a bowl. Best mix is done by hand to need the dry ingredients into the butter. Roll into about 1” balls and place on ungreased cookie sheets (I use double layer aluminum sheets, as it cooks slower and less chance of burning). Using a fork, flatten each cookie somewhat. I then decorate with red and green maraschino cherry halves (dab the cherries on paper towel when cut so the colour does not bleed) and/or holiday sprinkles.

Bake slowly at about 310-315 degrees Fahrenheit (do not use convection). Turn trays around at least once for even baking. They can take upwards of 15 minutes to bake – I do not really time them, but do what I call the “squeeze” test – if they are soft when gently squeezed on the outside, let them bake a little more until just firm. Do not overbake – they should be only lightly tanned on the bottom – not brown. Remove to plates for cooling, then store in left-over containers. They do freeze well, too, in case you want to get started early, but ensure they are still around by the time the holidays hit – as these cookies left unattended, will disappear...!



Brayden O'Neill and Jacob Arnold, both nominated by Children at Risk, Ottawa, scream in delight with other Dreams Take Flight Children and Volunteers as they ride the Big Thunder Mountain Railroad during their trip to Disney World on September 23, 2013.

News -The classic Cinderella's castle at Walt Disney World's Magic Kingdom made the little girls gasp and mouths drop open.

"This way to the princesses," said the guide, an elderly man who told the girls to call him Grandpa Joe.

The six little girls, members of a group of children selected to travel from Ottawa to Orlando, Fla. with the Dreams Take Flight program, wasted no time making their way across the amusement park, stopping only to point at the rides and Disney characters.

"You look enchanting," one of the little girls said to Princess Aurora.

"It's so romantic," said another.

The girls were just some of the 110 local children who travelled with Dreams Take Flight, a Canadian program that takes deserving children from a variety of backgrounds on a trip to Disney World.

Several children on the Sept. 24 flight had a sibling with autism or their own medical issues. Others live in foster care, or their family's income prohibits trips like this.

But Dreams Take Flight allowed the children to fly, eat, spend a day a day at Disney World and pick out a special souvenir to take home thanks to donations.

The program was started by Air Canada staffers, who volunteer their time - including the pilot who flew the day trip's plane - to take children in small groups around the park.

Most of the kids had never been on an airplane or outside Canada.

Many of the children agreed that it was one of the best days of their lives.

Hunter Donnelly-McPhail's mom saved news of the surprise trip for Aug. 18, his birthday.

"I couldn't stand up any longer, I had to sit down," he said about when he first heard he was headed to Disney World. The flight - his first ever - was almost too much excitement to handle for Hunter, who wants to be a flight attendant. The volunteer flight crew, dressed in Disney costumes, made him an honorary flight attendant for the day. He followed the attendants up and down the aisles as he handed out chips and candy.

None of the children had ever been to Disney World, but almost all of them were eager to ride the roller coasters. Splash Mountain was easily the children's favourite ride.

Towards the end of the day, as a train full of Dreams Take Flight kids and volunteers cruised into the end of the Big Thunder Mountain Railroad, it was clear that the kids were having a special day, as cheers of "dreams take flight" echoed through the boarding area.

Dreams take flight on Disney trip (Cont'd)

Taequan Moise was all smiles the entire day, from the time he arrived at Disney World waving at the volunteers, to the plane ride home when he was one of the only children awake on the plane ride home.

Taequan said he could probably stay home from school to rest after the 20-hour day trip, but he wanted to tell his friends about his day.

"I would tell them about the rides, but about the food mostly. Fries, burgers, hot dogs," he said.

The kids had an early start to their day, arriving at the airport at 4 a.m. at a private hangar.

They travelled in style, receiving a police escort straight to the theme park once arriving in Orlando.

They received VIP treatment: fast passes that ushered them to the front of lines on all the Disney rides throughout the day and a brand new outfit of donated shoes from Crocs and clothes from Mark's Work Warehouse.

While there were a few skinned knees and tears from first-time flyers, the number of smiles and looks of disbelief far outnumbered any frowns.

Many only needed one word - "amazing", "best" or "great" - to describe their day, a dream come true, as they slowly came down from the sugar high and dozed to sleep on the plane ride home.

"It was really, really, really fun," said Hunter. "From a scale from one to 10, it would be a thousand million. A thousand million and one."

For video coverage of Dreams Take Flight, visit www.ottawacommunitynews.com.

Photos from the trip:



LOVE IS ALL YOU NEED WITH AUTISTIC CHILDREN (OR THANKS GOD)

I was doing laundry with my 19 year-old son Alex, an autistic adult, listening to “All you Need is Love” by the Beatles when I was thinking that was exactly what my son Alex needs, needed in the past and will need in the future, i.e. love. We did not do the concentrated teaching for my autistic son called the Applied Behavior Analysis (ABA). We did not have the \$ 40,000.00 a year or so it would have taken. We also did not have the means for my husband or me to take a leave of absence to coordinate the concentrated teaching (ABA). To get this specific teaching from the government, our son would have had to be 6 years old and younger. At that time, Alex was 6 years old and a few months (maybe 3 months). He was simply not eligible to receive the training, nor was he eligible to be on the list. So, we just loved our son unconditionally, taught him the best we could (with some sign language, symbols, etc) and rolled with the punches of life. We only had one son, so we could fully focus on him.

Alex did not speak until about 14 months when his first word was cow. Everything was a cow. He did learn about 5 other words, but stopped talking at 15 months. He did speak again at the age of 6. The words were few, but precious. I had dreamt of him talking. My dream came true.

He received the diagnosis of autism at the age of 3. At 4 years old, he got the diagnosis of severe autism. After the first diagnosis, we thought there was no future for Alex, no marriage, no kids, no career, no job. But God was always there, looking out for us, helping us through each step of life. Thanks God!

At 7 years old, Alex was frustrated and violent. He became violent towards things and people. He threw furniture at me. I became fearful for my life. I have to say since then, he only was violent towards things i.e. punching the wall. My husband repaired the wall with him to teach him the consequences of his actions.

At 8 years old, in May 2002, we found an exceptional Special Needs Worker, Cassie, who became very important in our family’s lives. She is still with us, 11 years later. She explored the world of Alex and had some very significant input to give him. Alex is a better person for knowing Cassie.

He is 19 now and does not become violent anymore towards things or people. He is gentle, he says please and thank you. We are very pleased with him. He is my angel that God sent to me and I appreciate having a son like him, autistic or not. He is more independent than ever, he understands more and more. He is becoming a delightful adult. Thanks God! And for receiving love from Alex, thanks God again!

Our son is not perfect, like any one of us who does not have autism. He is still loud sometimes, he shouts, but that does not bother me anymore. He has other weaknesses, like any of us, but he also has strengths. Thanks God!

I am writing this to show it is worth giving love to autistic kids. They come through for us at one point or the other in our life. In our case, he has been a good adult, mostly a good teenager. I am sure he will always be a good adult. He has some extraordinary ability to adapt to change, something we thought he would never do in his life. Change is usually hard for an autistic person.

I want to thank God for being there every step of the way with my husband, my son Alex, and me. God goes through the very difficult periods of our lives with us, even when we are not aware of it. Thanks God!

Submitted by Yori De Bortoli Kydd

ADVERTISING



Destiny's Way

613-314-7477

Registration now open
www.destinysway.ca

Destiny's Way

Serving those with Autism Spectrum Disorders, Down's Syndrome, PDDNOS, Global Developmental Delay, ADD, and ADHD. Promoting creativity, self esteem, social skills, and good old fashioned fun.



Sylvan Learning

Happy Holidays!!

From the Staff @ SYLVAN LEARNING

www.SylvanOttawa.ca

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.

Santa's **VISITING HOURS**

WESTGATE
SHOPPING CENTRE



Santa & Mrs Claus **ARRIVAL PARTY**

Saturday November 23rd
10am to 2pm

Join Santa & Mrs Claus for Crafts ,
Balloon Art, Magic, Story Time & Sweet Treats

Santa & Mrs Claus will return
from 3pm to 5pm for more visits
with the children

Starting November 29th



Thursdays

December 12, 19
4pm to 8pm



Fridays

November 29
December 6, 13, 20
4pm to 8pm



Saturday

November 30
December 7, 14, 21
10am to 5pm



Sunday

December 1, 8, 15, 22
11am to 4pm



Monday December 23rd
4pm to 8pm



Santa pictures are \$5.00 each and
will be taken by Volunteers from
Children at Risk. All money raised
will be used to support programs
and activities for Autistic Children
and their Families in the Ottawa area.

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. Subsequently, we changed our format of weekly meetings for a 1-Day Workshop – with rave reviews!

For this Winter, 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, March 1, 2014 - 10 AM to 2 PM
Older Group: Ages 8-13+ - Saturday, March 22, 2014 – 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 209.

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 ADDRESS: _____

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