

**39 years
of Service**

1979-2018



NEWSLETTER

JUNE 2018

Issue #83

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Ottawa, Ontario

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Charitable Registration #
10691/3775/RR/0001



Annual Spring Raffle

Draw June 10, 2018

Ottawa Autism Community

Annual Family Picnic

Sunday, June 10, 2018

Adam Schwartz Fundraiser

Saturday, June 16, 2018

Difference Makers Golf Tournament

Monday, June 18, 2018

Natasha's TRI for Camp K

Sunday, July 8, 2018

(See Page 14)

THE ANNUAL GENERAL MEETING OF CHILDREN AT RISK, OTTAWA

Wednesday, June 6, 2018, 235 Donald Street, Room 209 – 7 p.m.

You are invited to attend the Annual General Meeting of Children at Risk. This evening will also be an opportunity for all friends and families of Children at Risk to meet informally and to discuss issues around supporting children and families within the Autism Spectrum Disorders. Wine and cheese will be served!

****Special Guest Speaker****

We are pleased to welcome Stacey Cantor, a local Certified Irlen Screener. The Irlen Method uses Irlen Spectral Filters in glasses that have been proven to be effective for some individuals on the Autism Spectrum to address visual sensitivities that contribute to sensory overload.

(See flyer on Page 22).

We are also excited to welcome Members of The Difference Makers/ Les Faiseurs de Différence to present their 2017 Fundraising Proceeds to Children at Risk!

The following business will be conducted:

1. Minutes of 2017 AGM
2. President's Report
3. Treasurer's Report & Appointment of Auditors
4. Fundraising Report
5. Election of new Board

Standing for re-election to the Board are:

**Walter Davidson * Rob Gentles * Linda Kwasnick*
Mark Lalonde * Marca McManus * Melissa Van Alstine**

*The following positions are vacant: Up to 3 Directors – if you are interested in getting involved by becoming a Board Member or a Volunteer please contact our offices at 613-741-8255 or email car@childrenatrisk.ca before the Board Meeting to register your interest and present a small bio. The Board follows the Carver Policy Governance Model, now meeting bi-monthly to review charity policies and happenings. We are especially looking for Board Members who either have experience/background in Human Resources and can attend Board Meetings, but also those who have the ability and desire to help with Fundraising Events and Donor Development. Throughout the year Children at Risk either stages Fundraisers or is invited as a recipient charity and it is important for a Charity Representative to attend, be social and impart the cause of Autism and how Children at Risk provides supports for ASD children and their families! *Members who cannot attend may give a proxy to any other person, who need not be a member. Proxies must be in writing, signed by the member who will be absent, and mailed to or brought to the meeting by another member. Members who have given a proxy may still change their minds and attend, in which case the proxy is cancelled. Only those members who have paid their annual membership dues to Children at Risk, Ottawa, have the privilege of voting at the AGM. However, **ALL are Welcome to the AGM, even if you are not a Member!****

By Order of the Board, Mark Lalonde, President May 06, 2018

PRESIDENT'S MESSAGE

Mark Lalonde, Board President

Although spring was delayed, we are now enjoying some very nice summer-like weather. It makes for a lot of happy faces as we can be outside with shorts and t-shirts. It is a liberating time of year. Let's hope the current warm spell carries us all the way to the summer months.

Warm summer weather is exactly what we want for the **8th Annual Camp Kaleidoscope**. We will be offering camp over July and August again this year with full camp participation. It is truly gratifying to see how much the children enjoy the camp and how much the parents appreciate the camp experience provided to their children. The **Saturday Fun Club Respite Sessions** will continue until mid-June. Very much like camp, the Fun Club is well attended and beneficial to the children and their families.

We have a number of fundraisers on the go, including our **Spring Raffle**. If you can buy some tickets and sell some to your friends and family, it would be greatly appreciated. We are hoping for a sell-out once again as we have some great prizes including two **Air Canada Tickets** as a Grand Prize. We will have several charity golf tournaments taking place this summer – as well as a Co-Fundraiser with ASD Comedian **Adam Schwartz** in June!

We also want to thank **Natasha McRae** for her fundraising effort. Natasha will be doing a triathlon with the goal of raising **\$10,000** for our charity. Your support for Natasha would be greatly appreciated. Also some recent exciting News – for the Past 2 years the **Danbe Foundation** has supported Camp K – this year they are offering a **Challenge Matching Gift of up to \$10,000!** In other words, Danbe will match ALL donations – essentially doubling your Gift and earning up to **\$20,000!** We encourage ALL who might have been considering a Donation this year to jump in NOW and double the funds raised!

Once again, with tremendous effort by our Office Administrator **Bambina Lemme**, for the 2nd year we have secured some directed federal government funding through the **Canada Summer jobs** again this year. As well, we did secure an additional **\$10,000** from **The City of Ottawa Community Grants** as a one-time gift.

PRESIDENT'S MESSAGE (Cont'd)

This is helpful, but we still need some more sustainable funding sources to fill the gap between the current revenue sources and the rising costs of offering our services. If you have any ideas for fundraising or connections to potential individual or corporate sponsors who you believe would be interested in supporting our charity, please let us know. We would love to hear from you.

I hope you all have a wonderful summer and I look forward to seeing many of you at our upcoming **AGM on June 6** or at Camp K or other events.

EXECUTIVE DIRECTOR'S MESSAGE

Brenda Reisch, Executive Director

ANNIVERSARY ACKNOWLEDGEMENT

They say “time flies when you are having fun” – not sure our dedicated **Newsletter Editor Brenda Desjardins** would quote this – but we know that her over 10 YEARS of producing a Stellar Newsletter from the Mess I give her of information is definitely a Labour of Love. ☺



SO much happens with Children at Risk – our Programs, our Services, our Fundraisers, our Ticket Donations, our Events ... to take all this raw data and come out with the beautiful, professional document that represents our Quarterly Newsletter is a tremendous task! And to do this for over 10 Years is above and beyond what we could have every expected – or deserved!! To say Thank You does not seem enough.

For Brenda's Dedication, Devotion and Outstanding Work - I am awarding this Newsletter's "Hat's Off" to the BEST Newsletter Editor in the World – **Brenda Desjardins**.



2017/2018 Board of Directors

President – Mark Lalonde
Treasurer – Melissa Van Alstine
Secretary – Linda Kwasnick
Director – Carrie Groulx
Director – Walter Davidson
Director – Marca McManus
Director – Rob Gentles

EVENTS/ACTIVITIES SINCE MARCH 2018...

PURDY'S FUNDRAISER



For the 1st time – Children at Risk paired up with **Purdy's Chocolatier** for an On-Line Easter Fundraising Campaign. These high-quality, Canadian-made chocolates and other confectionary products were a HIT and earned **\$329.75** for Children at Risk.

Many Thanks to those who purchased these treats and helped to raise these Funds – we KNOW you were not disappointed!!



DIFFERENCE MAKERS DART TOURNAMENT



On Sunday, April 22nd, 2018, The Difference Makers 2nd Dart Tournament was MUCH better attended than the previous event in on in February (due to Freezing Rain) and **\$1,599** was raised with the Silent Auction alone!

DONOR SPOTLIGHT

SPRING DUST UP



This Newsletter we want to feature **Kirk Kennedy** – a TD Wealth Private Investment Advisor – who continues to support Children at Risk with a Golf Tournament last year and this year convincing **Brad Cross** from BMO Global Asset Management to choose CAR for funds raised from the **Annual Spring Dust-Up Hockey Tournament**, held on March 29th at the Bell Sens Plex. Children at Risk was thrilled to receive a total of **\$2,020** towards our Programs and Services! Awesome appreciation to all those who made this Event and generous Donation possible!!

IN MEMORY OF...



Since March, we have had 3 Families choose to list Children at Risk for Donations in Memory of a dear relative or friend. We are honoured to receive these special gifts and we hope this can bring some comfort to those Families and Donors during this difficult time. This can be a lovely legacy to leave, giving hope and help to others...We have Donation Slips and Envelopes ready and can assist by making sure a Funeral Home and/or Church has these in-hand. Please join me in offering condolences and keeping these Families in our thoughts and prayers.

ALTERNA SAVINGS



Alterna Savings

In early May, we received a delightful email from the **Alterna Savings/Alterna Bank** in the St. Laurent Shopping Centre that they love the work that you are doing with children who have Autism Spectrum Disorders! As a result, they did a small fundraiser and I was able to and accept a cheque for **\$111.25!** Although this may not be a large amount – it was very special to have a Business acknowledge our Supports and Services and raise some monies!



Bridget Robertson with CAR Cheque!

What is On Now/Coming:

DIFFERENCE MAKERS GOLF TOURNAMENT



The 4th Planned Event is The 12th Annual Charity Golf Tournament Monday June 18, 2018 at the Hammond Golf and Country Club, located at 600 Golf Rd Hammond, Ontario.

SAVE THE DATE IN YOUR CALENDARS!

We are happy to share that this year the proceeds will again be donated to Children at Risk www.childrenatrisk.ca whose mission is to provide services and programs to families of children diagnosed within the Autism Spectrum Disorders to develop their child's behavioural, communications and social skills, and to advocate for their ongoing needs.

For more information or to register please contact: Michel Lalonde, 1616 Maxime Street, 613-406-3432 michel5642@hotmail.com



Children at Risk, Ottawa and The King's Daughters and Sons Apartments are delighted to announce a joint Fundraising Dinner – featuring Adam Schwartz!

Adam is young man diagnosed with Asperger Syndrome (on the Autism Spectrum) who has written and performs a one-man stand up show entitled: **“Aspergers: A Tale of A Social Misfit”**.

Adam has been touring with Fringe Festivals and is visiting Ottawa this June. He has offered to fit into his tight schedule a Visit to help local Charity! This Event will support BOTH Children at Risk's summer day camp, Camp Kaleidoscope (www.childrenatrisk.ca) AND The KDS Apartments for their new addition to their Original Apartment building for low income Seniors on Cambridge Street www.thekingsdaughtersandsons.ca/the-king%E2%80%99s-daughters-and-sons-apartments/

Here is the Info:

WHAT: Comedy show by Adam Schwartz, followed by a Spaghetti Dinner and Silent Auction/Raffle

WHEN: Saturday, June 16, 2018 – Show at 4 PM, followed by Dinner at 5:30 PM (Doors Open at 3 PM)

WHERE: Centretown United Church, 507 Bank Street (parking at nearby Glashan School)

HOW: Tickets are \$25 Adults, \$15 Children 13 & Under

Call 613-741-8255 to Pay & Reserve your Spots – only 100 persons can be accommodated!
(Payment can be done by Cash, Credit Card or Bank Etransfer to ursula@childrenatrisk.ca and use Password AdamShow2018

Aspergers A Tale of A Social Misfit. Victoria Fringe 2017. An interview with Adam Schwartz.

Adam Schwartz has been described as “brilliantly awkward” by the Winnipeg Free Press and his “timing is impeccable” by Now Toronto.

How long have you been producing work on the Fringe circuit? As an artist/company?

I have been on the Fringe circuit with Autistic Productions for 5 years.

Have you been (or will you be) taking the show to other Fringes?

I'm performing *Tales of a Social Misfit* - it is a stand-up comedy show about coming to terms with being on the Autism spectrum trying to make friends and win over the ladies!

Is your show a new work, or has it been performed elsewhere?

The show was actually from 5 years ago when I did my first Fringe. The show has changed over time. This is the first time I have had help from family friend and writing guru Jessica Casiro and an opening act.

Significant awards or accolades? (not just on the Fringe circuit)

I have performed the show for high schools and parent groups but the only award I have won is Patron's Pick in Winnipeg. I have had sold out runs in Winnipeg and Toronto with the show though so that's pretty awesome

Children at Risk, Ottawa and The King's Daughters and Sons Apartments are delighted to announce a joint Fundraising Dinner – featuring Adam Schwartz! (Cont'd)

Can you speak to the creation process of this work?

The creative process is that I write a joke and then test it out at comedy clubs to make sure it works before putting it into a Fringe show. I also delete a bunch of material to factor in Fringe sensibilities which are usually much more sensitive than young people are at the bar. I love writing as it allows me to get out all pain and frustration and turn it into something. Stand-up comedy has also helped me come to terms with my Autism.

Who will your show appeal to?

I have written the show to appeal with anyone with a sense of humour and interest in Autism. I hope it reaches further than just people with a connection to help raise awareness and help expose people to the fact that, that really awkward person they know might have Autism and they should be kinder to them

What would you say to entice a potential audience member to come?

I market the show as magnificently awkward and the most awkward show they will ever see. As many people with no connection can understand awkwardness and laugh. That was the whole appeal of Larry David and *Curb your Enthusiasm*.

What do you hope to inspire in your audience?

So not only do I want to inspire kindness and appreciation for those different than us, but I want people on the spectrum to know they are not alone. Also that if they work hard they can achieve more than they know. Look what curran and I achieved. This message is equally important for parents and caretakers that people on the spectrum can achieve a lot.

Is there anything I've missed asking you, or that you would like to comment on?

I was nominated future 40 finalist under 40 by CBC because of my advocacy work.

I also wrote a book called *[I have Aspergers so I'm better than you. Shh... don't tell mom!](#)* In which I try to turn the status quo on its head by discussing the validity of the way people on the autism spectrum do things. For example taking longer to jump into a relationship and doing it in steps instead just jumping into relationships since we can't read body language so this isn't possible for us. It's available on [Amazon](#) or at any of my shows. As well, I wrote the children's books "All kinds of minds" and "Ana and the substitute teacher."



CHILDREN AT RISK

23rd Annual Raffle

Dear Parents & Friends,

Tickets are NOW available for our 23rd Annual Spring Fundraising Raffle! After many weeks of gathering quality prizes, we can proudly offer them for sale. The prizes are fabulous! As we are getting started somewhat late...we will need LOTS of help to sell out of our 7,000 tickets before the draw on June 10. I hope everyone can join me in trying to make this year a sell-out!! Unsold tickets represent lost Fundraising \$'s for Children at Risk. Funds raised will support our Community-Based Special Projects. These include Sibling, Friendship and Family Support Groups, Summer Camp, Educational Training Workshops and Information Seminars as well as updating resource materials. These valuable activities receive no government funding and are supported solely through Fundraising efforts and Donations.

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

The Raffle will be drawn at 2 PM our Autism Community Annual Family Picnic – Sun., June 10, 2018.

Our Raffle offers:

- Tickets \$3 each, 2 for \$5 or a book of 10 for \$20! (NEW PRICING THIS YEAR!)
- Prizes worth a total of \$9,941!
- 12 draws, with an average Prize Value of over \$828 (Over half of prizes over \$500 each!)
- Maximum 7,000 tickets sold.
- Minimum Prize Value of \$123!

LOOK AT OUR 1ST PRIZE:

1st Prize – EXCITING EDMONTON!

THIS TRIP PRIZE INCLUDES:



- 2 TICKETS TO ANY AIR CANADA NORTH AMERICAN DESTINATION! (VALUE TO \$2,400)
- SKYWAY LANGFORD 4-PIECE LUGGAGE SET (\$903)
- 2 NIGHTS HILTON WEST EDMONTON DOUBLETREE & 2 TICKETS MAYFIELD DINNER THEATRE (VALUE \$600)
- AVON HIS N' HERS TRAVEL PERSONAL CARE SETS (\$235)
- THE KEG STEAKHOUSE & BAR (\$50)

TOTAL 1st PRIZE VALUE: \$4,188!

235 Donald Street, Suite 209 • Ottawa, Ontario K1K 1N1 • Tel. (613) 741-8255 • Fax (613) 741-5530
www.childrenatrisk.ca • car@childrenatrisk.ca • A Registered Charity • No. 10691/3775/RR/0001



NATASHA "TRI" FOR CAMP KALEIDOSCOPE

For Several years, Children at Risk has had an amazing young woman working with Children at Risk for both Camp Kaleidoscope and Saturday Fun Clubs....**Natasha "Tash" McRae** had exemplified the dedication, devotion, care, expertise and commitment that our Supports have become known for!

We were so thrilled to learn that she wanted to use her natural athletic talents to conquer the Ironman 70.3 Muskoka Triathlon coming up on **July 8th, 2018** to raise funds for what is close to her heart – Camp K! In just 2 months and 2 weeks – Natasha has set her goal of **\$10,000 for Camp Kaleidoscope** - but is only at **\$695** so far of this goal!



Her grueling adventure involves a 1.9 km swim, 90.1 km bike ride and a 21.1 km Run! As she indicates – she just wants to bring awareness, raise funds and make a difference - as she knows first-hand the difference attending Camp K has made for hundreds of children on the Autism Spectrum Disorders and their Families for 7 Years. Natasha knows the challenges our Charity is facing for finding funding and increased

costs – Help show her that her efforts are recognized by making a donation and sharing her quest and story with Friends, Family, Co-Workers, Relatives...to raise the \$10,000 she has pledged is a task about as daunting as taking on the Triathlon! (see flyer on page 14)

<https://www.canadahelps.org/en/pages/id/74739/>

DONOR'S CORNER	
In Memory of Kim Best	\$50.00
In Memory of Ahmad Humayun	\$75.00
United Way Peel Region	\$128.67
Mayo St. Patrick's Fundraiser	\$171.00
Ottawa Jewish Community Foundation	\$194.00
In Memory of Lucia Di Franco	\$445.00
In Memory of Theodoros Demetrios Kocoris	\$620.00

LETTER FROM OUR LADY OF THE VISITATION CHURCH

Hello – My name is Susan Lawther and I am assisting a church in the Greely area with an event that they are hosting for families of children with special needs. I was given your name by one of your Board of Directors, Marca McManus.

Late last year, Father Penney brought to the attention of congregation that many families that have children with special needs are not able to enjoy a meal out with their loved ones. For some families this may be because their children are not able to sit at a table for long periods of time and for others, it may be that they feel judged. As you are likely aware, there is an initiative in the U.S. called Autism Eats in which restaurants host families of children with special needs and support them in gathering and sharing a meal together. Our Lady of the Visitation would like to do the same and is offering a low cost, safe and judgment free brunch to those interested on June 23rd, 2018.

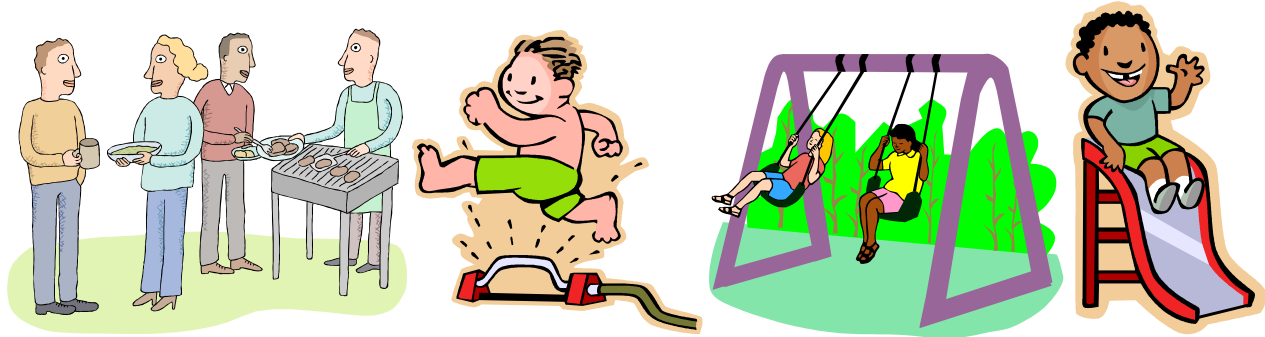
The brunch will be buffet style and held in the parish hall between 10 am - 1 pm. Both entrances to the hall are staffed with volunteers and there is any area at one end where children can play while their parents have the opportunity to socialize with those who share the same joys and challenges.

We are hoping that Children At Risk would be willing to help us let interested families know about this event by sharing the attached poster via email. Thank you for your consideration. More information can be obtained by emailing events@olvottawa.ca, calling 613-822-1777 or see flyer on Page 21.

Sincerely, Susan Lawther, (613) 292-0684
lawthersusan@gmail.com



OTTAWA AUTISM COMMUNITY ANNUAL FAMILY PICNIC



Sunday, June 10, 2018
12 Noon-3 PM at Brewer Park

Brewer Park (Seneca St. off Sunnyside) is a sprinkler water park, so bring your suits and get wet! The Annual Family Picnic is a great time to celebrate the start of summer, see old friends, meet new friends and frolic in the park. Below is a list of planned activities. Some items and activities, like the food, are at a low cost or you can bring your own picnic lunch! Hope to see you there!!

Activities & Features:

B.B.Q. HAMBURGERS, HOT DOGS, DRINKS, CHIPS, COOKIE DECORATING,
FISH POND, BALLOONS, COTTON CANDY & SNOW CONES (low cost)

FREE

WATERMELON, BUBBLE PLAY, FREEZIES, FACE PAINTING
BIG SLIDE & MOON BOUNCE INFLATABLES
CANADA PEDAL GO KARTS DEMOS www.pedalgotarts.com

2:00 PM -22ND ANNUAL RAFFLE DRAW

2:30 PM - WATER BALLOON TOSS (**PRIZES**)

**** IN ADDITION, WE WILL BE ENTERTAINED BY TUNIS SHRINE KLOWNS!**

For more info, call 613-741-8255 or email car@childrenatrisk.ca

VOLUNTEERING – DRAGON BOAT AND HOPE

Although Children at Risk is NOT involved in Dragon Boat or HOPE this year – we have received tremendous support from BOTH these Festivals in past years! We encourage Members and Supporters to still Volunteer – even tell them you are there in appreciation of their support of Children at Risk – and that you hope they will consider supporting our Charity in the Future!

Letter from Dragon Boat:



2018 is our 25th anniversary and we were recently reminiscing about our past charities we have supported over the years and Children at Risk came up.

We are proud to be continuing our tradition of charitable giving and to date have raised over \$4.3 million for 48 local charities! In addition to our 2018 Partner Charities, be sure to check out our [Community Fund](#) which provides funding for new and ongoing programs throughout the city.

As part of our 25th year we are excited to be hosting our [Community Challenge Cup](#) for teams representing local charities and non-profits and we would love to see [organization] represented! It's a great opportunity to increase awareness about your organization (team t-shirts, decorate your team site) while celebrating with us! This division is eligible for our reduced registration rate of \$850 (the regular rate is \$1400). There are a limited number of spots available at this rate, however if you are interested just let me know and I will make sure you receive the discount. We are also holding a fundraising event on the evening of June 14th in support of the Ottawa Dragon Boat Foundation. We're treating it like a bit of a reunion for all of the different organizations we've worked with over the past 25 years and it would be great if you could join us. The event is called "Rock the Boat!" and is being hosted by a team who has been with us from the very beginning and is one of our top fundraising teams, Fleet of Foote. The event is an evening boat cruise on the Ottawa River complete with live entertainment (by John Brooman's band!) and lots of dancing! It would be great to have some of the Children at Risk family join us. If you're interested you can purchase tickets through this [link](#).

One last way that we'd love to have you involved in our 25th anniversary festival is through volunteering! As I'm sure you know, each year hundreds of volunteers run the show festival weekend! We would truly appreciate it if you would help pass along the following link to your network:

[Dragon Boat Festival...Volunteers Needed!](#)

Feel free to reach out if you have any questions about any of these things. We truly hope you can join us, whether it be as a team, volunteer, Community Fund recipient, or on the dance floor at Rock the Boat!

Shelley, Director - Fundraising & Teams
[Tim Hortons Ottawa Dragon Boat Festival](#)
[Ottawa Dragon Boat Foundation](#)
& [Tim Hortons Ottawa Ice Dragon Boat Festival](#)
613.238.7711 x 226

HOPE VOLLEYBALL SUMMERFEST



PRESENTS



WELCOME TO BIG RIG BREWERY PRESENTS
HOPE VOLLEYBALL SUMMERFEST 2018
VOLUNTEER REGISTRATION

<http://hopehelps.com/volunteers/>

All HOPE volunteers receive:

- Orientation and training
- Special HOPE volunteer shirt
- Lunch during your shift
- Parking pass
- Invitation to the Volunteer Appreciation Party
- For those high school students, these hours count towards your 40 hrs of volunteer service!
- A fun time and the satisfaction of helping a great cause
- Volunteers under the age of 15 must be accompanied by an adult.

2018 FACES OF OTTAWA AWARDS

On January 27, 2018, Faces Magazine held their Annual Awards event at the Brookstreet Hotel with Children at Risk being nominated as a finalist in the Volunteer Organization category! Unfortunately, we did not win, but this Event is a signature people's-choice awards ceremony organized each year in the Nation's capital, so it was an honour to be included!



Hazel, Brenda, Sabreen, Ashley & Samira attended!

ADVERTISING

Your Ad
Here

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.

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! Children at Risk has received \$ from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached **\$16,812.28!** Note that you do not have to live in Ottawa to participate – it is across Canada – so encourage friends and relatives out-of-town to participate, as well!

CANADA HELPS

Children at Risk has signed up with CanadaHelps.org. When you visit our Website at www.childrenatrisk.ca just click the Donate Now button and you will be linked to the CanadaHelps.org donate page for Children at Risk. As with any service, there are some administration charges, but this allows anyone to donate on-line and even anonymously, if desired. It allows 24 hour ability to direct a donation to our charity and the electronic ease that many of us are looking for to support charitable causes! All you have to remember is our website – childrenatrisk.ca and the rest is easy!!

\$400 donated through Canada Helps December to March!





Summer is coming and personally I LOVE pasta Salads – you can adapt these recipes as needed for Gluten or Casein-Free as well! Hope you enjoy! From:

<http://www.kraftcanada.com>

Garden-Fresh Pasta Salad



- 8 cups whole wheat farfalle (bow-tie pasta), uncooked
- 2 cups broccoli florets
- 1 red onion, chopped
- 1 red pepper, chopped
- 2 cups halved cherry tomatoes
- 1 bottle (250 mL) *Kraft Calorie-Wise Sun-Dried Tomato & Oregano Dressing*
- 1/2 cup *Kraft* 100% Parmesan Light Grated Cheese

Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water the last 3 min. Drain; rinse with cold water. Place in large bowl. Add all remaining ingredients except cheese; mix lightly. Refrigerate 1 hour. Stir gently before serving; top with cheese.

Special Extra For added flavour, sprinkle salad with *Oscar Mayer* Real Bacon Bits just before serving.

Substitute Substitute 1-inch asparagus pieces for the broccoli florets.



California Club Pasta Salad

- 1/2 cup *Kraft Rancher's Choice Dressing*
- 1/4 cup *Miracle Whip Original Spread*
- 2 cups rotini pasta, cooked, cooled
- 1 cup coarsely chopped romaine lettuce
- 1 avocado, chopped
- 1/2 cup chopped plum tomatoes
- 1/4 cup *Oscar Mayer* Real Bacon Bits

Mix ranch dressing and Miracle Whip until blended. Combine all remaining ingredients except bacon bits in large bowl. Add dressing mixture; mix lightly. Refrigerate 1 hour. Top with bacon bits just before serving



Bloody Mary Pasta Salad

- 2/3 cup *Kraft* Extra Virgin Olive Oil Italian Sun-Dried Tomato Dressing
- 1/3 cup *Kraft* Cocktail Sauce
- 3 Tbsp. *Lea & Perrins* Worcestershire Sauce
- 4 cups rotini pasta, cooked
- 1-1/2 cups cherry tomatoes, cut in half
- 2 stalks celery, cut into thin slices
- 1/3 cup sliced Spanish olives

Mix dressing, cocktail sauce and Worcestershire sauce until blended. Combine remaining ingredients in large bowl. Add dressing mixture; mix lightly. Refrigerate 1 hour. For a touch of heat, stir 1/8 tsp. cayenne pepper into salad before refrigerating as directed.

Your Own Pasta Salad

I have had a lot of success with this Club House package – all you need is oil, vinegar, pasta and vegetables – I use 2-3 cups of what I have in-house!

This dressing is equally delicious with other **salads** such as coleslaw, spinach and **salad** greens. **DEHYDRATED VEGETABLES (GARLIC, ONION, RED & GREEN BELL PEPPERS), SUGAR, SALT, SPICE, YEAST EXTRACT, PROPYLENE GLYCOL ALGINATE, HIGH OLEIC SUNFLOWER OIL.**



Volunteer Spotlight

For this Newsletter, we would like to again feature a “Family Affair” for the Volunteer Spotlight! **The McClelland Family** – pictured here Volunteering at HOPE last year – **Alanna, dad Bruce and brother Jeremy** (supported by mom Norma) have been helping out for the past several years where and when needed! Both Alanna and Jeremy volunteered with Camp Kaleidoscope last year and currently Alanna is assisting in our Offices for a few weeks before she leaves for a summer student experience at Chautauqua with The King’s Daughters and Sons. Dad Bruce, with his recent retirement from TD Bank, is taking on more volunteer projects – including the upcoming **Dinner with the Autism Comedian Fundraiser on June 16, 2018**. All 3 are Members of The King’s Daughters and Sons Ottawa Circles, following in the footsteps of Grandparents **Phoebe and John McClelland**. Children at Risk has been fortunate to have the KDS Ottawa City Union as our Major Camp Kaleidoscope Sponsors since 2011 – not only with substantial donations for Camp but support of other Fundraising ventures like the Autism Brunch, the Bowl-A-Thon, Raffle Tickets and so much more!



For the McLellands, volunteering and giving back to others and the community is 2nd nature – on behalf of Children at Risk and the hundreds of Families we represent – THANK YOU!!

Children at risk

LOCAL CHARITY FOR FAMILIES WITH CHILDREN DIAGNOSED WITH AUTISM SPECTRUM DISORDER

“Tri” for Children At Risk

I am going to complete my first ever 70.3 Ironman Triathlon this Summer in Muskoka, Ontario! During my training I have the ambitious goal of raising \$10,000 for Children At Risk, a charity I am passionate about. They provide respite programs for families with children who have Autism, including evening and weekend programs such as Family Fun Night and Saturday Fun Club. They also run camps during March Break, Camp Keleidescope in the Summer, and Sibling Support throughout the year. The list goes on!

A CHARITY WITH PASSION

Children At Risk was started by a group of parents who wanted to make sure their children did not get left behind, they wanted to make ensure they developed to their full potential with early intervention and access to programs such as those they now provide.



Please Support

With a decrease in funding and increase in wages, amazing organizations like Children At Risk are finding it difficult to keep afloat.

This both saddens and worries me because they provide much needed services to these families, a quality of services and dedication they

won't be able to find anywhere else in the city.

This is why I have decided to try and raise funds and awareness for this selfless organization while I swim, pedal, and run my way through one of the most difficult physical and mental challenges I have embarked on.



Charity Information:
www.childrenatrisk.ca



Follow My Journey:
www.naturaltash.com



Donate Easily:
www.canadahelps.org/en/pages/tri-for-children-at-risk/



March Break Camp

March Break 2018

Turning away families in need has never been Children At Risk's strong point and this March Break was no exception. The plan was to have 30 Campers but by Monday the 12th March we had 51 eager Campers excited to meet their counsellors and get the days schedule of fun activities started.



Campers were divided into 8 groups based on age and functionality. Each Group would have a schedule with allotted gym and kitchen times and spent time doing crafts, mad science and playing outside in the snow.



We were fortunate to be given a number of OC Transpo passes so as per last year we had a Group that went out each day and we had a 2nd group joining on many of those trips also. Monday they went to a nearby hill sledding. Tuesday was a visit to the Imagine cinema at St Laurent Mall to see the much anticipated sequel Paddington 2. Spoiler alert it was really good according

The older group saw Star Wars The last Jedi. On Wednesday 7 Groups travelled by school bus to Plant Recreation Centre to go swimming whilst the 8th group bussed to Gloucester Wave Pool for the wave swim.



We would like to express a big thank you to City of Ottawa Councillor Diane Deans Gloucester-Southgate Ward for once again organizing Swim passes for the camp which greatly assists our limited funds go further.



Thursday we had parents drop off their Campers at the newly renovated Science and Technology museum so that the two groups could spend time there as soon as it opened before it got too busy and not lose this time negotiating the three buses it takes to get there from Donald Street. This was a good strategy as by lunch time it was packed but the Campers had a great time.

The kitchen was booked solid with lots of sweet treats for snack times or savory delights to supplement lunches. Favourites included Pizzas with a naan bread base or mini tortillas and quesadillas and everyone loved the coconut bars. On Friday there were Green cupcakes made to celebrate the next days St Patrick's Day.



On Friday morning 6 groups walked to McArthur lanes for some TenPin bowling and in the afternoon the two other groups went bowling. We were able to put up the gutters to prevent an awful lot of gutter balls but the lanes do not have the guides that you can roll the balls down so many Campers found the big balls heavy and therefore hard to play with.

The week flew by and except when it came time to leave you would never know there were 112 March Break Camp participants. Friendships were renewed from the summer camp and new friendships cemented.



Friday afternoon with campers packed up and returned to their parents with all Counsellors chipping in, everything was packed up, 9 x sofas returned to the CAR office and within an hour our rental offices looked like we had never been there.



The Children At Risk office took a lot longer to get packed-up and appreciation is given to Amie who had the patience to go through and get all the toy boxes organized so as to be ready for the next Saturday Fun Club.

MORE MARCH BREAK TESTIMONIALS

“My family looks forward to March break camp every year. Despite the lack of funding, we send my son because he loves the programming and the counsellors so much. Children at Risk are like a family and they have welcomed our family with open arms. All the counsellors know my son by name and are always cheering him on. We know he’s in a safe place, we know he is looked after and not being left in a corner like some city camps. We love CAR! Can’t wait for summer camp!” Cindy

“My children, Jackson and Ferne attended the Children at Risk March Break Camp. This camp experience allows my children, (both of whom are non-verbal) to socialize with peers and be out in the community. If it were not for the Children at Risk camp, my children would have spent the entire week at home with me, something they do every day after school and on weekends. Jackson is 14 and Ferne is 11 years old. Most neurotypical children age 14 and 11 have an extended circle of friends, participate in a wide range of activities and spend less time with parents. I want the same for my children.

The staff who work the camp are well trained, positive, hard-working and caring. I know when I leave my children at the Children at Risk camp, my children are in good hands. Thank you for supporting this camp and for supporting and enriching the lives of our children.” Joanne

“Ben attended March Break Camp for the first time this year and absolutely loved it. The staff was amazing and somehow managed to keep Ben busy and entertained all week. He was asking to go back instead of going to school the following week. What would have normally been a difficult week, because of the change in routine and lack of interesting things to do, ended up being a great break for Ben as well as for mom and dad.” Carolyn

“Zachary had another amazing time at march break camp with children at risk. I feel so good leaving my autistic son with this organization as my son is a runner and being nonverbal I don’t have to worry and gives me the time to catch up on house work or just to relax. Great job everyone I greatly appreciate your continuing support giving our children at risk a fun safe place to enjoy their time thank you for everything you all did to make march break the very best!” Nataly

“Once again Children at Risk provided an outstanding March break event. Erik feels so comfortable and cared for at all of the events that Children at Risk organizes, and he always looks forward to them. He has been enrolled in several programs that Children at Risk offers for several years now. Both we as parents, and also the staff themselves have noticed how much progress Erik has made over the years, and that is definitely in part due to the dedication that Children at Risk puts into planning and running all of their events. Their programs are a real asset to the development of children with ASD, and as parents we sincerely hope that their programs and services will be available for many more years to come, and for many more children with ASD who can really benefit from the programs that Children at Risk has to offer.” Gunter

“Our son David had a great time at March Break camp again this year! With his behavioural challenges, he can't attend a regular camp, and needs the one on one support provided by Children at Risk. He is a very busy and energetic boy, and gets bored at home, so it is wonderful for him to have a stimulating, fun and structured camp to attend during March break! We both need to work over March break, and it would be extremely difficult for us to manage without this camp. Thank you so much for this wonderful support!” Katie and Andrew

“I am so grateful to have been told about Camp Kaleidoscope via one of Oswin's teachers (Alessandra :).

My son has attended 2 weeks of summer camp in 2017 and March Break camp 2018. It's wonderful to be able to send our son to a camp where I have complete peace of mind that he will be well looked after and be able to be himself. He isn't able to fully communicate his experience at the camp but he always came home happy at the end of the day so I know he enjoyed himself. God bless all of the workers and leaders who have dedicated themselves to working with these exceptional children. It takes special people to undertake such a job. Thank you!” Janice

THANK-YOU'S



"Please forward our thanks to Kids Up Front for the Fury Tickets. The kids had a great time watching their first professional soccer game, enjoying snacks- especially the oversized gummy bears, making a new friend with another boy who was in our suite, receiving a goodie bag from Otto's , even getting to go on the field after the game and meet some of the players. The Fury even won the game 1-0 and the weather held out as well. They were pretty excited at the opportunity." Ruth

"Thank you to Kids Up Front for providing us with the opportunity to attend to the Fury game last Friday. I attended the game with my special needs child. It was a fun night out for us." Rose



"Special thanks for the Champions baseball tickets. The weather was perfect and the kids had a great time watching the game, dancing along with Champ the mascot and trying to catch a souvenir ball. They also found time to visit the Games to Go trailer as well as enjoy some snacks. They are looking forward to their next game now that they are Champions fans!"

The Goulet Family

"Thanks so much for the tickets to see the game ... we had a blast. One of the few activities we can do as a family. Denis loves the music!"

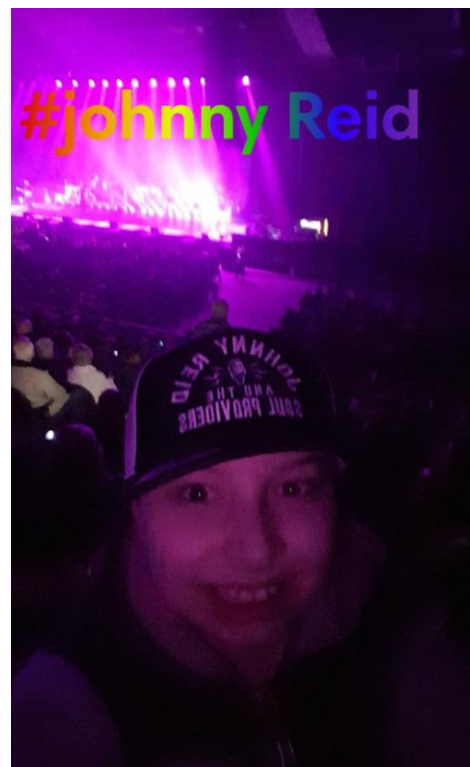
The Desjardins Family



THANK-YOU'S (Cont'd)



"My son Desmond (12) and I wanted to send you all a huge thank you for the tickets to the Johnny Reid Concert Friday night. He had a great time and I was so proud of him concurring an anxiety of crowds to attend this concert. He was very excited to attend and we are so happy with the outcome. Thank you and Kids Up Front so much for your generosity in helping our children join social activities like this one. Rebecca and Desmond



"I would like to pass along a heart-felt thank you to you and your colleagues at Children at Risk, Ottawa, and also to Kids Up Front for the Johnny Reid concert tickets - which we attended this past Friday evening.

Although I did not succeed at getting a photo of Andy with the concert in the background (see the last attachment, it is the best I got), we did take a pic of us near the merchandise table after the concert. Missing from the picture is my youngest monkey, Noah (7), who is actually in the picture but hiding behind me, and my dear friend Dawn, who was taking the picture for us. This is the 3rd attachment and in it, from left to right, are my children Sylvain (14), Andy (13, he is my little buddy on the spectrum), Sabrina (10), myself, and Sébastien (9). I also attached 2 pictures of the kiddies taking their first ride on the city bus. This was an experience in itself, so I thought I would include them. Although the pictures are not the greatest, I think you can garner the fun they were having just by looking at their impish smiles. One pic was the boys at the back and the other is Sabrina and Sébastien having fun sitting at the articulation of the bus.

The "fun" for Dawn and I was missing both busses by literally mere footsteps for both the trip to and back from TD place. It was an adventure keeping the "country kids" from getting into too many shenanigans while they waited for the next bus.

The concert itself was a success. My daughter and Andy were quite impressed with Johnny Reid himself, Sabrina loved how he included everyone in the band and allowed everyone to have a spot in the limelight, even the back up singers. Andy was so happy with Johnny Reid that he got quite upset when Glass Tiger came out, as it was not announced and they just switched spots. Andy became agitated by the change in genre of music (albeit ever so slight) and the cheering of the crowd. I still refer to the evening as a success however, since he agreed to come with me to the lobby and allow Dawn and the others to enjoy the remainder of the concert rather than insisting we go, or having a melt down. This is something to be proud of him for given the spontaneity of the evening itself, and the number of variables both in who was going, how to get there, singers, a completely new experience and venue for him, and all the noise which, I admit, I didn't fully prepare him for.

Last but not least, my friend Dawn, who has been an absolute saviour to myself and my family this past year, which has been particularly rough, had an amazing time. She is a huge fan of both Johnny Reid AND Glass Tiger. She was needing a night out as she had just returned to her old job working on the cancer ward at CHEO after spending a year at the OCTC with Autistic children. She had been finding the transition back a little difficult. Despite her evening being with 5 crazy kiddos, I saw in her eyes that she had a much needed fun night out.

Thank you for giving me the opportunity to take my kiddies somewhere they never would have otherwise had the opportunity to go. Thank you for allowing me to give back to my friend who needed it, and also for giving me the opportunity to go to only the 2nd concert of my life. ☺

We all appreciate your generosity, and want you to know you made a difference to this little group of folks." Nicky, Andy, Dawn, Sylvain, Sabrina, Sébastien, and Noah



SPECIAL NEEDS FAMILY BRUNCH

Saturday JUNE 23 10 AM TO 1 PM
OLV Banquet Hall 5338 Bank Street Gloucester

Tickets: events@olvottawa.ca or 613-822-1777



BRUNCH BUFFET MENU

Scrambled Eggs

Pancakes

Sausages

Ham, Bacon

Hash Browns

Muffins

Cold Cereals

Fruit

Apple & Orange Juice

Milk

Tea & Coffee

Water

ADMISSION: \$10 PP

7 to 10 \$7

6 & under free

Please bring your own high chair or booster seat if required.

SPECIAL NEEDS FAMILY BRUNCH

Father William Penney and the fundraising volunteers at Our Lady of the Visitation Church are pleased to offer a dining event to all those with special needs in the spirit of the Autism Eats initiative in the United States.

Our goal is to provide a safe and judgement free environment that will allow everyone to enjoy a meal out with their loved ones, as well as an opportunity to socialize with other families who share the same joys and challenges.

Those interested may email events@olvottawa.ca or call (613) 822-1777 to purchase tickets in advance. Please leave a message. (payment by cash, cheque or credit card)



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IRLEN SYNDROME

Irlen Syndrome is a problem with the brain's ability to process visual information. It can affect what words and letters look like on a page, and how well someone can read. It can cause unexplained physical symptoms such as headaches, fatigue, and eyestrain. It is not currently identified by standardized educations or medical tests.

Does your child....

Have difficulty reading?

Have difficulty with bright lights/sunshine?

Have problems with attention, concentration, difficulty staying on task?

Become restless, fidgety, distracted, tired?

Get headaches, nausea, drowsiness?

14% of the population has Irlen Syndrome. It is especially prevalent in children with reading and learning difficulties.

46% of people with learning disabilities and reading problems

33% of people with ADHD, Dyslexia, and behavior problems

30% of people with Autism

14% of gifted students, average students and good readers

ALL have Irlen Syndrome.