

39 years
of Service

1979-2018



NEWSLETTER

MARCH 2018

Issue #82

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Charitable Registration #

10691/3775/RR/0001



Difference Makers Dart Tournament
Sunday, April 22, 2018

Tappa Nioxin Event
Thursday, April 26, 2018

Annual Spring Raffle – June 2018

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

Difference Makers Golf Tournament
Monday, June 18, 2018

PRESIDENT'S MESSAGE

Mark Lalonde, Board President

I always like this time of year. The days are getting longer and the air is getting a little warmer. People are coming out of their winter slumber and I see more activity as I am out and about. We certainly have been busy over the past few months and things are ramping up for the activities we have planned for this year of 2018!

The **Saturday Fun Club** Respite Sessions continue to be very popular for the children (and parents!). We are finding that we have full attendance for most of the bi-weekly sessions. Our parents find the Saturday afternoon break allows them to get some errands done or just have some relax time, while knowing that their children are being taken care of and having fun. We had full (and over-full!) participation in the **March Break Camp** this year as well with a record 52 Campers! We are now in full preparation mode for **Camp Kaleidoscope**, our summer day camp held during weeks in July and August.

We had another successful **12th Annual Rollin' for Risk Bowl-A-Thon** in January. We were able to have better participation than last year and raised a nice amount for the charity. **The Third Annual Ottawa New Year's Eve Charity Ball** presented by Destiny's Way took place on December 31st once again. What a coincidence. It was another fun night and a great way to usher in the New Year. We really appreciate being one of the recipient charities for this event. There have also been a number of 3rd Party Fundraisers like a hockey tournament, dart tournament, silent auctions and proceeds from sales from restaurants such as **St. Louis Bar & Grill**.

We are looking at some more sustainable funding sources including some larger sponsors and some government funding to help us maintain the many services we are providing to the community. 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 spring and I look forward to seeing many of you over the coming months.

Happy Spring 

EXECUTIVE DIRECTOR'S MESSAGE

Brenda Reisch, Executive Director

2018 has been VERY busy so far. Starting with the New Year's Gala – we have “rolled” into 2 Bowling Fundraisers, a Dart Tournament, an Ice Fishing Derby, an Awards Gala Silent Auction, March Break Camp and coming up on our 5th of 10 Winter/Spring Saturday Fun Club Respite Sessions.

PHEW – have not yet caught my breath!! I am currently knee deep in **Spring Raffle Donation Requests** (we welcome any and all Gifts of Merchandise and Certificates), we have another Dart Tournament with **The Difference Makers - Les Faiseurs de Différence** coming up on April 22nd and Camp Kaleidoscope Registrations are now being launched for 2018.

As we had indicated for several months, the rise in the Ontario Minimum Wage on January 1, 2018 to \$14 from \$10.40 in October 2017 has impacted the Cost of ALL our Programs. Our Contract Counsellors and Facilitators are our Greatest Resource – therefore our Greatest Expense then, as well. For the 1st time in our 8 Years of Camp Kaleidoscope, we now are having to charge a nominal amount for Before and After Care, as well as a significant increase in the Camp Fees. While we are still holding Fundraising Events and Activities to subsidize the Cost of our Programs – we are already starting a slow transition to phase out some of these due to low participation and high effort required to stage them.

Emphasis is being put more to 3rd Party Fundraisers, Funding Applications and efforts for sustainable, renewable funding. We are delighted to announce that our Efforts with **Making Voices Count** (and those of our Members and Supporters too!) have resulted in a **Grant of \$10,000** from The City of Ottawa for a 1-Time Community Projects Funding Application. With this Funding not in the City Budget since 2013, we are hopeful that this might lead to more City Funding in the Future! However, in the meantime – we gratefully accept any and all Opportunities that can be offered by the Community to be a Recipient Charity for a Fundraising Event or Activity!!

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 DECEMBER 2017...

2017 FALL RAFFLE TICKETS

We want to extend Thanks and Appreciation to all those who bought/sold the Fall Raffle Tickets – cheerfully helping to have a SOLD OUT Raffle –this helps us to raise almost **\$11,000** for Camp K!

CONGRATULATIONS TO THE WINNERS!!

2017 Fall Raffle Winning Numbers:

1 st Prize	#3340	Al Gilbert
2 nd Prize	#4819	I. Mayhew
3 rd Prize	#0834	Heidi Hunt
4 th Prize	#4114	Jace Dove
5 th Prize	#0619	Scott Luke
6 th Prize	#3933	Linda Robertson
7 th Prize	#4215	Cindy Carroll
8 th Prize	#5020	Keri Fraser
9 th Prize	#2854	Tigist Tukku
10 th Prize	#1861	Nelly Almeida
11 th Prize	#0508	Stephanie Hand





NEW YEAR'S EVE 2017 CHARITY BALL

Ottawa's Final Celebration for Canada 150 was held on December 31, 2017 with the **3rd Annual New Year's Eve Charity Ball!** These last three years the Ottawa New Year's Eve Charity Ball event has been helping to create awareness and raise much needed funds for children with autism and special needs. Monies raised from the night's event go to support local organizations that assist and provide programs, services and respite for the children and their families. The benefiting charities: 'Children at Risk' and 'Journey House' - both provide a number of support services including summer camps and respite. These two organizations are not funded by the government and rely on private contributions and events like the Charity Ball. Guests enjoyed Red Carpet Photos, a delicious four-course meal, live musical entertainment, silent & live auction, charity casino.

Master of Ceremonies, **boom 99.7's** and host of Ottawa daytime TV **Dylan Black** led the Festivities, with invited guest speakers former NHL Player **Doug Smith**, **Stephen Hazell**, Journey House Chair Person and **Mark Lalonde**, Board President for Children at Risk, as well as Live Auctioneer **Dave Smith**, founder of the Dave Smith Youth Treatment Centre. The most excellent news is that **\$4,500** was raised for EACH charity!!

SANTA'S POUCH!

As the end of each year approaches, many Groups and Businesses choose to celebrate the Holiday Season with Donations for Charity. Each year, Children at Risk is Gifted by several organizations and we want to recognize a few who chose to reach out to us with Employee, Workplace or Corporate Donations:

BELL EMPLOYEE DONATION




Bell Canada encourages and recognizes the volunteer work of retirees and employees through grants that provide direct financial support to the organizations for which they volunteer through the **Bell's Employee Giving Program**. Local charities are wholly dependent on the efforts of volunteers and external financial support can have an application for Funds submitted by a Bell Employee. Through Volunteer and Bell Employee **Greg Wildey**, Children at Risk was (for the 2nd year) thrilled to receive a **Grant of \$2,500** at the end of 2017!




EMPLOYEE DONATION

Parent Rob Gentles helped to organize a Holiday Donation with his work colleagues in the Bilateral Engagement and Horizontal Policy Division of the Public Health Agency of Canada (**BESTD**) and Children at Risk was delighted to receive a cheque for **\$250!**

SOCIAL COMMITTEE DONATION

 In December, we were contacted by Katherine Rodger from **Black & McDonald Limited in Ottawa** to receive a Donation of **\$1,000** from their Employees Social Committee. Black & McDonald is an integrated, multi-trade prime contractor serving government, institutions, industry and commerce across Canada, the US and overseas. Many Thanks for this timely and generous Donation!!

WHITE ELEPHANT SALE

 Once again, one of our Families contacted us that the school where they worked, **St. Rita Catholic School**, held a White Elephant Sale to support charities. She again put Children at Risk's name forward to be considered – to raise funds for Camp Kaleidoscope – and we were overwhelmed to receive a generous donation of **\$682.60!!** We want to thank all those involved with making this special gift happen – and hope that this will give inspiration to our Families to consider Children at Risk the next time your school, company, church or other organization is looking for a worthy cause to support!

OTTAWA CITY UNION DONATION



KDS

OTTAWA CITY UNION OF THE
KING'S DAUGHTERS AND SONS

On January 13, 2018, Children at Risk attended the **Founder's Day Celebration of The King's Daughters and Sons** – where Camp Kaleidoscope's Founding Donor the KDS Ottawa City Union continued their outstanding support of Camp Kaleidoscope! President Walter Davidson presented a cheque for **\$50,000** for our 2018 Camp Kaleidoscope.

In 2011, KDS enabled Children at Risk to finally launch our summer day camp as our 1st Large Donors! Since then, they have continued to support this incredible program with Donations totaling **\$465,000** that has now offered 1,689 weekly camp spots for children diagnosed with Autism Spectrum Disorders from 2011 to 2017!



KDS President Stuart McLeod presents cheque to CAR Board Member Rob Gentles

12th ANNUAL “ROLLIN’ FOR RISK” BOWL-A-THON

On **Sunday, January 28, 2018**, Children at Risk kicked off our Fundraising by knocking down pins for Autism! Team Registrations were UP with 20 enthusiastic Teams who bowled, danced, snacked and fundraised **\$5,945** in admissions, pledges and raffle ticket purchases! Joan Wiggins returned with her Top Pledge winning Team the “**Alley Gators**”, while Teams **Sunshine Bowlers** and **GrandKiddiePooh's** were runners-up.

Check out the Bowling Collage on page 32!

12th ANNUAL “ROLLIN’ FOR RISK” BOWL-A-THON (Cont'd)

Early Bird Team Registration Draw for 2 Ottawa Senators Tickets with Parking & Keg Steakhouse Certificate (\$385 Value) was won by Grand KiddiePooh's Team.

We welcomed back **Ottawa Idol Singers** – this year we were entertained by **Elizabeth Jones & Savannah Elder** for Post-Bowling entertainment! Barb from **The Wild Rooster Face & Body Painting** gave Bowlers sparkle and pizzazz with her awesome face painting and glitter tattoos!

Bronze Sponsors

Kiwanis Club of Nepean,
Villa Lucia Supper Club, Wubs Transit

Raffle Sponsors

Wine Station, Ottawa 67's, Pam Campbell AVON,
Club EG Golf, Moon Energy, Tiny Hoppers,
Jack Astor's, Central Bierhaus, Starbucks,
Richmond Beauty, St. Louis.

Team Grab Bag Sponsors

Pizza Hut, Roots South Keys,
Pam Campbell AVON, Akran Marketing,
TD Bank, Swiss Chalet

Prize Bag Sponsors

Pam Campbell AVON,
Shopper's Drug Mart McCarthy,
Akran Marketing, Greenbank Flowers,
Swiss Chalet, Peloso Cleaners

Pledge Prize Sponsors

Ottawa 67's Booster Club, Howard Yegendorf,
Don Cherry's Sports Grill,
Pam Campbell AVON

Special Mention

Walkley Bowling – Grant
Ottawa Idol (Eldon Fox) – Elizabeth Jones,
Savannah Elder, Face Painting by Barb

Volunteers

Alicja, Bambina, Greg, Tracey,
Gillian, Jordan, Lojain

16TH ANNUAL BUSINESS EXCELLENCE AWARDS



On March 3, 2018, Children at Risk was thrilled and honored to be extended the opportunity to raise funds at the **Orléans Chamber of Commerce Business Excellence Awards** - through both Silent and Live Auctions!



Thanks to the generous bids and purchases, a phenomenal amount of **\$6,400** was raised!! This included an original acrylic painting by celebrated Quebec artist **Marie Claude Boucher** entitled “High Hopes”. This stunning piece was created for and donated through Children at Risk Board Member Marca McManus – as Marie Claude is “Aunt” to Paula and Marca’s ASD son, Liam!



NEW ST. LOUIS FUNDRAISER

Our Friends at **St. Louis Bar & Grill** continue to support Autism – and specifically Children at Risk in the Ottawa area! In February, they opened their 3rd Ottawa location in Orleans and designated Children at Risk to receive donations given during their Soft Opening. Children at Risk was thrilled to receive **\$1,865.55!!**



We also got notice that in recognition of World Autism Awareness Day, they are donating \$1 from each pound of wings sold on Monday, April 2nd to their 4 core charities for Autism Awareness including Children at Risk!

<https://stlouiswings.com/corporate-responsibility/>

The Ottawa area now boasts 3 St. Louis locations:

1331 Clyde Ave Unit 101, Ottawa, ON K2C 3G4
Phone: 613-274-0296, Everyday 11 Am-1 Am

399 Elgin St Unit 2, Ottawa, ON K2P 1M9
Phone: 613-231-1116, Everyday 11 Am-2 Am

2280 10th Line Road, Orleans, ON K4A 0X4
Phone: 613-424-8380, Everyday 11 Am-2 Am

www.stlouiswings.com



HARBOUR HARVEST ICE FISHING DERBY FUNDRAISER



Clubhouse! All in All, over **\$2,697** was raised for Children at Risk! Many thanks to Dan Dubeau and his troop of Volunteers – as well as our Volunteers who helped at both the Ice Fishing Derby and the weekend before at Demos in Jacques Cartier Park for Drop in Sports and the Derby promotion!



CONTINUING SUPPORT

The Difference Makers - Les Faiseurs de Différence started their 2018 Fundraising for Children at Risk with a Dart Tournament on February 25th and a Charity Bowling Day on March 11th. With a Silent Auction at the Darts and a Chinese Auction at the Bowling – almost \$1,500 was raised just with those activities – once another Dart Tournament for Event – held Sunday, February 18, 2018. It was a FUN day and we were excited to see several of our Families participate – plus the fish were biting! Funds were raised by admission fees, a 50-50 and a Silent Auction we held inside the

The Difference Makers - Les Faiseurs de Différence started their 2018 Fundraising for Children at Risk with a Dart Tournament on February 25th and a Charity Bowling Day on March 11th. With a Silent Auction at the Darts and a Chinese Auction at the Bowling – almost \$1,500 was raised just with those activities – once another Dart Tournament for Event – held Sunday, April 22nd and their Golf Tournament on June 18th is completed – the proceeds of all the Events will be presented to Children at Risk. Total Funds raised in 2017 was **\$15,165** and they hope to make it even higher for 2018!



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. More info TBA.

GOLF
TOURNAMENT



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

TICKET DONATIONS



Children at Risk is delighted to have become a Charity Partner with **Kids Up Front Foundation Ottawa**. Kids Up Front is a registered charity, who's program helps deserving children and families in the National Capital Region. Their program collects unused event tickets and redistributes those opportunities to children and youth who otherwise wouldn't have the chance to attend due to socioeconomic barriers.

Kids Up Front was founded 17 years ago after a man named John Dalziel went to a Flames game at the Saddledome in Calgary and saw hundreds of empty seats. He figured that people had tickets to the event, and that purchased tickets were going unused. That is when the idea for Kids Up Front was born. The organization has grown immensely with locations in Calgary, Edmonton, Vancouver, Toronto, and now their expansion to Ottawa.

Since January, Children at Risk has received hundreds of tickets to Hockey Games (both Ottawa Senators and Ottawa 67's), Concerts, Movies, Plays, Museum Passes with their weekly – and sometimes daily – offerings for our Families. It has been wonderful to receive emails and thank-you notes from so many happy Families – many who are attending some of these Venues for the 1st time – please see the Thank-You's later in the Newsletter for some of their appreciative messages! For this NEW support – we are awarding this Newsletter's "Hat's Off" to Kids Up Front!!



DONOR'S CORNER

IBM Canada Employees' Charitable Fund	\$36.00
Algonquin College Students Bottle Drive	\$155.0
Valentine's Dance	\$233.30
Redsell Seguin	\$500.00
In Memory of Sebastian Reisch	\$1,155.00
United Way Toronto & York Region	\$1,625.59
United Way/Centraide Ottawa	\$6,162.56

DONATE A CAR CANADA



Donate A Car Canada accepts vehicle donations for Children at Risk Ottawa to donate a car,

truck, RV, boat, motorcycle or other vehicle to CAR simply fill out the DONATE NOW tab at www.donatecar.ca. Donate A Car Canada can provide you with free towing in many areas across Canada. Donate a Car Canada can pick up your car or truck, or you can drop off your vehicle to maximize your donation. When you donate your car it will either be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after everything to make your donation easy for you to support Children At Risk Ottawa. DONATE NOW at www.donatecar.ca and CAR will send you a tax receipt after your car donation is complete! Since November, Children at Risk has received **\$300** 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!

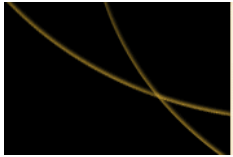
CANADA HELPS

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!!

\$2,050 was donated through Canada Helps December to March!



DONOR SPOTLIGHT



GEORGE & SON'S UPHOLSTERY

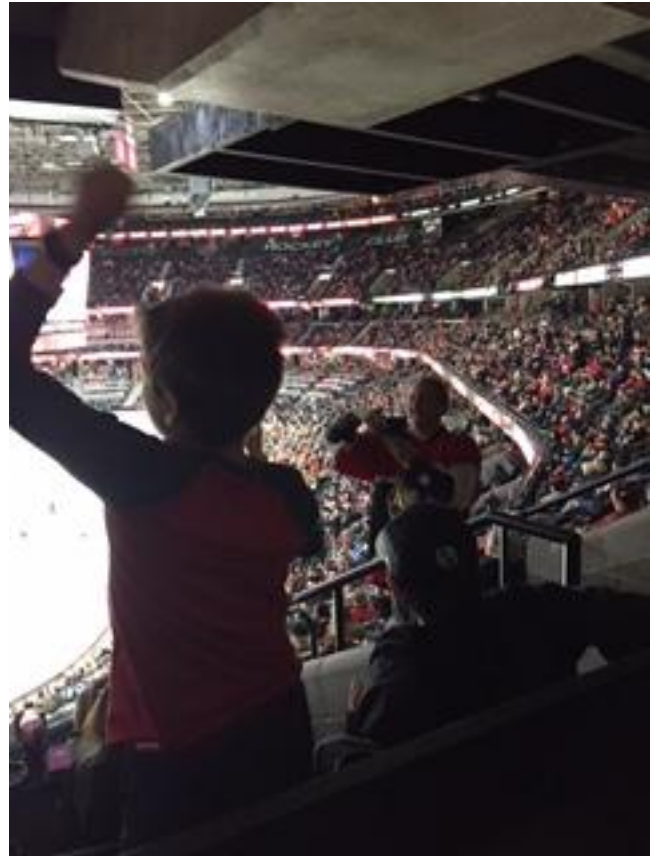
Shortly before March Break I received a call from Sadie at **George & Son's Upholstery**. She asked me to come by their Shop, as the owner Louis had a special surprise for Children at Risk! The surprise turned out to be the Gift of an **OTTAWA SENATOR'S SUITE** for the March 20th Game – with 14 tickets for Children at Risk Families to attend – as well as \$500 in Food! Louis has been VERY generous over the Years with donations of Tickets to our Charity – mostly Ottawa 67's – and even a Golf 4-some last year – but he specifically bid on this item at a Fundraiser for Children at Risk – understanding that for some Families attending a game in Seats would be challenging. He also wanted to help bring some fun, excitement and joy to a few of our Families who otherwise would probably not be able to attend a Sens game! Here are some notes of appreciation from those Families!

"I am writing to thank you for the Sens experience tonight. It was Nadav's first game and he LOVED it. We had a really nice time out with him. Thank you so much!!!" Ru and David



"I would like to Thank George and Sons for donating the Sens Suite. We had a great time and my son was super excited for the great view of the game and the seats." Brenda K.

"I wanted to send you a note to thank you for thinking of us for these tickets! I am very grateful to Louis for donating the suite! As you know, Jordan had never been to a Sens game (since we never know how things will go). Well the great news is that he absolutely LOVED it! He had a great time and really enjoyed watching the game with his older brother. He was dancing and cheering for the Sens which, as a parent seeing your kids enjoy themselves, is such an awesome feeling:)" Tammy



"I just wanted to send you an email to say thanks for the opportunity to take Myles to the hockey game in the box. Myles had a great time he was so excited he was talking to everyone at school about going to see a game in the box. As Myles is just showing interest in hockey this was a super great treat for him and I just wanted to say thank you to you and to Louis from George and Sons Upholstery for the great donation!" Andrew & Myles

thank you



Volunteer Spotlight



Brother and Sister Team

Charbel El Samra has been volunteering as a Counsellor at our Saturday Fun Clubs for over a year. He also recruited his sister **Carolina** to volunteer as a Counsellor, who is at the University of Ottawa in the Bachelor of Social Science psychology program. Charbel came with a lot of experience as he had volunteered at a disability centre in Kuwait whilst in high school and more recently has volunteered at a local Ottawa Food Bank and The Kemptville District Hospital ER. An added bonus was that he had firsthand knowledge of the challenges of dealing with autism - having assisted close friends with their two sons (who were at the moderate to severe end of the spectrum). Charbel too is studying at University of Ottawa in the Bachelor of Science in the Biopharmaceutical science program and would like to get into Medical school.

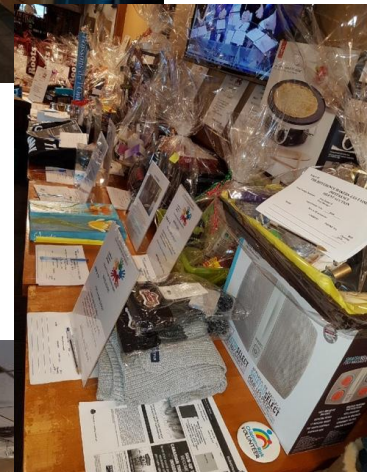
Children at Risk has been honoured to have both Siblings give of themselves and their time to the Charity – and also allow us the opportunity to broaden their depth of experience in the Autism field that they will (hopefully) carry with them in their future career paths

What is On Now/Coming:

DIFFERENCE MAKERS DART TOURNAMENT
With the February Dart Tournament not as well attended due to freezing rain, a 2nd Tournament is being held on Sunday, April 22nd, 2018, 12:00pm – 4pm. Cost is \$20 per person that includes entry, a grab bag and food. On site Fundraising will include a Silent Auction and 50/50. See the Attached Registration Form and Join Us!



Photo's from the February Dart Tournament:



NIOXIN SPRING THING EVENT

TAPPA

HAIR SALON
& Beauty Bar

Courtesy of Tappa Hair Salon and Beauty Bar in Carlingwood Shopping Centre (formerly Il Paradiso/Strandz from Lincoln Fields) – On Thursday April 26, 2018 join Tanya & Friends for a Scalp Renew afternoon & evening that will also be raising Funds for Children at Risk!

Scalp treatments must be pre-booked - but you can join in the Fun with refreshments, prizes, and complimentary demonstrations from our Beauty Bar experts.



**EXPERIENCE SCALP RENEW.
HEALTHY SCALP, HEALTHY HAIR!**

- For only \$20 (regular \$50) you will receive a Nioscope Diagnosis of your scalp and hair, a prescribed personalized maintenance regime, followed by a relaxing scalp massage and finished with a professional blow out.
- At the event you can also enjoy refreshments, prizes, demonstrations from our Beauty Bar experts and the first 30 guests receive complimentary swag bags! Don't leave before receiving your swag bag! Share our event using the following hashtags for your chance to win!
- **#nioxinspringthing** **#nioxinhiddensecrets**

Tappa Hair Salon & Beauty Bar
2121 Carling ave.
613-721-1000

NIOXIN SPRING THING EVENT (Cont'd)

What is Seated Massage?



It is a 10-minute relaxation massage given by a certified massage practitioner while you sit comfortably in a specially designed portable massage chair.

Enjoy a 10-minute massage for **\$12**, where a percentage of the proceeds will go towards the **Children at Risk fundraiser for Autism**. Please join us April 26, 2018 at our **#NioxinSpringThingsEvent**.

Reservations available between 3-4:30 pm & 5-6 pm. Spaces are limited so don't delay and call today, you won't be disappointed!

Support a great cause and enjoy some personal pampering at the same time!

We have limited spaces and they are filling fast.

Call 613-721-1000 today to reserve your appointment for our event.

You can find us across from Tim Horton's in the Mall!





Bacon-Topped Guacamole



With NHL playoffs around the Corner and the weather still not up to spending time outdoors – I thought a couple of snack recipes might be good for those gathering to watch games or binge watch movies or shows!

- 3 fully ripe avocados, mashed
- 1 tomato, seeded, chopped, divided
- 1/4 cup Italian Dressing
- 1 jalapeño pepper, seeded, chopped
- 8 slices cooked bacon, crumbled (turkey bacon can be substituted for pork bacon)

Combine avocados, 1/4 cup tomatoes, dressing and peppers. Spoon into serving bowl. Top with bacon and remaining tomatoes.

Serving Suggestion

Serve with tortilla chips and/or cut-up fresh vegetables.

How to Select Avocados

Select avocados of uniform colors and free of cracks. Don't buy avocados with dark, sunken spots in irregular patches or cracked surfaces. It is best to buy avocados when they are firm. Then, place them in a brown paper bag and let them ripen at room temperature. Avocados should be just ripe, and should have a buttery consistency and a mild flavor.

Special Extra - Stir 2 Tbsp. chopped fresh cilantro into the guacamole before topping with bacon and tomatoes.

Cheesy Refried Bean Dip



- 1 tub (227 g) Philadelphia Creamy Cheddar Cream Cheese Product
- 1 cup canned refried black beans
- 2 cloves garlic, minced
- 1/2 cup grape tomatoes, chopped
- 2 green onions, chopped

Heat oven to 350°F. Mix cream cheese product, beans and garlic until blended. Spoon into 1-L casserole dish sprayed with cooking spray. Bake 25 to 30 min. or until heated through. Top with tomatoes and onions.

Serving Suggestion

Serve with tortilla chips.

Special Extra

Garnish with sour cream and chopped fresh cilantro just before serving.

Make Ahead

These dip ingredients can be mixed together ahead of time. Refrigerate up to 24 hours before baking as directed, increasing the baking time to 35 min. or until dip is heated through. Top with tomatoes and onions.

How to Use the Remaining Canned Refried Beans

The 1-cup measure of refried beans used in this recipe is about half of a 19.2-fl oz/546-mL can. Spoon leftover beans into airtight container. Refrigerate up to 3 days. (Or for longer storage, freeze in freezer-weight resealable plastic bag up to 2 months.) Use as a filling for tacos or burritos. (If frozen, thaw overnight in refrigerator before using as desired.)

From: <http://www.kraftcanada.com/recipes>

MARCH BREAK 2018 TESTIMONIALS

"Two of my children were enrolled in the March Break Camp. Attending a camp means interacting with peers, being active, having fun and being safe. The one-to-one ratio ensures my children access and experience all of "camp life". Staff is kind, warm, creative, energetic and accepting. Looking forward to next March!"

Joanne - Mother of Jackson and Ferne

"My son Zachary just loved the March Break Camp! Zachary loves playing with new friends. As a single parent with my autistic son, I am learning to trust. Trust that my 13 year olds low verbal communication skills and considered high risk as a runner - so being able to let go and allow this amazing Camp geared towards "children at risk" to take my son and his safety as high priority as much as I do! For the both of us, he is happy and safe – so I am extremely happy! Many thanks could never be enough for a Camp that builds friendships, social play groups and builds confidence. I am so grateful for this opportunity to join this Camp and Children at Risk and get a much needed Break for me too!" Nataly

"My son Erik loves to go to March Break Camp with Children at Risk! He does not care that it is a long road trip (We live in Kanata). He will sit quietly for the drive because to him - Camp is worth the effort. He does not care about the rush hour traffic (only Mom does). To Erik, Camp is the best place - he is comfortable being himself. He knows everyone at Camp accepts him for who he is. Also he enjoys all of the activities CAR provide, especially the road trips going on the bus. Erik really loves to go bowling and swimming. Thank You for offering this wonderful opportunity for my son!" Rose

"I'm a single mom and the March Break camp that Children at Risk runs makes a world of difference to my son and me. They offer him a safe, fun, engaging place to be, full of kind people who make his life better. I'm allowed time to continue my job and still have energy at the end of the afternoon to spend time with my son. Without the CAR camp, I would have no options for child care. I am extremely grateful to Children at Risk and all of the people who support the charity and support children like my son."
Anita

"Thank you again for another fantastic March break camp! My son had so much fun all day, every day. And man - did he sleep well at the end of it all! He loved the science experiments and the games in the gym, plus the baking too. He is so lucky to have this opportunity and I am so thankful :)" Gillian

"This latest March Break camp at CAR was our son Liam's third year of attending and was his most successful to date. We are so grateful to be able to send Liam to an environment where he is accepted without judgment, where he is exposed to social activities that we can't quite conquer as a family, and where he can learn new skills and talents at his own pace; he has fun all the while engaging in things he chooses. From a family perspective, March Break camp allows us the opportunity to regroup and take the family focus away from autism for a time; to do social activities with Liam's siblings where we don't have to leave early or have a back-up plan ready. This opportunity is very special and is a missing component in many families living with autistic children. It is for these reasons that CAR is an invaluable community resource; it provides services to not only kids with autism, but their families as well. CAR's level of care and service is what other agencies in Ottawa should be looking to replicate, or at the very least - direct their funding dollars towards Children at Risk, to make a real difference to more autistic kids and their families. Thanks so much and here's to hoping more kids get to share in the same experience that Liam has had by being able to attend March Break camp at CAR in the future." Marca

"I wanted to take a few moments to sincerely thank you for allowing our 6 year old, Nicholas, to attend March Break Camp this year, despite us not realizing that we had forgotten to register him until one week before! Your effort to find an additional staff person at the last minute is greatly appreciated. As you know, my wife Wendy and I have busy careers, so this camp during March Break is a lifeline for us. In addition, Nicholas really likes going, which is a big plus. Finally, the young woman (Tess) who worked with Nicholas over the break really liked taking care of him and this has given us another caregiver to watch him for those needed getaways. Please keep this and other camps going. We need them." Steve

"Hi Children at Risk, My grandson, age 16, attended this year's March Break Day Camp. The CAR day camp service is the only service in the Ottawa region to repeatedly meet my grandson's needs. Picking him up at the end of each day, happy and excited for the next day was so reassuring. The level of care and the friendships he's made have made given him confidence, contributing to his growth and development as we prepare him for adulthood. We are so fortunate to have the opportunity for him to participate in the Camp because day camps for his age group are rare. Thank you, Children at Risk. I really don't know where we would turn if you did not exist." Paula



Specialty Fun Programs 2017

Family Fun Night is a program of fun activities for the Clubbers and their siblings from 6 p.m. up to 10:30 p.m. at the Children At Risk offices. The idea is to provide parents with a kid free evening. We specifically chose a date in December to allow for attendance at work Christmas parties or some Christmas present shopping or wrapping without curious eyes spoiling the surprise.



Washing up sticky fingers after enjoying making and eating S'mores

Obviously what parents do with the 4+ hours is up to them but they can be assured that their offspring are having a great time. In fact we have had complaints if parents arrive too early for pick-up and parents surprised their kids are still full of energy!



Making Christmas Crackers containing candy to take home for under the tree

This session our numbers were at an all time high of 34 but this is easy when you have a couple of large families attending. We divided those attending into three groups as we had some very little ones and a big group of very active ones with an extensive age range. Some siblings stayed together but some enjoyed being in different groups. Family Fun Club is more casual than Fun Club so if something looked more interesting in another group there was nothing stopping them checking it out.



Each group enjoyed time in the Gym with all the equipment and access to the kitchen where groups made chocolate or vanilla pudding to go into sponge cake tarts or used Smore kits to enjoy melted chocolate and marshmallow using the microwaves as it was too cold to go outside and fires are not allowed!



Lots of fun in the gym with scooters, plasma cars and bouncy castles

Each Group made Christmas crackers and other holiday crafts to take home. One group enjoyed popcorn and a Christmas themed short movie whilst another group battled it out



Saturday Fun Club

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

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



FAMILY FUN NIGHT



Community
Foundation
of Ottawa

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

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

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

Activities include playing games in the gym, Nerf games, Wii, Kinect, making snacks, a movie for those that can sit through one. There will be Dedicated Staff for both Siblings and those with ASD. 6 p.m. to 10:30 p.m.

WHEN:

Saturday, April 28, 2018

WHERE:

Children at Risk, 235 Donald Street, Suite 209

WHY:

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

HOW:

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

We must have at least 20 children booked to offer this support. Booking and Payment will be required in advance – though we may be able to accommodate last minute Registrations depending on demand.

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



Summer Day Camp 2018

Children at Risk will again be offering an **all Day Summer Camp** for children diagnosed within the Autism Spectrum Disorders (ASD) for the Summer of 2018. Graciously, **The King's Daughters & Sons (Ottawa City Union)** have agreed to continue as our Major Funder – and along with a donation from **the Unity for Autism Foundation**, HOPE Volleyball BeachFest, fundraising and other private donors, plans are again for 5 weeks of Camp this summer!

Individuals with any level of Autism have difficulty with Summer Camps due to their social and communication deficits as well as their unique behavioural challenges. Add in “Severe” Autism and “High Needs” and the situation is immeasurable in complexity. To adequately service the target clientele the camp needs to be a “specialized camp”.

We would also like to note here that we differentiate between level of functionality and need, as we had many Campers last year who had diagnosis of high-functioning Autism and/or Asperger Syndrome – but also were high-needs due to behavioural challenges, often making it difficult for them to participate in a camp for typically-developing children.

Children at Risk's objectives with a Specialized Camp is to provide a recreational camp which, through expertise and proven techniques, will accommodate the deficits of autism such as communication, socialization and behaviour seamlessly whilst allowing the Camper to have the stimulation, excitement and fun that summer camp is renowned for and an understated right of any child regardless of the severity of their disability. Too often children with severe Autism are denied access to programs and/or if access is granted, the parent must pay extra to send a 1:1 worker. This discriminates against a child with higher needs and penalizes both the child and their family by not having this opportunity that is available for typically-developing children!

Our Camp Spaces are limited - with plans for only 50-55 children per week.

Our Camp employs qualified, experienced staff and offers a 1:1 and 2:1 supervision ratio. Ages 4-20+.

Cost: With the high level of supervision and experienced staff, the cost per Camper for Camp Kaleidoscope's per 5-day week is \$1,200. However, due to the generous funding of our donors – who, along with Children at Risk, wish to assist the Autism Community families with camp opportunities that are affordable and accessible, we are able to offer the following rates: **\$550 for Full Week, \$440 for 4-day week.**

Summer Day Camp 2018 (Cont'd)

ALL Camp Applications will require a Deposit of \$75 that will be applied to Camp Fees/Membership.

NEW - Due to the additional administration required – billings to a 3rd party funder (Service Coordination, Children's Aid, etc.) will be subject to a \$20 fee.

NEW - Campers new to Children at Risk will only be offered a **Maximum of 2 Weeks** of Camp to start, due to the High Demand.

If you would be looking for additional weeks and we have Staff and Space Available – we may be able to offer them - but only after Camp has begun.

Intake Interviews will take place prior to confirmation of Registration.

2018 Camp Weeks: July 9-13, July 16-20, July 23-27, July 30 – August 3, August 7-10

Camp Location: St Paul School, 2675 Draper Ave, Nepean/Ottawa, ON K2H 7A1 West-Central Ottawa.

Times: Camp 9 AM to 4 PM, - before and after care available 8 AM to 4:45 PM can be offered at a flat rate of \$50/5 day week, \$40/4 day week

Please see the attached application for more details! **Returning Campers only need to complete the 1-Page Application. New Campers must complete as well a detailed Intake Form** (to be supplied).

Applications for NEW Campers will be taken up to April 27, 2018 (please complete both forms), Returning Camper Applications are due May 4, 2018 (complete short form).

The Camp will address three main areas:

1. **The Camper**- Provide a safe, accommodating, non-judgemental day camp for the Autistic child. Provide the camper with the opportunity to improve social skills, sense of autonomy, leisure skills and play repertoires and possibly make life-long friendships. Objectives include:

- * Maintaining or improving the child's functioning level
- * Maintaining or improving existing skills and/or to develop new skills
- * Continuing the child's school program or routine

2. **Parents & Siblings** - Benefit parents by allowing them the reduced stress from knowing that their child is with understanding individuals who will accommodate their child and not expel them from camp for the slightest infraction of social behaviour. This also provides the parent the benefit of knowing that they have a number of weeks where they can maintain their normal working hours and not use up their full annual vacation time to supervise their child. Also to provide families with the opportunity to spend dedicated time with Siblings that in many families, unintentionally suffer due to the demands of the child on the Spectrum.

3. **The Community** - Extend Summer employment to Educational Assistants and provide EA's and Special Education Teachers with appropriate training pertinent to the ASD Spectrum and provide hands on application in real life situations that will benefit all children that they teach and especially those on the ASD Spectrum. Educate younger camp counsellors on the complexities of the ASD field and assist to make informed decisions about continuing in this area through higher education for i.e. ABA, OT, SLP employment or hands on activities.

Camp within Camp Kaleidoscope High Functioning Youth/Teen Leadership Program



Children At Risk is always listening to what families feel is a gap in services for youth on the Autism Spectrum as it is our mandate to try and fill those gaps. Camp Kaleidoscope was born out of demand to fill a void during the summer school holidays and with our increasing numbers it is certainly fulfilling that gap. As Youth get older the availability of summer camps seems to come to greatly reduce at age 13 as once this age, Neurotypical youth can be left home alone or go out with friends.

Unfortunately this isn't as healthy for a teenager on the spectrum who would vegetate with the electronics. The problem is also that at this age they are very set in what they will or will not do and often see Camps as not for them as the activities are boring or for babies!.

Children At Risk would like to take what was working at Camp Kaleidoscope and further develop a program specifically for the higher functioning Teenager who may be OK at home but whose parents don't want them on the electronics or home alone all day. We want to have a program that the youth want to attend and give them the opportunity to have a camp experience geared specifically to them and that they deserve. At the 2017 March Break Camp with the donation of some OC Transpo passes with a small group of appropriate Campers, we tried out an outings based week of activities which proved very successful. The Group went to the Gloucester Wave Pool, to the Lazer Quest, 10 pin bowling, saw a movie at St Laurent Mall and went shopping to Loblaws to buy ingredients to make a special lunch. At this year's March Break we also added in a day at the renovated Science and Technology museum.





At Camp K 2017, we decided to take it to the next level and have a group that could join in on some of the camps outings but also go out on independent trips again using donated OC Transpo passes to try activities more age appropriate. With Meghan Kyle on board as the Group Leader and a few key Counsellors "The Leadership Camp within the Camp" was devised.

The overall goal of the program for this trial year was to create a fun, social environment that was specifically geared towards teens. A space to have a fun summer camp experience that is at the heart of the Camp K philosophy. As among this group of Campers there are many that have the potential as future Camp K counsellors and leaders for the autism community and community at large it was decided to add activities that foster leaders of tomorrow through volunteering and community outreach to broaden a social awareness and create opportunities to collect high school volunteer hours and encourage job interest and community involvement.



A typical week for this ended up with activities that had the following components:

- Two to three outings per week via OC Transpo which included
 - ✓ Flying Squirrel Trampoline Park
 - ✓ Axe Throwing at Bad Axe Throwing
 - ✓ Amnesia Escape room
 - ✓ Mooney's Bay Beach
 - ✓ Lansdowne Park
 - ✓ Downtown to attend some of the 150 Canada Birthday celebration such as Continuum and Mosaii.
 - ✓ Participation in the Busker Festival.
 - ✓ Glebe and Downtown Scavenger Hunts



Trying out spinning plates on a pole at Busker Fest

- Joined Camp K on WUBS scheduled bus trips where OC Transpo was impractical to go to
 - ✓ Karters Korner for activities such as Go Karting, Mini Golf and the driving range.
 - ✓ Mont Cascade Water Park which was a great day of slides and sun.



Mini Golf at Karters Korner's

- ❑ One volunteer orientated experience each week which qualified for school volunteer hours such as :
 - ✓ Shadowing counsellors and assisting in younger campers groups.
 - ✓ Helping the kitchen coordinator with setting up and cleaning up after cooking activities.
 - ✓ Volunteering at the local food bank where the Campers assisted in clean-up of the site including window washing.

- ❑ At least two trips to the Gloucester Wave Pool including at least one Wave swim.
- ❑ Developing Life skills
 - ✓ Cooking and baking challenges such as creating a unique cookie recipe, extreme milkshakes and cereal bars. Each cooking challenge was executed in a collaborative small group with each group being given a budget of 2 dollars or less to buy a secret ingredient from the local grocery store.
 - ✓ Expanding Independence with planning activities and working out the routes and times of bus routes to get to places in time for an activity but also making it back to Camp in time for parent pick-up.

- ❑ On site activities fostering social interactions and team building challenges which included:
 - ✓ developing our own Escape Room with a break free of handcuffs challenge.
 - ✓ A variety of Special interests that both Campers and Counsellors had in common such as Pokemon, Yugio and Dungeons and Dragons that promoted cooperative play and the sportsmanship of winning and losing. As teens, having time to pursue these relationship building activities is integral to group success.

- ❑ Assisting with Camp operating activities around the camp such as helping put up and take down the outside shelters and water equipment.



The plan had been to run this pilot project for two weeks but in the end it ran for four out of the five weeks. We were so busy having so much Fun that we forgot to take pictures of many the exciting things that we did! For 2018 we would like to explore more volunteer and community outreach opportunities that allow the campers to grow a sense of leadership and social responsibility in areas of interest such as with the SPCA, Food banks, shelters and other youth focused charities. More information on eligibility and program content will be included with the Camp K 2018 application.

How do you make a destination autism-friendly?



Myrtle Beach, South Carolina, has a busy boardwalk and all kinds of attractions, from mini-golf courses and water parks to a zip line and a Ferris wheel.

So it might not be an obvious destination for families with kids on the autism spectrum who may be easily overwhelmed by noise and commotion. But [an organization called Champion Autism Network](#) is working with hotels, restaurants and other venues to make the area autism-friendly.

"If you're going to invite the autism world to play with you on the beach, you have to have people be aware," said Champion Autism Network founder Becky Large, whose son is on the spectrum. "We've trained hotels, restaurants and others and it's really paying off."

Large started Champion Autism Network (CAN) in 2016, working with the Myrtle Beach airport to open a "quiet room" where kids could decompress from the stresses of air travel. She then began reaching out to local businesses, offering staff training. Families present a CAN card at participating venues as a way to discreetly signal their needs, and the businesses offer CAN families discounts and services like skipping the wait line.

"They show the card and the staff will know where to seat you, how to treat you," Large said. "They know it's possible there might be some awkward social behaviour. The person might become over stimulated. They might have to wrap up the food before it's even served."

The biggest takeaway from CAN's training? When kids on the spectrum "become over stimulated or have a tantrum or a meltdown, they're not just being naughty children that parents can't control," Large said. "Rather than being judgmental, recognize that this is a family in crisis. Offer a friendly hand and a smile."

Large founded CAN to serve locals, but some 450 families now have CAN cards from as far away as Minnesota, New York, Canada and Germany. Large has also fielded inquiries from other destinations looking to replicate the program. "I would like nothing better than if I could land a national chain to want to be the first autism-friendly hotel chain," she said.

How do you make a destination autism-friendly? (Cont'd)

John Ordovery, who lives in Brooklyn, New York, was in Myrtle Beach the first week of April for a third visit. His teenage son Arren is "almost non-verbal and has a long list of requirements to make a hotel room safe," said Ordovery, whose wife, Carol Greenburg, is co-editor of the "Thinking Person's Guide to Autism."

Hair dryers, irons, coffeemakers, glassware, pens and pencils must be removed and the toilet tank cover must be secured. But he had nothing but praise for Ocean Creek Resort, where they're staying: "They did a spectacular job with the room," said Ordovery, adding that he's grateful to "have a place to take our son for spring break that he loves, where he is accepted, and where we don't have to constantly explain or apologize for him."

Ocean Creek Resort's general manager Sabrina Hilliard has a son with autism and makes CAN's training mandatory for her staff. "We can make the room as safe as possible," Hilliard said. "We can do curbside check-in. We can make special provisions in the restaurant, to make sure we have things stocked to meet their needs, and make arrangements with housekeeping to do services at times that meet their schedule."

CAN also has support from attractions like a bowling alley and Ripley's Aquarium, which host "sensory-friendly" events with modified lighting and sounds. A movie theatre hosts CAN families for monthly screenings of films like "Wonder Woman" where lights stay on, the sound is down and viewers can get up and move around.

CAN is also organizing an April 20-21 festival screening new films by or about someone with autism.

Hilliard's best advice for hospitality workers or anyone encountering a family coping with an overwhelmed child is simple: "Never judge. Go up and ask, 'Hey, is there anything I can help you with?' It's so much more meaningful than the stares and the 'oh, she can't control her kid' or 'that kid is being a brat.' Sometimes just a reassuring smile makes a difference."

Beth J. Harpaz, The Associated Press
Published Monday, April 2, 2018 12:40PM EDT

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THANK YOU'S



"Thank-you SO much for being able to take my brother to the Sens game! We had a GREAT time!!" Dhuha



"Thank you so much for the Sens Tickets this Saturday from Kids Up Front! We had an amazing time. It was so nice to see Noah smiling and happy after such a hard week." Jocelyn



"Thank you so much for the tickets tonight. Our family had a really good time. We appreciate the opportunity so much." Wendy



"My wife, both children and myself had a great time tonight at the Sens game thanks to Kids Up Front, and your organization. It's not very often we get out as a family, thank you very much for the tickets! Please pass on our gratitude to those involved, thanks again and take care." Paul



"I wanted to say thank you for the tickets to see the Senators on Thursday night. My best friend and I enjoyed the atmosphere and had a blast, especially as we won!! We are both big fans and were so grateful that we got to see the game live instead of on TV! Thank you Kids Up Front for allowing us to see this awesome game and have such a wonderful experience!" Charlie

"Thank you for the Sens tickets last Tuesday night. My son Edward and I seldom get to see NHL games so it was a real treat." Larry

THANK YOU'S (Cont'd)

"To Kids Up Front and Children at Risk: Thank you for giving us the opportunity to attend the hockey game. It was a first for our family. The kids had so much fun and were cheering and making friends. We really appreciate your generosity. Here are some pictures of the fun night. Thanks again!" Mandeep



"Thank you so much for the donation of the Sens tickets. My son had a blast. As parents, we really appreciate the tickets because we usually have to leave prior to the end of the game and it is hard to justify paying for expensive tickets, knowing he will only want to stay for half the game. We are so lucky to be a part of Children at Risk and we are grateful for charities such as Kids Up Front to give us opportunities that we wouldn't normally explore. Thanks again!" Cindy

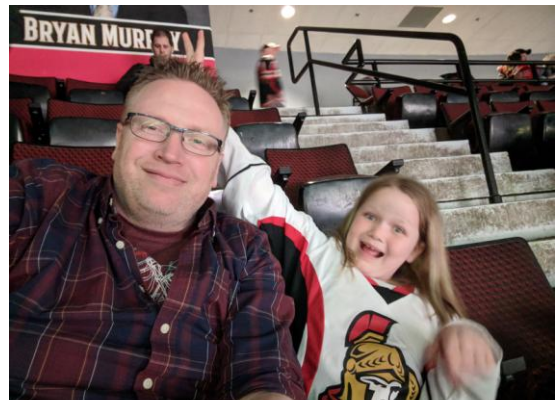
"Kids Up Front: To whom it may concern; This small note of thanks is to show appreciation for the donated tickets which allowed our family such a nice evening out. My son Joey, who has autism, is an avid Sens fan. He follows all the games on T.V. and enjoys every opportunity to wear his Sens Jersey. He especially enjoyed going to the game as a family. Over the next few days we continued to enjoy many conversations about this game and the events of the night. Thank you again for your wonderful generosity. We had a great time." Jean, Elaine & Joey

"Just wanted to say a huge thank you for the Sens tickets—it was a great night out with our sons and very much appreciated! The Kids Up Front donations have given many of us an opportunity to attend events that would not normally be possible." Joy, Steve and family

"I have some pics of us at the Sens game - Donato had a great time, by the way. Thanks again!" Leo



"I'd like to thank you and Kids Up Front for the Ottawa Senators tickets that our family recently received. We are big hockey fans, and it's not too often we are able to go to Senators games, especially because we are a larger than average family with 4 kids, 2 who have special needs. I deeply appreciate that you were able to allow us a total of 6 tickets. We are sometimes limited in the ability to access freebies or family rates because they can be limited to fewer people than our 6, so this was very thoughtful, helpful and appreciated. Here are two of our family enjoying the game. Thank you very much!" Melissa & Family



THANK YOU'S (Cont'd)

"I would like to thank the Sponsor and Kids Up Front and Children at Risk for the tickets for the Sens game! It was a great game, the seats were awesome and the donation was greatly appreciated." Sheryl & Patrick

"Thank you to Kids Up Front for the pair of Senators tickets for the game against the Winnipeg Jets on April 2nd. I took my son Liam, and we thoroughly enjoyed the game. The seats were front row, so you could see and feel the action, which was really exciting. We have never sat that close to a hockey game - EVER! Thanks again." Derek



"I just wanted to send a brief thank you note for the tickets to the Cisco Box for the 67's outdoor game at Lansdowne. We had a great time. The food was great and it was nice to have a heated spot for Nicholas and us to go back to when we were cold. We shared the room with Craig, a really nice Cisco sales representative, his son and three friends. Please send a warm thanks to the Cisco employee who donated the tickets." Steve

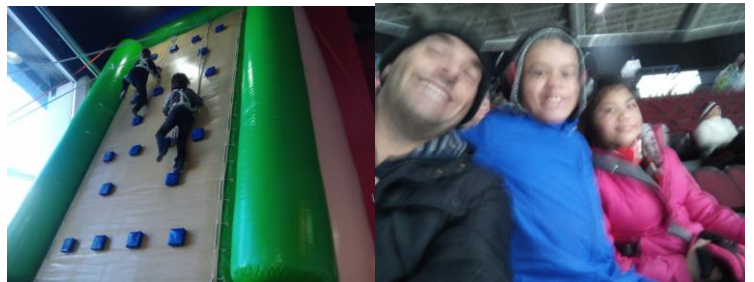
"Thank you so much for the Ottawa 67's tickets. My boys had such a great time. Thank you so much for your continuous support to families living with Autism. Last year, my boys were able to attend a SENS game, Disney on Ice, and Ottawa 67's game because of your generous donations. Thank you again!" Noura

"Thank you so much for the 67's tickets! Our boys had a wonderful time. We all appreciated the fun outing!" Marianne

"On behalf of Family Harmonies clients, we would like to thank the person who donated the Ottawa 67's tickets for Sunday January 14 game. Thank you and very much appreciated!" Dana, Laurie, Tymmm, Robert & Harold



"Hi Children at Risk - We just wanted to thank you and your sponsors for offering us tickets to attend the 67s game on January 14th. Our kids (and 2 of their friends) had a great time and is probably not something that would have been in our budget so it's greatly appreciated! Thank you Children at Risk!" Michel



"We had a Great time at the Ottawa 67's Outdoor game. It was Great to see such a large turn-out for a 67s game – almost like the old "Killer" days. After the Game, at home we all went to bed early - the fresh air was surprisingly exhausting. Wow what a game ... Thank you!" Greg

THANK YOU'S (Cont'd)

"Thank you for the 67's tickets. My son and I had a great time!" Angele



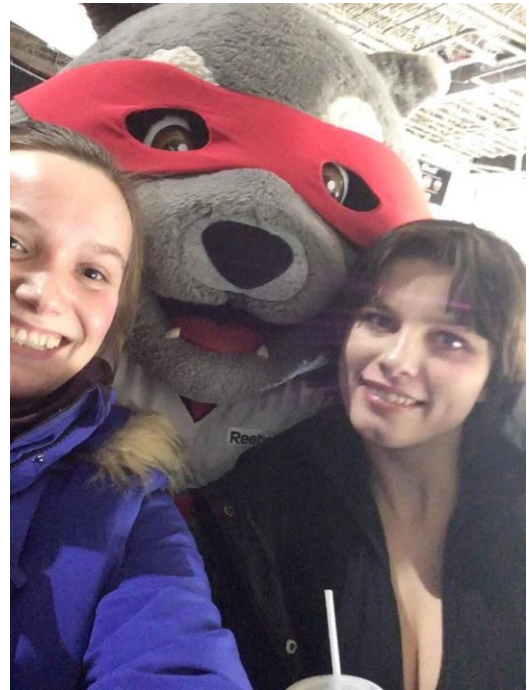
"Thank you for the 67s tickets. Lots of fun and an exciting game!" Katie

"Thanks so much for the 67s tickets. My kids always love to go and cheer on the team and it is such valuable family time. Thanks for making that possible." Kathleen

"Had a fun time at Ottawa 67's with the kids. Thanks to Children at Risk and Kids Up Front for the tickets. Let's Go 67's!" Matthew



"On behalf of Main Street Community Services, I just wanted to say thank you to your organization for donating the 67's tickets to our agency. Our clients had an amazing time and enjoyed watching the game and getting to meet Riley the raccoon! This Donation is greatly appreciated and will never be forgotten. Attached is a picture of the clients having an amazing time at the game! Their smiles are so big from watching the game. And thank you a million times for your generosity" Brianna



"Thank you so much for the 67 tickets that we received a few weeks ago. We had a great time at the game. Our boys took part in an on-ice contest at intermission, and both won a prize. In the following intermission we won a T-shirt, so it was a lucky day! To top it off the 67s won in a close match!" Sally



"Thank you Kids Up Front for the 67's Ottawa hockey tickets! My family and I had a lot of fun on that Sunday. Thanks again!!" Valerie & family

THANK YOU'S (Cont'd)

"Thank you so very much for the tickets to the Ottawa 67s game. This event was the first time in a very long time that our family got to go on an outing all together, and we had a wonderful time making positive memories. Our kids all play hockey and this is one activity that brings them together. They all play of different teams so don't often get to sit together and enjoy their favourite sport. Thank you for this wonderful memory."

Melissa & Family



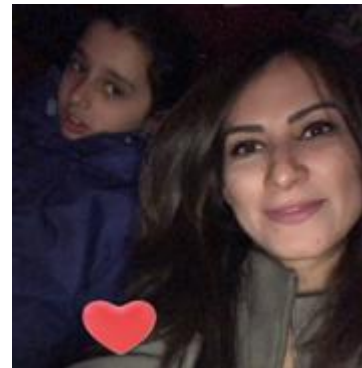
"My two boys and their friend had a wonderful time at the 67's hockey game. Thank-you so much. I am a single, sole support parent of two children with special needs. My oldest son is on the Autism Spectrum. We really appreciate the tickets. We had a lot of fun!" Samantha



"Thank you for the tickets to the game. It was our first 67's hockey game of the 2017/18 season. Kevin was totally excited!!!" Marty



"Thanks so much for the tickets for Disney on Ice. It was nice to get out and share some family time while watching an amazing show!! Dawson was mesmerized watching all the special effects and listening to the music 🎵🎵" Judith



"Thank you very much for the Disney on ice tickets. Lana has been waiting for the show since last year! The donation was very thoughtful and much appreciated!" Iman

"My two kids enjoyed the Disney on Ice show with their favourite characters and they were singing to the songs. They know what to expect and they were terrific, seating and no tantrums. We are all happy we got to go! Thank you for the tickets!" Maria



THANK YOU'S (Cont'd)

"The kids had a blast at Disney On Ice - THANK YOU! On behalf of my family and I, We wanted to thank you and the organization for your amazing support over the years, and most recently for the Disney on Ice event tickets, which my son and daughter truly enjoyed; they were thrilled to have been able to attend. We always look forward to such events, and to your organization offering free access to them through the very generous donations of the organizers." George

"Just want to send a great big THANK YOU to you for the Disney on Ice tickets. My son Brandon and I thoroughly enjoyed all the music and magic of the Disney show. Many of the Disney songs and characters are so familiar and along with all the talented skaters, lighting and effects - it made for a wonderful show! Thanks so much for the tickets - it was a very much appreciated evening out!" Beverly

"My deepest thanks for the opportunity to attend the Disney on Ice show on March 1. This is an event we were able to enjoy as a family, be reunited with siblings. It was magical ! A very wonderful and memorable experience. Thank you so very much." Paula



"My son and I had the opportunity to go see Disney on Ice for the first time. What a great show! That was my son's 8 birthday that day (March 1st). We were lucky to be able to see such a magical show on that day. And we had a great view from our seats! We had an amazing quality evening, which doesn't happen too often. Thank you for this fantastic opportunity!" Caroline & Antoine

"Thank you for giving us tickets for Disney On Ice! We had a great time. The show was very impressive. We bought some souvenirs for the kids. We will never forget this experience. Thank you for giving my family this amazing memory." Sunhye

"Thank you so much for the tickets to see Disney on Ice. It was magical for both kids and we are grateful from the bottom of our heart for this opportunity. Great time had by everyone!!" Kristen



"Thank you so much for the Disney tickets. I really enjoyed the Moana show and so did my friends and parents! It was a wonderful, magical night out." Cassidy & friends



"Just wanted to say a BIG thank you for giving my family a chance to attend this amazing show. My whole family loved it and this donation of Disney On Ice Tickets couldn't have been more appreciated on our part. This small gesture of kindness means a whole world to someone, so thank you, thank you & thank you." Dijana & family

"I'd like to thank Feld Entertainment and Children at Risk for the tickets for Disney on Ice on 1 March 2018. They were really good seats and Zach and I both had a great time. As you know, Zach is not the best of sitting still for very long. For Disney on Ice, though, he never budged from his seat and his eyes were glued to the action throughout the performance. Thanks again for the generous donation. It was much appreciated." Meskerem (and Zach)

THANK YOU'S (Cont'd)

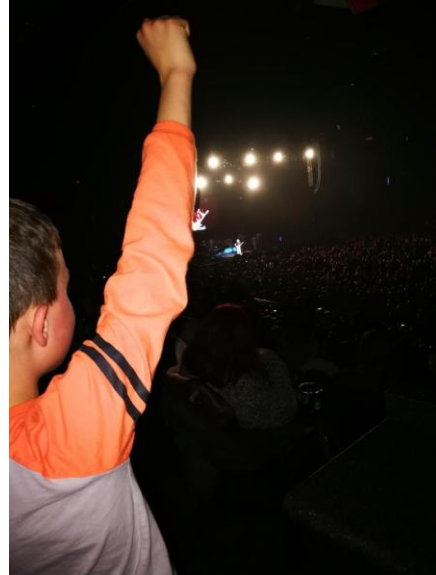
"Thank you from Keelan and I for the tickets to see Disney On Ice. On the way there Keelan was talking about how he was too old to go to such things but on the way home he was saying how much he enjoyed it. He also enjoyed sitting with a friend who was there with his family and meeting up with others that he hadn't seen since the summer at Camp K. I really enjoy how they add in all the new characters and the ribbon flying that they added in this year certainly made for a more spectacular show." Hazel



"Hello, Thank you very much for the tickets to attend Disney on Ice. I took two of my kids to this event and it was their first time ever seeing Disney on Ice. They had a really fun time, and it was special for these two to spend time together away from their other siblings. We even got to meet some other families who benefitted from receiving these tickets and that was nice. The kids favourite was the Crab in Moana. It was very well done! Thank you!" Melissa



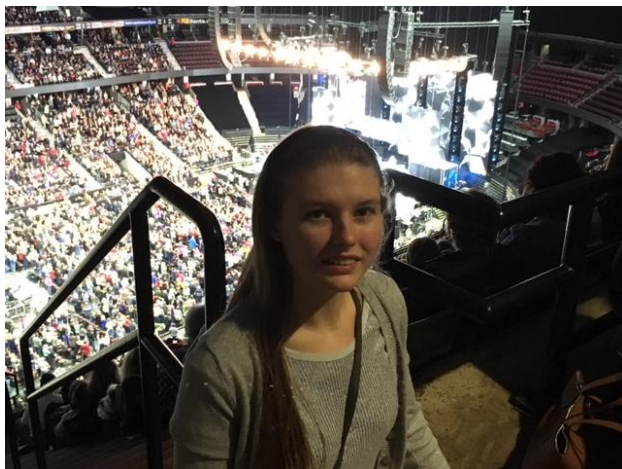
"I wanted to send in our sincere thanks to Children at Risk and Kids Up Front for the tickets to Santana. It was my autistic son's first concert and he had an absolute blast. We had a beautiful suite and popcorn was purchased, my son thought he was at a hotel. Even now he keeps reminiscing about it and how we had our own "room". The show was mesmerizing and the band was just incredible. There were quite a few crowd favourites that had us all up on our feet. My daughter brought a friend as well and I don't think they've stopped talking about it yet! It was a very late night but we wouldn't take it back for the world. Thank you all so much for a safe and fun memory we will all cherish for life." B, J, C, and the parents ;)



THANK YOU'S (Cont'd)



“Thank you so much Kids Up Front for the two tickets to the Rod Stewart concert. The show was amazing, we had lots of fun and nice to have a mother daughter night out! Thank you very much for your donation to Children at Risk.” Pascale & Cassidy

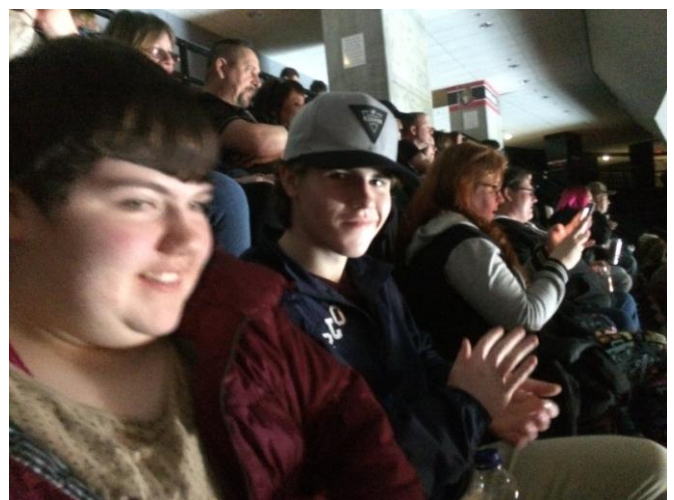


“Just wanted to send a note to say thanks so much to Children at Risk and Kids Up Front for the tickets to the Rod Stewart Show. I took my 14 year old and her friend and we all had a great time! It’s not too often we get a night out so it was certainly a nice treat, the music was great, and the traffic wasn’t even that bad! If you could pass along our thanks to Kids Up Front for the tickets on our behalf, that would be very much appreciated!”

Krista



“Thank you Kids Up Front – Evan, Lauren and I attended the Rod Stewart concert on Friday March 30th. He is very entertaining, playing a lot of his Classics, The First But is the Deepest, Rhythm of my Heart, In my Heart You’re in my Soul, Maggie May to name a few. He was funny, talking to people in the audience, kicking soccer balls, and dancing...I just want to thank "Kids Up Front" for donating the tickets! My kids and I had a great and memorable evening. Lauren wants to "sing again tonight, it was fun" she said.” Jocelyn



TRI FOR CHILDREN AT RISK

“TRI” FOR CHILDREN AT RISK

A Charity for Children with Autism



Finishing my first Try a Tri 2017

Follow my journey at www.naturaltash.com or get in touch at contactnaturaltash@gmail.com

THE QUEST!

I will complete my first ever 70.3 Ironman Triathlon this Summer! My goal during my training is to raise \$10,000 for Children At Risk, a local charity that provides respite programs for families with children who have Autism Spectrum Disorder. They are as passionate as I am about helping these families develop their children's behavioral, communication, and social skills as well as constantly advocating for these children's ongoing needs!



Camp Kaleidoscope Fun 2017

Please help me reach my goal by donating at:

canadahelps.org/en/pages/tri-for-children-at-risk/

More Information: childrenatrisk.ca

Stella & Dot - Unity Bracelet

Sarah Bourbonnais (photo below) contacted Children At Risk on Facebook about donating to Children at Risk. Here are the details on the autism awareness bracelet and a few pictures:

- Stella & Dot created a Unity Bracelet -donating profits to the HolyRod Foundation - 24\$ on the website.
- As a Stylist, she makes commissions on every bracelet she sells and would love to donate the commission she would make on this bracelet to our organization.
- Direct link where people can go to purchase a Unity Bracelet: <https://ca.stelladot.com/p/unity-wishing-bracelet?ts=8ck7b> Sarah's Business Page: <https://www.facebook.com/stelladotbysarahb/>



ATTENDANT CARD FOR OC TRANSPO

Here is information from the **OC Transpo** website regarding a Card that can be obtained for those with a Disability who require the assistance of a Support Person to be able to travel on OC Transpo regular buses. We are asking ALL Families who have children that this would apply to if you can acquire this Pass. It will help significantly for costs associated with busing when we make some outings at Summer and March Break Camps – as this means that the Attendant does NOT have to pay – just the Client – AND we have been obtaining some passes from OC Transpo to help with those costs! Originally a Form had to be completed by a Health Care Professional – BUT I have been instructed that if you inform Children at Risk: The name of your child, your name and an email address. Which location OC Customer Service Centre (Lincoln Fields, Rideau Centre, St-Laurent and Orléans) you will be going to. An email confirmation will then be sent to both you and Children at Risk that you copy and take with you – it can be obtained under OC Transpo's Travel Training Program – no Doctor visit required! The more Families that can obtain this card – the better – please do ASAP!

Support Persons: OC Transpo will accommodate customers who need the help of a support person to use transit. Support persons can ride with you free of charge, however, you may need to present a Support Person Card to the operator when you board. NEW! If you use an assistive device, such as a wheelchair or scooter, you will need to obtain a Support Person Card for your support person to ride at no charge and to gain access through the upcoming fare gates. Support Person Cards have a photo of the customer, not the support person. This allows you to bring different support persons with you at different times and on different trips.

Getting Your Support Person Card: To get your Support Person Card bring photo ID and your documentation indicating that you require a support person from an authorized health care professional to an OC Customer Service Centre (Lincoln Fields, Rideau Centre, St-Laurent and Orléans). Staff will take your photo and give you your Support Person Card at no charge. Please keep your documentation in case you lose or damage your card.



BOWLING COLLAGE

