



Issue #58

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10691/3775/RR/0001

### Our Mission Statement

To provide services and programs to families of children diagnosed within the Autism Spectrum Disorders to develop their child's behavioural, communication, and social skills, and to advocate for their ongoing needs.

### MARK YOUR CALENDARS

**MacMillans** – Orders March 26,  
Delivery Apr. 4

**11th Annual "Rockin'  
for Risk" Fundraising  
Dance** - Saturday,  
March 31, 2012



**Dreams Take Flight Applications**  
– April 16, 2012

**HOPE Volunteers** – June 1, 2012

**Children at Risk Annual Raffle**  
May/June 2012

**Autism Community Annual  
Family Picnic** – June 10, 2012

**HOPE Volleyball SummerFest** –  
July 14, 2012

### PRESIDENT'S MESSAGE

*Paul Lacroix, President, Board of Directors*

Good Spring to all! The birds are chirping, the snow is melting and the air is fresh. 2012 is off to an amazing start with many more terrific events to come. It was great to see so many of you at "Rollin for Risk." A good time was had by all! With these events comes the money to help provide the much needed services to our Autism community.

Your Board of Directors is continuing to fine tune and the adjust board polices to continue to meet government charity regulations and to continue to provide you with better services.

Our Groups are well run and always full with waiting lists to attend. The Camp Kaleidoscope committee team is working hard at planning this year's wonderful summer camp that already has campers ready to attend.

Through the hard work of precise and professional proposal preparation and submission by Brenda our Executive Director and Bambina our Office Administrator, Children at Risk has secured funds for a great of new respite service. As well our applications for funds from The King's Sons and Daughters and our proposal for participation in the H.O.P.E Beach Volley Ball Charity event and funds from the City of Ottawa were all successful. Hat's off to both Brenda and Bambina!

We at the Board all look forward to the greatest year to date in CAR's history! See you at the coming events.

### 11th ANNUAL "ROCKIN' FOR RISK" Retro-Rock DANCE PARTY– Saturday, March 31, 2012

Get ready to join us and celebrate 11 YEARS of Rockin' & Rollin' to raise funds for Autism through Children at Risk!

Saturday, March 31, 2012, 8 PM – 1 AM  
(doors open 7:30 pm)

Algonquin College, Building "D"

Featuring:

Live music from Intersection

Ottawa's Elvis, Shawn Barry

MC "Eric The Intern" from CHEZ 106.1 FM

Door, Costume and Dance Prizes

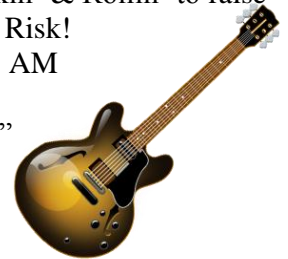
Silent Action, Raffle, Mid-Evening Sandwich Buffet  
(included in ticket price!)

**Tickets \$25 advance/\$30 door, \$225 table of ten (advance sales)**  
(must be 19+ years)

Ticket info at [www.childrenatrisk.ca](http://www.childrenatrisk.ca) or call 613-741-8255

Don't delay – get your tickets today!

\*Volunteers needed – please email [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca)



## 2011/2012 BOARD OF DIRECTORS

President .....	Paul Lacroix
Treasurer .....	Lesia Gilbert
Secretary .....	Mark Lalonde
Director .....	Robert Jaffray
Director .....	Hazel Smith
Director .....	Kelley Matheson

## EXECUTIVE DIRECTOR'S MESSAGE

*Submitted by Brenda Reisch*

As I am writing this, our new Daylight Savings Time has hit and we are "Springing Forward"! The warmer weather that has teased us this past week promises to now stay, practically guaranteeing we will be in full-fledged Spring very, very soon...

In many ways, 2012 also represents our year of "Springing Forward"! From our 1<sup>st</sup> year of Summer Camp in 2011, we now "spring" into our 2<sup>nd</sup> year of **Camp Kaleidoscope**, with an additional week added for 5 weeks this year! Out of Camp Kaleidoscope "springs" funding from The City of Ottawa Community Project Funding for a pilot in 2012 of a Saturday Respite Program (initiated by requests from Camp families for additional supports!). We hope that will "spring" to being able to offer a March Break Camp in 2013...

While it seems like the year has only started, Children at Risk hit the ground running in January with our "Rollin' for Risk" Bowl-A-Thon and has not looked back! Much is on the horizon this Spring and Summer – we hope that we can again call upon our Families and Supporters to "spring" into action for some of the Volunteer needs that will arise for "Rockin' for Risk", the Annual Family Picnic and HOPE Volleyball SummerFest!!

Happy Spring to All!



## FUNDRAISING UPDATE

Submitted by Brenda Reisch, Fundraising Chairperson

### EVENTS/ACTIVITIES SINCE DECEMBER 2011 ...

#### M.A.U.D.E.S. PUB FUNDRAISER

Saturday, December 3 was a busy day for fundraising, with a Pub Fundraiser being held at Irene's Pub for Children at Risk. The brainstorm of **Kim Simm & Michel Mantha**, the night featured local bands **The Cutmen** and **Good2Go**, along with a raffle. With "Miss Maureen" on vocals and Michel's brother, Gilles, on drums, the evening proved to be a rocking good time, raising **\$2,625** for Children at Risk!

Kim & Michel are passionate about supporting local causes like Autism and more info can be found on their website at <http://drugfree.maudesupport.com> where you can view videos of the Pub Fundraiser, see the Sponsors and Kim will relate her story of living with Asperger Syndrome.

Photos can also be viewed at

<http://picasaweb.google.com/ChildrenAtRiskOttawa>

For organizing this wonderful initiative for Children at Risk, we award our March 2012 "Hat's Off" award to Kim & Michel!



## FUNDRAISING UPDATE (Cont'd)

### SANTA PHOTOS



For the 3<sup>rd</sup> Christmas Season, **Riocan Properties** and **Westgate Shopping Centre Merchants** invited Children at Risk as a charity partner, earning funds by taking the Santa Photos at Westgate Shopping Centre this Christmas Season! Mid-way through our schedule, **CTV Ottawa** announced that it was running a contest for the best Shopping Mall Santa and taking nominations! Westgate's Santa experience is extra special, with Mrs. Claus and a magical, wonderful decorated display – for 8 years Westgate's Santa has charmed and enchanted neighbourhood children with his gentle manner and obvious love of children. So, along with Westgate, we encouraged the families visiting Santa and Mrs. Claus to nominate our Mall. Then it really got exciting when we heard the news that Westgate was one of the 5 finalists nominated! All that weekend we asked families to vote that OUR Santa was the BEST Santa (although they already knew it!) and we let the families know all they had to do was log on-line and vote – once! On Wednesday, December 21, we received the news that Westgate Shopping Centre's Santa was the BEST shopping mall Santa, as voted by Ottawa residents!

Many thanks to those who helped make this dream a reality, a very special honour for our Mr. & Mrs. Claus – as well as Westgate Mall Merchants, Riocan Properties AND Children at Risk families and supporters! And the wonderful news that, supported by Westgate Merchants, Children at Risk raised **\$5,661.50!**

**TESTIMONIALS** “We decided to skip over to Westgate to show the kids the little Christmas set up. The children both enjoyed that. I did not go with the intention of having a Santa picture done with Riley as I thought it would cause him too much distress. Fortunately, Santa approached him. I have never seen this happen at any other mall! Riley, at this point, was so intrigued by "Westgate Santa", that he wanted to go into the Christmas set up for a closer look at things and have cuddles with Santa. The Children at Risk volunteers there were wonderful at capturing a beautiful picture of my boys with St. Nick. Thank you so much for this opportunity - in a slower paced environment, where Riley felt comfortable enough to move around and take in the beauty of it all. You know how precious a nice picture of your child is when you can't get them to sit still. It will be a memory I treasure forever. Thank you.” *Penny*

“I just thought I would share this with you. This Santa is fantastic!!!!!! Although we live in Ottawa now, for Christmas 2008 we were visiting Ottawa from the East coast, on our way to Burlington to visit with family for Christmas. We were staying at the Travel Lodge down the street from West Gate Mall. It was a very cold and snowy day. We went into West gate Mall, and there was Santa and Mrs. Claus. The mall was quiet because of the weather. My son and daughter hadn't been to see Santa yet. We decided to go for a visit. Lauren has Autism, it was a real job to get her near Santa. She screamed and yelled. Santa talked in a mild tone and wasn't in the least bit bothered by her outbursts. Being the parent, I was so worried and tried to keep her happy and quiet. Santa brought out some candies. She would only sit with Santa if her brother and I joined her. My son asked Santa how he would find him since he would be visiting his Grandma in Burlington, and wouldn't be at home this year. Santa pulled out a couple packages of 'Reindeer Dust' and handed them to my son. Santa said" Evan sprinkle this outside your Grandma's doorway and we will find you." Evan was very happy about this. Christmas Eve arrives...Evan goes to bed....and forgets to put out the dust. He flies out of bed at midnight, and gets his 'reindeer dust' out. We go down in the elevator and sprinkle the "dust" outside the door of Grandma's condo. Evan was very happy to see that Santa did find us in Burlington. The picture is priceless and so are the memories... This Santa is the best and deserved to win!” *Jocelyn*



## CAPITAL CHORDETTES CHRISTMAS CRAFT EVENT

Once again, I was delighted to attend the annual Christmas fundraising event on December 3, 2011 for the **Capital Chordettes!** Not only can you pick up delicious baked sweets and treats, great deals at the live and silent auction, you get to snack on munchies and listen to a mini-concert of what I imagine Angels must sound like when they sing...But the best part, at least for Children at Risk, is their annual donation that has been made to our charity since 2004. The 2011 donation of **\$1,238.05** brought their total of funds raised to support Autism through Children at Risk to **\$22,160.76!** The Capital Chordettes are an award-winning ladies barbershop chorus and a member of Harmony Inc., a women's international organization. For more info, visit their website at [www.capitalchordettes.ca](http://www.capitalchordettes.ca).

### CHORDETTES IN THE MEDIA: OTTAWA CITIZEN, FEB 04, 2012

If you need a shot of merriness, seek out the Capital Chordettes. At a recent 67's hockey game, the women's cappella chorus sang the stuffing out of the national anthem. They didn't drag the tempo, or mess up the lyrics. And they hit every note bang on. Ladies, you rock! --- By Bruce Ward

## 6th ANNUAL "ROLLIN' FOR RISK" BOWL-A-THON



Once again, January was a little bit brighter with Children at Risk's Bowl-A-Thon, "Rollin' for Risk"! On Sunday, January 22<sup>nd</sup>, 18 enthusiastic Teams participated in an afternoon of bowling, eating, winning prizes and just general all-around FUN! **The Blazing Bubbles Team**, led by Joan Wiggins, captured Top Pledge Prize, choosing the NHL All-Star Weekend Tickets! Runners up were Kelley Matheson's Team, **The Rollin' Pins** & Susan Baxter's Team, **The Pin Up Girls** - winning Hot Air Balloon Rides and Gift Baskets.

## FUNDRAISING UPDATE (Cont'd)

### 6th ANNUAL "ROLLIN' FOR RISK"

#### BOWL-A-THON (Cont'd)

Special Mention to Team Ryan and Donovan's Dominators for their efforts to take 4<sup>th</sup> and 5<sup>th</sup> spot! Many thanks, as well, to Perram Consulting for pulling together 3 Teams of colour-coordinated, enthusiastic bowlers!! Shawn Barry, Ottawa's Premier Elvis Tribute Artist, rounded out the event with a mini-concert to the delight of all! With Pledges and Raffle, the event raised **\$6,000!**

Please join me in thanking our Volunteers: **Joyce, Alicja, Diane, Bambina, Paul, Tracey & Gillian.**

As well, it would not have been possible without our terrific Sponsors:

**Silver Sponsors:** The Minto Group, Villa Lucia Supper Club

**Bronze Sponsors:** Kiwanis Club of Nepean

**Raffle Sponsors:** Ottawa Senators, The Garlic King (Certificate), Emerald Buffet, Boston Pizza, Greg Wildey (Pen)

**Grab Bag Sponsors:** CAA, Canadian Dental Hygienists Association, Entertainment Publications, John Baird's Office, Kelsey's Kanata, Key to the City, Pizza Hut, Rogers TV, Speedy Messenger, RBC Royal Bank, Unhola Family, Phil McNeely's Office, Ottawa 67's, Trinity Developments, Ottawa Senators, Royal Mint

**Prize Bag Sponsors:** Shopper's Drug Mart McCarthy, United Way, Reisch Family, Various Other Vendors

**Pledge Prize Sponsors:** Ottawa Senators, The Ottawa Sun (Balloon Rides), Lone Star Texas Grill & Molly Maid

**Special Mention:** Walkley Bowling Lanes, Shawn Barry, Carleton Raven's Hockey Club, A Little Bit of Bling, Smith Family, Bulk Barn South Keys, Dumouchel Meats

## FUNDRAISING UPDATE (Cont'd)

### 2011/2012 ENTERTAINMENT BOOKS

With on-line sales growing, we did experience a drop in sales that affected our numbers such to move us to a lower level of compensation per book – however, we did still manage to raise over **\$4,000!** Many thanks to those who bought/sold books for Children at Risk, as well as **Quickie Convenience Stores** for again offering the opportunity to sell books in their stores. At this point, plans are to continue for the 2012/2013 book (with probably a reduction in the number of stores) and look for these books in August!

### OTTAWA 67'S 50/50 SALES

From our efforts at the November Ottawa 67's 50/50 Ticket Sales, Children at Risk received a cheque from The Kiwanis Club of Rideau for **\$2,624.50**. Many Thanks to the dozens of Volunteers who gave of their time to come and help sell the tickets – as well as **Rideau Kiwanis** and the **Ottawa 67's Hockey Club** for this opportunity!

### MICROSOFT GOLF TOURNAMENT



Once again, Children at Risk is so very honoured to be receiving at least **\$5,000** from the 2011 Microsoft Golf Classic! Microsoft, in cooperation with the Sens Foundation, has (over the past 8 years) given back over **\$280,000** to local autism charities, programming and support services.

The 9th Annual Microsoft Golf Classic in support of Autism will be held on Tuesday, June 5th at the Marshes Golf Club. As always, you should expect a great day of best ball golf and terrific participant prizing. The day includes lunch and golf, followed by a cocktail reception, dinner and ceremonies at the Marshes Ironstone Grill for all participants. There will be premium live and silent auction items and the special gift this tournament is becoming famous for. To golf go to:

[http://www.sensfoundation.com/en/default.asp?sensfoundation=240&urlkeyword=Microsoft Golf](http://www.sensfoundation.com/en/default.asp?sensfoundation=240&urlkeyword=Microsoft%20Golf).

Any questions on golf or sponsorship can be directed to tournament co-chair Steve Warne at 613-789-2486, ext. 4808.

## What is On Now/Coming:



Helping Autistic Children & their families  
235 Donald Street, Suite 212  
Ottawa, Ontario  
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### IS OFFERING ANOTHER SESSION OF:



### Social Skills Groups for Teens with Asperger's Syndrome (and related diagnoses)

The Typical Teens social groups have been running since 2003, and focus on experiential learning of social skills in a fun and sociable teen environment. The groups provide community-based social skills training for teens with Asperger's and related diagnoses (HFA, PDD, NVLD). The strength of the TT model is the inclusion of trained peer mentors, supported by the arms-length facilitation of the adult group leaders, creating an authentic "real world" teen social situation that includes full support for the learning of new skills and the generalization and consolidation of previously acquired social knowledge.

This program was fortunate to receive special funding from Autism Speaks Canada to expand our services in 2011. We will be offering two groups, one situated centrally and one in the west end. Each group will run for 8 weekly sessions.

Here are the details:

Central Typical Teens Group (based at CAR main office, 235 Donald St) will run a Part 1\* group for students in grades 7 to 9, Thursday nights from April 5 to May 17. There will be a Saturday meeting. (Interviews will be Monday March 26<sup>th</sup>)

## TYPICAL TEENS (Cont'd)

West End Typical Teens Group (based at Stittsville United Church, 6255 Fernbank Rd) will run a Part 1\* group for students in grades 9 to 11, Monday nights from April 16 to June 4. (interviews will be Tuesday, April 10 )

*\*Part 1 groups are for teens who have not previously attended a Typical Teens social group.*

More information about the structure, content and philosophy of the Typical Teens groups can be found online at:

[www.autismandtheartofcommunication.com](http://www.autismandtheartofcommunication.com).

You can also call (613-741-8255) or e-mail ([car@childrenatrisk.ca](mailto:car@childrenatrisk.ca)) the Children at Risk office.

For application forms (for both AS teens and teens who are interested in volunteering as peer mentors) please e-mail Heather Pierscianowski at [tadp@sympatico.ca](mailto:tadp@sympatico.ca).

## SATURDAY RESPITE PROGRAM

Based on requests received post-camp last summer, Children at Risk applied to **The City of Ottawa Community Project Funding** for funds to operate a pilot monthly Saturday Respite Program. We just received word that our application was successful and soon will be sending out information on this new initiative – stay tuned!!

### DONOR'S CORNER

In Memory of Joyce Muriel Tuddenham	\$25.00
Ottawa Jewish Community Foundation	\$109.00
TD Commercial Banking Centre "Jean Friday"	\$490.00
United Way/Centraide Ottawa	\$6,656.05

## DREAMS TAKE FLIGHT 2012

**Dreams Take Flight Ottawa** (DTF Ottawa) is a not-for-profit charitable organization dedicated to providing a one-day trip of a lifetime for physically, mentally or socially challenged children in Canada's National Capital Region. Since October 1995, DTF Ottawa has given special needs children an incredible day where their ongoing struggles are forgotten. These children are treated to a wonderful day of magical memories at the happiest place on earth – Walt Disney's Magic Kingdom.



Children at Risk was chosen in 2000 as a recipient charity of spots on the flight and for every year since (except 2005) has had the joy of sending a minimum of 4 and maximum of 15 children on this day of magic!

For 2012 – we are again being granted 6 spots the September 26<sup>th</sup> flight for higher-functioning ASD children AND siblings! We can also submit alternate names in case additional spots become available. For more information and to apply, see the enclosed Application and/or call or email Children at Risk!

From 2011: "We would like to send out heartfelt thanks to Air Canada and Dreams Take Flight as well as Children at Risk for the awesome adventure our daughter Lindsay had on her one day trip to Disney Florida. As a sibling of a brother with Autism, Lindsay often gets over looked and feels left out. This day was just for her! Thank you!" Brenda & Don



## 2012 HOPE VOLLEYBALL SUMMERFEST VOLUNTEER RECRUITMENT!



### HOPE Volleyball SummerFest

HOPE's flagship Volleyball SummerFest event combines recreational volleyball with live rock entertainment. Each year, more than 25,000 players and spectators flock to Mooney's Bay Beach in Ottawa for the greatest summer party in the region. These participants have helped HOPE donate over \$3.5 million in support of more than 110 local charities.

This is Children at Risk's 3<sup>rd</sup> visit to HOPE - many of you may recall that close to 1,200 Volunteers are needed to make this Event run – and Children at Risk (as with the other charities) MUST provide 50 Volunteers as part of our Charity Partnership with HOPE. Children at Risk has applied for \$25,000 to go towards our 2013 Summer Camp – Camp Kaleidoscope!

In our past years, Children at Risk has been involved in site maintenance and security – this year we have 2 assignments:

**25 Volunteers for Parking Lot Monitors** – mostly off-site at Parking Lots and Bicycle Compounds. Duties include greeting drivers, verifying parking passes, giving shuttle bus directions, some fee collection at certain sites and some shuttle bus guides. The shift is 7 AM to 12 Noon. Volunteers can be mature teens and adults.

## 2012 HOPE VOLLEYBALL SUMMERFEST VOLUNTEER RECRUITMENT! (Cont'd)

**25 Volunteers for Site Tear Down** – this job may require some strength, as it will involve tear-down of the Beverage Gardens, Bicycle Compound, stacking tables, chairs, metal barricades and some beach and park cleanup – closed toed sturdy shoes recommended. The shift is 5 – 10 PM. Volunteers can also be mature teens and adults.

We need to collect Volunteers names by June 1, 2012 to pass on to HOPE. Much of the success that Children at Risk has enjoyed with HOPE has been our ability to keep our Volunteer Commitment. We HOPE that this year will also be the same!!

If you can Volunteer, email to [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca) : Name, Address, Telephone Numbers, Email and (if youth) age.

### SPRING SIBLING SUPPORT WORKSHOPS

We are excited to again be offering 1-day workshops for Siblings of ASD children. Please see the enclosed flyer for dates, times and registration!

### ABSOLUTE COMEDY FUNDRAISER



Early January, we received an email from Rebecca Jebson – a student at Carleton University in Child Studies. A group of students in this program have a lovely initiative of holding an evening at Absolute Comedy – selling tickets and raising funds for a local charity! They asked if they could support Children at Risk with their next fundraiser on Sunday, January 29<sup>th</sup>!! Children at Risk was delighted to receive a cheque for \$380 from this fun night of fundraising!!



## THANK YOU'S

"We just wanted to express our sincere gratitude for the Disney Tickets!! We are so fortunate to have received them. The show was truly amazing and magical for all. James and Taylor loved singing and dancing along

with all their Disney friends. The whole night has left us all with many memorable moments. Thank you!"  
*Tanya and family*

"Thanks so much for all your hard work on getting this event organized the kids loved it!" *Jen*

"Hi - I just want to thank you so very much for making my children so happy. They loved Disney on Ice! My child Sophie, who has Autism, started crying when it was done and we had to go home. Sophie has had a tough time lately, so I thank you from the bottom of my heart." *Liesl*

"I would like to thank you very much for the tickets - my kids really enjoyed the show!" *Iman*

"Thank you for the Disney on Ice tickets. The children were so thrilled! They loved it. What a fun family outing for us!" *Sarah & Family*

"Just wanted to say thank you very much to Children at Risk for the Disney tickets this weekend. This was the first time Greyson had ever gone to such a large production. We didn't know how he would handle it (he's not that comfortable in large groups of people) but he really had a great time! Much appreciated!"  
*Payton, Andrew and Greyson*

"Rob and I want to thank the donor of the Disney on Ice tickets for their contribution to the members of Children at Risk! Because of this ticket donation, we were able to have a wonderful family night out with our children. Disney productions are always amazing and this event was one of the best ice shows we've seen! Thanks for allowing us to create new family memories!" *Jodi and Rob and family*

"Thank you for the tickets for The Disney show last week. We enjoyed the show tremendously." *Semone*

"We would like to thank you for the Disney on Ice tickets that we attending on February 17th. Justin really enjoyed the show and he danced in his chair the whole time. I have never seen him so happy before at any show. It was so nice to see and we will keep this memory in our hearts forever. Thank you again!"  
*Sandra, Joe, Damien and Justin*

"Thank you SO much for the Disney on Ice tickets - we certainly had a magical time. I had hoped to purchase tickets for this event as we have made it a yearly family tradition but it was not financially possible for us this year - what a fantastic way to celebrate Family Day weekend. The music was wonderful, the costumes spectacular, the talent was star quality and the amazement on all of our faces was certainly worth noting. Thank you again!" *Sylvia*

"I just wanted to say thank you for the tickets to see Disney on Ice. My 10 year old son wasn't sure he was going to enjoy it, so while the Lion King segment was on, I asked him - "So, how do you like it?" When I didn't get answer, I looked at him and realized that he was too enthralled to hear my question. My daughter's answer was "It's the best time in my WHOLE LIFE!" with a happy sigh." *Stefani*

"A quick note of appreciation for being able to attend the Disney on Ice! For S's first time-he was leery of princesses and the like but got absorbed in the 'how' they created the scenes and special effects/ie: Peter Pan flying in the harness and the magic carpet scene. We both enjoyed the costumes and creativity. It ended so quickly. Thanks again for the tickets!" *EK*

"Getting an hour's notice to get ready to go to Disney's Dare to Dream added to the excitement and we are sorry to hear that the other family took sick and couldn't go but really appreciate them letting Children At Risk know so that we could benefit from the tickets. Over the years we have been to a few of the Disney's On Ice shows but this was one of my personal favourites as there were so many characters and it was amazing to see all the Disney version of Princesses and their beaus even if it is just skaters in costumes. Keelan thoroughly enjoyed the show also, singing along to all the songs and pointing out all the characters by name. Thank you for a wonderful evening, from major Disney fans."  
*Hazel & Keelan Smith.*



## THANK YOU'S (Cont'd)

"Please extend my thanks to Feld Entertainment for their ticket donation so that my family could enjoy this event. The show was spectacular and was appreciated by our children. As you can imagine it is quite expensive for a family to purchase tickets for this event given the high cost of treating children with Autism. This makes their donation that much more meaningful. We have enjoyed this annual event a number of times courtesy of Feld Entertainment and hopefully we can continue to enjoy it for many years to come." *David*

"Hello! We would like to thank you for giving us tickets to Disney On Ice. We had so much fun together, and it was an amazing show. Things have been quite stressful at home these days because my father (who lives with us and has for most of my children's lives) is very ill and my kids (and the rest of us too) are very worried about him. This gave us a chance to forget all of that, and just have fun together. We are very grateful. When we are able to download the photos, we will send them to you to show you how much fun we had. Thank you again!" *Natalie, Brian, Sam, and Emma*

"Wanted to send a huge thank-you for the Disney On Ice! We had a truly magical time, grown up included. Ewen was mesmerized and enchanted. His favorite part was when the fireworks went off at the end of the Aladdin magic carpet ride. The sound wasn't too much for him even which was amazing. He was incredibly well behaved and even made a really nice friend. Very much appreciated!" *Natalie*

"Thank you so much for Disney on ice tickets it was really fun for the whole family and also, the 67's game we really had fun. Thank you and have a great day." *Mohamed*

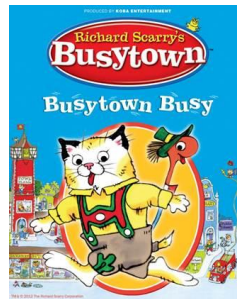
"I wanted to thank-you for the tickets to DISNEY ON ICE. My son and I had a great time watching and singing along to those fantastic songs only Disney can do so well. Thanks!" *Nadia*

"We appreciate the tickets that were donated to Children at Risk, for the fabulous Disney on Ice show. We really enjoyed the show." *Doris*

"I just wanted send a thank-you e-mail in regards to the Disney on Ice tickets that were donated. My daughter and I had a wonderful time enjoying the magical show, in fact my 8 year old said "it was the best night of her life!" Thanks to the donation I was able to splurge a little and purchase my daughter a few Disney toys and accessories she liked as keepsakes to look back on and remember the experience! A huge thanks to the sponsors for making this night possible for my family." Sincerely, *Robin*



"That was really fun and the kids enjoyed the Busytown show. Thank you so much." *Mohamed*



clap hands, count and bounce on his seat out of excitement. Big Thank you again for bringing the moments of happiness and joy into his life." *Nataliya & Family*

"Lauren and I had a great time at the Richard Scary's Busytown on Stage. The actors were lots of fun and engaged the children in the story. The music was lively and easy to follow along with. Lauren enjoyed the songs and sung along with them. Thanks again for the tickets!" *Jocelyn*

"Thank you so much for the Busytown tickets! My kids, Max (5) and Kate (3), just loved the audience participation. Max (and my husband's) favourite character was Lowly Worm! Many Thanks" *Natasha*

"We would like to pass along our thanks for the wonderful afternoon our family recently spent at the theatre. Through a generous donation, our family attended Richard Scarry's Busytown production. The show was wonderfully interactive and our daughter Celeste was very enthusiastically involved. Even now, a week after the show, when asked "how busy is he?" Celeste breaks into a song and dance response of "Busytown busy!" Thank you so much for such a wonderful afternoon of memories." *Michelle & Family*

## THANK YOU'S (Cont'd)



“Thank you so much for the suite tickets for the 67's game! The children had never been to a 67's game before. They felt very special in their own box, with hotdogs, popcorn and drinks for them, and loved when the mascot visited them!” *Sarah*

“My family and I were once again the very fortunate recipients of tickets to an Ottawa 67's hockey game in January. I can't say enough about how much we truly enjoy getting out to one of the games. We had a great time and hope to have the opportunity to go again to cheer on the team!! Thank you!” *Susan K.*

“I'd like to express my utmost appreciation for tickets to a suite at a 67's game. This was an opportunity we would never have had if not for the generous donation of George Upholstery. My son was able to invite 7 friends to the hockey game. What an effective bribe! All his friends had a great time, and it was a wonderful evening. We express our many thanks for the ticket donation!!!” *Brenda*

“Thank you very much for giving our family an opportunity to watch Ottawa'67 game in a suite. My son with autism Alexander was able to tolerate loud cheering and he liked a panoramic view of the stadium from the suite located above. The service was great! We had a non-stop supply of hot dogs, popcorn and drinks! Another bonus that came with this visit was bouncing in the inflated castle during the intermission times. Alexander and his brother truly enjoyed themselves, it was such a treat for them! Big thank you again for the gift of this unforgettable fun-filled family event!” *Nataliya & Family*



“Well, we headed out, despite the bad weather, to last night's 67's game (January 13<sup>th</sup>). Our two boys had received passes as part of a spirit week promotion from the 67's, that were given when a few of the players had gone previously to their school to talk about bullying. Then we received an email from Brenda noting there were tickets available for that night's game. Given we still needed to buy two tickets ourselves to 'bring' the kids, we put in our request and were lucky enough to get two tickets so it all worked out really well!

Both of our boys are on the spectrum, but very different in personality. Luka at first found it loud and just sort of sat taking it all in but by the second and third periods, he was getting more comfortable and I could tell he was watching what all the other kids around us were doing. Then suddenly he too jumped up to cheer and yell when everyone around us did and even during a third period goal he peeled off his hoodie to swing it in the air because he'd seen some boys a few rows up do that earlier. That's always wonderful to see him have the chance to come out of his shell a bit, it takes time, but once he got comfortable, he had a terrific time. Then there's Aidan, who had been counting down the days until this game. He's a more 'go with the flow and a tad more excitable' kind of guy and he yelled and danced and cheered and had a terrific time from the start of the pre-game warm up. Once we got home he fell into bed and was fast asleep – always the sign of a good night of fun!!!

Thanks so much for these opportunities to take the kids to something different and something that is fun for the whole family...I don't often put in requests for tickets, etc. when they're available because I know there are so many families out there, like ours, who need these opportunities. But last night was one that I was really glad we all had the chance to get tickets and go out for a terrific Friday night with the kids! Thanks to the 67's for recognizing there's a need for so many Ottawa children with special needs to have opportunities to attend the games and thanks to Children at Risk for being the platform who offers them to us all directly! It's always **greatly** appreciated by us!!!!” *April (Mom to Luka and Aidan)*

## THANK YOU'S (Cont'd)

"Just wanted to thank you for the fantastic tickets to events we have been enjoying all year. 67's games, Disney on Ice, Carleton Ravens Hockey....such enjoyable afternoons with family and friends. Thanks so much!" *Tori, Mick, and Finn*

"We want to thank the Ottawa Senators Foundation for the tickets to the Roger Daltry concert. The concert was really good and we had a fantastic time. It was nice to have a date night. Thanks again!" *Brenda & Don*

"Thank you so much for a lovely evening at the NAC. It was so nice to relax and escape to the gorgeous melody of Beethoven's Pastoral symphony. We had a great view from our seats and the acoustics were perfect. It was a nice break from the usual mid-week routine." *Jenny*

"Thanks to Children at Risk, our whole family attended the NAC Orchestra concert on January 12, in which Yosuke Kawasaki made his solo concert debut performing Bruch's Scottish Fantasy. The entire program was delightful. Kawasaki is a brilliant and dynamic musician. We were amazed at his energetic and at the same graceful interpretation of Bruch's music, and his ability to produce such a pure and delicate tone on the very highest notes on his violin. This was followed by Beethoven's Sixth Symphony, also known as the Pastoral. Since both of my kids are familiar with this piece from Disney's Fantasia, where it is illustrated with gamboling centaurs and fauns, this was a hit as well. We are fortunate to have such talented musicians playing for us here in Ottawa, and we warmly thank the NAC and Children at Risk for allowing us to enjoy this very family-friendly evening." *Barbara & Family*

"I wanted to thank the Sens Foundation for the tickets to DISNEY ON ICE. My son and I had a great time watching and singing along to those fantastic songs only Disney can do so well. Thanks." *Nadia*

## THANK YOU'S (Cont'd)



"Dear Children at Risk and the Sens Foundation - Our family were fortunate recipients of box suite tickets to a Senators game on December 30th. Not only did our favourite team win but we got to see Alfie score his 400th goal! Our kids were thrilled and we were so happy to have the opportunity to enjoy the game in the relaxed location. A warm thank you to all who make such opportunities possible." *Pam & Family*

*Thank  
you*

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### COMMUNITY EVENT

The Autism Ontario Potential Program invites Parents and caregivers of children and teens with ASD to come and make visual material at a personalized Make and Take Session.

Parents and caregivers of children and teens with ASD are invited to come to the Ottawa Chapter office to create visuals during the Make and Take session. Anne Borbey-Schwartz, the Family Support Coordinator will offer a personalized support; helping with samples, planning and the preparation of a variety of material.

**WHEN:** The make and Take sessions are booked on Thursday afternoon between 2:00 pm and 6:00 pm by appointment only. Parents and caregivers of children and teens with ASD are invited to contact Anne Borbey-Schwartz at [anne@autismontario.com](mailto:anne@autismontario.com) to schedule their Make and Take session.

**LOCATION:** Bronson Centre, 211 Bronson Avenue – Room 210



## GREAT NEWS!

### CHILDREN AT RISK ASD SUMMER CAMP

Children at Risk is thrilled to announce that we have secured dedicated funding to operate our All-Day Summer Camp, Camp Kaleidoscope!

Many thanks to The King's Daughters & Sons Ottawa City Union and the Unity for Autism Foundation for acknowledging the success of last year's Camp by again extending support for 2012!!



The King's Daughters and Sons (Ottawa City Union)



Our Camp Spaces are limited - with plans for only 20-25 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, Camp Kaleidoscope's parental contribution per week would have been \$375. 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: \$275 for Full Week, \$225 for 4-day week.

**Camp Dates:** July 9-13, July 16-20, July 23-27, July 30-August 3, August 7-10 (Monday to Friday excluding civic holiday on 6th August)

**Times:** Camp 9 AM to 4 PM, - before and after care available 8 AM to 5 PM (at no extra cost)

**Location:** Still to be determined (we hope to return to our 2011 school) but it will be in the East-Central end of Ottawa.

### Development of a Specialized Summer Camp for ASD children

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 2012. With funding from The King's Daughters & Sons (Ottawa City Union) providing 70+ % of the operating cost per child and The Unity for Autism Foundation providing additional subsidy, we can now offer 5 weeks of affordable Camp this summer! Please note that the affordable rate for a Camp that offers such high levels of supervision has only been made possible this year due to the funding from Unity for Autism - which may not be available for future years.

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!

See pages 17 and 18 for Camp Application.

## CHILDREN AT RISK ASD SUMMER CAMP (Cont'd)

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.

Brenda Reisch, Executive Director, Children at Risk,  
Ottawa 613-741-8255 [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca)

## PHOTOS FROM LAST YEAR'S CAMP



Brenda Smith Myles will be appearing in Ottawa, ON at the Ottawa National Hotel, 361 Queen Street on March 30<sup>th</sup>. Visit Autism Awareness Centre Inc. for more details at [www.autismawarenesscentre.com](http://www.autismawarenesscentre.com).

Many students with Asperger Syndrome and other autism spectrum disorders (ASD) view school as a stressful environment, presenting several stressors that are ongoing and of great magnitude. Stressors include difficulty predicting events because of changing schedules, tuning in to and understanding teacher directions, and interacting with peers and anticipating differences in environments such as classroom lighting, sounds/noises, odors, etc. Students with this exceptionality rarely indicate in any meaningful way that they are under stress or experiencing difficulty coping. In fact, they may not always know that they are near a stage of crisis. Even though the individuals themselves do not recognize that they are upset, meltdowns do not occur without warning. Rather, students with ASD exhibit a pattern of behaviors that are precursors to a behavioral outburst. Sometimes these behaviors are subtle. Without a clear understanding of rage and the cycle in which it occurs, it may indeed appear as if rage occurs without warning. Tantrums, rage, and meltdowns (terms that are used interchangeably) typically occur in three stages that can be of variable length. These stages are (a) 'the rumbling stage', (b) 'the rage stage', and (c) 'the recovery stage' (Myles & Southwick, 1999).

## *The Rumbling Stage*

The rumbling stage is the initial stage of a tantrum, rage, or meltdown. During this stage, children and youth with ASD exhibit specific behavioral changes that may not appear to be directly related to a meltdown. The behaviors may appear to be minor such as nail biting, tensing muscles, or otherwise indicating discomfort. It is easy at this stage to ignore these seemingly minor behaviors; yet, these behaviors often indicate an impending crisis. Students may also engage in behaviors that are more pronounced, including withdrawing from others or threatening others verbally or physically.

During this stage, it is imperative that an adult intervene without becoming part of a struggle. Effective interventions during this stage include: 'antiseptic bouncing', 'proximity control', 'support from routine' and 'home base'. All of these strategies can be effective in stopping the cycle of tantrums, rage, and meltdowns and they are invaluable in that they can help the child regain control with minimal adult support (Myles & Southwick, 1999).

*Antiseptic bouncing.* Antiseptic bouncing involves removing a student, in a nonpunitive fashion, from the environment in which the difficulty is occurring. At school, the child may be sent on an errand. At home, the child may be asked to retrieve an object for a parent. During this time, the student has an opportunity to regain a sense of calm. Upon returning, the problem has typically diminished in magnitude and the adult is on hand for support, if needed.

*Proximity control.* Rather than calling attention to the behavior, this strategy allows the teacher or parent to move near the student who is engaged in the target behavior. Often something as simple as standing next to a child is calming. This can easily be accomplished without interrupting an ongoing activity.

*Support from routine.* Displaying a chart or visual schedule of expectations and events can provide security to children and youth with ASD who typically need predictability. This technique can also be used as advance preparation for a change in routine. Informing students of schedule changes can prevent anxiety and reduce the likelihood of tantrums, rage, and meltdowns. For example, the student who is signaling frustration by tapping his foot may be directed to his schedule to make him aware that after he completes two more problems he gets to work on a topic of special interest with a peer. While running errands, parents can use support from routine by alerting the child in the rumbling stage that their next stop will be at a store the child enjoys.

*Home base.* A home base is a place in the school where an individual can escape stress. The home base should be quiet with few visual or activity distractions and activities should be selected carefully to ensure that they are calming rather than alerting. In school, a resource room or counselors' office can serve as a home base. The structure of the room supercedes its location. At home, the home base may be the child's room or an isolated



area in the house. But regardless of its location, it is essential that the home base is viewed as a positive environment. Home base is not timeout or an escape from classroom tasks or chores. The student takes class work to home base, and at home chores are completed after a brief respite in the home base. Home base may be used at other times than during the rumbling stage. At the beginning of the day, a home base can serve to preview the day's schedule, introduce changes in the typical routine, ensure that the student's materials are organized, or prime for specific subjects. At other times it can be used to help the student gain control after a meltdown.

When selecting an intervention during the rumbling stage, it is important to know the student, as the wrong technique can escalate rather than de-escalate a behavior problem. It is important to understand that interventions at this stage are merely band-aids. They do not teach students to recognize their own frustration or handle it. These strategies must be taught in a preventative manner so that the cycle does not begin.

### ***Rage Stage***

If behavior is not diffused during the rumbling stage, the child or adolescent may move to the rage stage. At this point, the student is disinhibited and acts impulsively, emotionally, and sometimes explosively. These behaviors may be externalized (i.e., screaming, biting, hitting, kicking, destroying property or self-injury) or internalized (i.e., withdrawal). Meltdowns are not purposeful, and once the rage stage begins, it most often must run its course. During this stage, emphasis should be placed on child, peer, and adult safety as well as protection of school, home, or personal property. The best way to cope with a tantrum, rage, or meltdown is to get the child to home base. As mentioned, this room is not viewed as a reward or disciplinary room, but is seen as a place where the student can regain self-control. Of importance here is helping the individual with ASD regain control and preserve dignity. To that end, adults should have developed plans for (a) obtaining assistance from educators such as a crisis teacher or principal, (b) removing other students from the area, or (c) providing therapeutic restraint, if necessary.

### ***Recovery Stage***

Following a meltdown, the child with ASD often cannot fully remember what occurred during the rage stage. Some may become sullen, withdraw, or deny that inappropriate behavior occurred, others are so physically exhausted that they need to sleep. It is imperative that interventions are implemented at a time when the student can accept them and in a manner the student can understand and accept them. Otherwise, the intervention may simply resume the cycle in a more accelerated pattern leading more quickly to the rage stage. During the recovery stage, children are often not ready to learn. Thus, it is important that adults work with them to help them to once again become a part of the routine. This is often best accomplished by directing the youth to a highly motivating task that can be easily accomplished such as an activity related to a special interest.

### ***Summary***

Students with ASD experiencing stress may react by having a tantrum, rage, or meltdown. Behaviors do not occur in isolation or randomly; they are most often associated with a reason or cause. The student who engages in an inappropriate behavior is attempting to communicate. Before selecting an intervention to be used during the rage cycle or to prevent the cycle from occurring, it is important to understand the function or role the target behavior plays. This is a first step in developing effective interventions. Indeed, without determining reasons, causes, or conditions under which a behavior occurs, it is unlikely that an intervention will be effective.

Children and youth with ASD generally do not want to engage in tantrums, rage, and meltdown. Rather, the rage cycle is the only way they know of expressing stress, and coping problems, and a host of other emotions to which they see no other solution. Most want to learn methods to manage their behavior, including calming themselves in the face of problems and increasing self-awareness of their emotions. *The best intervention for tantrums, rage, and meltdowns is prevention.* Prevention occurs best as a multifaceted approach consisting of instruction in (a) strategies that increase social understanding and problem solving, (b) techniques that facilitate self-understanding and (c) methods of self-calming.

**References:** Myles, B.S., & Southwick, J. (1999) *Asperger syndrome and difficult moments: Practical solutions for tantrums, rage, and meltdowns.* Shawnee Mission, KS: Autism Asperger Publishing Company.

## ADVERTISING



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**11<sup>th</sup> Annual**  
**Rockin' FOR RISK**  
*Presented by Children at Risk*

**Ottawa's Retro-Rock Dance Party**  
Saturday, March 31 - 8pm to 1am  
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**Tickets \$25 advance, \$30 door, Table of 10 \$225**  
For tickets and info contact 613-741-8255 or visit [www.childrenatrisk.ca](http://www.childrenatrisk.ca)  
Must be 19 and over

Proceeds provide support for autistic children & their families. With special thanks to:





## CAMPER APPLICATION FOR ASD SUMMER DAY CAMP 2012

Please complete and submit to register interest – intake meeting will be necessary.

### Camper Information:

Name:	Gender:
Date of Birth (M/D/Y):	Age:
Address:	
City:	Postal Code:
School:	Grade Completed:

Diagnosis	
Medication? YES/NO	
Allergies (specify)?	
Epipen needed?	
Other Medical Considerations	

### Parent/Guardian Information:

#### Contact #1:

Name:	Relationship:
Address: (if different)	
City:	Postal Code:
Phone number:	Work/Cell Phone:
Email:	

#### Contact #2:

Name:	Relationship:
Address: (if different)	
City:	Postal Code:
Phone number:	Work/Cell Phone:

### Registration Information:

#### Submission of Application form to Children at Risk:

By mail at: Children at Risk, 235 Donald Street, Suite 212, Ottawa, ON, K1K 1N1

By email to: [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca)

By Fax: 613-741-5530

**Camp Location:** To Be Announced – East-Central Ottawa

**Intake Interviews** will take place prior to Registration.

**Camp Weeks:** July 9-13 \_\_\_ July 16-20 \_\_\_ July 23-27 \_\_\_ July 30-August 3 \_\_\_ August 7-10 \_\_\_  
 (please ✓ dates – more than one week can be selected, but availability dependent on demand – if so, indicate preference ie. 1, 2, 3, 4, 5)

**Fees:** \$275 for full weeks, \$225 for short week. Limited Bursaries may be available.

**Ages:** 4-20+ but subject to responses received as only space for 20-25 participants per week.



## Help us to get to know your child better!

Please describe your child's needs and existing accommodations for each:

- Communication style and system
- Social interactions
- Stress triggers
- Repetitive behaviours
- Behaviour management protocols currently used and specify target behaviour
- Calming activities/Motivators
- Interests/Strengths

### If you answered YES to any questions below, please explain:

Does your child need one on one support?	YES	NO
Has your child been physically aggressive toward others?	YES	NO
Is your child a runner? Any safety sense?	YES	NO
Has your child attended camps before?	YES	NO
Does your child need assistance toileting/eating?	YES	NO
Does your child wear any assistive devices? (Glasses, retainer, etc.)	YES	NO

### Sensory Input (hyper or hypo sensitivities): How does your child react to:

- Visual stimuli
- Sense of smell
- Tactile defensiveness
- Auditory

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