



NEWSLETTER

JUNE 2010

Issue #51

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Charitable Registration #
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

- Children at Risk Annual Raffle
May/June 2010
- Autism Community
Annual Family Picnic
Sunday, June 13, 2010
(See Page 22)
- Blast-Off to Kids Wellness
Saturday, September 19, 2010
- 15th Annual Celebrity-Carved
Pumpkin Contest
October 21-24, 2010



THE ANNUAL GENERAL MEETING OF CHILDREN AT RISK, OTTAWA

Tuesday, June 8, 2010

235 Donald Street, Room 212 – 7:00 p.m.

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

****Special Guest****

We welcome **Dr. Judith Spence**! Judith is a Quebec Naturopath (ND) and an Ontario Doctorate of Natural Medicine (DNM) and a licensed Acupuncturist as well as a Defeat Autism Now (DAN) practitioner. She is pleased to join us to discuss 2 related techniques provided in her clinic as they relate to those on the ASD Spectrum: Nambudripad's Allergy Elimination Technique (NAET) and a brain balancing technique called Laterality – which is a technique of Auricular Medicine. Check out her website at www.naeottawa.com

The following business will be conducted:

1. Minutes of 2009 AGM
2. President's Report
3. Treasurer's Report & Appointment of Auditors
4. Fundraising Report
5. Election of new Board

Standing for re-election to the Board are:

Paul Lacroix
Lesia Gilbert
Robert Jaffray

Hazel Smith
Mark Lalonde

The following positions are vacant: 1 -2 Directors – if you are interested in getting involved with Children at Risk by becoming a Board Member or a Volunteer Executive, please contact our offices at 613-741-8255 or email car@childrenatrisk.ca before the Board Meeting to register your interest and present a small bio.

Members who cannot attend may give a proxy to any other person, who need not be a member. Proxies must be in writing, signed by the member who will be absent, and mailed to or brought to the meeting by another member. Members who have given a proxy may still change their minds and attend, in which case the proxy is cancelled. Only those members who have paid their annual membership dues to Children at Risk, Ottawa, have the privilege of voting at the AGM.

PRESIDENT'S MESSAGE

Paul Lacroix, President, Board of Directors

It's YOUR CHARITY and it NEEDS - YOU!

Children at Risk is now in its 31st year of operating in the Ottawa Region. The demands on the charity have never been so great with the ever increasing rate of diagnosis with no plateau in sight. Although there is much more available with the increase in non profit and private sector providers, requests for services continue to rise at a time when everyone is feeling the pinch from reduced support for fundraisers and donations due to the economic climate.

Children at Risk operates solely on the generosity and support from the Ottawa region community having no guaranteed forms of income and no Government financial support. As a charity that prides its self on making every penny count towards improving the lives of families living with Autism, it is becoming more and more challenging to raise those pennies. Increasingly, we feel the dilemma of higher operating costs to provide services and execute fundraisers.

Children at Risk is like WestJet - All members are owners and as owners you can assist your Charity in being the best it possibly can be, now and in the future! This can be as simple as renewing your membership and mentioning Children At Risk to all newly diagnosed families - to getting involved with our newly created Volunteer Executive positions – details of which are being fine tuned and more will be available at our Annual General Meeting on Tuesday, June 8, where we also outline our future direction for a leaner, more focused Board of Directors.

Children At Risk New Structure for 2010



PRESIDENT'S MESSAGE (Cont'd)

Think not “what my Charity can do for me?” but “what I can do for my Charity?” There is so much that everyone can do to be instrumental in making Children at Risk a success:

1. **Renew** your Family Membership NOW (\$20 per annum to June 30 - \$25 July 1)
2. **Donate** used toys for our pick & pay table at the 13th June picnic or donate unwanted new gifts, toys, games, that we can use at our auctions - the September Blast Off to Kids auction or the 2011 Rockin' for Risk dance auction.
3. **Mention** Children at Risk as the charity of choice for a Fundraising event whether it be a school project or Corporate Sports fundraiser. Name Children at Risk as your designated charity in United Way Campaigns.
4. **Promote and support** by attending or volunteering at our fundraisers which include :
 - a. Rollin' for Risk Bowl-A-Thon (January)– Get your team bowling, gather pledges – kids teams, adult teams, corporate teams
 - b. Rockin' for Risk Dance (April) – It might be Oldies music but you don't need to be old to attend!
 - c. Annual Raffle (May/June) – Buy or sell tickets. Ask local businesses you know to donate gift certificates and/or merchandise.
 - d. Blast Off to Kids (September)– Attend, buy or sell raffle tickets, contribute to or bid in the auction
 - e. Celebrity-Carved Pumpkin Contest (October) – Not just for celebrities! - have your employer, local businesses or kids sports teams carve a pumpkin and provide a prize package. Mention it to your City Counsellor and MPP. Have your kids chose their favourite pumpkin by donating some loose change and check out the on-line auction and win some of those prize packages.
 - f. Santa Photos at Westgate Shopping Centre (December) – Volunteers are essential to this new fundraiser!
 - g. Selling 50/50 tickets at Ottawa Senators and Ottawa 67's games – we hope to continue this wonderful opportunity to raise funds by just showing up to sell!

PRESIDENT'S MESSAGE (Cont'd)

As our members we welcome any ideas that you might have in helping Children at Risk raise funds to continue to Support your Autism Community. We realize that our families have a lot to deal with so we also invite extended family, friends and neighbours to also get involved and assist in making Children at Risk stronger and more successful.

2009/2010 BOARD OF DIRECTORS

President	Paul Lacroix
Treasurer	Lesia Gilbert
Secretary	Mark Lalonde
Director	Hazel Smith
Director	Robert Jaffray
Director	Andrea Mailhot
Director	Diane Theron
Director	Stephanie Casagrande

MEMBERSHIP INCREASE

Children at Risk will be increasing the cost of our Annual Family Membership from \$20 to \$25 (Professional Membership from \$40 to \$50), effective July 1, 2010. With the increased cost of postage to mail our newsletters, as well as an increase in the mailings and management of our numerous ticket donations, this is a necessary step. If your membership is coming due soon, what we can offer is a 2-year renewal at the current rate of \$20 per annum, for a savings of up to \$10. Call our offices at 613-741-8255 or email car@childrenatrisk.ca if you want to take advantage of this offer!



EXECUTIVE DIRECTOR'S MESSAGE

Submitted by Brenda Reisch

At the Children At Risk Annual General meeting on Tuesday 8th June, we will have guest speaker Judith Spence, Doctorate of Natural Medicine, D.N.M@, Ac., NAET Advanced II Practitioner, Defeat Autism Now! (DAN!) Practitioner talking about Allergy elimination through NAET, DAN - Defeat Autism Now protocols and Auricular Medicine as they relate to those on the ASD spectrum. In addition we will also be electing our Board of Directors for the coming 2010-2011 year and announcing a new initiative opening up involvement in the Charity at a whole new level.

Over the years we have heard many say that they would like to get involved in Children At Risk but can't commit to being on the Board with the annual commitment or would prefer to assist in specific areas. Board member Hazel Smith will be presenting an initiative that opens opportunities to anyone wishing to lend their expertise or dedication to assist in the operations of the charity.

The creation of Volunteer Executive positions is an exciting initiative establishing a sub board reporting directly to the Executive Director, as the Board of Directors continues to focus on overall policy as governed by the Carver methodology. Whilst this initiative is a work in progress, there are areas identified that would be of great assistance to the charity such as Events, Human Resources, Finances, Technology and many other critically important tasks that support the services, day to day operations and fund raising for Children at Risk.

The Volunteer Executive positions will be developed by interested applicants and the Executive Director to allow the application of one's expertise or strength in an area that works into your annual calendar and/or allows the pursuit of skills or activities that bring joy and satisfaction and the added benefit of knowing you are helping a charity. Once the Executive Positions are advertised, it will just be a matter of choosing what works for you or recommending them to extended family, friends, neighbours, colleagues - basically anyone you know!

So please join us on Tuesday 8th June to enjoy our presentations, some wine & cheese and network with other parents as we gather to support Children at Risk!

FUNDRAISING UPDATE

Submitted by Brenda Reisch, Fundraising Chairperson

EVENTS/ACTIVITIES SINCE MARCH 2009 ...

9th ANNUAL "ROCKIN' FOR RISK"

50S/60S/70S plus DANCE –Saturday, April 10, 2010



As the star-dust settles after the Children at Risk Annual "Rockin' for Risk" fundraising dance - we want to thank all our patrons, donors, and sponsors for helping make the night a success!

Special mention to "Brother Bob" Derro from OLDIES

1310, Michel Jette and his band Intersection as well as Ottawa's Elvis - Shawn Barry for the evening's rockin' entertainment!! We also wish to thank David Martinek and Recycle Frog for attending www.recyclefrog.com to tell our patrons about the "Gold Drive" fundraiser. Although no one brought in any items, David did talk with many attending the dance about Recycle Frog (NOTE that you can still support Children at Risk at any time by calling, making an appointment and visiting Recycle Frog with your unwanted gold and silver jewelry). I also wanted to extend our sincere appreciation to our Volunteers - an evening like this does not happen by itself and it is the dedication and commitment of these wonderful people who give of their time and expertise to the cause of Autism and Children at Risk. With everyone's support, "Rockin' for Risk" raised over \$5,000 - enabling Children at Risk to finance 2 Social Skill Therapy Groups for the Spring Session!

Mark the date of Saturday, April 2 on your calendars for next year as "Rockin' for Risk" will celebrate a decade of good times in 2011!!



CONGRATS! Join me in congratulating Bob Derro and Rogers Radio OLDIES 1310 on receiving the Kidney Foundation of Canada's (Ontario Branch) Public

Awareness Award, given in recognition of an individual, corporate or media partner for an outstanding contribution towards increased public awareness of kidney health, organ donation and the Kidney Foundation.

50/50 TICKET SALES – OTTAWA SENATORS

WOW! This unexpected fundraising activity will certainly help to fill in the gaps we have been experiencing this year in our finances with the games worked since the Fall earning over **\$8,500** in total!! We cannot thank all of the wonderful, enthusiastic and dedicated Volunteers enough for giving of their time and vocal cords on behalf of Children at Risk! Not only has this earned our charity valuable dollars for our programs and services, it has given us great exposure to be seen at the games. We hope to continue to be invited to games for the 2010/2011 season and hope many of you who came out to help can consider coming back!!

COMMUNITY FOUNDATION OF OTTAWA

Children at Risk was delighted to be able to resume an annual request to the Community Foundation of Ottawa for funding after their 2009 hiatus in grants due to the strained financial markets. Our request was specific to Camps for the Summer and March Break. We were honoured to have our request to be considered worthy of consideration and received **\$9,950** to be applied to our recent March Break and upcoming Summer Science Camps. Please join me in expressing our gratitude to the Grants and Community Initiatives Committee of the Community Foundation of Ottawa!

MICROSOFT GOLF TOURNAMENT

Many thanks to The Ottawa Senators Foundation, Microsoft and event volunteers Steve & Linda Warne for directing **\$5,000** to Children at Risk from the 2009 6th Annual Microsoft Golf Classic in support of Autism! The Warnes have been tireless in their efforts to support the Autism Community and local Autism Organizations that give support to ASD children, parents and families. Over the past 6 years, the Microsoft Golf Classic for Autism has given back over \$200,000 locally to charities for programming and support services.

FUNDRAISING UPDATE (Cont'd)

KDS SCHOLARSHIP TEA DONATION

Both Children at Risk and Autism Ontario were named as recipient charities for the recent King's Daughters & Sons Scholarship Circle Annual Tea. A lovely afternoon was enjoyed by many on Saturday, May 8th, with entertainment by the Bytown Dancers and enlightenment of the local scholarship opportunities supported by the King's Daughters and Sons. Of course, this was topped off with delicious tea, sandwiches and sweet treats and a donation of **\$275** to each charity!

KIWANIS CLUB OF RIDEAU DONATION



Children at Risk was thrilled to again receive continued support from The Kiwanis Club of Rideau with a generous donation of \$2,500! Since 2003, the

Rideau Club has extended both donations and involvement of Children at Risk in the 50/50 ticket sales at the Ottawa 67's hockey games, raising both valuable awareness and needing funds to support the cause of Autism. For their on-going, unsolicited efforts on behalf of Autistic children and their families, we award this newsletter's "Hats Off" award to The Kiwanis Club of Rideau!!



GIVING BACK



We received a lovely email from the Petti Family - on May 15 they participated in the Riverside South Community Garage Sale by setting up a lemonade stand. Their son, Giordano, wanted to help out his 2 favourite charities - Autism Ontario and Children at Risk - by selling drinks, cupcakes and make-up baskets

for donations. Both charities are sharing the \$60 raised through this beautiful initiative!

DONOR'S CORNER

\$ 275.00	KDS Scholarship Circle
\$ 885.52	All Saints English 802
\$2,500.00	Kiwanis Club of Rideau
\$5,000.00	Microsoft Golf Tournament
\$9,950.00	Community Foundation of Ottawa

ALL SAINTS ENGLISH CLASS DONATION



In January, I received a call from student Sabrina Wahab from All Saints Catholic High School about Children at Risk being involved as a recipient charity with Mrs. Calver's English 802 Class

Project. Along with the Canadian Cancer Society, Children at Risk was to receive funds raised from a dance or concert that the Class was working on all semester to plan and execute this event! It was heart-warming to hear that student Cassandra Jaffray, daughter of CAR members Jodi and (Board Member) Robert Jaffray, proposed Children at Risk as a charity for consideration to the Class as recognition of the services provided for her ASD brother. After their Dance on April 30th, each charity was presented a cheque for **\$885.52!!** This donation is being used to finance the large Inflatables for the Autism Community Annual Family Picnic on June 13 at Brewer Park!!

Thank You

What is On Now/Coming ...

CHILDREN AT RISK 15TH ANNUAL RAFFLE

*Tickets for this annual fundraising activity are for sale NOW! With 2009 being a sell-out of 5,000 tickets, we printed 6,000 tickets for 2010. With a Sell-Out this could represent over \$10,000 being raised! But we need your HELP!! Ticket draws will take place at the Autism Community Annual Family Picnic on Sunday, June 13.

Our Raffle offers:

- Tickets \$2 each, 3 for \$5 or a book of 12 for \$20!
- Prizes worth a total of \$9,415 (up again from 2009!)
- 44 draws, with an average Prize Value of almost \$214 (1st 11 prizes \$300 and up value each!)
- Maximum 6,000 tickets sold - That's just over a 1 in 136 chance of winning!
- Minimum Prize Value of \$20!

Funds raised will support our Community-Based Special Projects. These include Sibling, Friendship and Family Support Groups, Educational Training Workshops and Information Seminars as well as updating resource materials. These valuable activities receive no government funding and are supported solely through Fundraising efforts and Donations. *Note: Tickets can only be sold to persons 18 years and older!

See Ticket sample on Page 21 and get yours today by calling 613-741-8255 or email car@childrenatrisk.ca

RIDEAU VALLEY ROLLER GIRLS

On Saturday, August 7th, The Rideau Valley Roller Girls will be holding a double-header meet of which Children at Risk is invited to be recipient charity. The Rideau Valley Roller Girls (RVRG) are an all-female, flat-track, not-for-profit Roller Derby league based in Ottawa, Ontario, Canada. They are a collective that is run by skaters for skaters with a focus on women in sport. RVRG gained not-for-profit status in October, 2008. Through fund raising, partnerships and volunteer work they strive to give back to the communities that have supported them! RVRG has two home-base teams, the **Slaughter Daughters** and **Riot Squad**, and one travel team, the RVRG **Vixens**. For more info about RVRG go to www.rideauvalleyrollergirls.com Event info will be coming!

FUNDRAISING UPDATE (Cont'd)

ONE OF BEST JAMS OF THE YEAR

Friday August 13, 2010, Dj Sinear along side Dj ENVY-LE and Provider Entertainment will be hosting one of the best jams of the year.

We would be more than happy if you all could join us as we raise money for Autistic *Children At Risk*.

For ticket sales please use contacts below or just send an e-mail to dj@sinearbeats.com.

Thomas Habtom at (613) 859-4288

Danny Loc at: (613) 269-6969

Somecheay Song at: (613) 262-0267

Children at risk

music will be spinning by DJ Sinear & DJ Envy

20\$ ticket

August 13th, 2010

All proceeds go to
Children at Risk of Autism

Suit + Tie Affair (dress code in full effect)
By Invitation Only (advanced ticket sales)
No sales at the door
Full Security
50/50 draw
7:30 pm - 12:30 am

hosted by
PROVIDER
ENTERTAINMENT

LM

CENTURION 170 Colonnade rd. South, Ottawa, ON K2E 7J5

THANK YOU'S

I wanted to say big thanks for the Family Cinema ticket last week-we really enjoyed the movie experience. At first Sammy was having issues about going there and then when I got there I realized I left my cash in jacket I switched at last minute at home so had to rush down to Carlingwood and then got back just in time-I loved that movie -Sammy said I was in my own little world-he kept telling me to stop singing-but then he got into it with the fun bag they handed out and then he noticed other people were actually participating so he joined in eventually.

Esther & Sammy

Just wanted to say again-this game was just awesome-67's won by 4-3. Both teams played an excellent game-we so enjoyed it-please thank the donators of the tickets and we appreciate being selected to attend- a late night for us but we managed to stay awake. Lol! We're up at 5:30 am to get to work/daycare early so that's what I mean/long day for us but it sure was worth it and one of the Oshawa Generals cheer section attendees lent one of their recycled fire extinguishers made into a noise maker so Sammy had fun cheering for the Generals/67's together with the clanging bell thing.) then the very exciting game, thanks again.

Esther

Just wanted to drop a line to say a tremendous thank you for the tickets to the hockey game at the Civic Centre on Saturday night. The parent volunteer was awesome and friendly- and the game was great for our little one- even though he's only 2! The laser show especially caught his attention, and the squad cars on the ice with lights and sirens blazing... It was a very joyful outing and we had a great time..! Thanks once again, and please feel free to pass on our thanks to the sponsors. *Tori*

Just a quick thank you to you and Family Cinema for the tickets for the movie "Leap Year". The film's beautiful scenes of the Irish countryside really made our day and the plotline was funny to boot. The intermission singalong was an added bonus. We thoroughly enjoyed ourselves. Here's to getting a chance to celebrating our Irish origins (we're a Celtic mish-mash) during Ottawa's Irish Festival week! Luck of the Irish to you, *Sadie & Raiden*

THANK YOU'S (Cont'd)

Please let Field Entertainment know how appreciative we are to have received the tickets for Friday night's performance. The kids really enjoyed it and have been talking about it ever since. As you know, the cost of raising a child with special needs can put quite a hefty burden on most families. It is donations like these that allow us to treat our children to a special night out without worry. Please express my most sincere thanks to Field Entertainment for such a nice gift.

Regards, David

HAVE YOU HEARD ABOUT ...

The Gloucester High School Reach for the Top team went to the Provincial Championship in Toronto, May 15-17. They competed with 40 teams for the Championship and they Won!! One of CAR's members, Darcy Bottomley is a member of the team and was playing in both the semi-final and final games. Did you know a cooper is a maker of barrels, or pinion describes both a bird's feather and part of a car's steering system? Sometimes knowing obscure facts can be an asset, really... It's amazing the accomplishments of our children on the spectrum. The team went to the National Championship in Toronto May 29-31.

Linda and Mark Bottomley



It's a Coupon Book on a card! Unlock your City with the 'key' to great savings! Save \$ at hundreds of participating merchants with one little card!

Check Out "Key" Merchants at www.keytothecity.ca
2010-2011 Key is only \$20 – AVAILABLE NOW!

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

See enclosed flyer on page 23.

New merchants include: MAMBO Restaurant, KINKI sushi, Ottawa 67s, Little Ray's RADICAL SCIENCE!, Ottawa Fury Soccer, Commando Paintball, 417 Suzuki, Millenium Roofing, Rockport Boat Line, Arby's in Kanata!

The Autism Police Registry was announced by the Ottawa Police on Thursday 1st April, 2010. Information on the registry had been mentioned ahead of this date and I read the comments from the general public to the release by CTV of the news. I was surprised at the negativity of the comments but from the ignorance, you could tell these were people with no knowledge of what it is like living with a family member with autism, especially one that is prone to wandering off. It was interesting to hear that hate mail had been received by Autism Ontario, Ottawa Chapter as well as by the Police. For some reason the use of the word Registry was conjuring up images of the holocaust and the rounding up of the Jews and the thought was that the police were mandating Families to register their loved ones on the Spectrum. This couldn't be further from the truth, this was an initiative driven in different ways by parents with genuine concern for the safety and well being of their children. Dennis Debault has been working to educate Police Personnel throughout the world for a couple of decades. A parent in PEI raised sufficient funds through her ASD son's marathon running to pay Dennis's expenses and have him present to First Responders, Parents and anyone else that cared to be educated. A parent in Ottawa exchanged a number of emails of the details with this parent and requested that Autism Ontario Ottawa Chapter use some of their funds to bring Dennis to Ottawa. At the time the Chapter had no staff and it wasn't possible to organise such an event but when Nancy joined through the RPC program the suggestion was put to her and she contacted Dennis who presented at events for both the Ottawa and Kingston chapters. In the meantime a presentation had been given to the Police Diversity and Race Relations Group on what First Responders should know based on Dennis's book and video and they were interested to hear more. As a result, First Responders from both Police and Fire and the 911 response Department were also in attendance, many of them hearing for the first time the critical knowledge that would be so useful in encounters with those on the spectrum. "Could this person have autism?" needed be added to their thinking when encountering someone as they might not be drunk or high on drugs. Following Dennis's presentation and also due to a number of requests from parents that were concerned about their young children's propensity to run off and that the Police should have a picture and details on their child a committee was formed to investigate the possibility of a Voluntary Police registry for Ottawa.

It is stressed that this is a voluntary registry. Complete the on-line registration form. Once registered you receive a Flag Number which could take up to two weeks. You should put this number on the Emergency Alert stickers for your home and car that are available from AO- Ottawa Chapter as well as the shoe tags.

Some simple scenarios that might make the registry make sense to you over and above the obvious of your child being lost:

1. Your child is having a complete meltdown in the Mall and someone has called security. You produce a Business card that says "My child has autism, please contact the Police and quote this Flag number for confirmation" The Security guard is generally going to take notice and back off whether he calls them or not.
2. You're having a hard time getting your child into your car or they are having a meltdown in the car. Someone has called the Police thinking that a child is being abducted. A police car pulls up behind you but sees the sticker in the rear window of your car with the Flag number. He is able to check the description of your child and your details against your license plate. He will probably leave you to de-escalate the situation.
3. Your teenager is having a meltdown in a park with their male worker and a bystander has called the police. Having registered your Worker's name on the registry, the worker is able to give the Flag Number to the police, again possibly through a business card and the Police are able to verify the details without assuming that a fight is in progress and separating your child from his worker causing undue stress to all three parties.

Autism Police Registry (Cont'd)

4. Your house is on fire and you are not home or you are unable to communicate with the First Responders. It is noted that you have an emergency alert and the Flag number is called in. You have added to the registry details on where your child would hide in the event of a fire so no time is wasted looking for your child. You also have put details on how they can be calmed and what they must have with them to leave the room etc. As per Dennis's recommendations you have completed the First Responders Form which you have said on the registry is posted on the fridge/in a specific drawer and also with the address of a neighbour, providing even more information for First responders. A copy should also be in the glove box of your car and in your purse.

Dennis has lots of great ideas and if you regrettably missed either of his presentations here in Ottawa you can read his many suggestions and get a copy of the First Responders form by going to the **Newsletter** icon on the Children At Risk website www.childrenatrisk.ca All the details are on page 12 onwards of the Sept 2008 Issue #44. Or check out Dennis's website or his books/DVD available in the AO-Ottawa Chapter resource library.

Education of the Police is on-going and this registry is only the 2nd to be initiated in the country. It is hoped that people will sign up and feedback their comments so that it can be improved. In talking to the parents that did attend the launch presentation all of them welcomed the idea. The comment of "What about us" was received by the Police from other organisations that can see the benefit of the registry expanding to others that have communication issues or are prone to wandering. They are looking to the Autism community to make this successful so that it might be expanded. The pilot project is for 8 more months and if during that time not enough families have registered it will be viewed as something that isn't required.

Don't delay, fill it out today at <http://www.ottawapolice.ca/en/Community/Autism/RegistryForm.aspx> you can always update it at your child's next birthday or chose to have your update every year when the school pictures become available. You won't be able to submit a picture until after you have received your Flag number. Good idea to know your child's height and weight before attempting to register as these are critical details.

Trouble with the link – just go to www.OttawaPolice.ca click on the **In the Community** icon and go to the bottom of the pop-up where it says Autism registry. There is a box on the left hand side of the page that gives you both the registration form and a Frequently Asked Questions and Answers.

Dr. John F. Coombes, M.D. Presentations

There are many parents that just can't get the time on a Saturday to attend a workshop let alone drive to Carleton Place, even if it is to hear Dr John F. Coombes M.D. Although nothing can compare to hearing a presentation first hand, this article attempts to bring to interested parents the basis of the presentation from notes from a parent that did attend.

Dr Coombes gave two presentations, The Current Autism Epidemic – What does it mean for the rest of us? and Gluten sensitivity – Another Modern Epidemic.

The Current Autism Epidemic – What does it mean for the rest of us?

Dr Coombes had an Epiphany whilst working with the Sioux who had an infant mortality rate of over 50/1000 and a high rate of suicide and accidental deaths – why did the people get so sick? What he discovered wasn't what he had expected of his medical training – pneumonia is not caused by a lack of doctor's visits and a lack of Amoxicillin in the blood stream! Local paediatricians posted "Indian lung" as an explanation for the recurrent bronchitis in the children (damage to the small airways from infection in early childhood) but no one was discussing how these children were living and what these children ate for their lunch... The food supply had changed from hunting and home grown to Hudson's Bay fare, dragged in over winter roads. It was the candy and white flour that kept best and sold the most.

What causes autism?

- Genetic predisposition-> impaired detoxification & immune function
- Nutritional depletion
- Gastrointestinal disease
- Environmental triggers:
 - Heavy metal overburden
 - Chemical pollutants
 - Over-immunization
 - Infections: chronic and low-grade

What does the Autism epidemic mean for the rest of us? – Picture an iceberg, what we see with Autism is the ice above the surface – the reality is the huge amount beneath the surface. The ultimate cause of all chronic disease including autism is Systemic immune activation leading to inflammation and oxidative stress causing "the brain on fire!" The toxic assault on the body which is also resulting in an increased diagnosis for the general population of Crohn's disease, Lupus, cancers, gastro intestinal diseases, nutritional depletion, allergic sensitivity, autistic enterocolitis (guts on fire similar to Crohn's) bowel toxicity.

Genetic predisposition to Autism - Inherited impairment in the ability to detoxify foreign chemicals and Inherited tendencies for allergic sensitivity **BUT IT IS NOT JUST THE GENES!** -There is interplay between genetics and environment...and environmental factors can influence genetic expression for better or worse...

Autism is also a Gastrointestinal disease - With Autism there is a gut to brain connection – 287 chemicals are currently detected in the umbilical cord blood. 180 of which cause cancer in humans or animals, 208 cause birth defects, 217 are toxic to the brain and add to that the increase of vaccinations from 10 in 1983 to 24 vaccines before 1 year and 36 immunizations by the time kids attend school. With a 1:100 diagnosis now for autism some believe there is a connection.

Dr. John F. Coombes, M.D. Presentations

(checkout www.russellblaylockmd.com for over immunization – the one size fits all for vaccinations is outdated and Dr Stephanie Cave’s “What your Doctor may not be telling you about Children’s vaccinations) There is even concern in the over immunization of dogs, cats and horses – check out www.rabieschallengefund.org)

There is a total pathogenic burden – Bugs won’t make us sick but they lurk waiting to strike when our immune function is low and then they become more active and further depress immune function and resistance to infection (i.e. Gum disease can cause heart disease - who would have thought the two were connected but this is now a fact). In most people, the battle between immune system and pathogens is an up and down course – they feel awful but they are still on their feet.

Autism is a series of vicious cycles

- Infections > antibiotics = gut damage
- Toxic burden > damaged enzyme systems = impaired detoxification pathways
- Excess sugar intake > increased fungal dysbiosis = more intensive cravings
- Poor appetite > nutritional depletion = starved brain (see books, Children and the Starving Brains and The Crazy Makers)

Treating Autism requires a “systems biology” approach – many different interventions applied simultaneously. Treatments tried individually and sequentially usually doesn’t work i.e. how many people does it take to get a jeep out of the ditch. 10 people can each try or the 10 can work together! Autism can be helped with effective Biomedical treatments – It’s work but for those that succeed there is reward. Treating autism is like a combination lock – every child is different (Biological individuality). Treatments have to be undertaken in the right sequence in order to work. The clues are subtle and require careful observation to see. Heavy handed treatment can do damage so go carefully. This requires an ability to work closely with parents and listen. If a particular treatment /intervention is causing a severe reaction – back off.

1. Feed the starving brain, Cut out the junk and the sugar – Improve diet and begin basic supplementation. Begin appropriate dietary management: GF/CF diet, SCD diet, Body Ecology diet. (books - Special Diets for special kids. Breaking the vicious cycle – Intestinal health through diet.)
2. Remove toxic exposure – both dietary and environment – allergens, mould, chemicals, heavy metals. Add in mild detoxification treatments such as clay baths, Epsom salts baths and sauna.
3. Normalize bowel flora – kill off the yeast – probiotics and antifungal therapy (sometimes nasty bacteria needs antibiotics - Clostridia)
4. More aggressive supplementation – support of methylation: MethyB12, Mitochondrial support (high dose antioxidants, cofactors such as CoQ10), support liver detoxification and glutathione production.
5. Biomechanical treatments where appropriate – Craniosacral therapy, other body work, large/mini trampoline
6. Chelation agents usually EDTA or DMSA – monitor blood test every 6-8 weeks. Main benefit - Antioxidant effects rather than metal detox. Magnetic clay as it withdraws more – start slow with 1/3rd of a cup for 20 minutes and work your way up – start with a foot bath , then play Hippo!
7. Try to reduce viral load – Where appropriate start clinical trails of antiviral therapy. Often a 2 day trial of High dose of Vitamin A will give a sense as to whether there is a chronic viral overload – Dr Sidney Baker’s protocols for vitamin A levels – right brand with no additives.
8. Neurological Repair – Hyperbaric Oxygen chambers (Ottawa Hyperbaric Oxygen therapy, 1935 Bank Street. 613 521 2391). Soft Chamber for home use, Infra red sauna’s – Dr Larry Wilson light bulb sauna, chicken brooder lamps, infra red lamps.
9. Ongoing brain training (takes time and patience)– Neurofeedback, socialization, biomedical and behavioural therapy act synergistically plus a behavioural therapist can see more rapid results.

Dr. John F. Coombes, M.D. Presentations

Good reference for biomedical approach to ASD – Autism Effective Biomedical Treatments – *Have we done everything we can for this child?*

Millions of Children lost – Almost 30 years passed from the time the medical pioneers first tried to convince the establishment that smoking caused most cases of lung cancer until the link was generally accepted.

Over those 30 years while the link was being hotly contested by the medical establishment, 4 million people died from a preventable cause of death – How many children will we lose to autism before people wake up to the obvious causes?

Dr Coombes analogy is of a miner using a canary to warn of poisonous gas etc – It is a dumb miner who doesn't heed the canary's warning – we have been warned .. Are we listening?

Gluten Sensitivity – Another Modern Epidemic

Gluten Sensitivity is at Epidemic numbers – maybe your doctor won't tell you but just ask the Grocery store manager who sees the increase in demand and widening shelf space of his gluten free items. Celiac disease is the most common hereditary autoimmune condition in North America today affecting up to 1:100 North Americans & Europeans, but 97% of them are undiagnosed and untreated. There are 2 main gene types that code for celiac disease: called HLA DQ2, HLA DQ8. 42% of the American population carries at least one of these genes and having them definitely increases the risk of developing clinical effects of gluten sensitivity, but the full expression of these genes is affected by environmental factors, including exposure to nutritional influences, toxins, infections, and stress. A minority have classical celiac disease (1:100, of which 97% go unrecognized). The majority is gluten sensitive, but will never develop classical villous atrophy (29:100 people).

There is classic Celiac disease – a young child with constant diarrhea, abdominal gas, distended belly, malabsorption and failure to thrive. Most of these children are diagnosed before age 5 years. BUT there is **Latent Celiac disease** – the majority of gluten sensitive patients have minimal or no GI symptoms, but other medical problems triggered by their on-going immune reaction to gluten. In these individuals, the small intestine does not develop the classical villous atrophy which is what a standard small intestine biopsy test would look for. Instead there maybe milder damage that only affects their function not their appearance and or damage to other areas of the body as gluten sensitivity can affect almost any tissue in the body without causing actual classical celiac disease. There is the so called “Leaky Gut” – loss of intestinal barrier. Scientific America August 2009 article, Science of a Leaky Gut for those that say there is no such thing.

Gluten sensitivity is an immune system reaction to the gluten family of compounds found in wheat, rye, barley and oats although oats contain very little gliadin, but they contain a protein avenin to which some people can react in a very similar way to gluten. The genes for gluten sensitivity have been there all along, but increasing environmental pollution & poor nutrition & immune activation are turning these genes on. **But why now?** - Modern cultivars of wheat have been selected for their high protein & gluten content: a boon for the bakers, but an increasing allergenic stress on those predisposed to gluten sensitivity, as compared to the older Red Fife Wheat grown in western Canada.

If my child/myself doesn't have any GI symptoms why bother testing?

Gluten sensitivity, if unrecognised and untreated, can have long-term consequences for health, sometimes serious as the effects can get more serious over time and eventually become at least in part irreversible. There are conditions that can be aggravated such as Bowel diseases (Inflammatory Bowel Disease (ulcerative colitis, Crohn's), Irritable Bowel Syndrome, Microscopic Colitis, Gastroesophageal reflux (GERD), Malabsorption) and skin diseases (dermatitis Herpetiformis and eczema). Also gluten sensitivity can aggravate underlying conditions such as Diabetes mellitus, Thyroiditis, Female infertility, Asthma, Chronic liver disease, Hepatitis C, any autoimmune syndrome (like rheumatoid arthritis, multiple sclerosis, lupus, dermatomyositis, psoriasis, alopecia areata, autoimmune hepatitis,) and Conditions related to malabsorption such as osteoporosis, iron deficiency anaemia, pernicious anaemia, short stature in children, Neurological & neuropsychiatric conditions: peripheral neuropathy, seizures, and other neurologic syndromes, depression and other psychiatric syndromes – Dementia, Autism, attention deficit disorder and Down's Syndrome.

Who should be tested? First degree relatives of those who are known to be gluten sensitive. Gluten sensitive persons with documented malabsorption should be retested after 18 to 24 months to confirm that the bowel has healed and Gluten sensitive persons with elevated fecal antibody may want to retest after 1-3 years to see if the antibody levels have dropped, suggesting adequate compliance with the GF diet. *-[A study done in Finland showed that gluten sensitive individuals who reported no symptoms at the time of diagnosis had improved both psychological and physical well-being after treatment for one year with a gluten-free diet]*

We tried the diet and it isn't working why?

- Some adults with severe disease may take a long time on a careful GF diet to heal their intestinal tract. However, if malabsorption & /or symptoms continue beyond 18-24 months, they should be re-evaluated...something else is likely going on to block progress...
- Exposure to gluten is continuing: Lingering gut problems causing ongoing fermentation (by bowel bacteria & yeast) of undigested, unabsorbed food. Such stools are often stinky and may contain undigested food = The intestinal tract is still on fire:
- Gluten withdrawal can be intense, and may make symptoms worse...it then needs to be treated as an addiction.
- Persistent dysbiosis (bacterial or yeast) which has not been adequately treated...
- Inflammatory bowel disease (which comes in all shades of grey)
- Poor compliance (including sneaked gluten)
- Ongoing exposure to traces of gluten: Sensitivity to trace amounts (50 mg. per day is all that is needed) to maintain immune activation in most celiacs... Cross contamination: toasters, cutting boards, ladles, scoops in bulk food stores.
- Hidden ingredients in processed foods (Sauces, mixes, corn & rice products not labelled gluten free, processed meats, some spices, etc.) Beware of anything that is processed. If it is not a whole food, and not labelled gluten free, it may contain gluten.
- Non-Food Products may contain gluten –Medications, paints, clay, play dough, glue, stamps, envelopes and other gummed labels, lipstick, sunscreen, shampoos, soaps, cosmetics, skin lotions, toothpaste, and mouthwash. For detailed lists see the **Safe & Forbidden Lists at -www.celiac.com**. The Gluten Free Gourmet – Bette Hagerman.
- Other untreated food sensitivities: -Dairy & yeast are very common -Other possibilities include soy, egg, corn
- Excess use of processed gluten-free foods &/or highly sweetened gluten free foods - Remember the math: Junk - gluten still = junk GF + sugar = Junk. Use Stevia or a touch of honey instead of sugar.

• Dr. John F. Coombes, M.D. Presentations

Sometimes GF is not enough to break the vicious cycle so try other diets instead. –

- The Alkaline diet – we are all chronically acidic. The Germans are ahead here in research and implementation.
- The SCD helps break the vicious cycle of maldigestion of fermentable carbs as avoids all grains and is better for people with increased damage to the villi and greater maldigestion problems.
- The Body Ecology diet (BED) diet is between the GF & SCD and allows those grains that tend to be better tolerated such as Millet, Quinoa, Amaranth and Buckwheat. A better diet for those who lose weight off all carbs. Book available at amazon.com.
- The Ketogenic Diet - When properly conducted, can reduce seizures in 2 out of 3 children, and prevent all seizures in 1 out of 3 children. Is a Very low carb, high-fat, moderate protein diet which makes the body burn fat instead of glucose for energy. Usually requires an initial fast & hospital stay and being a very difficult diet to follow requires ongoing medical supervision and is expensive.

Although you can try the GF/CF diet yourself it is better to take a proven approach to have the best results. See someone such as Dr Coombes or if he is too far there are plenty of alternatives in Ottawa such as NAET practitioners that can help with the DAN protocol and educate you to know which blood and urine tests to ask your Doctor for (IgG antigliadin antibody tests shows that if this antibody is positive there is a 45% likelihood of functional damage already present in the small bowel, even though there is not yet any damage to the villi). They can also help with the probiotics to deal with the yeast and sugar issues. Get a good Doctor who will sign off on your child having Gluten Sensitivity without being actual Celiac to help convince family members, school, and social services that the need for a gluten free diet is legitimate. This will also help you with claims that you can make in your taxes against the cost of normal brands versus the increased costs of Gluten free brands. See Amelia Booth examples for use with Revenue Canada.

Fecal Antibody testing (poop test) is known to be the most sensitive test available and is only now available to the public through www.enterolab.com in Texas but you will need medical help to read the results.

A 4-week elimination/challenge diet may miss those whose reaction to gluten is slow to settle down after removing gluten so at least a 6 month trial maybe needed to show any improvements in symptoms and that is without any contamination as per the above list. It can take your immune system 2-3 years to calm down so this isn't a sprint but a jog and sometimes it will take longer for some than others so don't do the GF/CF diet half heartedly for 3 months and say it didn't work.

Some parents comments:

"I've never done a proper gluten sensitivity test. Taking gluten out of my son's diet made him feel better, poop better, and act less 'spacey'. Putting it back in gave him stomach cramps & diarrhoea and made him cranky for days. So I didn't feel the need to put him through a celiac test. "

The therapies Dr. Coombs suggests first are the ones that have helped the greatest number of his other patients. I've found him generally to be very thoughtful and cautious with his suggestions. (The more information you can give him, the less guesswork he'll have to do - so make notes about everything!)"

"I've talked to many people who've taken gluten out of their child's diet and haven't seen it make a bit of difference. I've also talked too many like me, who found it was like night and day."

Dr. John F. Coombes, M.D. Presentations

“The “DAN Protocol” isn't really a “protocol” at all, it's more like a collection of nutritional/medical/alternative therapies that have helped some kids and may help others. The co-founder of the movement, Dr. Sidney Baker, has this motto: “Have we done everything we can for this child?” Personally I've found that several (certainly not all) of the DAN approaches have helped my son feel better. He has digestive and metabolic difficulties, and many DAN approaches help with that. I don't think of it as 'therapy for autism' as such, I think of it as medical care. But when my son feels better he can think more clearly, and when he's thinking more clearly he learns more easily - so I do think of it as crucial - it's a solid foundation for learning. It's often difficult to get good medical care for a child on the spectrum, because he/she doesn't tell us where or how it hurts, at least not in a way a doctor can easily understand. There's a lot of guesswork involved in diagnosing anyone's medical problem - and when a person communicates in ways that we see as “behaviours” we can make all kinds of wrong assumptions and never even think to look for a medical problem.

“The hope that I have today will be better than the hell I went through yesterday – so try it – you have nothing to lose by trying”

Dr Coombes believes parents of Children on the Autism spectrum are the grass roots movement, pushing advances in medical thinking by bringing the scientific research to the right peoples attention and with more CEO's of big companies having their children or grandchildren diagnosed, more and more people are asking what is causing this and wanting not only answers but positive action. As with Diabetes and smoking “The tide will turn but only when it is blatantly obvious, will the medical profession jump on board”

Dr Coombes would like to have a website so that audio can accompany his slides and be constantly updated. He is looking for a tech person to help him develop this. Please contact him directly if this is of interest to you.

Mom's of teenage girls should checkout www.moodcure.com

Presenter Amelia Booth (Amy) mentioned how her son was addicted to Gluten & Dairy and said that the pace is slow and steady but gave recommendations on how to get started.

Remove all the bad foods as an Autistic child will get up at 2 a.m. to raid the pantry! Start with Finger foods – berries, watermelon, grapes, chips, corn chips, rice crackers, popcorn, Quinoa puffs. Make your own jello and popsicles as they can take 20 minutes to suck. Watch out for Hams as they are full of nitrates and sulphates but there are stores that stock free from Hams etc and more “Free from antibiotic” meats are in the grocery stores. Try and make from scratch your pancakes, cookies and cakes gluten free as the mixes can often contain too much sugar. Amy recommended - Finding foods I can eat – Shirley Plant and gave a number of examples of templates for claiming food, transportation etc from revenue Canada but warned that sometimes the low cost benefit isn't worth the hassle as you will be audited and you will have to go through the ringer every year so keep every receipt and be diligent with your filing.

Shelley Brown from Network Interventions Verbal-Behaviour Consultants who attended the workshop offered a guide to helping a child expand their eating repertoire.

Jennifer Nicholson shared the history of her seven-year-old son, Teagin, who is autistic and suffers from a rare and severe form of epilepsy called Lennox-Gestaut Syndrome. Medications didn't reduce the 150 seizures he experienced each day, but the Ketogenic diet has given him a new lease on life after the medical professions said it would be just a matter of time before her son reduced to a wheelchair would die. Read the whole story by Laura Mueller-February 10, 2010, OttawaRegion.com or in the March issue of the Children At Risk newsletter.

Autism Today teleconference on Fitness for the ASD population

On the 12th May Autism Today held a teleconference to discuss fitness for the ASD population with Eric Chessen. As Children At Risk aims to keep parents informed that haven't been able to attend or knew about workshops, the following article is from notes from parent Mary Longmuir, that listened to the teleconference and also from a Q&A that was distributed following the teleconference.

Eric Chessen was an overweight, chubby, bullied kid at school. He didn't discover weight lifting until the end of High School and in College. Having discovered the power and benefits to enjoying a healthy life style he worked as a personal trainer and worked at Special needs summer camps, specifically with kids with Autism.

Having graduated in psychology, he then honed his fitness skills and trained in ABA and developed a fitness program based on the best practices approach to movement. 10 years later he is the founder of Autism Fitness. www.autismfitness.com There are two DVD's and an E-Book for those interested. Eric has also contributed to Autism Tomorrow.

The ASD population has very little access to dedicated programs. In general fitness is the microcosm of what is going on in the mainstream:-

1. Gym at school is getting cut or reduced to once a week for half an hour.
2. Everything is team based – This becomes exclusive as kids shy away
3. Professionals that mean well are falling for the marketing hype of treadmills rather than the outdoors. Kids don't enjoy treadmills! Technology is a wonderful thing but it has to be kept in balance. The Wii fitness is not a substitute for vigorous play outside.
4. Sport has become too competitive - their needs to be a redefinition of the word Athlete.
5. Sport has become too exclusive – you can't join in unless you have the \$150 sneakers. Not the ones being chosen as team members - Sport needs to be more inclusive.
6. There is an in balance and Multi Sport Athletes are getting burnt out due to injury or the emotional aspect.
7. General fitness is being missed.
8. Sport is confusing as there are too many rules that can be abstract in structure. The social aspect of picking sides can increase anxieties.
9. Through structured sport we have taken away "Play"
10. Increase in the diagnosis of obesity in kids aged 2 – 5 years of age. Increase in childhood type 2 diabetes.

Number of individuals involved in a fitness activity by age range:

Elementary school age	30-50% of US population
Middle & High School age	25-30% of US population
Collegiate	5-7% of US population
Professional	0.0006 - 0.0008% of US population

Observations:

1. The vast majority can't take sports into adulthood – body just becomes a store for the brain!
2. The vast numbers of ASD kids are not ready to participate in organized sport now or ever.
3. ASD kids don't engage in free play and are being deprived of a healthy living
4. There are challenges to teaching fitness to ASD kids – just getting them to standstill! If I can get them to stand in front of me, that is attending. If I can get them to reset and attend, I'm on to a winner.

Autism Today teleconference on Fitness for the ASD population (Cont'd)

5. If kids enjoy what they are doing they will do it more readily – When looking at a fitness program - What do they say they do? What do they actually do? – dragging a kid through a fitness routine doesn't make it fun, what are they getting out of it? If it doesn't result in something they will do independently then they won't master the skills.
6. It has to be safe and appropriate for each individual
7. Incorporate the activities into the home routines

What is fitness to the ASD population and how do we make it fun?

Recommendations:

1. Ask the questions – What does the individual want to do? What is there in my community for the ASD population?
2. In order to enjoy it, it has got to be the right type of physical education.
3. You need to prepare a child for a fitness program – Pair activities with music and don't label as fitness. Start with activities that are part of their world and provide more access to them.
4. The best free play is play grounds – kids can develop skills to get more flexible and stronger. Play structures are good for the Gate pattern or hip mobility. They can then generalize the skills – lifting a heavy backpack up to a locker.
5. Create opportunities to succeed – see and feel the result of their activities.
6. Exploratory play rather than walking with a glazed stare on a treadmill.
7. Be careful with taking preferred/enjoyable activities and applying a win/lose scenario to them by moving to a competitive form. These may be great outlets for stress and energy. The last thing we would want to do is make them situations to cause anxiety or lose motivation.
8. Basic fitness orientated activities include:
 - Animal based movements
 - Jumping activities, cartwheels
 - Sprinting, squatting, bending
 - Throwing large ropes
 - resistance band activities
 - Medicine ball
 - Bar Bells
 - Sand Belts – Throw it, drop it and you don't get hurt. Good to slam to the ground as an outlet for aggression. 15lb sandbelts over their heads.
 - Increase in Intensity but still all the same movements.

What are the results of fitness programs

- ✓ Sense of achievement – Fitness that they can succeed at.
- ✓ Decrease in anxiety – competing against their own success is very powerful.
- ✓ Care enough to not care at all about winning – the joy of being part of a team having fun.
- ✓ Kids are more focused over all.

Autism Today teleconference on Fitness for the ASD population (Cont'd)

Q&A

What is the #1 golden rule to long-term healthy living, and what must be avoided?

1 Golden Rule: Introduce fitness, make it fun, challenging, and part of a lifestyle. Avoid trying to force activities on individuals with ASD, or force them in to activities.

How do you get an extremely non-compliant child to work with you?

Many of my athletes have been less-than-motivated about beginning a new activity, particularly movement. I pair exercise with known reinforcers, often using a token board or some other way to identify the contingency: If you do this, then you can have access to that. For example, with an emerging athlete I may begin with one ball throw followed by two minutes of leisure/break time with a preferred activity. I would gradually increase the demand and try to fade out the prompt. Keep behavior specific praise and access to known reinforcers VERY high as well. You can also try varying the different activities to find out if there is a particular exercise activity they enjoy or prefer.

When developing a physical program, how do you balance the cognitive aspect of learning a skill with the actual physical execution. How do you make it cognitively suitable without the actual activity being too boring?

This is where a best practices approach to teaching comes in outstandingly useful. I break exercises down into smaller tasks so that the athlete is able to learn and master them gradually and efficiently. For example, we could take an overhead throw with a medicine ball and break it into the following steps: 1) Pick up ball 2) Raise overhead 3) Throw 4) Catch ball when thrown. Things tend to get boring when they are repetitive. That is why it is so crucial to teach new activities and move on to new variations.

How would you go about starting a home program? What weight/size sandbags and medicine balls do you recommend to start a home program?

I like to start by introducing some animal-based movements or throwing a ball around. You can even start with a walk around the neighborhood or a hike. Be sure to label activities "Great overhead throwing!" and provide plenty of behavior-specific praise. Try to introduce 3-5 new movements at a time, along with some that are already mastered, meaning the individual can do these exercises independent of prompting or guidance. Depending on the individual, I would go with a set of 4, 6, and 8 or 10 lb. Sandbells. You can find them on the [links](http://www.AUTISMFITNESS.com) [section](#) [of](#) www.AUTISMFITNESS.com

How can someone exercise well during the day without becoming exhausted?

I have found success in spreading exercise throughout the day. This works well both for individuals who have low tolerance (physical and/or adaptive) for vigorous activity and for incorporating fitness into various environments and situations. For example, try a few different throw variations for 5-10 minutes early in the day, some pushing and pulling with Sandbells or resistance bands later in the afternoon, and some animal movements in the evening.

Students enjoying jogging/running for short distances - challenge is teaching them to discriminate where running is "appropriate". Running across a street is not appropriate. On a track, yes.

I completely agree. In fact I work a lot on discrimination training with my athletes. Fitness time is also a great opportunity to learn prepositions; in, on, through, next to, over, under, etc.

Autism Today teleconference on Fitness for the ASD population (Cont'd)

What advice would you offer on how to develop a small sports/recreation program for ASD kids who need the benefits of organized sports and inclusive groups, but need accommodations without some of the physical & social limitations of the existing special needs programs?

I often create fitness programs for various educational programs and groups. The most important considerations are keeping the activities general, making sure each activity can be progressed or regressed to the abilities of each participant. It is also important to create your own hierarchy of goals (physical, social, adaptive).

What do you think of yoga for kids on spectrum?

Yoga is another one of those fitness modalities that has been misunderstood and marketed until much of the original intention or goals were lost. My first thought is that developing basic movement patterns (pushing, pulling, rotation, bending, and locomotion) is the most important aspect of physical fitness. If a specific yoga class can satisfy all of these AND continue to develop these movement patterns, then great. I am not a big proponent of static holds (staying in a fixed position for a duration longer than about 10 seconds), especially for individuals who may have problems with stability and strength to begin with.

If the yoga program is fun, active, and incorporates a lot of other modalities for developing strength, coordination, stability, and reactive abilities, then I'm all for it. In that case, is it still a yoga program, or are we just calling it one? There are about a half-dozen different definitions for the term "core" right now, so I'll provide mine first and go from there. Essentially, the core consists of all the major muscle groups along the center of the body. These include the trunk, hip, and shoulder girdle. Some of my favorite exercises that aid in strengthening and stabilizing the "core" include overhead walks with weighted objects, crawl variations, and various med ball throws. Yes, they are both in the DVDs and the E-Book.



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<p>MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT</p>	<p align="center">SAMPLE TICKET of 6,000</p>
<p>SAMPLE TICKET of 6,000</p>	<p align="center">SAMPLE TICKET of 6,000 (613-741-8255) PRICE: \$2 or 3 for \$5</p>

OTTAWA AUTISM COMMUNITY ANNUAL FAMILY PICNIC Sunday, June 13, 2010 12 Noon-3 PM Brewer Park

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

Activities & Features

B.B.Q. HAMBURGERS, HOT DOGS, DRINKS, CHIPS
COOKIE DECORATING
FISH POND
PARACHUTE TOSS
WATERMELON
BALLOONS
BUBBLE PLAY

"CASTLE BOUNCE" & "CLIMB 'N SLIDE" INFLATABLES

2:00 PM -15th ANNUAL RAFFLE DRAW

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

"Pick 'n Pay" table of children's toys, Disney Items & More!

(gently used or small defects)

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



Key to the City

IS EASY TO USE

1. Go to www.keytothecity.ca to view a list of merchants in all our participating cities (Ottawa, Kingston, Cornwall and Pembroke) .
2. Present your card at the participating merchant to receive your discount.
3. Use your card over and over again to enjoy savings. The number of times that you may visit each merchant is unlimited.

Key to the City cards come with 3 pieces - one card size and two key fobs. Share these pieces and each person who possesses a "key" is eligible to receive all of the same savings, at any merchant, at any time.

The Shoppers Optimum Points™ Donation Program - A Unique Way To Support Children at Risk!



We have a great opportunity for you to support us ... made available by Shoppers Drug Mart through the Shoppers Optimum Program™.

By donating some (or all) of your Shoppers Optimum Points™ to our organization, you are enabling us to use your points at Shoppers Drug Mart® toward the purchase of products and supplies we need for our ongoing fundraising activities.

To donate your Shoppers Optimum Points™, please go online to: www.shoppersdrugmart.ca/donate. Select Children at Risk and donate! If you are not presently a Shoppers Optimum Member™, next time you are in a Shoppers Drug Mart ask for a card, which will be issued to you right on the spot at no cost.

With your support, this initiative has the potential for Children at Risk to “optimize” our fundraising dollars through this unique program!