

40 years
of Service

1979-2019



Children at Risk

NEWSLETTER

JUNE 2019

Issue #87

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Ottawa, Ontario

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Charitable Registration #

10691/3775/RR/0001



Difference Makers Golf Tournament –
June 17, 2019

Hurley's Kanata Golf Tournament –
June 17, 2019

Annual Spring Raffle –
June 23, 2019

Ottawa Autism Community
Annual Family Picnic
Sunday, June 23, 2019

**THE ANNUAL GENERAL MEETING OF
CHILDREN AT RISK, OTTAWA**

Wednesday, June 5, 2019

235 Donald Street, Room 209 – 7 p.m.

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

****Special Guest Speaker Parent Julie Babcock for the
Ottawa School of Theatre****

**We are also excited to welcome Members of The Difference Makers/ Les
Faiseurs de Différence to present their 2018 Fundraising Proceeds to
Children at Risk!**

The following business will be conducted:

*1. Minutes of 2018 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: * Rob Gentles * Mark Lalonde *
Marca McManus * Graham Estey * Melissa Van Alstine * Bill Pocock*
Alexandra Sloan Jeffrey*

The following positions are vacant: Up to 3 Directors – if you are interested in getting involved with Children at Risk by becoming a Board Member or a Volunteer please contact our offices at 613-741-8255 or email car@childrenatrisk.ca before the Board Meeting to register your interest and present a small bio.

The Children at Risk Board follows the Carver Policy Governance Model, now meeting bi-monthly to review charity policies and happenings. We are especially looking for Board Members who either have experience/background in Human Resources and can attend Board Meetings, but also those who have the ability and desire to help with Fundraising Events and Donor Development. Throughout the year Children at Risk either stages Fundraisers or is invited as a recipient charity and it is important for a Charity Representative to attend, be social and impart the cause of Autism and how Children at Risk provides supports for ASD children and their families!

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

By Order of the Board, Mark Lalonde, President

May 05, 2019

PRESIDENT'S MESSAGE

By Mark Lalonde, Board President



As we welcome in June - the weather we are having reminds me of Butch Cassidy and the Sundance Kid. Specifically, the theme song from that movie... Raindrops keep falling on my head! I recently had a vacation in England and Ireland. I was expecting cold and rainy

weather, only to be pleasantly surprised with mainly sunny warm weather. Now I wish I had stayed overseas.... Ottawa is more like Dublin this Spring.

Anyway, we won't let the weather get us down, since we can look forward to the **9th Annual Camp Kaleidoscope** - right around the corner. Camp K runs from **July 8th to August 9th** this year. So put on a happy face. ☺ The last Saturday Fun Club Respite Session will be June 15th, resuming in September. We have recently been breaking attendance records for this popular respite offering.

We have a number of Fundraisers on the go, including our Spring Raffle. If you can buy some tickets and sell some to your friends and family, it would be greatly appreciated. We are hoping for a sell-out once again as we have some great prizes. We will have several Charity Golf Tournaments being staged for Children at Risk also taking place this summer.



In addition - we also want to thank **Natasha McRae** for her 2nd Year of Fundraising efforts. Natasha will be doing a total of **5 triathlons** with the goal of raising **\$5,000** for our charity. Your support for Natasha would be greatly appreciated - by BOTH her and Children at Risk!

PRESIDENT'S MESSAGE (Cont'd)

The Danbe Foundation are once again offering a Challenge Matching Gift of up to **\$10,000!** Danbe will match ALL donations – essentially doubling your Gift and earning up to **\$20,000!** We encourage ALL who might have been considering a Donation this year to jump in NOW and double the funds raised! We have also some recent exciting News - We are the recipients of a significant Grant from the City of Ottawa for our Leadership Program. We want to highlight the tremendous effort by our **Charity Administrator Bambina Lemme** for her diligence to put the application forward.

We have a number of returning members to our **Board of Directors**, including **Rob Gentles, Marca McManus, Alexandra Jeffrey, Graham Estey, Bill Pocock and Melissa Van Alstine**. We also want to thank **Walter Davidson** and **Linda Kwasnick** for their work on the Board over the past several years.

I hope you all have a wonderful summer and I look forward to seeing many of you at Camp K or other events!

2018/2019 Board of Directors

President – Mark Lalonde

Treasurer – Melissa Van Alstine

Secretary – Linda Kwasnick

Director – Walter Davidson

Director – Marca McManus

Director – Rob Gentles

Director – Graham Estey

Director – Alexandra Jeffrey

Director – Bill Pocock

COMINGS & GOINGS!



Maria Rainville,
Office Admin

Children at Risk's Office Administration has had many new faces over the past year. At the end of March, we had **Maria Rainville** join us part-time for Reception and other admin and office tasks. Maria's family – **husband Stephane, children Miguel and Isabelle** – are familiar with our Charity – as both children have attended our supports like Fun Club and Camp K. Maria will also be a face for Families attending

Camp this summer – as she will be assisting with Sign-Out/Pick-Up duties in the afternoon each day. **Welcome Maria!**

The Odyssey to find a new Charity Administrator for the soon (and she means it this time) to retire **Bambina Lemme** has been very challenging! Over her 12 Years with Children at Risk, Bambina has written and re-written her job description. More and more duties and more and more responsibilities have been added to utilize her varied skill-set. This however, does make her a hard act to follow. We were delighted when **Sarah Hunt** accepted this challenge and started with CAR in May. Sarah was known to our Charity through her former role in administration at the **Orleans Chamber of Commerce**. With the amalgamation of Orleans, West-Ottawa and Ottawa to the new Ottawa Board of Trade, Sarah decided she wanted new career path. We are so excited but hope that Bambina will be able to transfer all her knowledge and skills before her set date of November 1, 2019 – when she will be riding off in the sunset to Florida! **Welcome Sarah!!**



Sarah Hunt,
Charity Administrator

EXECUTIVE DIRECTOR'S MESSAGE

Brenda Reisch, Executive Director

39 Weeks, 8 Years, 2,045 Weekly Camp Spots. These are some of the Statistics for Children at Risk's summer day camp, **Camp Kaleidoscope**. Since 2011, Camp K has established itself in the Ottawa Community as one of the BEST summer supports for ASD children. The 400% increase in numbers over those 8 years speaks for itself.

However, when faced with the possibility of NO funding from the **Ministry of Education** for the use of school facilities for Charitable and Non-Profit groups – the fragility and vulnerability of Camp K was felt deeply. Panic ensued with both Families and our Charity – Would we have Camp? Where would Camp Be? How much would Camp Cost? These questions and concerns swirled for weeks until the Green Light came from the Ministry and Ottawa Catholic School Board that we were back in business.

But the delays caused confusion, late registrations and - I have to say – the most stressful year to date for our Camp Executive Staff.

With reduced funding to Families and reduced IBI programming under the Ontario Autism Program – a Support like Camp Kaleidoscope is needed more than ever! If the **Focus on Youth** funding is again in question next year – we will be right back in the same position. Communication is the Key to getting our Provincial Government to understand the critical importance of supports like Camp K – the lifeline it extends to getting through the summer with your ASD child out of school. We will need to start NOW in educating, enlightening and informing those in positions of power. Testimonials about your child's Camp experience will be an essential ingredient in the Recipe for Success! 2020 will be the Camp K's 10th Year Anniversary. Help us to make sure this will be a celebration of continued excellence – not condolence for a loss. See you at Camp or in September.

Enjoy Your Summer!

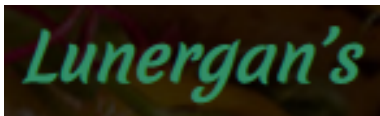
EVENTS/ACTIVITIES SINCE MARCH 2019...

CONTINUING SUPPORT



The Difference Makers - Les Faiseurs de Différence started their support of Children at Risk in 2017. Total Funds raised in 2017 was **\$15,165**, in 2018 was **\$20,001** and they hope to make it even higher for 2019!

The EXTRA great news is that they are pledging to support for at least ONE MORE YEAR in 2020!



So far in 2019 – there was a Dart Tournament on February 24th and a Bowling Event on April 14th. Then their Annual Golf Tournament is June 17th – with a partner Tournament with **Lunergan's Pub & Eatery** scheduled for **July 13th**.



Thank You

DONOR SPOTLIGHT



This March Children at Risk was contacted by **Janice Menezes of Lockheed Martin Canada**, located locally in Kanata, to be Recipient Charity for funds raised by their Ottawa Hockey Team for Lockheed Martin Canada playing in the Annual Tournament held in the USA. Parent **Rob Blick** kindly put forward our Charity for this consideration. Annually, Lockheed Martin Canada encourages their Employees to choose local charitable causes that personally and corporately they can extend support to with Teamwork and Fundraising Initiatives. Donations for the Hockey Tournament from Employees reached **\$1,180!**

DONOR'S CORNER

| | |
|-----------------------------------|----------|
| PayPal Giving Fund | \$139.00 |
| United Way Greater Toronto | \$169.54 |
| Connecting Young Minds Conference | \$250.00 |
| Unifor Local 6004 | \$415.00 |

NAVY CURLING CLUB FUNDRAISER



In April, Children at Risk was again invited to receive funds raised by a Raffle of Baskets at the **Senior Men's Curling Bonspiel**. With Donations, the Bartender's Tips and Raffle Proceeds – **almost \$900** was raised for Children at Risk.

Many thanks to Grandfather to 2 ASD boys, **Bill Pocock**, for arranging this 2nd Year as a Fundraiser for CAR – with almost **DOUBLE** the monies raised!

What is On Now/Coming:

EMAIL AUCTIONS

Children at Risk enjoys some Fundraising success with small Email-Style Auctions. We do not sell enough to have a permanent Auction Site that can be used to Bid – but recently we had a Valentine's Auction and a Father's Day Auction. For the Valentine's Auction, Parent & Board Member Graham Estey set up a Google Site for sending a Link to view items.

Recently we had 2 Items that did NOT get bid on:

- 1) Garage Door Opener
- 2) Chamberfest Tickets

I am putting them here – if anyone is interested – Email our Offices at car@childrenatrisk.ca and give your Bid!



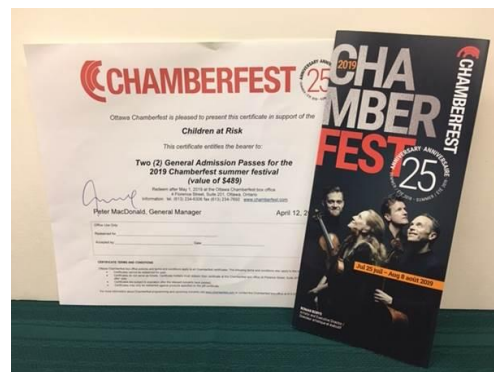
1. OPEN SESAME!!
 - Whisper Drive Garage Door Opener - 1 1/4 HP - Donated by Protech Garage Doors
 - Monitor and control your garage door from anywhere with Chamberlain® Whisper Drive garage door opener. The MyQ® app is available for free download from the App Store(TM) or Google Play(TM). Opener connects directly to your homes Wi-Fi (requires Wi-Fi signal in your garage). Built-in battery allows for normal use even when power is out. The ultimate in quiet and performance with a heavy-duty steel reinforced belt. The ultimate in quiet and performance with a heavy-duty steel reinforced belt. Can be used with universal in-vehicle remote control systems.
 - Installation by Protech Garage Doors at Discounted Cost

Value \$400 (+ Tax!)

Starting Bid \$250 (\$5 Increments) NO BIDS YET!



2. Chamberfest for Two! (Runs July 25-August 8, 2019)
 - 2 General Admission Passes for 2019 Ottawa Chamberfest Summer Festival
 - \$239 Value Each + Tax/Shipping



Value \$550 (with taxes)

CHILDREN AT RISK 24th Annual Raffle

Dear Parents & Friends,

Tickets are NOW available for our 24th Annual Spring Fundraising Raffle! After many weeks of gathering quality prizes, we can proudly offer them for sale. The prizes are fabulous! As we are getting started somewhat late...we will need LOTS of help to sell out of our 7,000 tickets before the draw on June 23. I hope everyone can join me in trying to make this year a sell-out!! Unsold tickets represent lost Fundraising \$'s for Children at Risk. Funds raised will support our Community-Based Special Projects. These include Sibling, Friendship and Family Support Groups, Summer Camp, Educational Training Workshops and Information Seminars as well as updating resource materials. These valuable activities receive no government funding and are supported solely through Fundraising efforts and Donations.

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

The Raffle draw at 2 PM our Autism Community Annual Family Picnic – Sunday, June 23, 2019.

Our Raffle offers:

- Tickets \$3 each, 2 for \$5 or a book of 10 for \$20!
(NEW PRICING THIS YEAR! – Note that our Raffle License is Set with this pricing – so Make Sure that sales follow this ie. NOT 5 tickets for \$10 – a \$10 sale would be 4 tickets – not ½ a book)
- Prizes worth a total of \$9,993!
- 13 draws, with an average Prize Value of over \$768 (1st 4 Prizes over \$500 each!)
- Maximum 7,000 tickets sold.
- Minimum Prize Value of \$120!

LOOK AT OUR 1ST PRIZE:

1st Prize – WESTJET GIFT OF FLIGHT!



THIS TRIP PRIZE INCLUDES:

- ROUNDTRIP FLIGHT FOR 2 TO ANY REGULARLY SCHEDULED WESTJET DESTINATION (VALUE UP TO \$3,277)
- CIAO SPORT CHALLENGER 3-PIECE SPINNER LUGGAGE SET (\$930)
- AVON TRAVEL PERSONAL CARE SET (\$181)

TOTAL 1st PRIZE VALUE: \$4,388!

Please contact our offices to get your tickets at 613-741-8255, or by email, car@childrenatrisk.ca, and we can cheerfully send them out to you! We would only need for each family to sell/buy 2 books, would sell out!

Sample Ticket Page 25. Photos of some of the prizes:





THANKS to Parent Julie for getting Children at Risk signed up for Mabel's Labels! I have had this on my list FOREVER – so when Julie offered to get us started – of course I was

thrilled. Mabel's Labels has been a household name for many years for Labelling your Child's clothing and belongings. With Summer Camp coming up and Camp Kaleidoscope in the summer – this is a MUST to invest in to ensure your children's items are returned! Every year we end up with a mound of clothing and items that are unlabelled – we try to look for items when a Parent comes to us – but by then they might have been packed up for storage (swim suit, towels) or stuffed in various spots as we pack up Camp.

When items are labelled – we put them aside and notify the Family – it is very easy for us – and a better guarantee that you will get your child's belongings back! AND – it will help raise some Funds for CAR too!!

Check it out at this link:

https://mabelslabels.com/c/?funId=10226&cur_website=base

If this does not work – follow this instruction:

1. Go to campaigns.mabelslabels.com and choose “your organization” from the School/Organization list.
2. Visit mabelslabels.com, press the “Support A Fundraiser” button and choose “your organization” from the list.

Meet Mabel

In 2003, four busy moms noticed a huge gap in the market for durable kids' labels. Frustrated by their children's things getting lost, mixed up and leaving home never to return, Julie Cole, Julie Ellis, Cynthia Esp and Tricia Mumby knew they could do better than the scribbles on masking tape that were being passed off as labels. After much research, they brought a brand new product to market. Enter Mabel – the very best personalized waterproof name labels and tags. Mabel's Labels started humbly out of a basement and has grown to be an award-winning, market-leading company loved by Moms and kids alike.

MABEL'S LABELS (Cont'd)

Today, Mabel's Labels is the best-known brand of durable labels for families, and our growing line of products features baby labels, child safety products, sports labels, household organizational labels and seasonal items.

They're extremely durable, they're laundry, dishwasher and microwave safe – and they're 100% guaranteed.

We sell our products worldwide through mabelslabels.com and across North America via fundraisers at schools, daycares, camps and other organizations.

Our Awards

2014 RBC Women Entrepreneur Award-PROFIT Award for Excellence in Entrepreneurship

2013 Ranked #17 PROFIT/Chatelaine W100

2012 Ranked #27 PROFIT/Chatelaine W100 and were selected for a special magazine profile

2009 RBC Women Entrepreneur Award

2007 SavvyMom “Mom Entrepreneur of the Year” “Best Product” from Baby Gizmo, iParenting and PTPA Media

Mabel in the Media

Mabel's Labels has been featured on The View, Today, The Early Show, Rachael Ray, LIVE! with Regis and Kelly, as well as in Parents, In Style, The Washington Post, The Huffington Post, People.com, Forbes.com and countless other blogs and websites.

As sought-after experts on social media, we're listed on Inc.com's list of '20 Awesome Facebook Fan Pages' and Hubspot's 'The 15 Best Facebook Pages You've Ever Seen'.

Celebrity moms who have used Mabel's Labels include Victoria Beckham, Gwyneth Paltrow, Rachel Weisz, Heidi Klum and Reese Witherspoon.

DONATE A CAR CANADA



or other vehicle to CAR simply fill out the DONATE NOW tab at www.donatecar.ca. Donate A Car Canada can provide you with free towing in many areas across Canada. Donate a Car Canada can pick up your car or truck, or you can drop off your vehicle to maximize your donation. When you donate your car it will either be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after everything to make your donation easy for you to support Children At Risk Ottawa. DONATE NOW at www.donatecar.ca and CAR will send you a tax receipt after your car donation is complete! Children at Risk has received \$175 from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached over \$17,427! Note that you do not have to live in Ottawa to participate – it is across Canada – so encourage friends and relatives out-of-town to participate, as well!

CANADA HELPS

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

\$3605 donated through Canada Helps
March to June 2019!



DONATE A CAR CANADA IS HELPING TO PUT ON A CAR FLIPPING EVENT!



Donate A Car Canada is partnering with Ryan '6-Pack' Lapadat to raise awareness for our various charities, and to help bring in more vehicle donations for them. Ryan is a champion strong man based out of Ontario, who has won countless awards for his feats of

strength over the years. Just this year he won the Canadian Powerlifting Championships and will be representing Canada at the World Championships in Sweden on June 6th! Ryan also has an amazing heart and has a very strong desire to help various charities across our Country in every way that he can. He actually appeared a number of years ago on Canada's Got Talent to raise money and awareness for various children's charities! We're really excited and honoured to be able to partner with him for this next event.

Ryan has offered to travel across Ontario, flipping a car every day in various public venues, in order to help raise awareness about how people can donate their vehicles through Donate A Car Canada and put those donations towards the charity of their choice. We would ideally like to cover the car that Ryan will be flipping in stickers of a few of the various charities that we support as we are hoping to have a lot of newspaper and television coverage of this event and it would be wonderful for people to be able to see some of the wonderful charities that they can donate to. Children at Risk will be one of the charities that we will advertise our partnership with for this event!



Last year I completed my first ever **70.3 Ironman Triathlon!** During my training, I managed to [raise \\$2,585](#) towards my ambitious goal of \$10,000 for the charity, Children At Risk. Why? Because they provide much-needed **respite programs** for families with children who have Autism, including evening & weekend programs such as Family Fun Night & Saturday Fun Club. They also run camps during March Break, Camp Kaleidoscope in the Summer, and Sibling Support throughout the year. The list goes on! This year I want to go bigger! I want to encourage more people to participate and get involved, and hopefully, I will raise even more awareness for a cause close to my heart!

Summer 2019, Bigger & Better!

This Summer **I will complete FIVE triathlons.** You read that right, not just one, but **five** in my attempt to reach \$5000 for this Summer's Camp Kaleidoscope! I will complete the Somersault [Early Bird Sprint](#) Triathlon May 18th, Somersault [Ottawa River Olympic Distance](#) June 8th, [Muskoka Short Course](#) June 23rd, [70.3 Muskoka](#)

[Ironman](#) July 7th and finally the Somersault [Canadian Olympic](#) Distance Triathlon August 31st! These events consist of swim distances ranging from 500 to 2000 meters, bike distances from 22km to 90km, and run distances from as little as 5km to as crazy as a 21.1km half marathon!

I would love for you to **join me** as an individual competitor at any of these events! Don't want to do all three sports? I can help you create a relay team and you can pick the sport, swim, bike, or run that you prefer! Triathlon sound a bit crazy to you? That is okay, you can **spread the word** to friends and family or simply **donate to help a worthwhile cause!** So why Camp Kaleidoscope? Why help out the charity [Children At Risk](#)? Here is a little back story.

Children At Risk was started by a group of parents who wanted to make sure their children did not get left behind, they wanted to make ensure they developed to their full potential with early intervention and access to programs such as those they now provide. I've had personal experience working with these children and seeing the smiles on their faces when they accomplish something for the first time, or the relief and joy parents experience when they see their children enjoying activities they have never been able to participate in before. Each child at Camp Kaleidoscope is provided a counselor who supports them throughout the day, this may include physical help such as toileting or eating, support through meltdowns, but most importantly, help and encouragement to participate in activities such as arts and crafts, science experiments, cooking and baking, swimming, sports and play structures, amusement parks, and so much more. Camp Kaleidoscope is an opportunity for these children to gain **access to activities every child deserves**, except, in a safe, supportive, and flexible environment that understands their needs!

[The only way](#) Children At Risk continues to provide these programs to over a hundred families in the Ottawa year, and that number grows every year, is through the support and generous donors such as yourself. So take it from me, just another Children At Risk Group Leader that wants to do just a little bit more, Camp Kaleidoscope is integral to these children, to their families, and to our community. Donate if you can, spread the word to whomever you can, and if you are brave, bold, and up for an adventure, join me at one of the many races to take place this Summer! You can follow my journey on my [Blog](#) or via [Instagram!](#)

Camp within Camp Kaleidoscope High Functioning Youth/Teen Leadership Program



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

Unfortunately this isn't as healthy for a teenager on the spectrum who would vegetate with the electronics. The problem is also that at this age they are very set in what they will or will not do and often see Campers as not for them as the activities are boring or for babies! Children At Risk would like to take what was working at Camp Kaleidoscope and further develop a program specifically for the higher functioning Teenager who may be OK at home but whose parents don't want them on the electronics or home alone all day. We want to have a program that the youth want to attend and give them the opportunity to have a "Leadership Camp within the Camp" was devised. The overall goal of the program for this trial year was to create a fun, social environment that was specifically geared towards teens. A space to have a fun summer camp experience that is at the heart of the Camp K philosophy. As among this group of Campers there are many that have the potential as future Camp K counsellors and leaders for the autism community and community at large it was decided to add activities that foster leaders of tomorrow through volunteering and community outreach to broaden a social awareness and create opportunities to collect high school volunteer hours and encourage job interest and community involvement. Camp experience geared specifically to them and that they deserve.

This Spring – Children at Risk was invited to apply for **City of Ottawa Youth at Risk Project Funding** to continue the **Leadership Camp** initiative this summer – and we were overjoyed to find out that not only do we have monies for this at Camp – the City has allocated enough Funding to create a Leadership Program throughout the School Year – most likely alternate Saturdays to Fun Club! The Full plan and schedule will roll out after Camp K is completed but stay tuned for this ****NEW**** and awesome support for the Fall/Winter 2019/2020 year!



Volunteer Spotlight



Heather Unhola has been an important part of Children at Risk for many years. Previously – she was known as our “Face Painter Extraordinaire” with talents for creations that could take your breath away! Sadly these skills could not translate to a steady income – so she hung up her brushes and took on the challenge of navigating our City

roads in the guise of an OC Transpo Bus Driver! With her previous experience driving school buses – not to mention a van full of her children – managing a Bus was a piece of cake.

Heather’s outgoing, gregarious personality and no-nonsense people-oriented common sense have always helped her with Life’s challenges. She is the First to be there to help when there is a Need – and spent much time with Flood Relief in feeding Volunteers. When Children at Risk needed help with our Saturday Costco Food Runs – Heather has been there, as well.

Currently she is also managing our Facebook Account and I have had SO many positive comments on the Posts!! I like to look up definitions and this one is so fitting: Heather = selfless and caring; survives, thrives even in difficult circumstances! Join me in thanking this extraordinary young woman for her efforts on behalf of Children at Risk and the Families we represent!



DALHOUSIE UNIVERSITY

Researchers at Dalhousie University are conducting a research study investigating stress, resilience, and healthcare programs/services for families of children with developmental disorders. Currently, there is little information on guidelines or best practices that can inform us about strategies related to resilience and healthcare services to promote it. This research aims to explore resilience and stress experienced by families of children with disabilities and their strategies to cope with challenges from the perspectives of parents and healthcare providers. This study identifies underlying mechanisms to help us understand how some people can better cope with situations and show higher resilience in response to stress. The study will develop a list of available resources and gaps in healthcare services to support resilience among families of Canadian children with disabilities.

Purpose

The goal of this study is to have a better understanding of health care services and resources that are available to improve resilience. They hope that your participation will help to develop guidelines and improve existing services available which aim to improve resilience among families of children with disabilities.

Participation

Participation will entail involvement in an online survey to share ideas and perspectives. **By participating in this survey, you will have the chance to be entered in a draw to win one of 30 gift cards (e.g., Amazon, based on participants choices), valued at \$50.**

Your participation in this study is completely voluntary. You may choose to stop participating at any time. If you choose to participate in this study or have any further questions, please do not hesitate to contact the research team via email at resasd@dal.ca or call 902.494.8434.

See poster on Page 23.

The Misunderstood Child
A poem about children
with hidden disabilities
by Kathy Winters

SPECIAL
NEEDS
JUNGLE

"The Misunderstood Child"

I am the child that looks healthy and fine.
I was born with ten fingers and toes.
But something is different, somewhere in my mind,
And what it is, nobody knows.

I am the child that struggles in school,
Though they say that I'm perfectly smart.
They tell me I'm lazy -- can learn if I try --
But I don't seem to know where to start.

I am the child that won't wear the clothes
Which hurt me or bother my feet.
I dread sudden noises, can't handle most smells,
And tastes -- there are few foods I'll eat.

I am the child that can't catch the ball
And runs with an awkward gait.
I am the one chosen last on the team
And I cringe as I stand there and wait.

I am the child with whom no one will play --
The one that gets bullied and teased.
I try to fit in and I want to be liked,
But nothing I do seems to please.

"The Misunderstood Child" (Cont'd)

I am the child that tantrums and freaks
Over things that seem petty and trite.
You'll never know how I panic inside,
When I'm lost in my anger and fright.

I am the child that fidgets and squirms
Though I'm told to sit still and be good.
Do you think that I choose to be out of control?
Don't you know that I would if I could?

I am the child with the broken heart
Though I act like I don't really care.
Perhaps there's a reason God made me this way --
Some message he sent me to share.

For I am the child that needs to be loved
And accepted and valued too.
I am the child that is misunderstood.
I am different - but look just like you.

<https://www.youtube.com/watch?v=Mbp2A6p9vJc>





Bread Pudding Recipe

I am always a firm believer of “when you have lemons, make lemonade...” – in this case – when you have too many BUNS from Costco – you make Bread Pudding!



This bread pudding recipe is based on one from the famed [Bon Ton Cafe](#) in New Orleans. My friend Becca gave us the recipe years ago and now it’s a family favorite, especially around the holidays!

The sauce uses plenty of bourbon (Becca says the Bon Ton’s sauce has even more bourbon in it), but feel free to cut down the amount. We also give directions for making a kid-friendly bourbon-free version of the sauce.

My father always gets a dazed and happy look in his eyes when this bread pudding is mentioned.

- Prep time: 10 minutes
- Cook time: 1 hour
- Raisin Soaking time: 1 hour
- Yield: Makes 8-10 servings

Bread Pudding Recipe (Cont'd)

Need a kid-friendly sauce without bourbon? Use 1/2 cup of water mixed with 1 Tbsp vanilla extract and 2 Tbsp of cider or white vinegar in place of the bourbon called for in the sauce recipe.

Get the raisins soaking in bourbon before you start anything with this recipe. You can even soak them a day or two ahead.

The bread you use should be a little dry. If the bread you are using is fresh, after you cube it, spread it out on a sheet pan and put it in a 200°F oven for 10 minutes.

Ingredients

Bread Pudding:

- 1 loaf French bread, at least a day old, cut into 1-inch cubes (about 6-7 cups)
- 1 qt milk
- 3 eggs (large)
- 2 cups sugar
- 2 Tbsp vanilla extract
- 1 cup raisins
- 1/4 cup Kentucky bourbon whiskey
- 1/4 teaspoon allspice
- 1/4 to 1/2 teaspoon cinnamon
- 3 Tbsp unsalted butter, melted

Bourbon Sauce:

- 1/2 cup (1 stick) butter, melted
- 1 cup sugar
- 1 egg
- 1/2 cup Kentucky bourbon whiskey (less or more to taste)

https://www.simplyrecipes.com/recipes/bread_pudding/

RECIPE CORNER (Cont'd)

Mediterranean Orzo Salad

Summer is here and this means Salads, Salads and MORE Salads - - here is a great one we test-ran in one of our training sessions for Camp K!



Ingredients:

Dressing

- 1/3 cup extra-virgin olive oil
- 1 lemon, juiced
- 1 clove garlic, minced
- Kosher salt and freshly ground pepper

Salad

- 12 ounces orzo pasta
- One 16 ounce can chickpeas, drained
- 1 ½ cups of cherry tomatoes
- 1 ½ cups Kalamata olives, halved (these can be left out if you are not an Olive-Lover)
- 1 ½ cups of crumbled feta cheese
- 1 red onion diced
- Kosher salt and freshly ground pepper
- Fresh Parsley

Directions:

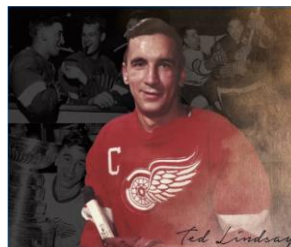
For the dressing: In a jar or bowl, mix together the olive oil, lemon juice, garlic, and some salt & pepper until combined.

For the salad: bring a pot of water to a boil and cook the orzo according to the package directions. Drain and let cool.

Place the orzo, chickpeas, red and yellow tomatoes, olives, feta, parsley and onions in a large mixing bowl and pour the dressing over the top. Stir to combine and taste, adding salt & pepper if needed. Refrigerate at least 1 hour before serving. Top with more feta, and parsley and serve as main dish salad.

From: Kate's Kitchen

OTTAWA SENATORS ALUMNI ASSOCIATION

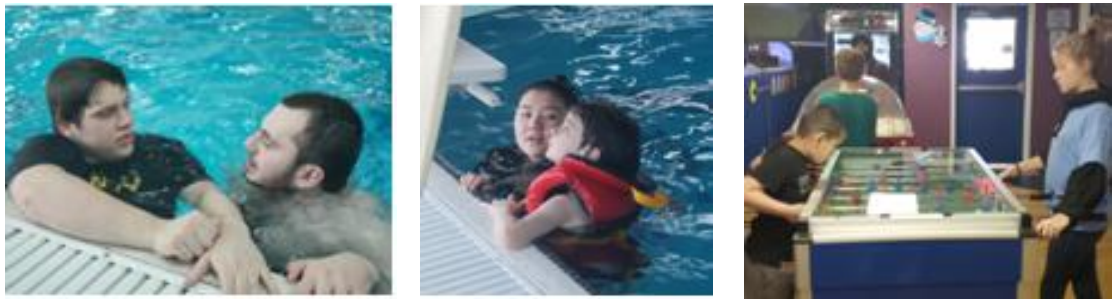


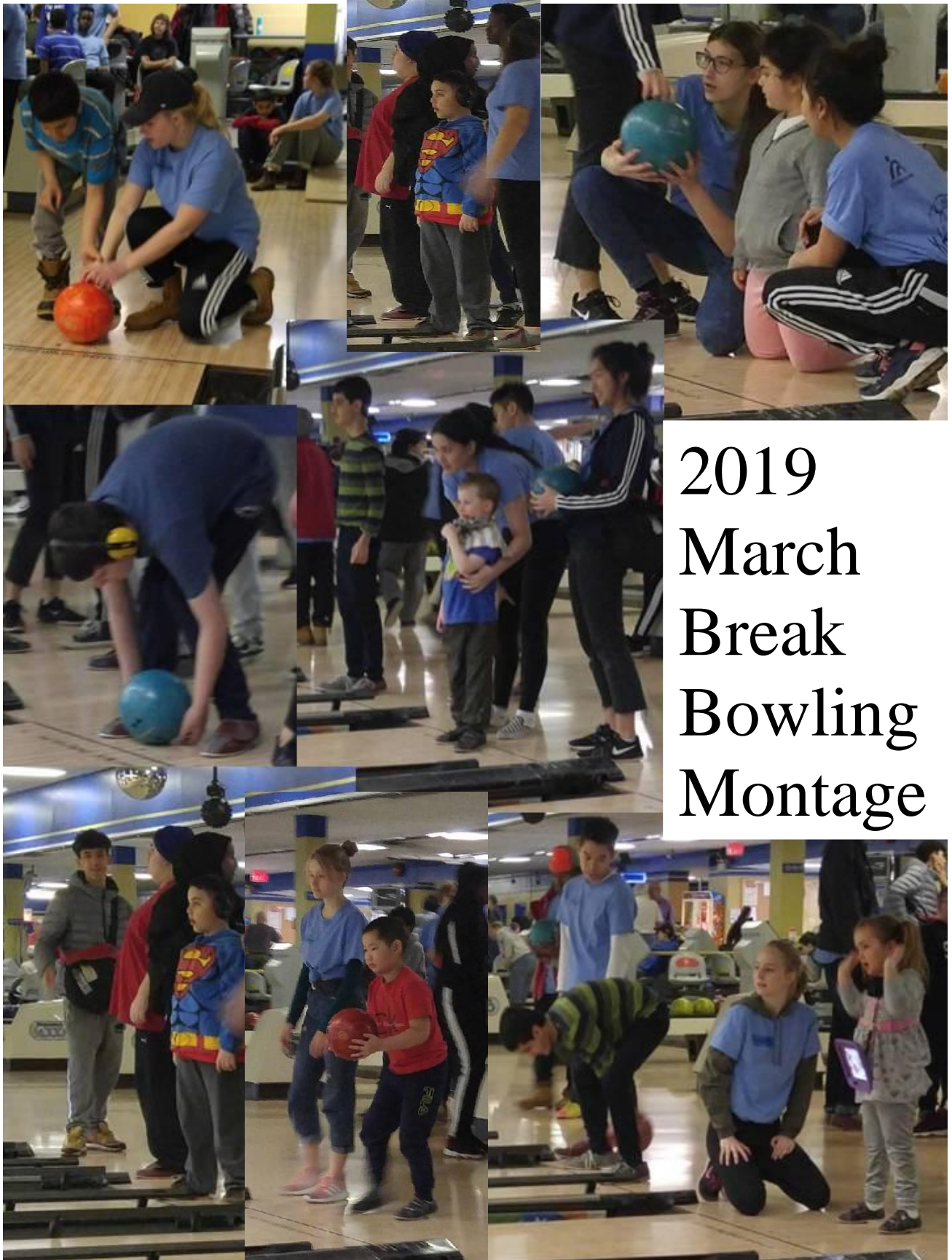
On March 4, 2019, the Hockey World lost one of its greats with the passing of **Hockey Hall of Famer Ted Lindsay**. The Ottawa Senators Alumni Association honoured the Memory of Ted with a Donation locally through **Alumni Shaun Van Allen** (*Ottawa Senators: 1996-2000 & 2002-2004*).



Children at Risk, Ottawa was presented with a cheque for **\$1,250** from the Sens Alumni. Hailing from Renfrew, Ontario – Ted was also known for the **Ted Lindsay Foundation that was founded in 2001** to help fund research for a cure for autism.

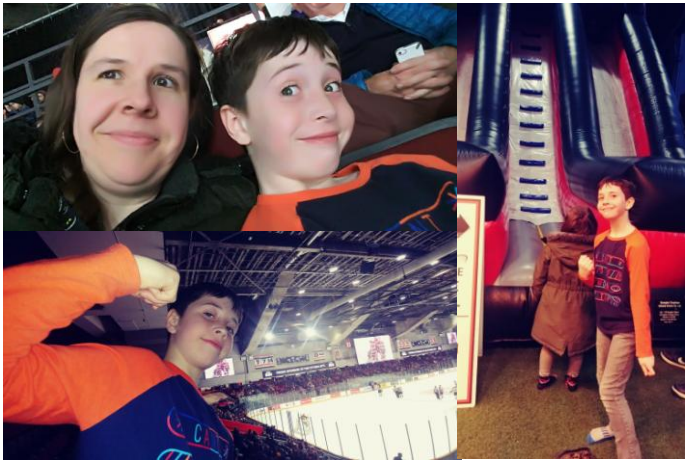
2019 MARCH BREAK CAMP COLLAGE





2019 March Break Bowling Montage

THANK YOU'S



"My son and I had an great time! First hockey game ever for him and 67s won 9-3! Thank you for this amazing opportunity!" Caroline and Antoine



"Thanks so much for the tickets. We had a great time cheering on the 67's!" Kathleen & Family

THANK YOU'S



"We all had a really fun time at Friday night's game of 67's vs Hamilton. The 67's cleaned their clocks! It was a really good game and a fun evening we wouldn't have otherwise been able to attend. My son was able to bring a friend – he and his buddy really enjoyed the game and the location of the seats was nice and close. Please tell the donors a big "Thank you!" and 2 thumbs up, for a very enjoyable evening out. Cheers!" The Ellis family

"Thank you to the Ottawa Sports & Entertainment Group for the 4 tickets to the 67's first playoff game against Hamilton on Mar. 22nd. The seats offered a great view of the action, and there was a lot action as the 67's won 9 - 3! Thanks very much!!" Derek

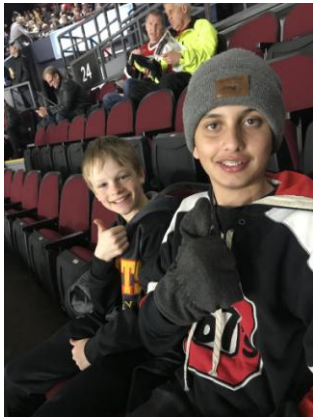
"Please pass along our sincere thanks to the generous OSEG folks for 67s tickets this season. My son has had the opportunity to a playoff game for the 67s game and it was a HUGE thrill for him. This year with the great team they have it has been especially thrilling to be part of the excitement. Thanks again for your very kind generosity and support. It is very much appreciated!" Beverly & Brandon

"Our family received playoff tickets and had a great adventure at the 67s Friday night game! We really appreciate the donation of the tickets, and would like to thank the organization that donates them to CAR. Unfortunately I don't have a picture to send but envision a very happy family 😊." Sally

THANK YOU'S



"Hi - I just wanted to send your Donor and the OSEG Foundation a big thank you for the Ottawa 67's tickets last Friday. My daughter and I had a blast and we really appreciate the complimentary tickets. It was a great game with the 67's winning 9-3! With 3 kids in a family, 2 of which are Autistic and special needs, extra money for things like hockey tickets is few and far between, so this game was a real blessing! We so hope the 67's will have another Round – as they are doing great, and we love to support our local team. Thank you again!" Rachelle



"We love the 67s. Thanks so much for the tickets so we can cheer them on!" Casey



Sally & Family!

THANK YOU'S



"We were able to go with the family to the March 4th 67s game thanks to The complimentary tickets. Because of the tickets this is the first game we've all attended together all season. As you can see - a totally enjoyed great day. Thank you!" Chris



"Thanks so much for an afternoon of cracking hockey! Our seats were fantastic and close to the action. We all had a ball. Thanks so very much!" Tori

"We are super thankful to Kids Up Front for donating tickets to CAR. We saw another exciting playoff win on Sunday and it was amazing to have a chance to go!" The Stevens family

"I would like to thank Children at Risk and the OSEG Foundation for the opportunity to take my son to the 67's playoff hockey game. In addition seeing a good game the inclusiveness allows my son to see and model appropriate behaviours. Opportunities like this take off some of the financial strain of having my child reach his full potential in an inclusive environment." Greg

THANK YOU'S



“Thank you so much for the Ottawa 67's tickets. My family had a wonderful time. We were able to invite two of my son's friends to the game as well. I am a single mother with two special needs children and would not be able to afford tickets for all of us to attend. We are very grateful for your generosity. The game was high energy and the kids had a blast. It was so good to see them so happy. Thank you & Best Wishes! ☺ “ Samantha



“I would like to extend my gratitude for the tickets offered to my family to attend the 67's game recently. My children had a wonderful time; it is such a blessing to be able to offer my autistic 10 year old a break from the routine. It will, also, hopefully ingrain within him a deep love of and appreciation for our great Canadian pastime. My warmest regards!” Christina and family

“Thank you to OSEG and Children At Risk for the tickets to the Home Opener against the Oshawa Generals !! It was such an exciting game and a win to boot, fun was had by all ! Good Luck in the rest of the series.....GO 67's GO !!” Brenda

THANK YOU'S



“We had a wonderful time watching the 67's playoff game against Sudbury! Thank you.” David family

“My Family and I want to extend sincere appreciation for the Donation of Tickets from the OSEG Foundation to attend the Playoff game last Saturday! My Autistic son has been in the Hospital for almost 2 years while the government tries to sort out where he will go and who will support him...so being able to go out of that environment is very special for him and us. He loves attending a game – and can only go if it is a day game – night games get him back too late to the Ward. He also – despite being severely Autistic – is really enjoying the hockey – and is probably one of the loudest cheers in the building when the 67's score! We are very grateful for this opportunity for him to be just “one of the crowd” when his Autism makes him stick out in most other settings!” Brenda & Jeff

“These tickets were very much appreciated - it's not very often we have the funds to take our son to events like this but recently thanks to Children at Risk and the generous donors we have been able to have some great family experiences- again this is very much appreciated!” The Lafontaine Family

“We were at the Ottawa 67's Saturday playoff game and we had a great time. We very much appreciate the tickets provided by the OSEG foundation - Thank you!” Rosy

THANK YOU'S



"I want to say thank you for the fun-filled afternoon we had at the 67s game on Saturday. My son and I had attended a previous game but his grandmother was visiting from out of town and we wanted to enjoy this relatively new experience for our Family with her. Our Ottawa team played so well and we had such a beautiful time in family. My mom, my son and I loved our afternoon. Thank you so much!"
Caroline, Marthe and Antoine



THANK YOU'S

"Gavin began attending Saturday Fun Day's this past fall - he settled in quickly and we had nothing but positive feedback from his various councillors. Recently, we've been struggling to find good respite. Gavin has been attending The Rotary Home for the past two years or so but he has increasingly been affected by short term stays (or perhaps simply time away from home) - so much so that he'd have 3-4 days of issues after arriving home from a two day trip. In mid February we made the tough decision to hold off on any further overnight stays at The Rotary Home until at least the warm weather arrived - this included 5 days/4 nights over March break. Luckily CAR had a few last minutes spots open and gladly welcomed Gavin for the week. With two other kids and a puppy at home this made March break a much better experience for us all! As Gavin has grown and become bigger, stronger, and heavier - he's become more difficult to look after. As such, relying on aging grandparents and family is becoming more difficult. CAR is quickly becoming a critical part of our care network for Gavin.

"Thank you to everyone at CAR for the work they do with Gavin and the ongoing advocacy to make life a little better for us all :)"
Andrew



THANK YOU'S



“My family and I would like to thank you for giving us the opportunity to see Disney On Ice My children really, really enjoyed the show! What a great time and now wonderful memories for them!” Marie

“Apparently Anup couldn't contain his excitement when he saw his favourite characters from Toy Story, one of the staple movies in his life even if he is now 30. Our children may grow older in body but so much of the kid remains in them. Thank you and the donors of the tickets SO very much. It was a real treat for these guys. He is here with one of his housemates Joe, and a worker from TCE, Emma.” Nandini



THANK YOU'S



“We had great time at the match night. Alex enjoyed the jumping castle and slide inside the stadium. He was hesitant to step into the ring but with our encouraging, he managed to sit down and stay for 15 minutes. Thank you so much for bringing us such a wonderful experience! All the best!” Alex, Feng & Eliane



Teens enjoy TSN's Jay & Dan Podcast at Algonquin College, March 22, 2019

THANK YOU'S



"We all wanted to thank you so much for giving us the opportunity to go see The Fury play last weekend. We had such an amazing time, it was wonderful to get to spend some time together in a fun environment; a great break away from 'regular' life! Thank you!!" Richelle and group



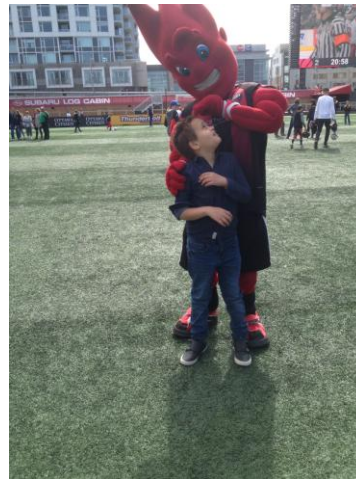
"My kids had an amazing time at the Fury Soccer game – half time entertainment was just as much fun for them as the game! Thanks a bunch to Kids Up Front for making Memorable Memories!!" Heather

THANK YOU'S



"Recently our Family had the most excellent opportunity to watch an Ottawa Fury Soccer game – IN CLUB SEATS! So not only did we have a wonderful time watching and cheering our Fury on to a victory – we got to eat our FILL of the outstanding Buffet offered!! Please pass on our sincere appreciation to both Kids Up Front and the Donor of these phenomenal seats – it was a Day to Remember!"

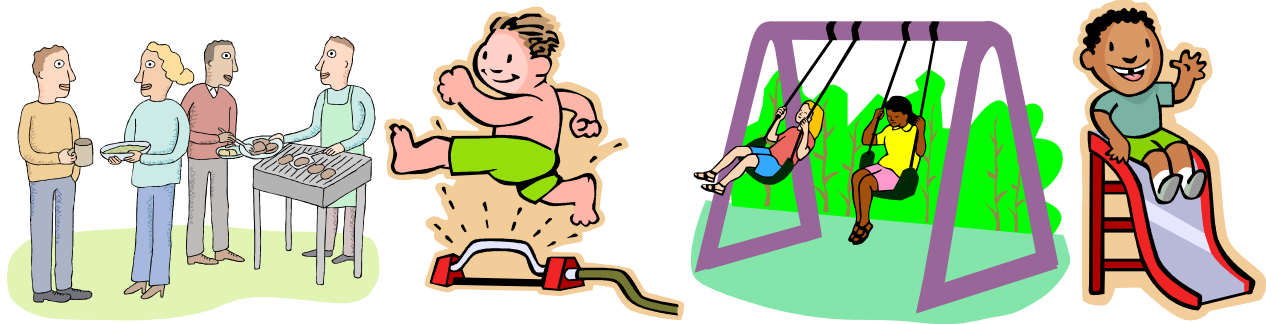
Kathleen & Family



"Many thanks to Kids Up Front for the three Fury tickets on 12 May 2019. While Zach didn't watch much of the game, he certainly enjoyed the experience, as did Meski and I. It was a great way to spend Mother's Day. Thanks again!" Zach, Meski and Scott.

"We were fortunate to receive tickets to a 67's playoff game back on their amazing run ! Thank you so much, it was a great time had by all. " Brenda M

OTTAWA AUTISM COMMUNITY ANNUAL FAMILY PICNIC



**Sunday, June 23, 2019
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, BALLOONS, COTTON CANDY & SNOW CONES (low cost)**

FREE

**WATERMELON, BUBBLE PLAY, FREEZIES, FACE PAINTING
OBSTACLE COURSE & MOON BOUNCE INFLATABLES
CANADA PEDAL GO KARTS DEMOS www.pedalgokarts.com**

2:00 PM –24th ANNUAL RAFFLE DRAW

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

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

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

SAMPLE RAFFLE TICKET

| | |
|--|---|
| <p>CHILDREN AT RISK: 2019 SPRING RAFFLE <i>To Provide Community Supports for Families and Children with Autism Spectrum Disorders.</i></p> <p>NAME:</p> <p>ADDRESS:</p> <p>PHONE #</p> <p>City of Ottawa License #</p> <p style="text-align: center;">M820212</p> <p>MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT</p> <p>SAMPLE Ticket XXX of 7,000</p> | <p style="text-align: center;">CHILDREN AT RISK – www.childrenatrisk.ca 235 DONALD ST., OTTAWA</p> <p style="text-align: center;">1st Prize – WESTJET GIFT OF FLIGHT !</p> <p style="text-align: center;">THIS TRIP PRIZE INCLUDES:</p> <ul style="list-style-type: none"> • ROUNDTRIP FLIGHT FOR 2 TO ANY REGULARLY SCHEDULED WESTJET DESTINATION (VALUE UP TO \$3,277) • CIAO SPORT CHALLENGER 3-PIECE SPINNER LUGGAGE SET (\$930) • AVON TRAVEL PERSONAL CARE SET (\$181) <p style="text-align: center;">TOTAL 1st PRIZE VALUE: \$4,388!</p> <p>2nd TORONTO TRIP – VIA RAIL, DELTA TORONTO, CN TOWER, ART GALLERY ONTARIO, ROYAL ONTARIO MUSEUM, CNE, SCIENCE CENTRE, AQUARIUM, HOCKEY HALL OF FAME (Value \$1,465)</p> <p>3rd CLUB EG 2019, STONEBRIDGE GOLF, RED BOOK, ST. LOUIS BAR & GRILL (2 of ea.) (Value \$1,132)</p> <p>4th HANDCRAFTED QUILT & JILL ALEXANDER ORIGINAL PAINTING (Value \$904)</p> <p>5th DUMOUCHEL MEAT/DELI & KURAI DORI ROASTER (Value \$300)</p> <p>6th & 7th SUMMERHAYS, PELOSO, ORANGE THEORY & JILL ALEXANDER (Value \$265 ea.)</p> <p>8th & 9th 1-800 GOT JUNK, KEVIN'S AUTO, SPEEDY GLASS & SWISS CHALET (Value \$262 ea.)</p> <p>10th & 11th AVON STERLING & STEEL JEWELRY (Value \$255 ea.)</p> <p>12th & 13th OTTAWA SENATORS TICKETS 2019/2020 GAME & ST. LOUIS BAR/GRILL (Value \$120 ea.)</p> <p style="text-align: center;"><i>RAFFLE: To Provide Community Supports for Families Raising Children with Autism Spectrum Disorders</i></p> <p style="text-align: center;">*MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT*</p> <p>Draw: June 23, 2019, 2 PM, Brewer Park (100 Brewer Way), Ottawa City of Ottawa License # JL 712</p> <p>SAMPLE Ticket XXX of 7,000 (613-741-8255) PRICE: \$3, 2 for \$5, 10 for \$20</p> |
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Disclaimer: This Newsletter is for informational purposes only. Children at Risk does not support, endorse or recommend any method, treatment, product, remedial center, program or person for people with autism or autism related conditions.



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