

Celebrating
35 years
1979-2014



Children at Risk NEWSLETTER MARCH 2014

Issue #66

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Charitable Registration #
10691/3775/RR/0001

MARK YOUR CALENDARS

**13th Annual "Rockin' for Risk"
Fundraising Dance
With Capital City Condors!**
Saturday, April 5, 2014

Spring Raffle – June 2014

**Ottawa Autism Community
Annual Family Picnic**
Sunday, June 8, 2014

Ottawa Dragon Boat Festival
June 19-22, 2014



PRESIDENT'S MESSAGE

Paul Lacroix, Board President

Happy 1st day of Winter, sorry, Spring ... or is it ...? Everyone I speak with is fed up with winter! Environment Canada just this morning issued a release that this is the coldest winter in 35 years and I believe them. So much for global warming! Hmmm ... 35 years is the same year Children at Risk started!

We at Children at Risk are warming up to "**Rockin for Risk**" (April 5th), the **Autism Community Annual Family Picnic** in June and much more. Preparations for Camp Kaleidoscope are in full swing. With the generosity of **The King's Daughters and Sons**, and the efforts of our great volunteers at fundraising events, **Camp Kaleidoscope** will once again be the place to be for our children this summer (oh summer, I can't wait!).

As Children at Risk continues to expand, grow and offer services to our community, it became apparent we really needed to bring on some additional part time help. Last month we welcomed **Gillian Irvine** onto our staff on a part time basis. Gillian has volunteered for Children at Risk at many events for a number of years and is a great and wonderful addition to the team.

We look forward to another great year ahead!

13th ANNUAL "ROCKIN' FOR RISK" Retro-Rock DANCE PARTY– Saturday, April 5, 2014

Get ready to join us and celebrate 13 YEARS of Rockin' & Rollin' to raise funds for Autism through Children at Risk!
Saturday, April 5, 2014, 8 PM – 1 AM
(doors open 7:30 pm)
Algonquin College, Building "D"



Featuring:

Live music from RPM

Elvis Tribute Artist Dan Burgess
MC "Eric The Intern"

Door, Costume and Dance Prizes

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

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

Ticket info at www.childrenatrisk.ca or call 613-741-8255

Don't delay – get your tickets today!

*Volunteers needed – please email car@childrenatrisk.ca

2013 BUSINESS ACHIEVEMENT AWARDS



On March 20, 2014, The Greater Nepean Chamber of Commerce paid tribute to Individuals and Businesses in the West-End Community. Children at Risk was thrilled to be nominated in the Not For Profit Award Category and honoured to be included with a prestigious list of other prominent, local Charity Leader nominees:

Not-for-Profit Award:

- Paul Stewart, Bell Warriors
- Melanie Adams, Queensway-Carleton Hospital Foundation
- Brenda Reisch, Children at Risk
- Mike Wlotzki, Make-A-Wish Eastern Ontario
- Jim & Shana Perkins, Capital City Condors
- Dave Smith, Dave Smith Youth Treatment Center
- Jill Sheppard, South Nepean Rotary Club

This award is presented to a charity or not for profit, volunteer-driven organization that actively participates in the community; demonstrates a high degree of support and assistance to others; is committed to growth and expanding programs. This organization provides innovative & meaningful programs in support of worthy community or international causes.

The 2013 Not For Profit Award was presented to Melanie Adams for the Queensway-Carleton Hospital Foundation, in recognition of their outstanding efforts to raise funds for expansion and provision of first-rate medical services through the Hospital!

Although we were not chosen this year to receive this award, Children at Risk was delighted to be a Nominee – acknowledging the Supports and Services we offer for the entire Ottawa Community!

We will continue to strive for this level of excellence and continue to be “The little Charity that does BIG things”!

EXECUTIVE DIRECTOR’S MESSAGE

Submitted by Brenda Reisch

Whew! So MUCH going on at Children at Risk these days...wow – the only word that keeps coming to mind is “growth”...

GROWTH – Definition:

The act or process, or a manner of growing; development; gradual increase in size or stage of development.

Development from a lower or simpler to a higher or more complex form; evolution - An increase, as in size, number, value, or strength; extension or expansion.

Yup – that is what is happening – our Summer Camp, **Camp Kaleidoscope**, has grown, our **Saturday Fun Club** has grown, our **Ticket Donation Program** has grown – last year our offices grew ... Children at Risk is bursting out all over the place!!!

Attending the Greater Nepean Chamber of Commerce awards last night – it was almost like Children at Risk was coming of age...to be included in a nomination of charities like the Queensway- Carleton Hospital Foundation, the Dave Smith Youth Treatment Centre...well – it was indeed an honour!

Yet, as most know, with growth, growing pains can occur– and adjustments to adapt to those changes...responsibilities will shift, priorities become redefined...we ask for your patience and understanding as we develop & offer New Programs and grow them!

This is an exciting – yet scary time – but we prefer to see it (as the song by Timbuk3 says) that “The Future’s so Bright, I Gotta Wear Shades”!!



WELCOME!

Hello! My name is **Gillian Irvine** and I am the newest member of the Children at Risk team. I know some of you from my four years of volunteering at various events and in the office, and since I started in January I have had the opportunity to speak with several of you as well.

I first heard of CAR through other parents when my ASD son was attending Thursday's Child Nursery School. At the time I knew very little and had basically no resources so finding these guys was such a relief! We have taken part in so many things since becoming Members, from Camps to the Annual Bowl-a-Thon, Picnics, the Dance, Siblings Workshops, Free Ticket Donation Program, Saturday Respite...you name it, we've done it. And just finding resources and friends is truly a weight off the shoulders of the parent of a newly diagnosed kid.

Ours is such a small community that my personal life overlaps with my professional one, and sometimes in the most random of ways, but it's always so great to know people with whom I can speak and relate to. When you talk to me on the phone or via email or at events, know that I understand your situation and truly want to help.

Like everyone else in this organization, I stand firmly behind our mission statement to help autistic children and their families. I look forward to getting to know all of you! ☺

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.

2013/2014 BOARD OF DIRECTORS



President – Paul Lacroix
Treasurer – Lesia Gilbert
Secretary – Mark Lalonde
Director – Natasha Ell Saunders
Director – Michelle Thompson

FUNDRAISING UPDATE

Submitted by Brenda Reisch, Fundraising Chairperson

EVENTS/ACTIVITIES SINCE DECEMBER 2013...

WHITE ELEPHANT SALE



Just before Christmas, one of our Families contacted us that the school where they worked, **St. Rita School**, was going to hold a White Elephant Sale to support charities. She put Children at Risk's name forward to be considered – to raise funds for Camp Kaleidoscope – and we were overwhelmed to receive a generous donation of **\$563.66!!** We want to thank all those involved with making this special gift happen – and hope that this will give inspiration to our Families to consider Children at Risk the next time your school, company, church or other organization is looking for a worthy cause to support!



FASHION FUNRAISER



**Kiwaniis
CLUB OF OTTAWA WEST**

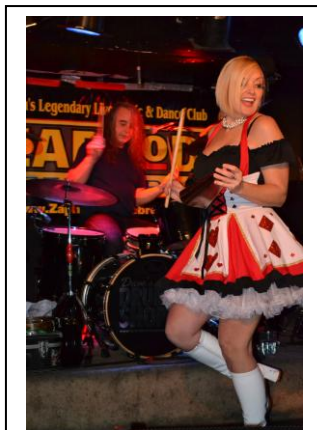


Courtesy of the Kiwanis Club of Ottawa West, Children at Risk was invited to be recipient charity for a Fashion Show and Sale at the Shepherd's Trainyards store on November 19, 2013. A delightful evening of fashion, nibbles and shopping ensued, with a cheque for **\$2,476.35** recently received! We award this Newsletter's Hat's Off to this community-minded service club for their efforts on behalf of local charities!!



PUB FUNDRAISER

The 3rd Annual Pub Fundraiser was held on December 7, 2013, returning to Zaphod Beeblebrox in the Market. Spearheaded by **Kim Simm & Michel Mantha**, local band **Good2Go** (www.good2gomusic.com) again dedicated their services to Children at Risk! This year they were joined by two other garage bands, The Ted Pearson Review and The Unforgettables to produce a rousing evening of Rock & Roll! Hosted once again by **Dick Alta Vista** of 93.1 CKCU Carleton U radio station, the event raised **\$2,280!!** Many thanks to those who joined us to support Children at Risk and stay tuned for the 2014 date this December!



Gilles Mantha & Miss Maureen rocking hard!

OTTAWA 67'S 50/50 TICKET SALES

Kiwaniis Club of Rideau



Children at Risk continues to be supported by both the **Kiwaniis Club of Rideau** and the **Ottawa 67's Hockey Club** with the opportunity to raise funds through sales of 50/50 tickets at home games. For the 2013/2014 Season, Children at Risk covered games in September and November.

With continued reduced attendance at Canadian Tire Centre, sales were down but our efforts still managed to raise over **\$2,327!** Many thanks to Rideau Kiwanis, the 67's and the dozens of Volunteers who turned out to help!!



SANTA PHOTOS



2013 marked 5 years now that Children at Risk has been invited by **Riocan Properties** and **Westgate Shopping Centre Merchants** as a charity partner, earning funds by taking the Santa Photos at Westgate Shopping Centre!

With this being the 10th year that Santa Claus (& Mrs. Claus, too!) have spent their pre-Christmas time at Westgate, hundreds of families make this their destination for a visit with Santa & Photo!! Combined with the sponsorship of Westgate for expenses, donations and the pledges of dozens of Volunteers for the photos, Children at Risk earned **\$6,258!** Special mention to photographers **Leo, Cindy, Larry and Jeff** – as well as **Bambina** for all their hours!



CAPITAL CHORDETTES



The Capital Chordettes Ladies Barbershop Chorus closed out their year of 50th Anniversary Celebrations with their Annual Christmas Craft Sale & Auction on December 7, 2013. Since 2004 this wonderful group of community-minded singers have supported Children at Risk – and their support continued with a donation of **\$847.37**, bringing their total funds donated to-date to almost **\$24,000!!** The Chordettes are part of Harmony Inc., an international women's barbershop organization and on April 24th will be in Portland, Maine for their twice-annual competition. Join us in expressing our sincere appreciation for their on-going support of Children at Risk – and Good Luck at Competition!

8th ANNUAL “ROLLIN’ FOR RISK” BOWL-A-THON - January 19, 2014



For 8 years now, Children at Risk has kicked-off our annual fundraising with the Bow-A-Thon! Although our Event was a week earlier this year and we were then missing some veteran teams, we still managed to have 19 enthusiastic Teams enjoy an afternoon of bowling, fundraising, eating and winning Prizes! This year the **Grandkiddiepooh's** were the Top Pledge Team, with runners up **The Perram Pinheads & The Bear Team**. Prizes included Ottawa Senator's ticket packages, VIA Rail as well as a Gold CAA Membership!

2013 Ottawa Idol Top Twelve singer **Kyle Menard** entertained the Teams post-bowling, as well as a visit by **The League of Super Heroes** Batman & super villain Bane! In addition, Barb from **A Little Bit of Bling** help to “bling” out the Bowlers with talented face painting. With Pledges, Sponsorships and Raffle – almost **\$4,400** was raised!

8th ANNUAL “ROLLIN’ FOR RISK” BOWL-A-THON (Cont'd)

Silver Sponsors- Villa Lucia Supper Club

Bronze Sponsors – Kiwanis Club of Nepean

Raffle Sponsors – Jill Alexander, Frames By Rockwell, Schleich Toys, Within the Grain, Earl Bullis Engraving/Trophies, Wine Station, La Senza, Ottawa Skyhawks Basketball, Kelsey's Kanata, Ottawa Sports Gallery, Moon Energy Jewelry

Grab Bag Sponsors – CAA, Canadian Dental Hygienists Assos., Entertainment Publications, Kelsey's Kanata, Pizza Hut, Speedy Messenger, RBC Royal Bank, Unhola Family, Royal Galipeau's Office, Ottawa Sun (67's Tickets), Rogers TV (CDs), Schleich Toys Special Finds Products, John Bennett – Royal Lepage, La Senza, Epicure Selections-Kelley Matheson, Roots South Keys, Lone Star

Prize Bag Sponsors – United Way, Reisch Family, LIVE 88.5 FM, BOB FM, Special Finds Products, Various Other Vendors

Pledge Prize Sponsors – Garmack Electric, CAA, VIA Rail

Special Mention - Walkley Bowling, Ottawa Idol (Eldon Fox) & Kyle Menard, Steve Vowles, A Little Bit of Bling & Barb, Tim Horton's Hawthorne, The League of Super Heroes (Batman & Bane). Volunteers Alicja, Bambina, Paul, Greg, John & Gillian



Just a quick note to say I'm so glad the bowl-a-thon went ahead. We always have a great time there, its fun and relaxed and a really nice way to spend a blustery winter day. I hope this is an event that can continue annually because we just love it! Thanks for your hard work as always!` The Irvine family

What is On Now/Coming:

OTTAWA SENATORS 50/50 TICKET SALES

It has been another busy hockey season for the Ottawa Senators - and another busy season for 50/50 ticket sales! Sadly this building team may not make it into the playoffs this year and we are coming to a close with 2 more games scheduled for Children at Risk (see below).

Volunteers:

- * must be at least 16 years of age or older (but 16-18 teens must be very mature) - note that high-functioning ASD teens can come with a parent to sell as a team and get volunteer hours!
- * need to arrive 2 hours before the games (5 PM for the 7 PM games and 5:30 PM for the 7:30 PM games)
- * will be given free parking & pizza AFTER sales are done (we supply bottles of water - no alcohol allowed while selling)
- * will sell up to the middle of the 2nd Period of Play, then cash out before leaving or staying to watch the game - floats are supplied by Children at Risk.

Thursday, April 10 VS. Devils (7:30 PM game)

Saturday, April 12 VS. Leafs (7 PM game)

Next Season the 50/50 will have a whole new profile, with the Ottawa Senators and the Toronto Maple Leafs joining the automated gaming industry with real-time, hand-held processing terminals. Recently Children at Risk was invited to the Press Conference to announce this change, along with local MPP's **Nasir Yaqvi** and **Bob Chiarelli**!



We are not sure how this exciting news will impact CAR, but hope to continue with this charity partnership for the 2014-2015 Season!

11TH ANNUAL MICROSOFT GOLF CLASSIC FOR AUTISM



Microsoft
in support of **Golf Classic**
autism

The Ottawa Senators Foundation is proud to present the **11th Annual Microsoft Golf Classic** in support of Autism. This year's event is set for Tuesday, June 17th from 10:30 AM to 9:00 PM at the Marshes Golf Club. Over the past 10 years, this event has given back over **\$300,000** to local autism charities, programming and support services.

Expect a great day of best ball golf and terrific participant prizing. The day includes lunch and golf, followed by a cocktail reception, dinner and ceremonies at the Marshes Ironstone Grill for all participants. We'll have premium live and silent auction items and the special gift our tournament is becoming famous for. Please join us! For More info go to: www.ottawasenatorsfoundation.com (Community Events, Upcoming Events).

It was the request of the Donors that the 2013 donation be directed towards our Social Skill Therapy Groups, not only helping to subsidize the cost, but also reducing the fees for the parents for a session!

"I would like to Thank the Donors who donated money towards the Monday Night Social Group. I'm sure that all participants/Parents were equally surprised and extremely thankful for the price reduction. As all our kids belong to so many groups, to help them grow and feel as though they too belong; it was quite a wonderful gesture on the Donor's part. All these programs can become quite costly after a while, as everyone of us knows! Thank you so very much for thinking of this very special group. I do believe that there are people out there with wonderful hearts and souls. Bless you!"

A Grateful Parent

DREAMS TAKE FLIGHT 2014



Dreams Take Flight Ottawa (DTF Ottawa) is a not-for-profit charitable organization dedicated to providing a one-day trip of a lifetime for physically, mentally or socially challenged children in Canada's

National Capital Region. Since October 1995, DTF Ottawa has given special needs children an incredible day where their ongoing struggles are forgotten. These children are treated to a wonderful day of magical memories at the happiest place on earth – Walt Disney's Magic Kingdom.

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

For 2014 – we are being granted 4 spots the September 25th flight for higher-functioning ASD children AND siblings! Please note that we have several applications for children from last year that were submitted as alternate names in case additional spots become available, but did not end up attending. It is likely that most of those will attend this year, but we welcome additional applications for 2014 Alternates and consideration will also be given to ASD children or siblings who would “age out” after this year. For more information and to apply, see the enclosed Application and/or call or email Children at Risk!

MACMILLAN'S FROZEN FOODS FUNDRAISER

Children at Risk is again participating in the MacMillan's quality Frozen Foods Fundraiser for the Spring. Normally we include one of their mouthwatering Order Forms in this Newsletter, but to save mailing/paper costs by both Children at Risk and MacMillan's, we will be emailing the forms to all our Members and Supporters. The Campaign will see orders by **April 28**, with delivery on **May 13**. We also will be receiving a limited amount of the glossy forms to send out should you need this for marketing the products. Yum, Yum!!

KEY TO THE CITY DISCOUNT CARD



NOW AVAILABLE – 2014-2015 Key to the City Discount Cards, effective April 1, 2014 to March 31, 2015. Each Key has a card and 2 keychain fobs, so up to 3 persons can use them for continued discounts throughout the year. More info is at www.keytothecity.ca Each Key is only \$20 and each sale raises \$10 for Children at Risk! Call us or email us to get YOURS today!

DONATE A CAR CANADA



Donate A Car Canada accepts vehicle donations for Children at Risk Ottawa to donate a car, truck, RV, boat, motorcycle or other

vehicle to CAR simply fill out the DONATE NOW tab at www.donatecar.ca. Donate A Car Canada can provide you with free towing in many areas across Canada. Donate a Car Canada can pick up your car or truck, or you can drop off your vehicle to maximize your donation. When you donate your car it will either be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after everything to make your donation easy for you to support Children At Risk Ottawa. DONATE NOW at www.donatecar.ca and CAR will send you a tax receipt after your car donation is complete! Even with the deep winter, cars were still being donated with the December to January donations totaling \$712! Since November 2012, funds raised by Donate A Car have reached **\$7,222.71!** 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!!

Donations from December 2013 to February 2014 = **\$800.**

CAMP KALEIDOSCOPE 2014

Camp Kaleidoscope

Children at Risk will again be offering an **all Day Summer Camp** for children diagnosed within the Autism Spectrum Disorders (ASD) for the Summer of 2014. Once again, The King's Daughters & Sons (Ottawa City Union) have agreed to continue as our Major Funder – and along with fundraising and other private donors, plans are again for 5 weeks of Camp this summer!



INTERNATIONAL ORDER OF
THE KING'S DAUGHTERS
AND SONS

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

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

Our Camp Spaces are limited - with plans for only 40-45 children per week.

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

Cost: With the high level of supervision and experienced staff, Camp Kaleidoscope's parental contribution per week would have been \$450. However, due to the generous funding of our donors – who, along with Children at Risk, wish to assist the Autism Community families with camp opportunities that are affordable and accessible, we are able to offer the following rates: **\$350 for Full Week, \$280 for 4-day week.**

NEW - Due to High Demand & Limited Funding, Only 3 weeks can be offered at above subsidized price – additional weeks may be offered (contingent upon camper's needs, staff availability & funding) at \$500/week (\$400 for week #5)

Camp Location: Lester B. Pearson Catholic High School, 2072 Jasmine Crescent, East-Central Ottawa

Intake Interviews will take place prior to confirmation of Registration.

Camp Weeks: July 7-11, July 14-18, July 21-25, July 28-August 1, August 5-8

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

Please see the enclosed application for more details!

LAYING THE FLOOR



Many thanks to both the **Kelly and Pocock Families** who came forward with donations totaling \$650 for our quest to dedicate our New Office floor renovation of \$10,000 to designated donors.

With the first donation by **Dr. Linda Kwasnick** of the **Optometry Professional Corporation** in Orleans, funds raised so far are at \$1,150.

So – only \$8,850 more \$'s to go! ☺ Please let us know



SUPER SIBS



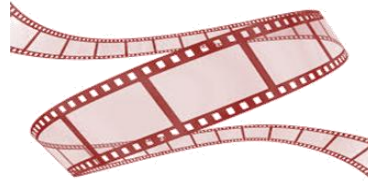
Hi from **Lisa, Dhuha** and **Jasmine!** We wanted to say how much fun we have had with both the older and younger sibling workshops. During our last younger sibling workshop we discussed a name change and decided on the Super Sibs. We hope to do the same with the older sibling group.

The goal of our workshops is to bring siblings together in a relaxed, recreational setting in the hopes that they will be able to discuss and express their feelings. They can problem solve, share ideas and strategies for improved communication and for coping with difficult situations. We do share and provide some information on autism depending on the age of the group.

During the last few sibling workshops we have had some great discussions. We have enjoyed some favourite and new games which encourage team work, burn off energy after our discussions and are a lot of fun. The craft activities seem to be pretty popular and help develop imagination and creativity. Most of all the sibs seem to really enjoy making their own lunches and it is a great opportunity for them to chat and develop friendships. We are looking forward to seeing them all again soon!

“Thank you for another great Siblings Workshop, this is wonderful initiative. My daughter always has a lot of fun and is very proud to be a “sibling” because it means that she gets to go to Siblings Workshop and her friends can’t go (poor them!).” *Dina*

Premiering a Guelph - Produced Short Dramatic Film



Holding in the Storm, My Life with Autism

Inspired by the Bridges-Over-Barriers Group



Movie followed by a facilitated Discussion regarding community inclusion

Monday, April 14, 2014, 6:30 pm to 8:00 pm
at Citizen Advocacy (312 Parkdale Avenue)

Admission is FREE

Light refreshments served

Reserve your spot ... Spaces are limited!!

Pre-register at 613-761-9522

or info@citizenadvocacy.org

For a short preview of the film go to Youtube at www.youtube.com/watch?v=uiA9-Ufz69k

Organized by Citizen Advocacy, Lifetime Networks and Children at Risk





June 19 – 22, 2014

Children at Risk is delighted to be 1 of the 5 Recipient Charities for 2014 & 2015! Each charity has requirements to fulfill to receive their funds – as well as help raise funds for the Dragon Boat Foundation!! The Following are activities we are responsible for:

- 1) **Volunteers** – our charity is required to provide 200 hours of Volunteer time – most shifts are 4 hours each – but Volunteers can choose how much they can give! On April 14, 2014, the Volunteer Sign-Up will go live and Volunteers can choose from dozens of assignment areas and times – from set-up to Festival duties to tear-down – whatever works for your schedule! Just make sure to credit Children at Risk when you sign up!!
- 2) **Raffle Tickets** – The Ottawa Dragon Boat Foundation now has available Raffle tickets at \$10 each. The Prizes are simple – 3 draws at \$5,000, \$3,000 & \$2,000. Each Dragon Boat Charity has been asked to sell tickets as part of our involvement. Call or email CAR to get yours today!
- 3) **Silent Auction** – Children at Risk is in charge of running the Silent Auction. All the charities involved are required to provide prizes, as well as the Foundation solicits prizes too...let us know if you can help in that area with donations!
- 4) **Dragon Boat Team** – Children at Risk would love to enter a Dragon Boat Team – already pre-named the ``Risk Riders``!! CAR will cover the Registration Fee – what we will need is PADDLERS!! It involves:
 - 20 Paddlers – at least 22 should be signed up so there are spares
 - 2 Practices – Dragon Boat provides the Boats, Paddles & Life Jackets
 - At least 2 Races on Saturday, June 21 – possibly Sunday if you do well!
 - Pledges – as the fees for the Boat Registration are paid to the Dragon Boat Festival, it is only if Pledges are made that monies are then raised for the Foundation to support the Recipient Charities!

If you think you have the time and interest – go to <http://www.dragonboat.net/teams/important-resources.aspx> for more information on Teams – and contact Children at Risk to sign up!

Children at Risk will receive \$25,000 (or more!) for 2014 & 2015 to support our Summer Day Camp, Camp Kaleidoscope!

DONOR'S CORNER

Elizabeth Park Protestant Congregation	\$200.00
Royal Canadian Legion Branch 480	\$300.00
United Way Ottawa	\$5,824.68

THANK-YOU'S



"We so enjoy our 67's tickets. It's a great way to spend the afternoon, cheering the Home Team. It's genuine family time together. Thank you for your generosity! Go 67's!" *Tori*

"We wanted to write and say thanks so much for the 67s tickets we received this March Break - March 11th and 13th. Our son Tristan is such a huge fan of the 67s and your provision of tickets to the games are a godsend." *Steve and Jen*



"This is a big thank you message that you can forward to Trinity Developments as they provided us 7 free tickets to see the Ottawa 67's game of Sunday December 8 when they played the Barrie Colts at the Canadian Tire Centre. Although the 67s lost 7-2, the game was very exciting and the 67s were quite competitive ... until the beginning of the third period when the score was only 3-2 Barrie! Benjamin really enjoyed the game, had some fun with its neighbour friends, ate some popcorn and hot dogs and often sings "67s Lets Go". He also had fun dancing and singing with kids around us! Kind regards, *Marc*



"Sending you a pic from when my son and I attended a game. It is sent with a huge thank you from both of us!!!" *Cindy-Lou*

"We'd like to thank Trinity & everyone else that give the 67's tickets away to the families of CAR. Ashley loves going to the games & even asked for a jersey for her birthday. It's a nice outing for her & her sister to attend something that they both enjoy. Thanks again, this is something that we really appreciate." *Merle & Ashley*



"Wanted to express sincere thanks for the 67s tickets. We had a super evening with both kids. It was magical for them to have such an incredible night out. Ewen, 7, thought it was so neat to hear the sticks and puck and our also the seats were amazing. Once again thank you so so much!" *Natalie*

"Dear Gifts In Kind Program & Trinity Development Foundation, I would like to express my sincere appreciation for providing Ottawa 67 tickets through Children at Risk. Because of your generosity, I was able to attend a few 67's games with some very excited teens. We look forward to attending some more Ottawa 67 games over the next few months. Thank You!" *Carol*

"Thanks so much for the Ottawa 67s tickets. My family enjoys them immensely, and it is a family outing we always look forward to with much anticipation!" *Kathleen + family*

Thank You!

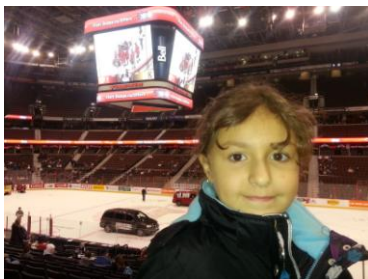
“We'd like to send a big thank you to Trinity Development Foundation for the generous ticket donations. Our family enjoyed a very exciting game at the Canadian Tire Centre with the 67s coming out on top in overtime!! We really appreciate the chance to take the kids to a game. Thanks!” *The Rodger Family*



the Belleville Bulls at the Canadian Tire Centre. Although the 67s lost 5-2, especially after they were leading 2-1 after two periods, the game was very exciting and the 67s were quite competitive! Benjamin really enjoyed the game, ate some popcorn and hot dogs, sang "67s Let's Go", and was often looking around with the different activities taken place in the stands, such as the chicken dance, the cheerleaders and the 67s mascot. Kind regards! *Marc*



“We enjoyed a lot the last 67's game we attended last week. The score was 0-5 and it turned to be in one point in time 4-5 with some chances to score for the Ottawa 67's. Final result 4-6. However it was absolutely a nice game to watch with the family. We always have good memories of these games. Thanks!” *Alejandro*



“Last week I received 67 tickets for the March break for the family. This was very special to my son, Justin because his brother was home from college in Timmins and was able to go to the game with him. We all enjoyed ourselves. Justin loved the excitement of the game and the music and sharing it with his bro just made it even better. Thanks!” *The Papples*

“This note is to thank you for the 67s tickets (Monday Feb17 game). What a bunch of us were able to witness was a wonderful thing - the game itself was okay, though the 67s trailed for the whole thing and lost - but admittedly we are not the most ardent fans so didn't get too worked up about it. More importantly, seeing a 8 year old boy experience for the first time a huge crowd and wanting to be part of it, having a great time waving and dancing and cheering like everyone else was the most amazing thing I have seen in a while, kind of inspiring, really. Two years ago, even a year ago, he would not have been able to tolerate anywhere near that level of noise and crowd level - he would have been overwhelmed and anxious, clawing at the walls to get out. The progress is in part his own maturity, but I firmly believe that without the patience and understanding of his late mother, CAR and his school, he could not have been the person we saw yesterday, not a chance. Recently, seeing him having developed a better constitution and able to manage his frustrations better, I have felt it was time to push him a little more - then the tickets were made available, and I thought it was time to give it a shot. We simply wouldn't have gotten around to going to the game without this opportunity, so we would have missed out or put off testing the waters for who knows how long, I am really grateful to have had the opportunity, so thank you again, it meant a lot to us.” *Paul*

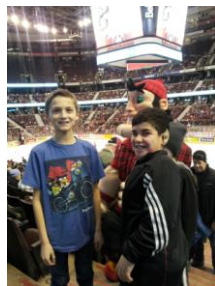
“We were lucky enough to get tickets for the Ottawa 67's and the Sudbury Wolves game, on October 13th. We rarely get to go anywhere as a family. This was already a special time. We sat in the 100 section next to the ice. It is an action packed game. Pucks flying, fights, goals, etc. At first it was too loud for our daughter Lauren. We put her ear muffs on her. Then she was able to enjoy the music, the chicken lady, and the fun intermission games. The Ottawa 67's won the game 5-4. It was a nail biter, back and forth, goal, tie, goal, etc. It was lots of fun for our family. Thank you very much for the tickets!” *Jocelyn*



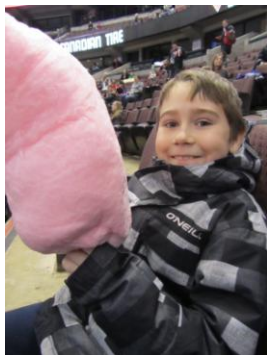
“I just wanted to let you know that my family had a great time at the 67’s game yesterday. A big thanks to the many sponsors who donated the tickets. It’s always tough for us to find

an activity that will appeal to all members of the family. It worked out beautifully - Ryan was engaged throughout the game. He says the best parts are the fighting and the “Let’s go to the Lobby” song;-) In fact, he was so into it that he told me he didn’t need the iPad to pass the time. It was a great way to spend Family day. Thanks again to Children at Risk and its many supporters.” *Nadine*

“Thank “U” Kindly for the Ottawa 67’s Family Day tickets!” *Kim*



“Thanks so much for the family day 67’s tickets, my daughter was thrilled to take her two bff’s to their very first ever hockey game and they all had a blast! Our daughter who is normally quiet and watching the game intently was actually up dancing and cheering with all the other kids!” *Jennie & Luc*



“Just wanted to say a BIG THANK YOU for the Ottawa 67’s tickets. It was a great family outing and a great opportunity for Vincent to practice being in a crowd with loud noises while having fun! We had a lot of fun 😊 Thank you so much!” *Chantal*

“My name is Connor, I am 8 years old and I just wanted to say thank you very much for the tickets to the Ottawa 67’s VS Erie Otters Hockey game. I enjoyed it very much (although the 67’s lost 2-0!) It was an extremely fun experience to have with my family. My 5 year old brother had a lot of fun too. Again, thank you very much!” *Connor*



“The tickets were wonderful last night and most enjoyable. The tickets were all used up, although it may not look like it. My friends used the 400 suite in the afternoon and when they were walking around for their food they were told there were lots of space the 100 section and moved there, the same thing happened for the later tickets too. I sat in the 200 suite with my friends and talked to Greg your volunteer. Greg even brought us some teddies for Cassidy to throw on the ice for the skaters. He was super. Thanks so much for coordinating it all!” *Pascale*

“We wanted to send a special thank you to the donor who gave us tickets to the National Skating Championships. My son, who has been taking skating lessons, was thrilled to watch the men's short program, including many skaters who went on to the Olympics the next month. It was inspiring for him. The seats we were given were quite high and my son is scared of heights, but as there were free seats in the second level we were allowed to move down. We had a great time. Thanks very much.” *Ann*



“Just a quick note. Thank you again very much for the tickets to the Senators vs. Jets. It was wonderful to see a game live after several years and even better - the Sens won! Our thanks to the Ottawa Senators Foundation for seeing that tickets were made available to CAR members.” *Mark*



happy to get to wear it. It was an action packed game. It was fun to see a player like Alex Ovechkin, the captain for the Capitals team, play. Our Senators played well as a team. Near the end of the game, Eric Karlsson took the puck up the ice and could have easily scored on the empty net. Instead he passed the puck to Clark MacArthur. MacArthur scored breaking his losing streak, and has continued to score multiple times since. It was a nice example of sportsmanship. The seats are on the 300 level with an unobstructed view of the ice and score board. The energy was amazing, the Canadian flag was passed around, the wave was going on, etc. We had a great time. Thank you very much. Here is a picture of Evan enjoying the game.” *Jocelyn*



“Thank you and your donor for the tickets for the Elton John concert. The last time I saw Elton John perform was here in Ottawa, was back in the '80's. (Okay, I'm old.) Anyway, he still put on a great show, and although he only had one outfit for the duration of the show, it was still a bit of his old self, with all the bling on it. The ruby shoes were a nice touch too! After every song, he got up from his piano and bowed to the audience in every direction. Behind and to the sides of the stage were his first Thank You's. We were not left out. We were very grateful to have the evening at the show - a pleasant interruption to our busy week. Thanks again!” *JP & Doug*

“We were lucky enough to win the draw for the Senators vs Capitals tickets for December 30th. My son Evan received a new Senators jersey from his uncle. He was so

“My great thanks to you and your corporate sponsors for the tickets to the Elton John concert, in Feb.! As we grow older, and we realize that with all that we have to do, to help those in our lives, and ourselves too.... the really cool and awesome things out there sometimes get passed by. At some point in our lives - we should really try to see the Music Masters at work! Elton John was and still is, amazing...at 66 years old now; he sang his heart out for almost 2 1/2 hours. His energy is admirable - and his old songs, and the new songs, are good. And I'm so glad, Brenda, that you got to go to this concert. For all you do, for your own and for us all, you certainly deserved it.” *Helen*

“I wanted to thank Children at Risk and Ottawa Senators Foundation for the free Elton John ticket. It was an awesome concert and I had a great time. Thanks!” *Sheryl*

“Hi, thank you so very much for the ticket to get to see Sir Elton John. What a great night we had - great seats, great show, fantastic music. That's one major one to scratch off my bucket list.” *Gillian*

“Our thank you to Children at Risk is a true story about "Paying It Forward". In January my husband and I went out for dinner one evening with two of our friends. Over dinner they announced they wanted to give us money for Molly to attend summer camp - Camp Kaleidoscope! As you can imagine we were quite overwhelmed by this gesture. A few days later CAR sent an email out about Elton John tickets and I won them! I instantly called the same friend and invited to her come with me, knowing she was a huge Elton John fan. Not only did I get a much needed night out but I got to take my friend as a way to say thank you for their kindness, generosity and support concerning my daughter. Thank You Children at Risk!” *Heather*

“Sandy and I very much appreciated the concert tickets we received for Elton John. The concert was excellent and the seats gave us a close up view of the stage even though it was from the side. Having grown up with his music we enjoyed singing along (fortunately no one could hear us) with all of the songs. Thanks again for a special night out!” *Paul*



“We were fortunate enough to be recipients of the Elton John concert. My daughter had told a family friend that she wanted to go to see Elton John, but she knew that we did not have any tickets, so that would not be happening. It was so exciting to be able to be selected to be able to attend... She LOVED the concert and could not wait to tell all her friends that she had gone. Thank you so much, for the generous donation of the tickets!” *Nancy & Ashley*



“We wanted to thank Children at Risk and your donor, Garmack Electric, for the SkyHawks tickets. Our ASD son, Zakari, really enjoyed the game. Thanks again for everything you do!” *Michel*



“A thank you to Children at Risk for the tickets to the semi-finals of the CIS Final 8 tournament at CT Centre on Mar. 8th. My son Liam was able to bring 2 of his friends, and really enjoyed watching his first live basketball game. The view could not have been better from the 100 level suite. Thanks!” *Derek*

“We wanted to write and say thanks so much for the tickets to the CIS men's basketball championship game on March 9th. Our son is a big basketball fan and this was a chance to see a game in person - the fact that the tickets were for a 100-series suite made the game even better! He has been talking about the game non-stop; thanks so much to CAR and to whomever donated the tickets. It was an amazing experience.” *Steve and Jen*



“This is a big thank you message to CAR, and of course to the Ottawa Senators Foundation and Wesley Clover International for offering us three outstanding tickets to watch both national semi-finals between the two Ottawa universities and two other Canadian universities on Saturday, March ,8 at 18h00 at the Canadian Tire Centre. It was exciting as we saw the Carleton Ravens defeating the University of Alberta 79-55 and the Ottawa Gee-Gees defeating the University of Victoria 78-70, both Ottawa teams moving on to the final the next day, a final that was ultimately won by the Ravens 79-67 for their fourth national title in a row! Benjamin really enjoyed the game, ate some popcorn and hot dogs, and was often looking around with the different activities taken place in the stands, such as the cheerleaders and the different university mascots. He also had fun dancing and singing with kids around us as. Many thanks again, Kind regards!” *Marc*



“Thank You so much for the Disney On Ice tickets. It was a great show and we had a lot of fun :)” *Chantal*

“Thanks so much for the Disney Tickets, the show was totally awesome! The kids loved it, and it's something which would never have fallen within our budget in any other way. We really appreciate the donation! The kids were so happy to get such a special treat, and the show was really impressive! Thanks so much!!” *Ronin, Soren, Jade and Pat!*



“Thank you so much for the Disney on Ice tickets, it was a great family evening and our daughter was thrilled to get to dress up like a princess for the evening and see her favourite Disney characters and to sing along with the music!” *Jennie & Luc*

“Many thanks again for the Disney tickets. We had a great time and really appreciate the opportunity to get tickets to this event. Last year we had the opportunity and sadly had to miss it with my daughter being sick. It was wonderful to be able to make it this year! Many thanks also to April for hanging around to give us the tickets. Best regards!” *George*

“Just wanted to let you know how much we appreciated having the opportunity to see the Disney on Ice Show last night. It is the first time the kids have been to this type of event, and they had a great time. It was such a treat for my husband and me to see them so happy and excited! Thanks for the work you do in creating these special opportunities for us to do something out of the ordinary with our children!”
Julia

“Disney was so wonderful!! Watching my daughter's expressions and reactions to the performance was absolutely priceless! I can't thank you enough for the opportunity to go and make these wonderful memories for her. She is normally so quiet every time we are in the car that she barely says a word, but last night on the way home she was so full of excitement, re-telling all the stories and the funny parts that she had my mom, me and herself laughing so hard all the way home! Now if she is talking about something, that is a big deal, so that really touched my heart. Thanks so much - I couldn't have asked for a more perfect night, Thanks!” *April*



“Thank you! In spite of the weather, we made it to the CTC and had a great time. We used all 4 tickets to get out as a family while my dad watched Rachael for us. We don't get out like this often as usually one of us stays home to watch Rachael. It was a treat to spend time together tonight and to relax a little. Thank you!”
Ania

“Thanks for the tickets. We had a lot of laughs! Kids thought it was so special to be in a suite. We all had a blast! What a great family night out:)” *Sheila*



“I just wanted to thank you for the tickets to see magician Michael Bourada in January. My daughter, Jordan, was actually called up on stage so the show was extra special for us! Michael was great and all the kids had such a fun time. What a treat! Thanks so much!”
Gillian & Magician's Assistant Jordan



“A huge thank-you for the opportunity to see Arcade Fire at the Canadian Tire Centre on March 14th. It was an absolute thrill to see the band and they definitely lived up to all of the hype that surrounds them. Amazing percussion section, saxes, violins and unique vocals made for a fantastic performance. It was particularly enjoyable to see members of the audience dressed in formal wear or costumes. We spotted couples in Victorian finery, a few robots, a banana, and lots of neon and light up outfits. The best part was not only did we get to see the show - we got to see it from a private suite! My friend and I definitely felt like VIPs as we took the elevator to the suite and enjoyed an amazing view and comfy seats with lots of space. It was a privilege I won't forget. Thank you!” *Jenny*

“Thanks so much for the Arcade Fire tickets! I had such a blast at the show. The seats were good and being in a suite meant nothing to worry about which is always nice. I've heard them on the radio, of course, and they sound just the same live. Of course there is that vibe that you just don't get from a CD too. Anyways, thanks again :) :)” *Gillian*

Children At Risk's March Break Camp goes to Paris!

Wouldn't it be fantastic if we could get in a time machine and just pop over to Paris for the day? Unfortunately this is just a backdrop picture of Emily with her Camp Counsellor Meredith but 31 Campers and 41 Camp Counsellors covering various shifts did have a fantastic week.



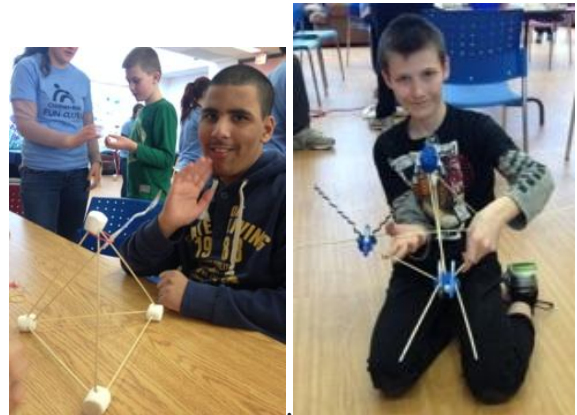
Located at CAR's suite on Donald Street and a number of rented rooms plus the Gym the week was an action packed schedule of fun activities. Camp Counsellors were each encouraged to run a session so there were creative and sensory orientated crafts using salt, shaving foam and marbles.



Everyone was well fed with cooking activities including pancakes, burgers, making our own BBQ sauce for chicken legs, mini pizzas and sweet treats such as cookies and brownies, there was always GF/CF ingredients to respect diets.



No one sat down for long as Gym activities spilled into the corridors and stair wells with obstacle courses, Nerf gun battles, plasma car races, scavenger hunts, and catch the flag to name but a few.



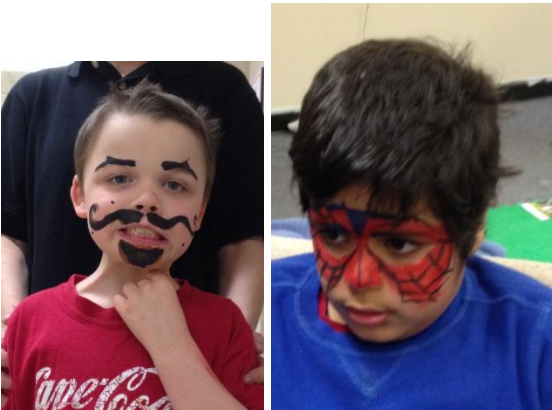
We also expanded the cause and effect the campers enjoy so much with Mad Science activities such as volcanoes, catapults, Ivory soap soufflés, and exploding bags.

Camp isn't Camp without a bus trip and we tried two places that we hadn't been to before that were great hits. On Tuesday everyone got to go to Fun Junction in Gatineau where we had exclusive use of the facilities. The Campers could rotate between the Jungle Gym, Glow in the dark golf, lazerquest and everyone had tokens for the arcade games where I think some learned to drive!



On Wednesday under twelve's went to Tubes and Jujubes also in Gatineau. The jungle gym provided lots of different activities. As well as tube slides there were big slides where you could race down with your friends which the campers did a lot of.

Friday those who could handle the walk and cold went over to McArthur bowling where again we were the only ones there and had the use of 4 lanes for two hours. We had some very experienced bowlers with strike after strike and some bowling for the very first time and everything in between. Bumpers helped campers be more successful than they otherwise might and some had to learn it was all about the fun and not the score when the monitor went on the blink!



Friday afternoon the Kids Group ended the day with face painting and came to show their faces to the bigger Campers who had been working on action hero masks.



We received many thanks from parents for the respite they had enjoyed and received a few in writing two of which read....

“I wanted to send you sincere thanks for all the work you and your team did to organize this year's March Break Camp. Of all the camps that Kien has been to over the years this was the very best. My normally slightly un-engaged teenager couldn't wait to tell me about everything that happened each day. He was proud of what he'd done and commented to me one day on the way home "You know, I **can** do lots of things". Plus, he ate well, and slept well and you know how important that can be for ASD kids. But, in addition, to all you did for Kien, and it was a lot, you also gave me peace of mind and a happy and relaxed child to come home to after a hard day at work. It was a break for both of us. I can't thank you enough.” *Martha*

“I'd like to thank Children at Risk for making my son's March Break memorable once again this year. He was happy to be back - with a familiar buddy teamed up with him which helped reduce his anxiety since he already knew her. He was excited to go on 3 outings, especially since he was included in the bowling with the older kids! And I was happy to hear that on the last day he tried something far out of his comfort zone that stresses his sensory input. Even if the face paint only stayed on for a little while...he's been asking if he can do it again! We were able to take our 2 younger kids on outings that would have been impossible if we had C with us. He doesn't handle crowds and noise very well so it was nice to be able to not worry about any meltdowns. We hope to send him back again next year!” *The O'Malley Family*

Thank you to our sponsor for making March Break Camp possible.



Volunteer Spotlight



Luc Vienneau

Since 2008, the Vienneau Family has been a Member of Children at Risk – with the charity being the lucky ones!! Not only does mom Suzanne volunteer at Pumpkins and other events, dad Luc (otherwise known as “Monsieur Luc”) has found his niche selling 50/50 tickets as one of our STP’s (same ten people!) for several years at most Ottawa Senator’s (and some 67’s) hockey games. Luc will arrive at a game all decked out in toque, gloves and double-layer jackets to brave the elements at the Main Entrance lobby – with his booming voice, friendly manner and bilingual communication helping him to sell several thousand dollars of tickets each night! In addition, he has also spearheaded Coffee fundraising for Children at Risk through local coffee wholesaler **Equator Coffee Roasters Inc.**, as well as soliciting prizes for our Auctions and Raffles!

I truly believe that it is dedicated Volunteers like this that have made our relationship so strong with the Sens Foundation – not only now being one of their regular 50/50 charities, but also helping to be considered consistently for donations of thousands of ticket to games, concerts and other activities – Many Thanks, Monsieur Luc!



Our Saturday Fun Club Respite days always incorporate food – with participants getting involved with the preparation – and eating! Recipes are simple and easy for you and your child to make.

One popular snack is Hummus – and we have a winner of a recipe – Enjoy!

Red Pepper Hummus

1. Cut 2 red peppers into strips
2. Clean the red peppers to make sure there are no seeds.
3. Roast the red pepper pieces in the oven slightly or microwave for 1 minute.
4. Open a can of chickpeas, drain and rinse.
5. Put chickpeas and red pepper in blender or food processor.
6. Add ¼ cup of lemon juice – either from bottled or fresh squeezed.
7. Add 1 teaspoonful chopped fresh or bottled garlic.
8. Add 2 tablespoons of sesame seed oil.
9. Add ½ teaspoon of ground Cumin.
10. Add ½ teaspoon of salt.
11. Put the lid on the blender & blend until the mixture is smooth. Scrape down the sides of the blender with a spatula or butter knife, blend again for 20 seconds.
12. Eat with warm pieces of Pita bread!





Editor’s note: The *Ottawa Jewish Bulletin* prepared this article for our February 17 issue in celebration of what was to be Anne Mayberger Blair’s 100th birthday on February 18. The issue went to press on February 7 and began to reach subscribers’ homes on February 13. Sadly, she passed away that day. We extend our deepest condolences to her family and friends.

Anne Mayberger Blair: secret to a long life is keeping busy
By Lorri Benedik

In February 1914, a copy of *Vanity Fair* or *Vogue* magazine cost 25 cents and silent movie-goers got their first glimpse of Charlie Chaplin.

Anne Ginsberg was born in Ottawa on February 18, 1914.

“My mother gave birth to all eight of us at home,” she said during a visit last month. “That was the norm in those days.”

When she was 20, Anne married Hyman Mayberger. They raised five children together.

“It was the depression era and we didn’t have much but we always made do,” she said.

While Anne prefers to direct attention away from herself in favour of her children, grandchildren and great-grandchildren, one topic she doesn’t shy away from is her lifelong passion for fund-raising.

When her kids were still quite small, she imported menorahs from New York to raise money for Pioneer Women. The order arrived very late. Anne recalls how she and a friend froze their fingers selling them door-to-door in the days preceding Chanukah.

Later on, she ran the gift shop at the Beth Shalom synagogue for six years and raised funds for the Degania group (Israel’s first kibbutzim). In recognition of her dedication, Anne was chosen by them to travel to Israel with her father to see the results of their efforts.

DONOR SPOTLIGHT (Cont'd)

“My mom has an outgoing way about her and is very kind-hearted,” said Anne’s daughter, Shelley Schachnow. “She has also mastered the delicate balance of being a toughie without being bossy. We are grateful for her good health and sharp mind as she reaches 100 years.”

Shelley explained that her mother’s life has not been easy.

“She has outlived three of her children,” Shelley said. “When this occurs it is one of life’s cruelest blows.”

Anne’s daughter-in-law, Linda Nachfolger-Mayberger of Montreal shares an anecdote about her mother-in-law: “I began dating Morty Mayberger after we met through mutual friends. It was a long-distance relationship and we’d known each other for just a few months when I received a letter in the mail. It was from Anne, inviting me to come to Ottawa for the first night of Passover. I was deeply touched. I accepted and she welcomed me into her home so warmly, as if I was already family.”

Nearly ten years ago, Anne suffered a mild stroke. She survived it well but was told she could no longer drive.

“I am an independent person, by nature, and didn’t want to be a burden,” she said. “Shortly after recovering from my illness, I was visiting my daughter Ruth in Montreal and noticed a building being constructed close by.”

It was a seniors’ residence called Westmount One. She visited, liked it very much and decided to move in. “It was a big change – but made sense,” Anne said. I have a bigger mishpucha here so they can take turns helping me out.”

It has been six years since she relocated to Montreal after 94 years in Ottawa. Anne is as active as ever. She looks after her granddaughter’s two Shih Tzus twice a week and continues her fund-raising ways by organizing bingo games with the proceeds supporting a variety of causes.

“I have sent cheques to the Alzheimer’s society, the Children’s Hospital and Montreal’s Miriam Home,” she said. Running two bingo games a week is time-consuming with the paperwork she must do so that contributors receive tax receipts.

Anne has no secret recipe to offer those who strive to be centenarians.

“I enjoy simple foods like homemade soup and a nice piece of flanken,” she said. Anne also loves borscht, fruits and vegetables and occasionally indulges in sweets.

“But I really believe that the secret to a long and healthy life is to keep very busy. I have recently taken up knitting and create scarves for homeless people,” she said. “Knitting is something I can do, while conversing with my friends at the residence. It makes me feel good to be doing something useful.”

In lieu of gifts for her 100th birthday, Anne has suggested friends make donations to Children at Risk, an organization in Ottawa which supports children with autism spectrum disorders. Visit www.childrenatrisk.ca for information

NOTE: In keeping with Anne’s wishes, both as a dedicated Volunteer for Children at Risk and grandmother (Bubbie) to CAR parent Merle Hagerman (another dedicated Volunteer!), Anne’s family continued to direct donations to Children at Risk in Memory of their beautiful matriarch, with the current amount almost \$2,760!

This article is geared to the student who has difficulty staying in touch with peers, does not spend much time on the computer and not familiar with social media.



One of the skills I encourage in my students is learning how to stay in touch with their peers. Calling each other is a great solution but sometimes it is difficult to read cues over the phone as to when a conversation is over, or when is a good time to call or keeping a conversation flowing.



This is where emailing makes things easier. You can email any time, provide more details and information and not get stuck on the social morays that can be challenging when talking on the phone. I discovered that this is not such an easy task for some.

The issues that come up are:

- Checking your emails
- Replying in a timely way
- Clarity in your writing
- Details when planning social events

As caregivers and family members, we can help. First, teach them how to create an email account or learn to use one that you have created for them. There are a lot of choices for email providers, so I suggest choosing one that you are familiar using as it will be easier to teach. Some emails can link accounts (like Google) so it will be easier to monitor your child's account. Spend some time w/ practice emails so your child can learn how to send and receive emails. I might be stating the obvious, but have access to the password so you can help monitor their emails and ensure that the emails being received are from people you know. Internet safety and learning who to contact and who not to is important, especially to those who are vulnerable!

Once they learn the basics, they will need to get into a routine of checking for messages. It can be in the morning or evening. Start sending them messages, find articles, videos or songs that will grab their attention.



Next is finding peers to email. In social groups

like the ones I run, I encourage the group to email each other and plan activities or vote on what they want to do. If you do not have a group of peers, find a friend and make the first email something simple like planning a social together or if that is big a step, send each other a fun link, preferably something they have in common. This is where learning about other's interests comes into play in a big way. During the week, my students spend time learning about others interests, like being told to check out a song or a video, by the time they get home often the interest has passed or they have forgotten to look up their friends interest. By emailing, you can immediately have access to your friend's interests and it will be easier to bring the subject up when they next see their friend. The internet is a good tool for them to explore those interests. They can hear the songs their friends listen to, watch the same videos, read the articles, research the books that their friends are reading, watch video game reviews and then....they have material to talk about or email each other. Your child can send a link to a song or video he enjoys and voila, you have a simple interaction and your child is getting to know the other person, and, expand their interests.

This also makes for planning a social a lot easier as they are starting to have common interests and can create an event that both would enjoy doing. It makes looking up the movie times a lot easier, what restaurant to eat at, where it is located or finding the times for events. As caregivers or parents, we can help them with all these steps and make social interactions a little easier for everyone.

Using email is also a good way to get your child onto assisted technology at school. Having a Tablet or phone handy, one can share interests a lot easier and plan socials by looking up the event. My students use assisted technology to plan socials together - and it works!

John Anderson

<http://autismsocialskillsottawa.blogspot.ca/>

Youth Action Social Group - Good Friday Event

For teens Diagnosed with Autism Spectrum Disorder

This event is Free and Lunch is provided


- Friday April 18 12 - 3
 - Pizza lunch
 - Group Games & Socializing
- A brief video and talk titled, "What makes Good Friday good?"

To reserve your spot

Email John, or Jeremy at: Spectruminsights@yahoo.com

(Please note that Children at Risk is not recommending or endorsing this activity – just including it for information purposes only.)

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