

Celebrating  
30 years



**MARCH 2010**

Issue #50

235 Donald Street,  
Suite 212  
Ottawa, Ontario  
K1K 1N1

Tel: (613) 741-8255

Fax: (613) 741-5530

Email: [info@childrenatrisk.ca](mailto:info@childrenatrisk.ca)

Web: [www.childrenatrisk.ca](http://www.childrenatrisk.ca)

Charitable Registration #  
10691/3775/RR/0001

### Our Mission Statement

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

### MARK YOUR CALENDARS

9<sup>th</sup> Annual "Rockin' for Risk" 50s/60s/70s dance  
**April 10, 2010**



Children at Risk Annual Raffle  
**May/June 2010**

Autism Community Annual  
Family Picnic – **June 13, 2010**

### PRESIDENT'S MESSAGE

Greetings to all! As the new decade begins and as I compose this it is 8 degrees outside! What an incredible winter! With 2010 we enter of 31st year of providing much needed services to the Autism Community. Since our son was diagnosed 13 years ago, the number of Autism Spectrum Disorder affected children has increased dramatically to a staggering statistic of 1 in 110 children born! Our services today are required more than ever. The team at Children at Risk is constantly looking at more unique ways to serve its community.

It was so nice to see so many of you at "Rollin for Risk." A very special thanks goes out to the Brother Bob of OLDIES 1310, Elvis (Shawn Barry) and to the many sponsors and volunteers. Due to these great people money was made - and a great time was had by all!

Our Annual general Meeting will be in June. We encourage you to attend, meet your board and find out what the future holds for Children at Risk.

We look forward to another 31 years of support. All the best and have a great Spring.

*Paul Lacroix, President, Board of Directors*

### 9<sup>th</sup> ANNUAL "ROCKIN' FOR RISK" 50S/60S/70S DANCE – Saturday, April 10, 2010

Ottawa is ready to Rock & Roll! Join us in celebrating 9 years of rockin', rollin' and raisin' funds for Autism through Children at Risk!



Saturday, April 10, 2010, 7:30 pm to 12:30 am  
(doors open 7 pm)

Algonquin College, Building "D"

Featuring:

Live music from Intersection

Ottawa's Elvis, Shawn Barry

MC "Brother Bob" Derro from OLDIES 1310

Dance demos from TL & Chris Rader

Door, Costume and Dance Prizes

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

Gold Drive with Recycle Frog

"60 Second Fix" with Crabtree & Evelyn

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

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

Don't delay – get your tickets today!

\*Volunteers needed – please email Bambina Lemme at [amc52@primus.ca](mailto:amc52@primus.ca)

## 2009/2010 BOARD OF DIRECTORS

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

## EXECUTIVE DIRECTOR'S MESSAGE

*Submitted by Brenda Reisch*

Where to from here? A question that I face daily as Children at Risk tries to balance the provision of services with the raising of funds to support those services. Daily we receive telephone calls from families of newly-diagnosed children looking for supports. Our membership is at an all-time high – yet we face the reality of cuts in our offerings of Social Skill Groups to keep our charity “in the black” and fiscally-responsible. Scaling back on services is the last thing Children at Risk wants to do, but it is an immediate action that we can take and must take if funding is reduced. Seeking more financing through events, activities and funding applications is a constant pursuit – but often takes much time and effort.

Partnerships with organizations like the South Nepean Autism Centre and new support from patrons like the King's Daughters & Sons have been bright spots in 2009 and 2010. But the reality is that, with our charity currently subsidizing Groups at a rate of 60% of the cost more has to be raised to enable the continuation of our supports. We anticipate having to raise the cost of Groups in September and the need to increase our Annual Membership for July 1, 2010. Children at Risk has been here for Families raising a child with Autism for 31 years and will continue to make every effort to raise funds and provide supports – but we may have to take a step back on services, hopefully only a temporary measure!

## DONOR'S CORNER

Dell Direct Giving Program .....	\$22.00
Douvris Karate Riverside South .....	\$50.00
Tiny Hoppers Clubhouse Inc. ....	\$50.00
Ottawa Jewish Community Foundation .....	\$95.00
The Naturopathic Dispensary Inc. ....	\$250.00
Drain Pro Ottawa Inc. ....	\$250.00
United Way/Centraide Ottawa .....	\$4,313.48

## MEMBERSHIP INCREASE

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

## FUNDRAISING UPDATE

Submitted by Brenda Reisch, Fundraising Chairperson

## EVENTS/ACTIVITIES SINCE DECEMBER 2009 ...

### SANTA PHOTO FUNDRAISER

Late Fall, Children at Risk was offered the opportunity to raise funds by Riocan Properties at Westgate Shopping Centre by running the Santa Photo sales. Although we did not run the entire schedule (sharing with another charity) this activity raised close to **\$1,900** for Children at Risk! Much appreciation for this wonderful opportunity goes to Leah Dixon of Riocan – with her support and that of Volunteers Jennifer, Bambina, Cindy, Jeff, Mihaela, Ashley, Hazel, Leo, Brenda and more! With the success of this fundraiser, we are currently planning on running this activity for the 2010 Christmas Season, as well!!

## FUNDRAISING UPDATE (Cont'd)

### 4th ANNUAL "ROLLIN' FOR RISK" BOWL-A-THON



On Sunday, January 17, over 20 enthusiastic teams gathered at the Walkley Bowling Lanes for a Rockin' & Rollin good time! Participants enjoyed a great afternoon of bowling, music, dancing, prizes and Elvis, with a return visit from Ottawa's premier Elvis

Tribute Artist, Shawn Barry. Although we did not sell out all the Team Spots, the Teams that did participate helped this event raise close to **\$8,000** for Children at Risk!

Congratulations to Renee Clark and her Team "William's Sheppards", who for 2 years running won First Prize Honours with pledges of \$1,247. 2<sup>nd</sup> spot went to Perth's Dean Ryan's "Stan's Clan" Team with pledges of \$1,220 and 3<sup>rd</sup> place was with "The Striker's" Team headed up by Volunteer and Supporter Susan Baxter with \$460 in pledges!



Special Mention to Minto for rounding up 3 Teams only a few days before the event to join in the fun and fundraising!!

## FUNDRAISING UPDATE (Cont'd)

Please join me in thanking the following sponsors:

Silver Sponsors - Minto, Villa Lucia Supper Club, Lincoln Fields Shopping Centre, Elmvale Shopping Centre

Raffle Sponsors – Ottawa Sports Gallery (Sens Memorabilia), Pelican Fishery & Grill, Really Lebanese (Certificates & Sens Tickets), Speedy Messenger (Sens Tickets), Yves Rocher-St. Laurent (Gift Basket), Lone Star (Gift Basket)

Grab Bag Sponsors – Boston Pizza, Pizza Hut, Speedy Messenger, Rogers TV, CAA, Kiwanis Idol, Rogers Radio, Raymond-Chabot-Grant-Thornton, Key to the City, M & M, Dumouchel Meats, Disney Store, RBC Royal Bank, Crabtree & Evelyn

Prize Bag Sponsors – OLDIES 1310, Judy's Magic Mixes, Really Lebanese, Kiwanis Idol, Trinity Developments (67's Tickets)

Pledge Prize Sponsors – Rogers Radio (Blue Rodeo Tickets), European Glass & Paint (Sens Tickets) & Crabtree & Evelyn (Gift Basket)

Special Mention: Walkley Bowling Lanes, Shawn Barry, Balloon Man "Twisting Terry" Newcombe & MC Bob Derro with OLDIES 1310/Rogers Radio Group

Many Thanks as well to our team of dedicated Volunteers – Anne, Alicja, Bambina, Jennifer, Chris, Paul, Karen, Merle and many others who jumped in to make this event a terrific success! We look forward to the 5<sup>th</sup> Annual "Rollin' for Risk" Bowl-A-Thon in January 2011!!

### 2009/2010 ENTERTAINMENT BOOKS

Sales for the Entertainment Coupon Books picked up this past year, with our total books sold at 355, earning over **\$6,000** for Children at Risk. Many thanks to all of our Members and Supporters who purchased a book – special thanks to Quickie Convenience Stores for allowing the books to be placed in their stores. The 2010/2011 book will be available mid-August!

## FUNDRAISING UPDATE (Cont'd)

### **KING'S DAUGHTERS & SONS DONATION**

Early in January, parent and board member Hazel Smith and I were invited to a meeting of The King's Daughters and Sons-Ottawa City Union Board to present a request for funding. After our presentation, the KDS Board voted to donate funding of \$2,530 (plus an honorarium of \$200 and \$40 Membership) to enable the continuation of our group services and supports. This generous donation will be applied to our March Break Science Camps, enabling the ability to offer an AM and PM Camp with our experienced Facilitators, Elaine Bissonnette and Sheri Curkovic!

### **What is On Now/Coming:**

#### **50/50 TICKET SALES – OTTAWA SENATORS**

Many, Many Thanks to all of the Volunteers who have helped Children at Risk sell 50/50 tickets so far! The Sens Foundation has been so impressed with our enthusiastic Volunteers! So much so, that we have been offered the opportunity to sell at the remaining Home Games of the Season!! The next opportunity for selling the 50/50 tickets is for TUESDAY, MARCH 23 vs. Philadelphia Flyers (7:30 pm GAME). Remaining games will be:

- Saturday, March 27 vs. Florida - 7 PM game
- Thursday, April 1 vs. Caroline - 7:30 PM game
- Saturday, April 10 vs. Buffalo - 7 PM game

#### **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.
- will be given free parking, pizza and a drink AFTER sales are done.
- will sell up to the end of the 1st intermission and some into the period, then have to cash out before leaving or staying to watch the game - floats are supplied by Children at Risk.

Please check your schedules and let me know if anyone can help out at any or all of these games by calling 613-741-8255 or email [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca) They will allow us any number of volunteers and funds are raised per volunteer we supply!

### **DESPERATELY SEEKING GOLF TOURNEYS**

(or other) .... Charity for Hire!!

Annually, local businesses and organizations hold Golf Tournaments, with many choosing to support a Recipient Charity in the Ottawa area. Children at Risk would be honoured and delighted to be considered! This also applies to other local events that raise funds for charities. We appeal to our Members and Supporters to keep Children at Risk in mind for any 2010 Events. While CAR does stage several fundraising events, the work involved limits the number of activities per annum. An invitation to be a Recipient Charity offers an opportunity to raise critically-important funds, enabling the continuation of our services and supports!!

### **RECYCLE FROG'S GOLD DRIVE**

Children at Risk is very excited about a new partnership with Recycle Frog for their Gold Drive Fundraising Program! This Program gives you a fun and intelligent way to recycle your unworn and broken gold and silver jewellery while simultaneously generating money for our important work. Supporters can take their jewellery at any time to their office 1150-45 O'Connor Street and indicate they want to donate to Children at Risk. It's fun, fast, easy and financially rewarding! So dust off all your old gold goodies and bring them in for an expert evaluation and on-the-spot payment! Not only will you walk away with money for simply recycling jewellery you no longer want or need - but every transaction generates needed and sizeable contributions that go towards developing a child's skills to overcome behavioral, communication and social problems at the onset.

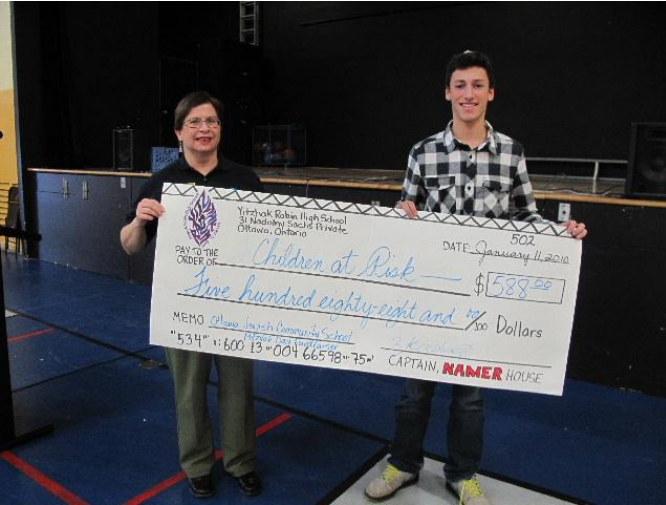
NOTE: CHECK OUT RECYCLE FROG AT ROCKIN' FOR RISK - Saturday, April 10

### **INFLATABLE SPONSORSHIPS FOR PICNIC**

June 13, 2010 will be the Autism Community Annual Family Picnic, hosted by Children at Risk. For several years, our Picnic has included 2 large Inflatable Activities. Last year, wonderful patrons came forward to support the cost of this – close to \$800. Please contact Children at Risk at 613-741-8255 or [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca) if your business can help out for our 2010 Picnic!

## FUNDRAISING UPDATE (Cont'd)

### WHAT A LOVELY INITIATIVE!



Back in early December my daughter Stephanie's school (Yitzhak Rabin High School) held a volleyball tournament to raise monies for 4 different charities/causes.

My daughter suggested to her team that they donate to Children At Risk, a charity which has helped her sister for almost 10 years, not to mention giving Stephanie many opportunities with Dreams Take Flight, Siblings Social Skills Group, Volunteer school hours and tickets to many fun events like the circus, 67's and Senators games, Disney on Ice - I could go on ...

Her team ended up raising around \$588.00, and in early January I sat in the school assembly and proudly watched the team captain Zack, along with Principal Cynthia Bates, present Brenda Reisch the cheque for Children At Risk. I was such a proud mother, that my daughter decided on her own that CAR needed the help, as they have helped her sister so much.

Many thanks go out to everyone involved, and let's see this happen more often.

*Merle Hagerman*

*Thank  
You*

## FUNDRAISING UPDATE (Cont'd)

### LIONS CLUB DONATIONS



Appreciation and thanks to our Office Administrator, Bambina Lemme, for an initiative she worked on late last year! Her late husband had been an active Member of a Lions Club and inspired her to approach many local Lions clubs to donate in support of Children at Risk.

Thanks to her efforts, CAR received a total of \$950 from the following clubs: Club Lions Buckingham, Calabogie Lions Club, Gloucester North Lions Club, Metcalfe & District Lions Club, Orleans Lions Club and the Stittsville District Lions Club.

We are honoured to receive these donations in recognition of the valuable community supports done by Children at Risk!

### KEY TO THE CITY



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

Check Out "Key" Merchants at [www.keytothecity.ca](http://www.keytothecity.ca)

2010-2011 Key is only \$20 – AVAILABLE NOW!

Call Children at Risk at 613-741-8255 or email [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca). See enclosed flyer on page 21.

## THANK YOU'S



Thank you, Sens Foundation!!!



The Hedley Family -- Teresa, Scott, Erik and Heather (minus Daddy who was out of town that night) -- would like to thank you so much for your extremely generous donation of tickets to the Sens-Vancouver game through Children at Risk. We felt so fortunate to attend

through this charity and your organization. Our children, Scott (13), Erik (11), and Heather (9) were SO excited when they heard the great news - tickets to the game on Thursday! Everyone got organized and got their homework done so we could go to the game knowing we were ready for school the next day. As you can see through the photo, our three wore their Sens hoodies and cheered on their team. Whenever they would hear "Go Canucks, Go!" they would shout out "Go Sens Go!!" even louder and had a great time doing so!! So, a big thank you to your organization for putting smiles on our faces and treating us to an unforgettable night out. Cheers, *Teresa Hedley for Scott, Erik and Heather*



Thanks again for the tickets- we had a great time. *Schissler Family*

## THANK YOU'S (Cont'd)



I want to express our sincere thanks to the Sens Foundation for their kind donation of tickets, which we received through Children at Risk. How truly exciting it was to be there last Thursday to cheer the Sens on as they won their 11th game in a row!

Our 18 year old son Tommy enjoyed the whole experience so much. Here is a photo of Tommy at the game with his Autism Service Dog, "Matrix".

It was a wonderful outing for our family. Tommy's Grampa came with us, and it was his 80th birthday! It was my first time at a Sens game, and I was thrilled to be there, and had my camera at the ready...and video taped Tommy in a very heartwarming moment - his enthusiastic and joyful singing of O Canada! Here is the link:

[http://www.youtube.com/watch?v=7dODk\\_yDSX0](http://www.youtube.com/watch?v=7dODk_yDSX0)

Tommy was non-verbal until the age of 7, so moments like this are always very special to us, seeing the amazing gains he has made. In addition, many other aspects of his Autism have been very challenging, and so we appreciate your generosity and the opportunity to attend the Sens game as a family and all have such a great time. Thank you so much,

*MaryAnn Given Des Brisay*

Many thanks to everyone for their generous support with Senators tickets to the Ottawa/Calgary hockey game, last month. Although Ashley is not a fan of hockey or sitting for that length of time, her sister Stephanie sure had a much needed break from high school, play practice, volunteer work, and even her sister! It was nice that she could share the event with a schoolmate. The girls had a blast, and Ottawa won which was even more exciting. Once again thanks, *From the Hagerman Girls*

## THANK YOU'S (Cont'd)

Adam & I had a fabulous time at the Sens game Tuesday night against Calgary. He didn't know he was going until we pulled into the parking lot and he got so excited. Adam said "Boy that was a great birthday gift from the Ottawa Senators and Children At Risk"! Thanks you so much for the tickets!!!!

*Brenda (Adam's mother)*

Our sincere thanks to Children at Risk and to the Sens Foundation for the donated tickets for the game against Calgary Flames on 9 February 2010. Our family really enjoyed the experience. It was the first time for Andrew (and btw me as well) to watch a real hockey game, and he liked and enjoyed it. He was even cheering "Go, Sens, go!" along with others. Thank you, *Andrew, Val and Valentina*

On behalf of my three kids and myself, I wish to thank the Sens Foundation for making it possible for us to attend last night's game. All of us are big fans, however, we seldom have the opportunity to see the games in person. The atmosphere was great and we had an awesome time. It was nice spending quality time with my boys, which is something that seems to be more difficult as they get older and have different interests. Again, our sincere thanks!!!

*The Urie Family*

Thank you so much for the opportunity to see the Sens game Tuesday night - the kids had a blast and we even saw a friend we knew that was a great surprise for my son. They chatted away and had a great old time, Mom had fun too, it so nice to be able to go, as otherwise I could never afford such a night out!

*Karen & the boys*

Steven & I would like to thank you for letting us go the Sens Game, it was awesome and it was almost sold out Army House too. They were playing the way we know them. They were awesome -GO SENS GO! *Joyce*

Thanks again for the great tickets we got – Sammy was totally absorbed in the game - wearing his new Birthday gift Sen's Jersey (one that had his name sewn into back) Thanks again, *Esther*.

## THANK YOU'S (Cont'd)

Just a note to thank you very much for the donation of tickets to the Senators Game on Tuesday, February 9. It was my children's first Senators game and an experience they will never forget -- they were clapping and cheering and dancing all night! It was such a wonderful opportunity to spend time together as a family, which has not been easy to do for a long time due to our son's disability. Seeing him so excited and happy was a wonderful gift! Thanks again, *Joy & Steve*

Thanks so much to the Sens foundation for the tickets to the game tonight. My son and I had a great time and he's already looking forward to trying some of the moves he saw on the ice! :) Thanks again and great game by the Sens! *Jen*

Just to say thank-you for the wonderful gift, as without your kind generosity, my son would not have the opportunity to enjoy a live event and cheer on his favorite team GO SENS GO! *Mike*

Thank you for the tickets to the game tonight. Zakery was very excited about going! It was a great distraction for him at a very difficult time, as his brother passed away last November and both of us have been dealing with grieving this loss. Take care, *Jeanette*

I wanted to thank you and the Sens Foundation for the tickets to the game last night. My 3 kids had a great time and it was an amazing game! They cheered out loud for the Sens and that's all they talked about this morning. When Jon entered his classroom this morning, it was the first thing he told his teacher and everyone who got in the classroom! We truly appreciate their donation.

*Corina*

Hi there. Thanks for the awesome SENS tickets. The game was awesome! The night was so much fun! My family and I had a great time!

*Leslie*

Thank you very much for the 4 tickets to the Sens game! We really had a nice time. It's always nice to bond with your family. Thanks to everyone that made that possible.

*Rosy, Bruce, Patrick and Alfonso.*

## THANK YOU'S (Cont'd)

I would just like to thank Children at Risk and the Ottawa Senators Foundation for providing tickets to the autism community. I went to the game with my 16 year old non-verbal autistic son and he had a great time. While he does not really follow the game closely, he really enjoys the atmosphere, social outing, and interesting things to watch. He loves eating the popcorn, and being able to be noisy when the fans are being noisy. It is a great way for him to learn how to tolerate crowds, learn how to behave in public venues, and one on one time with mom. And to make the evening even better, the fans who were sitting beside us were really open to giving my son high fives whenever he wanted them, which is very frequently, and the fans were very gracious regarding his disability. The Scotia Bank staff were excellent at helping us access toilettes, which is a huge concern for me whenever I go out alone with my son's toileting etiquette is far from exemplary. I cannot say that going out to other public venues is as disability-friendly as the Scotia Bank Place is in terms of staff and customers. Sincerely,

*Amanda Telford*

I had the privilege of sitting in section 304 for the Wednesday night Senator/Canucks game, which was heavily represented by members of the Autism community. It was most rewarding to see first-hand the loving and caring and consideration given to each other. Immediately in front of me there was a family of 5 (Mother, father, 2 boys aged perhaps 4 & 6 and a beautiful black Labrador dog which was trained to help the Autistic child.) The care shown by the mother and father towards their children and helping dog was quite an emotional to experience. A big thank you has to go out the Ottawa Sens Foundation for providing such a heart warming experience for such a disserving group. I would appreciate passing this message on to them. I personally know Bryan Murray (General Manager of the Senators) and Tim Murray (Assistant General Manager of the Senators) and suggest that any comments made to the Sens Foundation be shared with Bryan & Tim. These are 2 great people that I know fully support such kind gestures. And it doesn't hurt to say Thank you once in a while.

*Cletus Ferrigan*

## THANK YOU'S (Cont'd)

Great game!! Thank you so much! Simon and his BFF had a great time - especially since the Sens won their 11th in a row. What a streak! However, we would have been excited about the game -- no matter what the score, as Dad and son are true die-hard fans! Thanks again,  
*Jocelyn*

Thank you for the tickets. We really appreciated getting them. We did not take our son to the game but elected to take a much needed time out from the demands of a disabled child and enjoy a game we would otherwise not have seen if it was not for the generous donation.  
*Christine & Charles*

Hey, everyone. Jamie here, thanking you for the Sens tickets. Our family had an AWESOME time. It was a great game. Thank you so much for the donated tickets, we really enjoyed the night.

Thank you so much to the Foundation for the Senators tickets last night! The kids and I thoroughly enjoyed the game. Sparty came and gave Connor a hug and Connor is certain that Sparty remembers him from a school visit :) ! The other cute thing is that Connor asked why some people in the crowd were cheering for a team called the 'Coconuts' ... He was hearing 'Coconuts Go' instead of 'Go Canucks Go!' Too cute ... Thank you so much again! *Kim*

Ashley loved the hockey game! A great night out was had by the entire family, and Sens won too. Thanks for the tickets! *Linda, Ashley & Patrice*

Jack, Jon and I really enjoyed the Tuesday night Senator's game against the Calgary Flames. Jon had been to 67s games before but it was his first time to an NHL game and everything seems so much bigger. How great to have the home-team win as well. Thanks so much. *Ena*

This was the first Sens game that my boys have been able to attend. Plus, it was 2 days before my birthday. Going to the game as a family for the 1st time, was the best b-day gift ever! Thank you so much for this opportunity!  
*Patricia, Sean & the boys*



## THANK YOU'S (Cont'd)

Our family would like to thank the Sens Foundation for donating tickets to the Sens game. It is always nice to be able to attend an event as a family. We brought our new Autism Assistance Dog Guide named Dane. It was Justin and Dane's first hockey game. Justin sat for the whole game (which is unusual for him) and Dane behaved really well and stayed by Justin's side. Having a child with autism comes along the very expensive costs for therapy. It is wonderful that the Sens Foundation donated tickets to families like ours that would not be able to attend the game otherwise. Thank you again for giving us a wonderful night out as a family. We enjoyed the game and the SENS Won! GO SENS GO!!!! *The Prelorenzo Family*

Once again on behalf of my sons and I, I would like to thank the Foundation for this generous gift!! We always appreciate receiving tickets and we enjoy so much the opportunity to see a Sens game!!! We are face with many challenges in our life but we also have many blessings too and your donations is one of them!!! Thank You, *Lucie, Dominick and Erik!!*

Just wanted to say a big thank you for the donation of the tickets. As a single parent, taking Adam (17) to games is only a dream. Getting to go to see Calgary (first time) was a real bonus. Adam was on the edge of his seat for the whole game and had a bit of a hoarse voice the next morning from cheering. Not only was it a great fun evening for Adam but it is always a good social/learning experience as well. Thanks, *Rick*

We had a wonderful time at the game. Gabriel conquered his fear of heights as we sat in the 300 section surrounded by Vancouver fans who became very quiet once the score was 2 - 0. Thank you to the Sens Foundation for making this possible for us. The energy in the building put many smiles on my boys faces last night. Even though it was a school night they insisted on staying until the end. And it was worth the stay! *Ursula*

Just wanted to send a quick note to say thanks! We had a great time, and really enjoyed the rare night out, *Jennifer and Adam*

## THANK YOU'S (Cont'd)



We, The Kirkland Clan of Williamsburg, wish to express our heartfelt thanks to Trinity Development Group for the gift of tickets for an Ottawa 67's game - and an afternoon or evening out to the families raising children with Autism Spectrum Disorders. Without such donations - this generous act of kindness - families such as mine would not ever have these luxuries with their children! With warm hugs and HUGE appreciation, we gratefully and happily say "Thank-you" for making our lives better with these small pleasures!!

Thanks for the 67 tickets for the November 15, 2009 game. We had a great time. Thank you!

*Sheryl Kerr*

We have been extremely fortunate to have received tickets to three Ottawa 67's games this year! We are very appreciative of being provided with the opportunity (via ticket donations) for these wonderful family outings and we have very much enjoyed getting out and cheering on the 67's at the games.

Sincerely, *Susan*

My daughter, Kayla, has enjoyed a few hockey games that tickets were donated for. When she's been given tickets to go, she's so happy, and so excited. She loves watching hockey. Thank you so much for the donation of the hockey tickets, as this is one family who does enjoy going. *Judy*

My son, Kadeem, really enjoys receiving the free 67's Hockey tickets. He has been having a ball at the games. It's a good outlet for him to express his hidden social side - I see him leap in joy whenever the 67's score goals. He participates in the singing and noise making occasions. This has been one of the few avenues where Kadeem can really let go and enjoy himself. I truly appreciate your regular ticket donations. It has definitely made a difference in the life of this child!

*Kwasi*

## THANK YOU'S (Cont'd)

On behalf of our entire family, we wanted to express our sincere thanks for the tickets to the Ottawa 67's games. It has been such a positive experience for our 6 year old son with Autism, to be able to attend the hockey games with his siblings. The games have given us an opportunity to spend quality time together as a family doing something fun with absolutely no pressure. Our son has even started to express an interest in playing hockey himself. I never thought I would hear him say that! Thanks so very much.

*Maureen & Ken*

We have attended a few games of the Ottawa 67's as recipients of ticket donations to Children at Risk. It is a great way for us to be able to go out, have a great time at the game and be part of community. Gabriel enjoys these outings tremendously. It is one of the most favorite activities for his brother as well, so it is a great "bonding" time for the two of them. Thanks so much! *Greg*

Our daughter, Chantel greatly enjoyed the game we went to at the civic centre. She likes watching hockey and the seats were excellent, it just took Chantel a little while to get used to being so close especially when the players were checked into the boards in front of us. It didn't take long for her to get into the game, though, and soon she was yelling and chanting with the crowd and laughing her head off. She still talks about the game and looks forward to going again sometime. Thanks so much for organizing these donations and making them available. *Don & Anita*

Last year we received tickets to the Ottawa 67's games courtesy of Trinity Developments and wanted to let you know how much we appreciated this! We have three sons, ages 10, 8 and nearly 6, (Walker, Curran and Iain respectively). Walker is typically developing, Curran has Aspergers and Iain is further up the Autism scale. As a result of having a more severely Autistic child (not to mention the fun Aspergers brings as well!), our family is often unable to plan ahead for events such as this, since Autism is so very unpredictable.

## THANK YOU'S (Cont'd)

We decided to try going to a game as a family, thanks to the donation from Trinity and your wonderful service of making them available and were shocked that, although our youngest son Iain initially had trouble with the crowds and noise, he LOVED the game! It was fantastic to see him watching the players and actually COMMENT a few times on the game! As a parent who struggles with language and opportunities for making requests and speech in general with him, this was a wonderful experience. We were not able to stay the entire game as it became too overwhelming for him, yet were again shocked that he lasted as long as he did. Encouraged by the first result, we decided to do it again later on and had a success in that his tolerance was higher and enabled us to stay for a longer duration! This was very positive and we hope to continue this exposure as it is so very beneficial not only to Iain, but to the entire family. Iain is in IBI (Intensive Behavioural Intervention - the Autism program) and we shared the results with his Instructor, Therapists, psychologist and other team members.

They felt this was a vital and important avenue to continue to pursue for Iain as it is through exposure that Iain is learning to cope with the stress of crowds, noise, transitions and new experiences. We are not yet able to stay for an entire game, but I am positive that one day in the future, thanks to this generous donation we will be able to.

This also meant the world to my oldest son who has to frequently forego the typical opportunities to go to such venues and also exposed the middle son to something he found he really enjoyed. We try to give Walker as many opportunities to have breaks from Autism as possible, but few present themselves for the entire family to enjoy. Autism can lock entire families in due to the high needs of the Autistic member. In this case, you have opened up a wonderful opportunity for our boys to experience 'typical' venues and to experience entertainment and enjoyment and I wished to thank both Children At Risk and Trinity Developments. With gratitude, (Proud Mother of Walker, Curran and Iain)  
*Leigh Hall*

## THANK YOU'S (Cont'd)

Our family had never been to the 67's games ever before. So with having said this, without the generosity of donor tickets our teens and little kids would never have had the opportunity to attend a 67's game. My thrill of the first ever game I attended was with the three teens staying with our family, and observing them and the shock of being sooooooooooooooooo close to the action, the music, cheer leaders, and the roaring crowd when a misconduct took place, or the 67's score! OMG - too funny!! Three teenagers and a loud hockey game, first experience (DO I DARE DO IT AGAIN?) I will do it again, and have since with two 8 year olds, this was exciting! I would like to thank the contributors of tickets - without contributors my kids would not be stars at school, for one game gave free 67's winter hats -all the rural hockey kids want them! Thanks everyone! *Jennifer & Family*

We have very much appreciated the 67's tickets donated to Children at Risk. They provide a great way to relax and forget about the stresses of the week. The 67's games are great family entertainment. *Mary*

## MORE THANK YOU'S

Thank you very much for the tickets for the magic/illusion show. Since they were available to us for no cost, we were able to go as a family. Although we all enjoyed this professional show, my son got the biggest kick out of the illusionists, especially the one with the silly antics. As an added bonus, we were able to see the Olympic torch when we picked up the tickets! Amazing timing. Once again, thank you so much for making this all possible.

*Bill, Brenda, Brianna, Kristin and Mitchell Kelly*

I want to thank you very much, and please thank the organizers on our behalf, for generously donating tickets to the magic show this weekend! The kids thoroughly enjoyed it and couldn't stop talking about all the impressive tricks they saw. The quality of the show and the complexity of the magic were much better than Kris and I had anticipated -- really impressive. It was ideal for the 8-12 year age range. Thank you so much! *Jocelyne, Kris and Simon*

## THANK YOU'S (Cont'd)

I would like to say Thank you for the tickets to the Star Wars concert it was amazing!! I enjoyed the entire event, from meeting some of the characters to listening to the music. I was so excited to hear that we had tickets from Children at Risk. I know that the tickets are expensive and sometimes I can't go see everything I want and with the donation to Children at Risk and then to us, it was incredible, like a dream come true. So, Thanks again, my Dad and I really enjoyed it.

*Giordano Petti*

I just wanted to write and say Thank you so much for the tickets to the NAC concert today. We just came back from it. The children had a wonderful time, me too. We would never have been able to go if it hadn't been for this donation so I truly appreciate the tickets. This was our first time visiting the NAC but hopefully it won't be the last. Thank you again!

*Cecilia*

## GREAT NEWS!



Congrats to Ashley Hagerman for winning in the free-throw competition for her school Goulbourn MS (she then was able to challenge a teacher and picked her EA, and beat him).

On Feb. 13th she went on to compete in a competition, and won that, and Feb. 27th she will be in the regionals. It was exciting to watch her excel. I think she may be the next Jason McElwain.



Presenting the winner of the Regional Free Throw Competition for her age group ... Ashley Hagerman.

## HAVE YOU HEARD ABOUT ...



### **Ottawa Children's Coordinated Access and Referral to Services**

2675 Queensview Drive,  
Ottawa, Ont. K2B 8K2.

**Phone:** (613) 729-0577 x1251 **Fax:** (613) 288-0426

#### **Mandate:**

To bring together mental health and developmental agencies in order to provide case resolution and referral to services for children/youth most in need in the mental health, education and developmental service sector. To operate a Francophone and Anglophone mechanism for case resolution and single point of access to day treatment programs.

#### **Referral Process:**

Professionals from the mental health sector, youth justice services, school boards, child protection services, developmental service sector bring forward applications.

Two essential criteria need to be met before a referral can be made to Coordinated Access:

1. Support and service options, in the community have been exhausted. As a result the service system is unable to respond to the needs of the child/youth.
2. The child/youth has multiple complex mental health and developmental needs. Many will have more than one challenge such as *mental health problems, psychiatric disorders, behavioral issues, dual diagnosis, family conflict, concurrent disorders*.

Check out their website for more info:

[http://www.ysb.on.ca/english/index.php?option=com\\_content&task=view&id=267&Itemid=344](http://www.ysb.on.ca/english/index.php?option=com_content&task=view&id=267&Itemid=344)

## UPCOMING EVENTS



### **March 25-26, 2010 Ottawa, ON**

Learn practical skills that can be immediately implemented into existing curriculum and training programs, at home or in school!

Crowne Plaza Ottawa  
101 Lyon Street, Ottawa, Ontario

#### **Thursday, March 25**

##### **Paula Kluth**

*Author of "Just Give Him The Whale!" 20 Ways to Use Fascinations, Areas of Expertise, and Strengths to Support Students with Autism*

*"You're Going to Love This Kid": Teaching & Supporting Children on the Spectrum*

#### **Friday, March 26**

##### **John Clements**

*Author of Assessing Behaviors Regarded as Problematic for People with Developmental Disabilities*

*Thoughts, Feelings and Behaviour: Empathy and Analysis in Working Through the Behavioural and Emotional Difficulties of Children with ASD*

To register contact:

Phone: (780) 474-8355 or

Toll Free: 1-866-724-2224

Email: [vharris@shaw.ca](mailto:vharris@shaw.ca)

Note: Check out the book review of one of Paula Kluth's books on Page 19.

## AUTISM & DISCOVERY TOYS



Discovery Toys are designed to target the most commonly shared learning difficulties for children with autism. Children with autism tend to experience several broad areas of significant difficulty.

Every toy in our catalogue has an Autism Symbol that corresponds with the specific learning each toy supports. Use the key below to choose the most appropriate toy for your child.

- a) toys to develop independent play with some limited instruction.
- b) toys that promote sustained engagement.
- c) toys that build skills for cooperative play.
- d) toys that create opportunities for children to talk about their play experience.
- e) toys with obvious completion criteria.
- f) toys that encourage pretend play.

--as reproduced from our catalogue

I would be pleased to mail a catalogue to anyone who request one. Simply send your mailing address to [TheToyLady@videotron.ca](mailto:TheToyLady@videotron.ca). I am also pleased to offer a 10% discount to all your members on orders greater than \$110.

Nathalie Creamer, Team Leader  
Discovery Toys Canada  
613 487-4181

[www.discoverytoyslink.com/123discovery](http://www.discoverytoyslink.com/123discovery)

**Nancy Gibson**  
RCP Coordinator  
Ottawa Chapter

613-230-6305  
[nancy@autismontario.com](mailto:nancy@autismontario.com)



## NEW PARENT GUIDE

A new publication has been released, titled "Helping Students with Speech and Language Disorders: A Parent Guide to Supporting Success at School."

It is produced by the Ontario Association for Families of Children with Communication Disorders (OAFCCD).

This 40 page Parent Guide will help parents of students with speech and language problems to:

- Navigate the speech and language service system
- Prepare for transition to school
- Understand the special education systems
- Participate for the Individual Education Plan (I.E.P.) development
- Prepare for an Identification and Placement Review Committee (I.P.R.C.)
- Engage effectively with the school system
- This easy to read Parent Guide is full of tips to empower parents as they support their child's success at school.

The guide is chronologically ordered with information covering transition to school, elementary and high school and the transition to post secondary education or employment.

You can order the publication at OAFCCD's website at <http://www.oafccd.com>, at a cost of \$10 for OAFCCD members, and \$20 for non-members.

You can also purchase the publication here in Ottawa for \$15 non-member (still \$10 for members) if you pick it up directly from Joyce Mortimer, a local OAFCCD Ottawa chapter member (i.e. you save the cost of shipping). Email Joyce [ckingmortimer@sympatico.ca](mailto:ckingmortimer@sympatico.ca) and list "OAFCCD Parent Guide request" in the header.



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

### **Facing a unique set of challenges - Jennifer and Teagin Nicholson**

Teagin's tenacity. Jennifer Nicholson shares a moment with her seven-year-old son, Teagin, who is autistic and suffers from a rare and severe form of epilepsy called Lennox-Gestaut Syndrome. Medications didn't reduce the 150 seizures he experienced each day, but an unusual diet has given him a new lease on life.

Stirring oil into her seven-year-old son's fruit and adding a dollop of mayonnaise onto nearly every meal was not something Jennifer Nicholson envisioned would save her son's life. Nor did she expect to supervise as Teagin swallows more than 40 organic, hypoallergenic vitamins and minerals each day.

But this combination of ultra-pure supplements and an amped-up version of the Atkins diet has allowed Teagin to emerge from a wheelchair-bound fog of nearly constant seizures into a bright, happy and playful child who attends St. John Elementary School every day and said the first word of his life in October.

A year ago, Teagin's parents, Jennifer and Tolson Nicholson, couldn't see this future for their son. Diagnosed with autism at age two, Teagin already faced a unique set of challenges. He went from being a cheerful, caring child who made eye contact to an angry, defiant boy who lost the ability to perform basic tasks like clapping, all in the span of a few months.

After a lengthy period when doctors couldn't diagnose what was wrong with Teagin, he was finally on a path to regaining his skills when Jennifer and Tolson began to notice the first signs of an even greater problem. At age four, Teagin seemed strange and tired all day, Jennifer said. He had a seizure during lunch, leading his alarmed parents to bring him to the hospital, where an EEG test was performed to check Teagin's brain activity. "Another referral, another clean EEG – that's how it went," Jennifer says, describing the long span before Teagin's eventual diagnosis. Teagin would huff and breathe heavily, and stare off into space. Doctors chalked it up to his autism and prescribed medications like Zoloft for anxiety and melatonin. Nothing changed.

Then they began finding vomit in his bed in the morning. "We thought he was sick. We didn't think anything of it. Now, we know after that it's a sign of a tonic-clonic seizure," Jennifer said. One day, Teagin simply wouldn't wake up. Jennifer could see his eyes darting back and forth beneath his closed eyelids, and she pulled him into a sitting position. "He didn't know where he was," Jennifer says. "I got him dressed, and he started walking the wrong way into the wall." Suddenly, Teagin went limp, fell into his father's arms and stopped breathing.

Doctors told the family Teagin was in a seizure state and gave him three doses of Atavan to keep him stable. Doctors told the family it wouldn't happen again and sent Teagin home with an anti-convulsant medication that left him a "drooling mess," Jennifer said. A month later, Teagin had another massive seizure. Tolson's mother overheard a doctor tell a colleague, "I don't think this boy is going to live."

This time, a neurologist refused to let the family leave the hospital until doctors figured out what was wrong with the six-year-old. The first step: another EEG. This time, it wasn't the "clean" result the family was used to seeing. The 24-hour scan revealed that Teagin was experiencing 150 seizures each day. In her 35 years in the

## **Facing a unique set of challenges (cont'd) Submitted by Jessica Stewart**

field, the Nicholsons' neurologist said she had never seen anything like it. Teagin's condition is so rare, doctors needed to find an expert to corroborate their diagnosis.

Eventually, the family got its answer: Lennox-Gestaut Syndrome, an extremely rare and severe form of epilepsy. It accounts for only four per cent of epilepsy cases, and the fatality rate is very high. The Nicholsons were told Teagin wouldn't live more than 10 years. "I didn't even take it in the first time," Jennifer says, calling the diagnosis "catastrophic."

Teagin started on a regime of anti-seizure medication that did little to quell his episodes. He lost the ability to walk and spent much of his time sleeping in his wheelchair. In September of 2008, after Teagin "failed" two consecutive anti-seizure medications, Jennifer got some advice from a fellow LGS mom she met through Facebook: try the Ketogenic diet. She went to the doctor armed with the books she needed to get started and never looked back.

The ultra-strict diet requires a careful balance of extremely high fat, low carbohydrate foods with a low caloric content that trick the body into ketosis, which reduces seizures – an effect scientists cannot fully explain. A typical meal could include exactly 30 grams of salmon cooked in oil and topped with mayonnaise and a bowl of berries mixed with 32 g of canola oil for dessert. Every gram must be measured precisely and foods cannot be frozen or prepared – a requirement that kept Jennifer in the kitchen for five hours a day at first.

Combine that with Teagin's extreme sensitivity to contaminants and his numerous food allergies, and he is one "picky" eater. Or rather, the family and doctors are picky about what he is fed. Teagin can only eat organic foods that do not contain minerals or hormones from food production or packaging, because his organs are so sensitive. He cannot even use normal soap or lotion because of the risk of absorbing carbohydrates through his skin. Within a couple of weeks, there was a drastic reduction in the number of seizures to about 50 per day. Teagin is now transitioning to a slightly less strict modified-Atkins diet. "If someone had told me to feed him tablespoons of fat, I would have," Jennifer says. "It's a little bit of hope when someone tells you there is none."

Inspired by the difference foods could make in their son's quality of life, the Nicholsons decided to see if a regime of nutritional supplements prescribed by Fallbrook's Dr. John Coombs, who specializes in functional medicine, would help. Teagin's liver isn't capable of detoxifying what is put into his body, so he takes Carnitor, along with a veritable pharmacy of vitamins and minerals his body cannot absorb normally. But given his sensitivities, he can only use the purest, unadulterated forms of vitamins.

"You can't walk into a drug store and buy what he needs," Jennifer says. Only a couple weeks after he began taking the supplements, Teagin said his first word at age seven: "no," when Jennifer asked if he was feeling well. "He honestly loves things now," Jennifer says, whether it is listening to dad and sister Zoey rock out on guitar and harmonica, watching Blue's Clues or Bear in the Big Blue House, or simply seeing things zoom by the car window when he goes for a ride. "It makes it worth doing," Jennifer says.

Now, Teagin may only have a couple of seizures a day. And despite the high cost of such an expensive diet (Carnitor alone costs \$136 for a supply that lasts a week and a half), the Nicholsons vowed to give their son whatever he needs to keep the seizures at bay. "Money is nothing. Love for your child is everything," Tolson says.

NOTE: Dr. Coombs workshop notes can be either accessed at the Children at Risk website or mailed by contacting the office and making a request for a copy.

## Quinn's Speech

Submitted by Patricia Flanagan

*My son, Quinn, is 12 years old and in Grade 7 at Kemptville Public School. This is the speech that he wrote to give to his grade 7 class.*



Seth and Quinn

Have you ever looked at a parent in total disgust, as their “bratty spoiled rotten kid” throws a temper tantrum on the floor in Wal-Mart? I admit, I have.

We all know at least one kid at school that may get teased, has no friends, acts weird, or looks different.

I live with a kid like that. To me, he is not weird; he is my best friend, my “big-little” brother and I wouldn't change him for the world.

Mr. Vincent and fellow classmates, today I would like to talk to you about Autism. People point, people stare, people ask “What are they doing? Are they crazy?” These people may be talking about people with Autism. People with Autism may act different but they really are not that different from anyone else. My brother may go off into his own little world but he is not that different from any other kid. Heck, we all need a break from reality once in awhile!

My brother is a lot of fun and has the most amazing imagination! I admit, at times, his imagination may be too much for even me to handle ... but, it is one of the things that makes him who he is and one day it may even make him a famous writer or movie producer. Anything is possible!

Some kids with Autism can't talk, but that does not mean that they don't understand. In fact, they just may understand you better than some of your friends do. Autism does NOT mean that you can't do the same things as other kids. Some kids with Autism play soccer, skate, swim, or golf and they may even be able to beat your butt at your favorite video game!

It also does NOT mean that you're stupid. In fact, Albert Einstein, Sir Isaac Newton, and even Bill Gates are believed to have different forms of Autism. Autism also does NOT mean that you don't have feelings or you should be teased and it does NOT mean you don't deserve friends.

Autism DOES mean that you may have to try harder and you need others to be understanding and patient. The brains of people with Autism are “wired” differently than the rest of us. They may have sensory issues; like not feeling the cold even though it is freezing outside, or being able to hear “frequencies” that others cannot.

They also have difficulty with social skills and they may learn differently from the rest of their class. Autism is no-one's fault and no-one knows, for sure, exactly what causes it. The latest statistics from the Centers for Disease Control say that 1 out of every 110 children have Autism and 1 out of every 70 boys has Autism.

Autism has become so common that on December 18, 2007, the United Nations General Assembly declared April 2<sup>nd</sup> as World Autism Awareness Day (WAAD). Autism is the fastest growing developmental disorder in the world, chances are that you are either related to or know someone that has Autism. If this is not the case, I guarantee you that as we go through life, every one of us will have an interaction with someone that has Autism. If we keep an open mind, be accepting, non-judgmental, and patient we will all be touched by and learn great things from our present and future friends with Autism.

On April 2<sup>nd</sup>, 2010, please remember to celebrate World Autism Awareness Day with me. Thank you!



## Possible future Special Olympians – Three young boys with Autism take to the ski hills.



Last year we featured an article about Keelan Smith and CADS - The Canadian Association for Disabled Skiing which is a volunteer based non-profit organization having the objective of promoting alpine skiing and snowboarding for persons with a disability. The National Capital Division (CADS-NCD) which is a member organization of CADS and oversees the programs and services operating in the regions of Eastern Ontario and Western Quebec. CADS-NCD operates at five local ski hills – Edelweiss, Mont Cascades, Calabogie Peaks, Camp Fortune and Mount Pakenham offering volunteer, trained instructors for all disabilities. Although children with Autism have skied this year with other hills, we follow up with the Mont Cascades team.

This was Keelan's 2<sup>nd</sup> season with the Mont Cascades team, which has been running for six years and this year he was joined by Cooper and Fletcher Sloan. The boys all received a medal for their skiing and Keelan won a trophy for most improved skier for 2010.

“I heard about CADS through Kathleen Rooney who does sensory integration with the boys. She suggested we enroll them. I always thought the program was for people with physical disabilities so I was thrilled to find out that the boys qualified. We couldn't have been happier with the program, excellent volunteers. We wanted to find something we could do as a family but trying to get 2 ASD children to ski would be an enormous task. We hope that after a few seasons, they will be mostly independent and then it will be easier to do family ski outings”, said mom, Teresa Sloan.

“Keelan was thrilled last year with his medal and happy to go up to receive one again this year but when Mike Rochette presented him also with a huge trophy and plaque he was beaming, posed happily for pictures with his instructor Amy and kissed it as he had seen on TV, it was his own Olympic Gold podium moment” said mom Hazel Smith. He took the trophy to school and spoke loudly to tell his class how he had achieved it and answered questions, rather than the previous quiet, looking at the floor child.”

“The eight Saturdays we had to be at Mont Cascades for 9.30 a.m. regardless of wind chill is a challenge for a child with transitional issues but once there, Keelan enjoys the skiing. At the end of last year's season he was hurtling down the hill with no regard for his own safety or anyone around him but after this year we can now ski as a family as he is in control, considerate to others and practically parallel skiing. The only issue we have currently is that he wants to always lead!”



## Possible future Special Olympians (cont'd)

“We are only restrained in the number of disabled skiers we can service by the number of volunteer instructors that we have available, said Mike Rochette, Coordinator for the Mont Cascades team. “It was very disappointing for everyone to turn away families this year as we just didn’t have enough volunteers. I would encourage anyone interested in volunteering that is an intermediate or better skier to contact us. We will train you in the techniques developed by CADS to assist a disabled skier. We also have a junior instructors program open for next year’s season for those 16 years of age and older.

New to the team this year was Mahshid Ghaemmaghami, experienced ABA Therapist and as a junior instructor Laura, whose older brother Robert has skied with the Mont Cascades team for a number of years and whose Father handled the season’s admin desk at the hill.

Check out the website [www.cads-ncd.ca](http://www.cads-ncd.ca) for the full details. and <http://picasaweb.google.com/Hazeljaz/CADS2010#> for Keelan’s ski album.

---

## ADVERTISING

**Dean Ryan**

Kelly Huibers McNeely Professional Corporation  
9 Emily Street  
Carleton Place, Ontario  
K7C 1R9  
Phone - 613-963-1430  
Fax - 613-257-5722

*For all your accounting and income tax needs.*

**“Just Give Him the Whale!” 20 Ways to Use Fascinations, Areas of Expertise, and Strengths to Support Students with Autism by Paula Kluth and Patrick Schwarz**

*Reviewed by Maureen Bennie, Director, Autism Awareness Centre Inc. [www.autismawarenesscentre.org](http://www.autismawarenesscentre.org)*

Motivation is a key tool for wanting to acquire new information and attending to a task. Most of us will devote more time and energy to something that interests us rather than a task that we are told to do. We are more apt to pursue or stay with something that interests us.

Individuals with autism spectrum disorder (ASD) have fascinations or special interests that are motivators. These may be unusual and not shared by many people. Incorporating special interests when working with students can motivate, engage, sustain interest, and become a meaningful way to relate to them. Too often educators are bound by a set curriculum, a teaching method, professional and personal goals, and a personal experience of what is meaningful in learning and the special interest is ignored or discouraged. The special interests of the person with ASD are not incorporated, dismissed or used as a reward. There can be a fear or concern that the special interest may take over in a teaching situation or impede the learning process.

Authors Paula Kluth and Patrick Schwarz have written an excellent book that lists 20 ways in which to use fascinations and areas of expertise to support students with autism. “Just Give Him the Whale!” was written for educators but this book has a wider application to anyone who works with an individual on the spectrum. The 20 mini- chapters highlight how to use a special interest within the context of social skills, academics, and building self-esteem.

Each mini-chapter opens with one or two examples of using a student’s strength to achieve a goal, then gives three additional ideas to incorporate the student’s special interest within the goal. Icons make for an easy-to-follow format – the whale indicates student examples, the starfish highlights real life experience quotes, and the captain’s wheel points to additional ideas. The student examples cover a wide range of ages.

This book gives great ideas on how to use student strengths without an overwhelming text to wade through. It acts as a guide on how to effectively use the special interest. Concrete, real-life student examples provide inspiration to motivate students and make learning meaningful for them.

No educator should be without this resource. The ideas and suggestions provide a more meaningful, motivating learning experience for students with ASD, and highlight the strengths and attributes these students bring to the classroom.

*Available for \$24.95 from the Autism Awareness Centre by contacting Maureen Bennie at (403) 640-2710 or fax (403) 451-9011 or at [maureen.aaci@shaw.ca](mailto:maureen.aaci@shaw.ca). Books available on-line at [www.autismawarenesscentre.org](http://www.autismawarenesscentre.org).*

# ROCKIN' FOR RISK

Presented by Children at Risk

## 50s, 60s, 70s plus

Travel back in time and dance the night away for our 9th year supporting children with autism!



Live music by Intersection



Mid-Evening Sandwich Buffet

Door Prizes, Best Costume & Spot Dance  
Contests Raffle & Silent Auction

"60 Second Fix" by CRABTREE & EVELYN

MC Brother Bob of OLDIES 1310

Shawn Barry - Ottawa's premier Elvis Tribute Artist

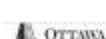
Gold Drive - [www.recyclefrog.com](http://www.recyclefrog.com)

**Saturday, April 10 7:30 PM to 12:30 AM**

**Algonquin College, Building D**

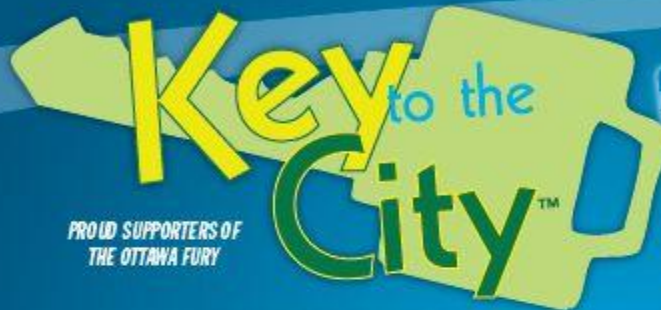
**Tickets \$25 Advance, \$30 door, Table of 10 \$225**

For tickets and info contact 613-741-8255 or visit [www.childrenatrisk.ca](http://www.childrenatrisk.ca), Must be 19 & over



# IT'S A COUPON BOOK ON A CARD!

RESTAURANTS • RETAIL • SERVICE • RECREATION • HEALTH & WELLNESS AND SO MUCH MORE...



PROUD SUPPORTERS OF  
THE OTTAWA FURY



UNLOCK YOUR CITY WITH  
THE "KEY" TO GREAT SAVINGS!

# SAVE \$

AT HUNDREDS  
OF PARTICIPATING  
MERCHANTS WITH  
ONE LITTLE CARD!

- Become a merchant
- Fundraising opportunities
- Proudly supporting many charities

CALL 613.565.0606  
[www.keytothecity.ca](http://www.keytothecity.ca)



MEDIA PARTNER

SUN MEDIA

**NEED TO RAISE MONEY FOR YOUR TEAM OR ORGANIZATION?  
FOR GREAT FUNDING OPPORTUNITIES, CALL 613.565.0606**

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



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

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

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

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