

**36 Years of
Service
1979-2015**



Children at Risk

**NEWSLETTER
SEPTEMBER 2015**

Issue #72

235 Donald Street, Suite 209
Ottawa, Ontario K1K 1N1
Tel: (613) 741-8255
Fax: (613) 741-5530
Email: car@childrenatrisk.ca
Web: www.childrenatrisk.ca



Charitable Registration #
10691/3775/RR/0001

MARK YOUR CALENDARS

Annual Fall Raffle –
October 6, 2015

20th Annual Celebrity
Carved Pumpkin Contest
October 22-25, 2015

5th Annual
Benefit Brunch for Autism
Sunday, November 15, 2015

Capital Chordettes
Christmas Market & Concert
Saturday, December 5, 2015

10th Annual 'Rollin' for Risk`
Bowl-A-Thon
Sunday, January 31, 2016

*Mark your
calendar!*

PRESIDENT'S MESSAGE

I am excited to take on the role of Board President. After serving on the Board for the past 7 years and in the role of Secretary for the past 5 years, it feels like a natural progression for me. We have seen a number of changes with both the Board and the direction for the charity in general. I would like to start off my inaugural President's message with an acknowledgement of the people who I have worked with over the past seven years. The Past President, **Paul Lacroix** has been a great mentor for myself and a great influence for the current direction of Children at Risk. Paul's dedication to the charity goes without saying. He led the Board with a direct approach to achieving results. Paul was instrumental in the implementation of the Carver policies to ensure the Board was following the proper procedures. Paul was also a driving force in supporting the creation and set-up of **Camp Kaleidoscope**, which has grown to offer over 300 weekly camp spots in 2015. We thank Paul for all his hard work over the years and we certainly hope to see Paul at some of our events going forward. I believe that part of my passion I have for Children at Risk comes directly from the passion I see in both **Brenda and Bambina**. I have experienced their remarkable dedication and devotion to the charity and it certainly inspires me to work harder to see continued success. I honestly do not believe we would have seen the growth and success over the past decade without their tireless efforts. I would also like to acknowledge **Hazel Smith** who oversees Camp Kaleidoscope and the weekend fun respite days/evenings offered by Children at Risk. Hazel is also involved with a number of charity fundraisers, most notably our "**Celebrity-Carved Pumpkin Contest**" in October. A past Board member, Hazel has a unique ability to organize groups in a way to ensure an otherwise chaotic situation becomes manageable. Finally, I would like to thank all of the people who have served on the Board or helped with any of the fundraising or charitable events. A special recognition for our current Board Treasurer **Lesia Gilbert**, and our current Directors **Michelle Thompson, Neil Dzuba, Martha Perry, Walter Robinson and Carrie Groulx**.

Looking at all the talented people involved with Children at Risk, I am confident that we will continue to provide needed services to children and their families!

Mark Lalonde, Board President

2015/2016 Board of Directors

President – Mark Lalonde
Treasurer – Lesia Gilbert
Secretary – Neil Dzuba
Director – Michelle Thompson
Director – Martha Perry
Director – Carrie Groulx
Director – Walter Davidson

BOARD CHANGES

Once again, we would like to thank Financial Advisor, **Lisa Whittleton, BSc.**, for being our Special Guest Speaker at our AGM in June. Lisa spoke on both the Registered Disabilities Plan and Disability Tax Credit. If you have questions or are looking for more info, she can be reached at:

Lisa.Whittleton@freedom55financial.com

Please join me in welcoming 2 New Board Members – **Carrie Groulx** and **Walter Davidson!**

Meet Carrie: “Hello! I have been a long-time Member of Children at Risk with a daughter twelve on the spectrum. Now that my children are getting older, I would like to get more involved by becoming a Member of the Board of Directors. I have a post graduate in autism behavioural science and I have worked in the community helping families privately. In addition, I have volunteered at the YMCA for several years as the special events co-ordinator until the Kanata location closed at the first of this year. I am currently working with special needs children as an occasional educational assistant for the Ottawa Public School Board. I hope my connections in the Community can benefit Children at Risk as they strive to serve families raising ASD children with Programs and Activities!”

Meet Walter: After a 12-year career as a research scientist working in Australia, Germany, and France, Walter Davidson then served for 31 years in scientific and managerial roles at the National Research Council of Canada including a five-year assignment as a diplomat at the Canadian Embassy in Bonn, Germany, in the Department of Foreign Affairs and International Trade. For his scientific achievements he was elected in 2003 as Fellow of the Royal Society of Canada. A resident of Old Ottawa South since 1979, he retired from the Public Service in 2011 and now works as a volunteer in various organizations, such as Warden in an Anglican Church. He has been associated with the International Order of The King’s Daughters and Sons (KDS) since 1989, was President of the KDS Chautauqua Circle for 16 years, and currently serves as President of the Ottawa City Union Board of the KDS (major donors for Camp Kaleidoscope since 2011). He is married to Charlotte - they have 5 children, and 12 grandchildren.

EXECUTIVE DIRECTOR’S MESSAGE

Fall brings an excitement like no other, as we transition from hot and hazy summer days to cool and crisp fall temperatures. Although it is signaling that the annual Year is drawing to a close – it is also the beginning of School, Work, Programs and Activities. As we still bask in the glow of another fantastic year of **Camp Kaleidoscope** – and pass on Thanks to **Camp Director Hazel Smith and her Counsellors** – we know that we begin the climb up the Hill again to raise Funds to do it all over again in 2016!

Our **Fall Raffle** takes the first steps towards financing next year’s Camp – so please help us to **SELL OUT** this fundraiser again! This would give us an excellent start by raising over **\$9,000**.

Please take time to read the Parent testimonials from this Year’s Camp – we have touched and helped so many ASD children through this support – we **MUST** keep it going for years to come!

We hope to see Families out at our Fall Fundraisers and participating in our Fall Groups and Respite Sessions!!

Brenda Reisch, Executive Director and Proud Parent of ASD son, Ian

EVENTS/ACTIVITIES SINCE JUNE 2015...

FRIDAY FUN



Staff at the **Eastern Ontario Regional Laboratory Association (EORLA)** celebrate casual, dress-down Fridays by raising funds for Charity. Children at Risk was delighted to receive a donation of **\$470** in June from this community-minded group in recognition of the support and services we offer Families raising a child with Autism!

OTTAWA AUTISM COMMUNITY ANNUAL FAMILY PICNIC

A beautiful day dawned for the **Autism Community Annual Family Picnic** on June 14th! Held again at Brewer Park, our Families enjoyed water play, the BBQ, Circus Delights Inflatables, Fish Pond, Cookie Decorating, Bubble Play, Balloon Toss and much more! Many, many thanks to all the Volunteers who made this possible - especially BBQ Crews who skillfully ran the BBQ donated for use by The Gathering Church - not to mention many other Volunteers who jumped in to help at all the other activity stations! Please join me in thanking our many sponsors:

- **The Gathering Church** for their BBQ and **The Teed Family** for transportation
- **Loblaws College Square** for some food donations
- **Tannis Foods Distributors** for water bottle donations
- **Weston Bakeries** for donating the hot dog and burger buns
- **Tunis Shrine Klowns**
- **Heather** from **A Little Bit of Bling** for her awesome face paint & glitter tattoos!

See Picnic Pics on Page 30.

20th ANNUAL SPRING RAFFLE

As is tradition, Children at Risk also draws our Spring Raffle Tickets at the Picnic with 27 lucky Winners! Enclosed you will find a list of the Winners and Ticket Numbers (see Page 32).

Sales were a bit down with the late release and the economy, so we again did not sell out the 6,500 tickets this year, but we still managed to make a profit of close to **\$9,500!!**

Deepest appreciation to all those who purchased and/or sold tickets and Congratulations to the Winners!!

LIVE 88.5 FM ALTERNATIVE GOLF TOURNAMENT

Children at Risk was excited to be chosen by **LIVE 88.5** as Recipient Charity for their “Alternative” Golf Tournament. Held at the exclusive **RideauView Golf Club** – a hot and steamy day greeted 100+ enthusiastic Golfers spending the day on the greens for Charity. Children at Risk wishes to thank **Newcap Radio** and **LIVE 88.5 & HOT 89.9** Personalities for their participation and for promotional awareness of the challenges experienced by families raising children with Autism! Over **\$3,000** was raised for our Programs!!



DONOR SPOTLIGHT



This summer “Golf Was Good” for Children at Risk! Mid-July, we received a call from **Darryl Devine**, Money Markets Manager for the **Canada Deposit Insurance Corporation**, that proceeds from their Staff Golf Tournament were being donated to Children at Risk. We were delighted to receive **\$1,230!**

Please join me in thanking this Community-Minded firm for this philanthropic initiative – and for this generous support!!



GO FUND ME!



With the **Microsoft Golf Classic for Autism** hanging up its Clubs after 11 glorious years, Chair and Co-Founder **Steve Warne** knew there

would be several Ottawa Autism groups that would feel the void of the generous funds this Event had raised for local services. Steve hit the keyboard with a “Go Fund Me” initiative and in just a couple of weeks raised a whopping \$5,000! A donation of \$1,000 from the **Tannis Food Services “Tannis Foundation”** was kindly directed to Children at Risk!! Many thanks to both Steve and Tannis for this donation. For CAR, this was extra special, as an annual donation of Water bottle cases had already been granted this year for the Autism Community Annual Family Picnic from Tannis – demonstrating their deep and continuous commitment to Community and Charity in the Ottawa Region.

PROJECT CLEAR SKIES



No – you are not seeing double - **Camp Kaleidoscope** now has TWO trampolines – plus more Scooters, Plasma Cars, Fans, Coolers and more! Thanks to a generous donation of \$4,922.11 from the **Ottawa International Airport Authority “Project Clear Skies”** initiative – our camp Gym equipment got an awesome and needed boost!! Many thanks to this wonderful group who recognize that funds for equipment and supplies are just as important as funds for Programming – outstanding!



BAKING FOR A CAUSE!

On Saturday, August 29, 2015, sisters of Nasir, **Sara and Noor Siddiqi** planned a “tasty” way to raise not only awareness for autism in their neighborhood – but funds as well - by hosting a



Bake Sale at their house. All proceeds were donated to Children at Risk and Autism Ontario. Children at Risk was honoured and delighted to receive a **\$300 cheque** to



support our Services! For this generous and thoughtful act, we award the September Newsletter “Hat’s Off” to Sara and Noor!!



“FOUNDATION” OF CAMP



Community Foundation of Ottawa



Our 2015 Camp Kaleidoscope truly had a very strong “Foundation” this year – with donations from 2 Foundations!

The Unity for Autism Foundation once again demonstrated their support of Children at Risk’s Summer Day Camp by extending a **\$25,000** grant to enable Camp to be kept to a reasonable cost and facilitate more families access to this service.

The Community Foundation of Ottawa granted **\$10,000** to help fund additional staff required for some of our more behaviorally-challenged Campers who required more than 1:1 staffing to ensure that many higher-needs ASD children can still have access to summer camp.

Many thanks from Children at Risk and the Camp Kaleidoscope Families for this critically- important funding!

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!

Since June, Children at Risk received **\$100** from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached **\$14,738.43!** 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!! **\$390** was donated through Canada Helps June to August!

ANNUAL BOCCE TOURNAMENT



On Sunday, September 19, 2015 - **Marco Petti**, with Family and Friends from Ottawa & Oratino, Italy, held their Annual Bocce Tournament. Funds raised were again donated to Children at Risk! We gratefully received a cheque for \$470!! Appreciation also to Farmers Pick who provided the Tournament prize of a prosciutto at cost.

WHAT IS ON NOW/COMING:

2015 FALL RAFFLE TICKETS

Exciting Prizes - including 1st Prize of 2 WestJet Tickets – any where they fly!

See Page 10 for Info and Page 31 for Ticket Sample – HURRY to get yours - Draw is October 6, 2015!



UNITED WAY/CENTRAIDE OTTAWA CAMPAIGN INFO



As this year's campaign kicks off, we wanted to remind everyone that charitable donations

through **United Way** can be directed to your charity of choice, whether they are a United Way charity or not. We welcome the direction of your contribution to Children at Risk to support the services and programs we provide for families raising a child with Autism! This way you can contribute to a workplace campaign and support Autism, as well! Note that for on-line Donations, you must complete section: C. Other Charitable Giving Choice.

Specifically, you need to list:

Name: Children at Risk - Ottawa

Revenue Canada Charitable Registration Number:
10691/3775/RR/0001

Address:

235 Donald St., Suite 209, Ottawa, ON, K1K 1N1

As CAR does not receive direct funding from United Way, this is the only way we can be part of the United Way Campaign! The importance of these donations cannot be overstated – as our charity does not receive government funding, directed donations like this are so very needed.... Our last bi-annual cheque from these directed donations was **\$4,538.43!** If you have any questions or require additional information, do not hesitate to contact our office! ***Please note that when donations are received this way, the donors are not identified***. Feel free to let us know if you have contributed to our charity in this manner and accept our sincere appreciation for those who remain supportive, but anonymous!

ENTERTAINMENT COUPON BOOKS



2016 Entertainment Books are available

NOW! Still priced at \$35, they are packed with exciting new offers in the book. Don't forget that the national digital savings membership is INCLUDED with the purchase of all Ottawa Entertainment books.

You can download an app to your phone or print coupons from entertainment.com and you will save in Ottawa and in over 100 different cities in Canada and the US. **HUGE SAVINGS ARE AVAILABLE!!!** Call us or email today to get YOURS!

50/50 HOCKEY TICKET SALES

Children at Risk is excited to be selling 50/50 tickets to raise valuable funding at BOTH the **Ottawa Senators** and **Ottawa 67's** Hockey games for the 2015/2016 Season! Below will be listings for the Pre-Season and 10 Regular Season Sens games – and the entire 67's schedule – as we are there the whole Season!

Ottawa Senators:



For most games I am now booking only 11-12 Volunteers. With the NEW 50/50 automated machines – we need Volunteers to arrive at least 2-2 ½ hours early – as there are less spots available – and if you have not yet used the new system – definitely 2 ½ hours early for a quick training session. Below is a list of all the games Children at Risk is scheduled to work this season. 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 us at car@childrenatrisk.ca.

Volunteers:

- * must be at least 18 years of age or older to sell
 - * need to arrive 2-2 ½ hours before the games (5 PM for the 7 PM games and 5:15 PM for the 7:30 PM games)
 - * will be given free parking, pizza and a drink AFTER sales are done
- (I bring a bottles of water for the Volunteers if you need refreshment during selling - no alcoholic drinks allowed while selling)
- * will sell up to the end of the 2nd intermission then cash out before leaving or staying to watch the game (cash out is now staged in time slots so some turn in before others)
 - * floats are supplied by Children at Risk.

NEXT GAMES: OTTAWA SENATORS

- Saturday, October 3 VS. Canadiens (7 PM game)
- Saturday, October 31 VS. Red Wings (7 PM game)
- Monday, November 16 VS. Red Wings (7:30 PM game)
- Thursday, December 3 VS. Blackhawks (7:30 PM game)
- Wednesday, December 30 VS. Devils (7:30 PM game)
- Thursday, January 7 VS. Panthers (7:30 PM game)
- Tuesday, January 26 VS. Sabres (7:30 PM game)
- Monday, February 8 VS. Lightning (7:30 PM game)
- Saturday, March 12 VS. Maple Leafs (7 PM game)
- Saturday, March 19 VS. Canadiens (7 PM game)
- Thursday, April 7 VS. Panthers (7:30 PM game)

Ottawa 67's



Courtesy of the **Ottawa 67's** Hockey Club, Children at Risk will be covering ALL the Home Games for this Season!

This being the Team's 2nd year at TD Place on Bank Street, we are hoping for a higher attendance – which means more tickets sold and more funds raised for Children at Risk!

We need 6-8 Volunteers/Game, need to arrive 1 ½ hour before game, **MUST** be 18 years+. Also – they have removed 2 of our 4 tables, so all sales will have to be done by walking the floor/stands.

With the redevelopment of Lansdowne, there is limited parking and it is expensive. Parking is available on side streets (across the street, in behind, or across the bridge on Aylmer Avenue) – but also limited and a 3 hour maximum limit.

Therefore, the majority of the selling for Volunteers will be to the end of the 1st Intermission – which should be well before the 3 hour limit if you are driving. However, you need to make sure you allow at least 15 minutes to park and walk over!

Greg Wildey and I will be sharing the running of the 50/50 – and also be driving most games and can bring some Volunteers – as we will have a pass will be issued for our vehicles.

For Bus:

OC Transpo service on Bank Street will be enhanced during Game Days for an easy connection from downtown. OC Transpo Routes 1 and 7 provide frequent and direct connections to TD Place from downtown Ottawa and key OC Transpo stations. Use the OC Transpo Travel Planner to find the best route for you!



The remaining games are:

- Friday, October 2 (7 PM game, arrive 5:30 PM)
- Friday, October 9 (7 PM game, arrive 5:30 PM)
- Wednesday, October 21 (7 PM game, arrive 5:30 PM)
- Friday, October 23 (7 PM game, arrive 5:30 PM)
- Sunday, October 25 (3 PM game, arrive 1:30 PM)

- Friday, November 6 (7 PM game, arrive 5:30 PM)
- Sunday, November 8 (3 PM game, arrive 5:30 PM)
- Friday, November 27 (7 PM game, arrive 5:30 PM)
- Saturday, November 28 (1 PM game, arrive 11:30 AM)

- Wednesday, December 9 (7 PM game, arrive 5:30 PM)
- Friday, December 11 (7 PM game, arrive 5:30 PM)
- Sunday, December 13 (3 PM game, arrive 1:30 PM)
- Friday, December 18 (7 PM game, arrive 5:30 PM)
- Saturday, December 19 (1 PM game, arrive 11:30 AM)

- Friday, January 8 (7 PM game, arrive 5:30 PM)
- Saturday, January 9 (1 PM game, arrive 11:30 AM)
- Friday, January 15 (7 PM game, arrive 5:30 PM)
- Sunday, January 17 (3 PM game, arrive 1:30 PM)
- Friday, January 22 (7 PM game, arrive 5:30 PM)
- Sunday, January 24 (3 PM game, arrive 1:30 PM)
- Friday, January 29 (7 PM game, arrive 5:30 PM)
- Saturday, January 30 (1 PM game, arrive 11:30 AM)

- Friday, February 5 (7 PM game, arrive 5:30 PM)
- Friday, February 12 (7 PM game, arrive 5:30 PM)
- Sunday, February 14 (3 PM game, arrive 1:30 PM)
- Monday, February 15 (2 PM game, arrive 12:30 PM)
- Friday, February 19 (7 PM game, arrive 5:30 PM)
- Saturday, February 20 (1 PM game, arrive 11:30 AM)
- Friday, February 26 (7 PM game, arrive 5:30 PM)
- Saturday, February 27 (1 PM game, arrive 11:30 AM)
- Wednesday, March 16 (7 PM game, arrive 5:30 PM)
- Friday, March 18 (7 PM game, arrive 5:30 PM)

ANNUAL TRICK OR TREAT WITH THE MAYOR



On Saturday, October 24, from 4-7 PM, Mayor Jim Watson will be hosting a children's Halloween Party at City Hall. Children at Risk has been invited to display some of our Celebrity-Carved Pumpkins to give awareness of our Event and the Supports offered through our Charity. For more info,

see Poster on Page 23.

20th ANNUAL CELEBRITY- CARVED PUMPKIN CONTEST – OCTOBER 22-25, 2015



WOW! This year Children at Risk celebrate TWO DECADES OF acknowledging October as **Autism Awareness Month** with our **Celebrity-Carved Pumpkin Contest!** This seasonal and fun event has helped not only to raise valuable funds for the Autism Community, but raise awareness about Autism and the challenges families experience raising a child with this disability. As usual, our event will still start with our Celebrity-Reception at **Merivale Mall** on **Thursday, October 22** - and will run an additional 3 days until **Sunday, October 25** in 4 Shopping Centres (Friday to Sunday at the other 3 malls). In order to make this event a success, we need many **Volunteers** to come forward to man the displays. Combining an On-Site Silent Auction with an On-Line Auction, this fundraiser is one of the most high-profile events for Children at Risk, raising not only valuable funds but awareness and support! Many hands are needed, so please check your schedules and give a little time, even a few hours!!

VONALITY

With the purchase of an Auction Site from Vonality the last 2 years, our Pumpkin Auction ran almost seamlessly – so we delighted to have them on-board again for this year!

Here are the Mall Volunteer requirements:

Merivale Mall



MERIVALE MALL

Thursday, October 22 – 9 AM to 9 PM

(Reception at 10 AM)

Friday, October 23 – 9 AM to 9 PM

Saturday, October 24 – 9:30 AM to 9 PM

Sunday, October 25 – 10 AM to 6 PM

MALL MANAGER NEEDED –

CALL 613-741-8255!

Place d'Orleans



Friday, October 23 – 9:30 AM to 9 PM

Saturday, October 24 – 9:30 AM to 9 PM

Sunday, October 25 – 11 AM to 5 PM

Please contact Michelle Thompson, 613-834-9948,

Email: dmechtompson@gmail.com

Carlingwood Shopping Centre



Friday, October 23 – 9:30 AM to 9 PM

Saturday, October 24 – 9:30 AM to 9 PM

Sunday, October 25 – 10 AM to 6 PM

Please contact Alison Armstrong at 613-836-4742

Email: alisona@sympatico.ca

Lincoln Fields Shopping Centre



Friday, October 23 – 9:00 AM to 9 PM

Saturday, October 24 – 9:00 AM to 5:30 PM

Sunday, October 25 - 11 AM to 5:30 PM

Please contact Angèle Jodouin at 613-302-5943

Email: angele.jodouin@rogers.com



Ottawa Conference
and Event Centre

OTTAWA NEW YEAR'S EVE CHARITY BALL

200 Coventry
Rd. Ottawa, ON



Finally! A New Year's Eve worthy of stepping out for the night!!

Elegant Four Course Meal,
Live Music, Dancing, \$1000 in Charity Bucks,
thousands of dollars worth of prizes.

A glass of champagne and a chance to win the Grand Prize!

All inclusive cruise vacation, Hawaii, Mexico,
big screen TV, home appliances and more...

*All for \$159 per ticket.
Tickets go on sale soon!*

**All proceeds supporting Children at Risk,
QuickStart for Autism, and
Destiny's Way Foundation.**

www.ottawacharityball.ca

CHILDREN AT RISK

Fall Raffle

Dear Parents & Friends,

Tickets are NOW available for the Fall Raffle! After many weeks of gathering quality prizes, we can proudly offer them for sale. Funds raised will go towards our summer day camp, Camp Kaleidoscope, in 2016! This valuable support receives no government funding and is financed solely through Fundraising efforts and Donations.

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

To kick off October as Autism Awareness Month, the Raffle will be drawn on Tuesday, October 6, 2015.

Here are more details on the First Prize:

1ST Prize – VIVACIOUS VANCOUVER!

This Exciting Trip Prize includes:

- Return Trip for Two People to Any Scheduled WestJet Airlines Destination! (Value up to \$2,900)
- 2 Night Stay Residence Inn by Marriott Vancouver Downtown (Value \$408)
- Vancouver Canucks Jersey, Memorabilia & 2 Tickets for Sens VS. Canucks (Value \$334)
- Joe Fortes Seafood & Chophouse (Value \$150) & Vancouver Mysteries Certificate (Value \$125)
- Dockside Restaurant (Value \$100) & Dr. Sun Yat-Sen Classical Chinese Garden (Value \$59)
- Vancouver & Bill Reid Art Galleries (Value \$80) & Crossroads Milestones (Value \$50)

TOTAL 1ST PRIZE VALUE: \$4,206!



- 2nd & 3rd Prizes – AVON By Pam Campbell – Fabulous Gift Baskets (Value \$521 ea.)
- 4th Prize – Best Western Plus Ottawa City Centre Weekend Stay & Keg Steakhouse (Value \$500)
- 5th & 6th Prizes – 2016 Club EG Golf Pass, Speedy Auto OLF & AVON for Men (Value \$476 ea.)
- 7th & 8th Prizes – Kid's Stuff: Plasma Car, Sylvan Learning & Schleich Toys (Value \$363 ea.)
- 9th –Country Inn & Suites Ottawa West 1 Night Stay, East Coast Limos Voucher & Fratelli (Value \$275)
- 10th & 11th – 2 Ottawa Senators 300 Level Tickets & Memorabilia, Central Bierhaus (Value \$202 ea.)

(See Ticket for Prize Numbers 12-28!)

Our Raffle offers:

- Tickets \$2 each, 3 for \$5 or a book of 12 for \$20!
- 28 Draws with Prizes worth a total of \$9,255!
- Maximum 5,500 tickets sold

For more information, do not hesitate to contact us at the office, 741-8255, or by email, car@childrenatrisk.ca

Yours truly,

Brenda Reisch, Fundraising Chairperson, cell 261-4442

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**5th ANNUAL BENEFIT BRUNCH FOR AUTISM
– SUNDAY, NOVEMBER 15**



Once again, **The Ottawa Autism Circle of The King's Daughters and Sons** is holding a Fundraising Brunch to benefit Children at Risk on **Sunday, November 15, 2015.**

This year the Event is being held again at the Villa Marconi, 1026 Baseline Road - (across from the Experimental Farm and just before Merivale) and runs from 11:30 AM to 2 PM, with Brunch starting at 12 Noon. There will be Entertainment from local singers and musicians (TBA) along with a Silent Auction to help you with your Holiday Shopping!

Tickets are \$30 for Adults and \$15 for Children ages 5-12 (under 5 is free).

Call our Office at 613-741-8255 to get your tickets or email us at car@childrenatrisk.ca



**Volunteer
Spotlight**



In this Edition of Children at Risk's quarterly newsletter, we are shining our Volunteer Spotlight on a Family!

For many years, the **Bradbury-Jost Family** has pitched in to help Children at Risk with Fundraisers, Events, Office and Camp moves and more! **Parents Nathalie and James** have raised **Jacquie, Xavier and Calvin** to be responsible, community-minded individuals.

Over the years, thanks to their Parent's encouragement, we have seen these children grow and develop skills and a strong work ethic that will help them to be caring and committed Citizens. Children at Risk has been fortunate to know this wonderful Family and receive their continued support! For the Bradbury-Jost's - Volunteering has truly been a "Family Affair"!! ☺

Congratulations!





From Christine Martell

Gluten-Free Vegan Banana Muffins

Ingredients:

- 1 flax egg (1 Tbsp. ground flax, 3 Tbsp. filtered water, mixed and refrigerated 15 minutes)
- 1 cup gluten-free flour blend
- 1/2 cup millet flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/3 cup honey
- 1/3 cup olive or grape seed oil
- 4 bananas, mashed

Directions:

1. Mix the flax egg and refrigerate.
2. Mash the bananas.
3. Mix in the honey and oil, set aside.
4. Mix the dry ingredients.
5. Add the dry ingredients to the banana mixture and mix in the flax egg.
6. Pour into muffin tins and bake 20 minutes at 350 F.
7. Muffins are done when a toothpick inserted in the center comes out dry.

These muffins turned out light and fluffy and elicited rave reviews from all three kids! (Makes 12 muffins)



DONOR'S CORNER

RCMP Technical Investigation Services ..\$175.00
(In Memory of Sylvia (Getto) Medjuck

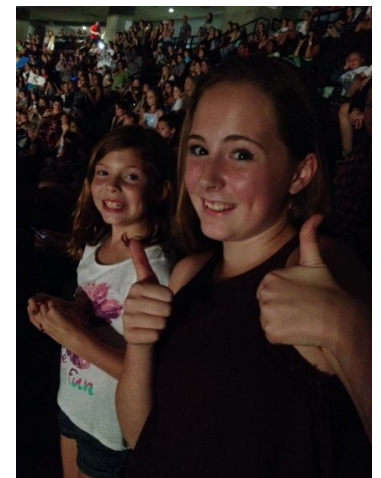
United Way of Peel Region\$196.52

Vezina Opticians Orleans.....\$200.00

THANK-YOU'S



“Hello - This is a huge thanks to you all for the tickets for the One Direction concert here at Canadian Tire Center last week. My girls were so excited and had such a great time. We appreciate the opportunity and thank you for everything that you do.” Sue



THANK-YOU'S (Cont'd)

“On behalf of our family and friends, I would sincerely like to thank you for the One Direction concert tickets. The concert was an awesome way for the children to begin the 2015-2016 school year. Cassidy's friends were delighted to attend their first concert with her, and everyone had a fantastic time! Once again, thank you for giving us all this opportunity and souvenirs to remember!” Pascale

“Hi Children At Risk - I'd like to thank your very generous donors for giving us tickets for the One Direction show. I took my daughter to the show, and she enjoyed it so much!” Ruth ☺

“Thank you for the tickets to the One Direction concert. It was nice to be able to bring Justin to his very first concert. Getting donations like these means the world to families like ours. It gives us a chance to try something that we might not of normally. We all had a great time!” Sandra & Family

“I recently was able to accompany two individuals I support, Marko and David, to the One Direction concert through tickets provided by Children at Risk. My friend Dan also came with us. Everyone had an amazing time, and left the concert nothing but smiles. We all enjoyed ourselves, including (if not especially!) myself. Thanks for providing us with this opportunity!” Emma

“This email is a brief follow up to thank you and those at the Children at Risk charity and its supporters for the tickets received for the One Direction concert in Ottawa on September 9, 2015. Receiving the tickets allowed me to take several children who otherwise would not have been able to attend. I had already planned to attend the concert with my children. However, the additional tickets provided an opportunity to several other children of similar ages to those of my children. Several of the children whom I drove to the concert had never attended a concert before and these same children had never been to the Canadian Tire Centre for an event. It was wonderful to see the expressions on their faces and to partake in song and dance with them. That alone made my evening gratifying.” Best regards, Janice



“Thanks to Children at Risk and the Ottawa Champions for free tickets. Was a “Suite” night it was for baseball! Looking forward to next season!”
Bill & Family

“Dear Children at Risk - We had great time at the Ottawa Champions baseball game! Despite the tickets not coming by mail as planned – with your help, the evening went off without a hitch. The kids were great and all smiles. Maybe next time our team will win! Thank you so much!” Anonymous



“Emmanuel and I would like to thank you for the awesome tickets to the FIFA women's world cup game this past Friday. The seats were amazing and the game was exciting. We really appreciated the opportunity to go to the sold out world cup game and then to be upgraded to comfy seats sure was a bonus. Thanks again!” Ursula



“It was an awesome concert last night! Thank you so much for passing along the invitation for tickets.”
Michael

“Thank you again for the tickets. It was nice to get out! The show was great.” Sandra

“Thank you, thank you, thank you so very much for the tickets to Kenny Chesney's show! It was great fun! Your generosity is/was much appreciated!”
Susan and Sherree



Camp Kaleidoscope

Children At Risk's Camp Kaleidoscope 2015 - what an incredible summer for all those involved.

Camp Name	Children At Risk's Camp Kaleidoscope							
	Total Participants	# Males	# Females	# Ages 3-5	# Ages 6-9	# Ages 10 -12	# Ages 13 -15	#Ages 16+
July 13-17	58	51	7	1	17	15	17	8
July 20-24	58	51	7	4	15	15	16	8
July 27-31	61	50	11	5	19	14	13	10
Aug. 4-7	62	51	11	7	22	14	11	8
Aug. 10-14	62	50	12	8	15	15	20	4
Totals	301	253	48	25	88	73	77	38

This was another year where reality outgrew expectations. The 50 to 55 Campers per week, quickly grew as many previous Camp families returned, many asking for more weeks and 36 new families attended for the first time. Being a specialty camp and one of very few that offers one to one support, **Camp Kaleidoscope** is very much like it's clientele - it doesn't fit easily into a nicely determined pigeon hole, instead it seems to walk to the rhythm of its own drum. When a family is desperately in need of respite and their child on the spectrum needs a caring, supportive environment and wants to have the same summer fun as all their neurotypical friends - how can you turn them away? You do what you can - so in 2015 Children At Risk provided 301 camp slots and we still didn't fill all the requests!



It is hard to believe that only two years earlier Camp was restricted to three groups of upward of 10 Campers and 11 staff each with only its own classroom and one gym. Since moving to **Lester B Pearson High School** we now have ten distinct groups of Campers determined by age, functionality and level of support for life skills with their own home rooms supported by 79 staff. Week 5 we introduced an eleventh group with a girls only teen group who enjoyed spa days and One Direction crafts. In addition we have three quiet rooms, a dance studio, four gym sections and a home economics room with Keren our dedicated Kitchen Coordinator, all of which were in constant use. This year, thanks to a donation from Project Clear Skies we were able to add a second SpringFree Trampoline as well as boost the number of scooters, Flicker scooters and Plasma cars that we had available for use by Campers.

Each group had a tentative schedule of activities. Some days this went as planned but most days it was driven by the benefit of being outdoors in the parks and splash pads due to the warm weather or out the back using the large paddling pools and water slide. Others days it depended on the mood and energy levels of the Campers. Good use was made of being walking distance from the Gloucester Wave pool. Groups could go for a morning swim followed by a picnic lunch at one of the parks or head out after lunch for the Wave pool sessions. Even whilst on the premises there was never a dull

moment. Older Groups would be playing dodge ball or Nerf Gun games. Younger ones were transformed into super heroes or princesses from the dress up box. Campers could be Mad scientists or showing their creativity. We saw some amazing crafts and T shirt designs from many artists.



With so many Campers, three buses were required for field trips. This had the added benefit of campers being able to go to different locations regardless of which group they were normally with. Outings included Go Karting, mini golf and driving range at Karter's Korner's; exploration of mazes, sprinkler fun or pillow bouncing at Saunders Farm; Train ride through the corn field and tractor climbing as well as checking out the animals at Valleyview Little Farm; Water park rides and slides at Mont Cascades; play structures and water park fun at Brewer Park; paddle boating, kayaking and canoeing at Dows Lake and a small group of the older campers were treated to a boat ride along the canal down to the NAC and back. We were extremely lucky with the weather, but on the one week where rain interfered with trips, the older Campers went to the Museum of Nature and watched an IMAX movie called Tiny Giants and younger campers had a great time at Cosmic Adventures. Camp came to an end with all campers being invited to attend the Arnprior Fair for rides, petting zoo and a hot dog lunch with live entertainment.



Children at Risk



Our thanks goes out to all our Sponsors and those who support our fundraising efforts for the funding that makes Camp Kaleidoscope possible; to the venues we attended for being so accommodating; **WUBS Transit** for the bus transportation, **Ottawa Catholic School Board Focus on Youth Program** and **Lester B. Pearson** for accommodating us, our terrific Camp Counsellors and Group Leaders who made camp so much fun and to the parents for entrusting their most valuable possession into our care.



Feedback from Families

“We wish to thank you in writing for the four excellent weeks that our son, Zach, spent at Camp Kaleidoscope this summer. Just as in 2014, we were very impressed with the program that had been arranged – the large number of different activities within the school and the large number of outings. We also always felt as if Zach was in very good hands – he was being looked after by people who understood ASD and knew how to deal with children like him.

With Zach’s limited communication skills, he cannot answer questions such as “Did you have fun/a good day?” However, each morning when we got to the Camp, he was clearly happy, and would sometimes run into the gym without even saying

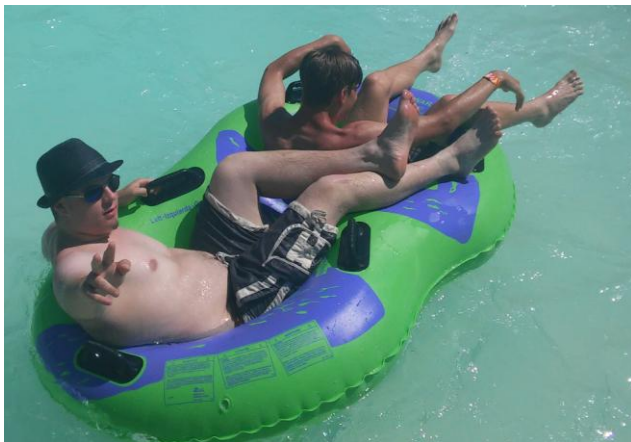
goodbye. When we picked him up at the end of the day, he'd be tired but still happy.

Please pass our thank you on to Nikita and Grace (Zach's excellent counsellors) and to Zakaria whom our Zach also liked a lot.

Thank you again for the four excellent weeks. See you next summer! " **Scott & Meskerem**



"Camp Kaleidoscope has given our child with special needs an amazing opportunity to experience camp life that he couldn't have anywhere else. From field trips to sporting activities to indoor play/crafts, the activities are endless. All the staff are really well-trained and caring, patient and kind. They always succeed in giving children wonderful memories and they leave camp with smiles on their faces every day. They are simply the best." **Jack**



"Our son, Liam, attended three weeks of Camp Kaleidoscope for the first time this year. We had heard great things about the camp from a neighbour who had volunteered a few years ago, but were overjoyed when our high expectations were exceeded! Liam was very reticent about going to camp - as a seven year old with moderate to severe autism, any change in routine can raise his anxiety level to the point where he shuts down and simply wants to go to bed.

Needless to say, on the first day of Liam's first week of camp, we were prepared for Liam to react strongly and pull out every tactic he could to not go. We were so relieved and impressed at the calm, caring, and capable camp counsellors who were able to take control of Liam right from the start with getting him out of our van and then re-directing his attention from his anxieties. That was just the vote of confidence we needed to know that Liam was going to be well cared for at camp. What amazed us even more was at pick-up at the end of that first day when he was skipping down the school hallway waving to his Dad as happy as can be. The two camp counsellors assigned to Liam provided us with wonderful feedback both verbally and in Liam's written daily update folder.

As it turned out, Liam was active doing many things, like going to splash pads, and doing art projects, that he had previously refused to with us. The most exciting thing for us as parents was that Liam had the time of his life not only that day, but for the entire three weeks that he attended.

We can't say thank you enough to everyone who helped with Camp Kaleidoscope. It was a life-altering experience for our entire family and look forward to enrolling Liam in camp again next year. Thanks so much again!" **Marca, Paul and Liam**



"We would like to thank Children at Risk and the staff at Camp Kaleidoscope for providing our son, Alex, with a wonderful summer camp experience this year. Alex is 7 years old and is autistic. He has limited verbal ability and needs to be carefully monitored at all times as he is very fast, curious and is not always aware of danger.

Alex had done a few weeks of summer camp over the past two years with programs through the city of Ottawa. However, this has been costly as we had to hire a therapist to join him. In addition, the activities were not a good fit for Alex. He would often get frustrated and upset because of the lack of stimulation.

Camp Kaleidoscope was perfectly suited for Alex. They had trampolines and regularly went to the wave pool or other fun activities. There was always someone with Alex to help figure out what he was trying to communicate and to ensure his safety.

The greatest endorsement that I can give the camp is to relate how, soon after he started his four weeks of camp, every morning he would be waiting at the door with his backpack on, eager to get under way. And in the afternoons when I would pick him up he was always happy.

We can't thank Children at Risk and the counsellors enough. They made this summer very special for Alex and helped our family out immensely.” **Rob**



“My son attended a weeklong camp this summer. As a mother of a special needs child it is always a challenge to find a fun and enriching environment for my child. My son had a fantastic week at camp. His days were filled with fun, social stimulation, variety and most of all - a safe environment. He was able to participate fully (he would not have had he been in a non-structured camp). I am thankful for his experience.” **Pam**



“As a parent of an autistic child, I can truly say that this program is a godsend. Our child has been to this camp several years in a row now. It is extremely beneficial for him. The staff are true professionals who have established an excellent camp program that is very well suited for the needs of autistic children. Our child is always happy to attend the camp, and really enjoys it. I believe it is an invaluable program that teaches autistic children many new skills, especially in the context of social integration. I can only hope that this program will continue to grow, and be funded accordingly.” **Gunter**





“My son Nasir was at Camp Kaleidoscope for two weeks this year. Nasir has attended Camp Kaleidoscope every year since it began. This year again he was the happiest when he was at Camp Kaleidoscope. For us as parents (and his siblings) we knew we had absolutely nothing to worry about while he was at camp. The camp is super well organized, amazing staff, great activities, and awesome outings make it the best choice for our kids. Big thank you to all the super people who make this camp special! I would also like to thank the generous donors who support this camp as it is a great blessing for our children and our families and hope they will continue their support!” **Khadija**

“This past summer, my son Myles attended Camp Kaleidoscope for the first time. As with Saturday Fun Club, we were hesitant if this would be the right environment for Myles (since all we do is stress if we are making the right choices), but, from day 1, we knew it was the right choice and we regretted immediately not enrolling him for more than just 2 weeks. He loved the camp and he was the happiest I had seen him all summer. He hasn’t stopped talking about “Base Camp” since he attended in August, and I expect this will continue until he goes back to Camp Kaleidoscope next year. I still can’t fully understand what happens at this camp that he loves so much, but whatever provides him a safe, fun and happy place, then I am all for it. We are so grateful for this camp and more funding should be provided so more families can afford to send their kids there. It allows parents to send their kids to a place and never have a concern or a worry if they are having a bad day or struggling. I’m so grateful for the camp and CAR. We are so appreciative for the support and services that CAR offers, we don’t know what we would do without them now. Services should not be reduced, but increased. **This is one organization that makes use of their funding and ensures that all funding benefits the kids and their families.** I try to support them in every way I can as should others including the Government of Ontario.

The CAR team, volunteers and workers are awesome and we sit back with wonder when we see them involved in so many activities and fundraising activities. All I can say is Children at Risk Rocks!” **Cindy**



“Our daughter had a very difficult school year and we didn't get see much of her beautiful smile until her time at Camp Kaleidoscope - where she found her smile again.

For our 14 year old daughter, Camp Kaleidoscope was a safe haven, a fun adventure, something familiar mixed with something new. The staff understood and respected her. The campers were her peers and friends. She felt like she belonged and was more relaxed than we had seen her in months. She thrived in the one on one environment, her self-esteem was boosted when she was allowed to be a helper, her creativity blossomed with the variety of arts and crafts, her enjoyment was evident through all her smiles and giggles.

As a parent, it was so refreshing to be greeted by smiling staff every morning and afternoon. Watching as every child was sincerely greeted and welcomed by name was heart-warming. Kudos to the staff for providing such a valuable summer experience to both children and families alike!” **Michelle & Dave**



“Camp Kaleidoscope is the best camp ever. They are so organized and the staff are wonderful. I was able to go to work every day and never worry about my son. I knew he was in good hands. Justin enjoyed his time there and all the activities that were planned for the weeks. They sure kept the kids busy and they had a lot of fun. It was heart-warming to see all the staff interact with all the children. They sure are a caring bunch. Next year we are applying for all the weeks!” **Sandra**

“Once again, Kien attended Children at Risk's camp and once again he loved it. Kien has also participated in "regular" camps where, despite everyone's best intentions, tensions arise. Camp Kaleidoscope is just camp. Kids can relax and enjoy and parents and caregivers can trust that their children are in good hands. Thank you.” **Martha**



Feedback from Staff

“Working at Saturday fun clubs and Camp K was a great and fun experience! I was in first year DSW and I was unsure of what I wanted to do after I graduated. Now that I've worked with children with autism at Children at Risk, I know where my calling is! The staff are friendly, the environment is great for the youth, and it's so much fun! I don't think I ever had so much fun at a job before. I really felt that each day that I worked with the Campers - that I had truly made a difference in their life. I am proud to be part of this GREAT charity and excited to work more Saturday fun clubs this year and Camp K again next year!” **Cassandra Davidson** - Camp K & Saturday Fun Club Counsellor.



“Working at Camp Kaleidoscope has taught me a lot about myself and a lot about these special kids. It's one of the only places I feel like the kids can be themselves and have a good time - with friends.” **Kaitlyn Gidley** - Camp K, March Break & Saturday Fun Club Counsellor

“I had the honour and privilege of working for Children at Risk this summer. I loved the camp's philosophy and the never ending "can do" attitude and belief that all children have the right to be children. The campers I had the pleasure of engaging with taught me humility and joy.

When we went out in public, the campers taught the public many things: they showed people; that different is not negative or less than. They showed people that all children laugh and want to play and experience life. It was exhausting and joyous at the same time. I gave to my campers what I could, but in reality - they showed me more...For example, the ability of both of us to communicate, though no words were said. The connection was real. These children are truly remarkable and I can hardly wait to get back next year to have the privilege of entering into their world once again.” **Em McLellan** - Camp K Counsellor



“I have had the pleasure of working at Camp Kaleidoscope as a Group Leader for two summers now, and I have nothing but love and passion for what we accomplish working with each camper!” **Natasha McRae** - Group Leader for Saturday Fun Club & Camp K.

“I have worked at Camp "K" for four years. I live in Barrie, Ontario but have a lot of extended family in Ottawa that I can stay with. I have also worked at March Break camp for the last two years. I have worked in the field for 15 years. I keep coming back because I have NEVER been involved with an organization like Children at Risk, where everyone is accepted - without question! Children as young as 4 or young adults as old as 21 have fun, make friends and laugh - a lot. Over the years I've seen some of these young people grow and develop into great adults. At Camp, they can be just kids not kids with Autism, it is a FANTASTIC experience. I have seen young Counselors grow and change over the years, young students who started during high school as a summer job, going to college and university to further their education to work (their career) with people with autism. Who knows what advances in this field they will make!

It is an amazing experience. People say that my face changes (lights up) when I speak of MY Camp. Yes - I said "my camp" it's really "Our camp" because over the years from Brenda, Hazel down to the little four year old - we are one big family. I feel everyone should experience a week at Camp Kaleidoscope... just to listen to the laughter and see the smiles. Don't hesitate to contact me if you want to hear more!!“ **Sandy Coyle** - Camp K & March Break Counsellor.





“Having worked at Camp K both in its first and second years I returned to Camp K for my third time this summer having gotten into the swing of things by working at a few of the Saturday Fun Clubs. After having been away for a few years, I was excited to see how much the camp had grown since 2012!

In addition to meeting lots of new campers, I had the pleasure of being paired up with a camper for most of the summer whom I had worked and bonded with previous at Camp K. I had so much fun jumping on the trampoline with him, relaxing at the pool, singing songs and playing together and with others at the park, school and on field trips... and if his huge smiles and hugs were any indication, I'm pretty sure he had a blast too! We shared lots of laughs with our group! Camp K was a great work environment. It was awesome to see campers interacting with each other, and participating in activities that they enjoyed in an inclusive setting. The staff were also really fantastic! Because it was such a large group, counsellors brought diverse perspectives and experiences to the workplace. Not only did I learn a lot from my colleagues, but I also always felt supported. Campers at Camp K have a unique set of behaviours and needs, and occasionally challenging situations would arise. Fortunately, staff members were always around to offer support and problem-solve.

Overall, Camp K was a wonderful experience. I really felt that I was working as part of a team, but of course the best part of the job was getting to know the amazing campers!” **Leslie Haberel** - Camp K Counsellor

2015 is my fifth year with Camp K, previously as a volunteer, then as a Camp Counsellor and for the last two years as a Group Leader for the high energy youth group of campers. Each year has been so very different from the previous year, not just because of my changing role or the change of location but because new staff and new campers change the dynamics and each year we tweek things to improve the overall camp expereince for both Campers and Counsellors alike. Actually each week the dynamics change with the change of campers. One week they can all like the outdoor activities, another week a friendship may form and it is all about working as a team to build things. Some weeks board games such as Uno were popular another week there maybe those that can't handle losing so board games were replaced with water play. It is always a challenge coming up with new Mad science activities and scavenger hunts. I enjoy the outings the most as for some of the campers they will expereince something for the very first time. I can not think of a better way to spend my summer. **Jasmine Smith** - Group Leader for Saturday Fun Clubs, March Break Camp & Camp K.



CAMP KALEIDOSCOPE 2015

- 5 Weeks of all-Day Summer Camp for children with Autism
 - Average of 60 Campers per Week
 - Increase in weekly Camp Spots (again!) - now at a 338% increase from 2011-2015 (2011-89 Spots) (2012-146 Spots) (2013 -230 Spots) (2014-284 Spots) (2015 - 301 Spots)
 - Cost of Camp subsidized almost 60% by funding
 - 75+ Staff & Volunteers per Week
 - Ages of Campers from 4 to 24
 - Children in 16 Rooms (from 4 in 2013!), broken down by age & level of functionality: Children, Tweens, Teens+
 - Requests for spots from Support Organizations like:
 - Ontario Children's Funding Special Services at Home
 - Service Coordination of Ottawa
 - Coordinated Access
 - Children's Aid Society
 - Children's Hospital of Eastern Ontario
 - Group Homes
 - Weekly Outings included:
 - Trips to Swimming Pool (increased this year due to ability to walk)
 - Weekly outings to venues like Saunder's Farm, Museums, Dows Lake Boating, Karter's Korner's Go-carts, Monkey Around, Arnprior Fair, Papanack Zoo, Mont Cascades, Brewer Park
 - Unable to accommodate several additional requests for the last weeks of Camp
-



CAMP KALEIDOSCOPE 2015
Staff Photo

Ottawa

Trick or Treat with the Mayor



The Mayor invites you to an evening of safe Halloween fun in support of the Ottawa Food Bank's Baby Supply Cupboard.

Saturday, October 24, 2015 – 4 to 7 p.m.
Ottawa City Hall, 110 Laurier Avenue West

Trick or treat with the Mayor and your favourite costumed characters in Jean Pigott Place and visit the spooky witches' den in Andrew S. Haydon Hall. The excitement continues outside on Marion Dewar Plaza where you can decorate your very own miniature pumpkin, take photos in the fun, fall-themed photo booth and ride the Giant Tiger train.

**Admission is a donation
to the Ottawa Food Bank's
Baby Supply Cupboard.**



Ottawa Food Bank

Please advise of any accessibility-related accommodation.
Please note that this is not a nut-free event.



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**GIANT
TIGER**



Printing courtesy of MCP Group.

2015-01-01



- What:** Saturday Fun Club for ages 4 to 18+ years of age.
- Where:** Children At Risk, suite 209, 235 Donald Street, Ottawa.
- When:** October 3 & 17, November 7 & 21, December 12, **2015**
- Duration:** 10 a.m. to 3 p.m. – Lunch & Snacks required from home
- Cost:** \$75 each session – payable in advance to guarantee sessions.

Since November 2012, with funding from the City of Ottawa’s Community Project Funding, the Community Foundation of Ottawa and the Unity for Autism Foundation - Children at Risk has been offering Saturday Fun Club Activity/Respite Sessions on Saturdays. We are opening up Registration for Fun Club to all families. If your child has attended Camp Kaleidoscope in 2014, an intake will not be necessary. However, if your child is new to Children at Risk and/or attended Camp in 2011, 2012 or 2013 - we would require an intake.

Utilizing management and counsellors from Children At Risk’s Camp Kaleidoscope, we used many of the activities that proved so successful at Camp. Each Fun Club session runs for 5 hours, 10 AM to 3 PM, for children and youth aged 4 to 18+ years of age. SFC will not be exactly like summer camp, but with adequate and qualified support staff, your child/youth will have five hours of fun and creativity with peers. Organized activities will include but not limited to: Mad Science, Crafts, Computer Games, Gym Circuits, can turn Saturdays into the best day of the week! As at Camp, as well, activities will align with ability - allowing older participants to influence the content to have the best experience.

Ten Saturdays have been arranged for the Winter/Spring Session from 10 a.m. to 3 p.m. Sessions cost \$100+ to offer per child, but with fundraising we can offer each session at \$75 in advance to secure the dates offered to you. No additional subsidizes are available.

How many Saturdays each participant can be guaranteed will depend on the demand within the three age ranges – 4 to 8, 9 to 12 and 13 to 18 years of age. These ranges aren’t fixed as participants will be grouped according to their best fit. As per the Registration Form, you can ask for some or all of the dates and we will confirm what we can offer once all the Registrations have been received and we can balance out each date with a mix of younger, older and level of needs corresponding to staff available. Spots are limited with only being able to accommodate 20-25 children.

(Note that due to the Location, Environment and availability of appropriate staff, we may not be able to accommodate some of our more challenged ASD youth that have had success at our Summer Camp.)

Saturday Fun Club - Feedback from Families

“What a great way for the kids to get out and socialize at the same time as parents get a well-deserved break at the end of a busy week. Our son looks forward to going and always comes home refreshed and with a big smile. Thank you Children at Risk for offering this fun and safe program for our kids.” Maureen

“Our 14 year old daughter attended the Saturday Fun Club last year. She was always happy to get up and say, “I’m going to the Saturday Fun Club to see my friends and have fun”. As parents, we don’t worry after dropping her off, we know she will be getting the best level of supervision and programming she needs that **no other program in Ottawa has.** This program is super well run and that is why my daughter keeps on wanting to go back. We thank Children at Risk for putting this wonderful program together but we also want to thank The Unity for Autism Foundation for giving CAR the grant they need to help run this amazing program. Our hope is that this program can run throughout the year and help families like us cope with our every-day struggles living with a child with autism.” Pascale

“Thanks to Fun Club, we, as parents of a special needs child, have been given respite we sorely needed. After years of constant care and with little opportunity for a break or us time, Fun Club has been a revelation for us. Guilt-free couple time, the ability to focus on errands or house work, or even just the opportunity to breathe have been invaluable. Thank you very much to the staff who take great care of our son and ensure he has an amazing time while we walk away worry-free. We wouldn’t hesitate to recommend Fun Club to any other parents in need.” Jack

“My 7 yr. old son attended the Saturday Fun Clubs at Children at Risk last Fall and Winter, and enjoyed them immensely, the staff were enthusiastic, energetic and created an all-round fun atmosphere for the children. As a parent, the respite of 5 hours on a Saturday was greatly needed and most appreciated. I am hoping my son can once again attend these Saturday Fun Clubs, as we both benefit from their offerings!” Renee

“The Saturday Fun Club service that Children at Risk provides for parents of children diagnosed with Autism is, in my opinion, invaluable both for the children as well as the parents. As everyone who has an autistic child knows, it is very hard on the parents at times. This program provides an essential respite opportunity for said parents, while at the same time providing a safe, fun filled, educational environment for children diagnosed with autism. Our child has been attending this program for several years, and we highly recommend it and would be more than happy to see the continuation of this wonderful program.” Gunter

“My son Myles joined Children at Risk about 8 months ago, and ever since we have felt so supported and have found a place for Myles to go where he feels at home and has the best time. When Myles first started to attend the Saturday sessions, we were unsure of the environment and how he would react - but he loved it! He loved the attention and the support and he loved getting help being independent and trying new, fun things, without his parents. We were so relieved when Myles had a good time, we continued to send him until the session stopped for the summer, much to our disappointment. We also were told that the sessions may not start again due to funding, which was so disappointing to hear, when we had finally found the place that worked for us and Myles. Our son desperately needs this activity for social interaction, learning independence and many other wonderful opportunities. Myles refers to CAR as the “Chef Place”, because he was allowed to help cook on a few occasions - and I had no idea he had an interest in that! CAR brings out the best in my son and makes him feel accepted and happy in a safe environment.” Cindy

Saturday Fun Club - Feedback from Families (Cont'd)

“My son looks forward to this day all week long. What a great group to provide my son with a fun, enriching, safe environment to express himself. The car ride home from Fun Club is filled with non-stop chatter and joy!☺” Pam

“My son Justin attends the Saturday Fun Club at Children at Risk. He really enjoys his time there on Saturday. The workers are wonderful with the kids and they teach them lots. Their days are structured and they do many activities with the kids. Having Justin there on Saturday helps keep his day busy and for us, as parents, we are able to run our errands that we are not able to do while caring for Justin. It also gives us the respite we need to recharge our batteries and be able to be the best parents we can for our boy. Being a parents of a child with Autism is not an easy job and having programs like Saturday Fun Club there to help us is a blessing. Thank you Children at Risk for your Programs and Unity for Autism for your funding!” Sandra

“Our 10 year old son David has attended Saturday Fun Club for several years now, and it has been an amazing support for our family. David always has a great time at Fun Club and particularly likes the gym and outdoor activities, sensory activities and the cooking (eating!) – LOL! David is always on the go, and needs constant supervision (he is also medically-fragile with seizures) and assistance with daily living tasks. The one on one counsellor makes it possible for him to participate in Fun Club, and we are grateful for the many great counsellors that he has had at Fun Club. They have all been caring and enthusiastic. Fun Club also provides a valuable respite for our family, and gives us much needed time for special activities with our older son. Thank you so much for this wonderful support!” Katie & Andrew

“It's hard to summarize how important the respite afforded to us by the Saturday Fun Club is. Our son has severe autism and all of our financial resources go into ensuring that he gets as much intensive intervention as he can on a daily basis. This has allowed him to learn how to successfully function with support in a mainstream classroom and is ensuring that he continues to make progress with learning how to express himself verbally. The cost to us, his parents, however, is that we rarely have a break and, when we do, we cannot afford the respite costs involved in providing one-to-one care for him. We started going to CAR's Saturday Fun Club last winter. The first session was a huge challenge for our kid, who doesn't like change in his routine, and I thought, "OK, this isn't going to work out". But, we gave it one more try. What we didn't realize is that, while Day 1 was a big learning curve, he had so much fun he was more than willing to go back again and figure out more of this new part of his routine. After his second session, we signed him up for the rest of the season. He races from the car to find his caregiver and we can relax for 5 hours, knowing that, in a one-to-one setting with someone versed in his unique skill set, he will not only fare well but, also, have a great time. We would not be able to do this if the cost were as high as typical respite at home, though. The fact that CAR is able to provide a fun, safe, and affordable environment where we can leave our son while we take a breather has made all the difference to both me and my husband's ability to cope with the day-to-day grind of raising a child with significant needs over the past year. I am extremely thankful to Brenda, Hazel and the rest of the CAR team for all that they do to ensure that our kid has a happy Saturday and that we, his parents, can relax and enjoy a bit of adult time during these irreplaceable sessions.” Anne

“Saturday Fun Club is a wonderful Program - both for our daughter, Nathalie's benefit and ours. Nathalie really enjoys the program, and it is one of our only respite options allowing us to spend some quality time with our other children.” Francoise

Saturday Fun Club - Feedback from Families (Cont'd)

“We wish to thank you in writing for the excellent 2014-15 program of Saturday Fun Clubs. As you know, our son, Zach, has been attending the fun clubs at least once a month since October 2014. With Zach’s limited communication skills, he cannot answer questions such as “Did you have fun/a good day?” However, each morning when we got to your facilities he would clearly be happy and go off with his counsellor without displaying any concerns. When we picked him up at the end of the day, he’d be tired but still happy. We also always felt Zach was in good hands – he was being looked after by people who understood ASD and knew how to deal with children like him. Please pass our thank you on to Grace and the other excellent counsellors who looked after Zach.” Scott & Meskerem

“I would like to express my appreciation for the staff at Saturday fun club in particular to the most excellent Staff person assigned to my son - Sameh. I was new to the program last year and late coming into it on top of that. I was unsure how it worked and of my son's place within the program. Sameh introduced himself and helped us out. His manner is very responsible and caring. I quickly felt reassured - confident that my child was in competent and capable hands. So I let Alex go on my first day. The Coordinator urged me not to worry and to go off and have some time to focus on items I needed to for my personal well-being. That struck me. Somehow the penny dropped. I understood much about the organization in these moments. This unique organization somehow has the benefit of child and parent at heart, and somehow manages to coordinate those disparate needs effectively. And this is no small feat. In the weeks that came I was to see and understand the amount of coordination and outreach that this takes and I was amazed. As we continued on, I continued to see the wonderful work that was of it all. So many kids! Each so unique... Some gentle giants, like my son, others a constant whirlwind. But one thing common: each child so very *happy* to be there. I got to know more wonderful staff members. One time Alex forgot his communication book and became panicked. Wouldn't you know, but three people came to our help and figured out where the book was. There are many other such stories that all show the potential of a wonderful cheerful and caring staff. As we continued, Sameh continued to be present and continued to work directly with Alex. This is wonderful. I also realized and appreciated that this is by design. I came in early one morning by mistake and I saw how the staff was doing preparations for the day including child assignments. I appreciated that all kinds of forethought and preparation went into the child assignments and continuity was key. This continuity went on into Summer Camp. Sameh was still there along, with the other wonderful volunteers that I got to know along the way. I sure hope this program can find favour with the sponsoring bodies which help make these endeavours real. This organization is unique - without peer and without parallel – Really!! There is no one like Children At Risk out there, and it behooves the community to help make it succeed. Thank you Unity for Autism Foundation for the support you have given the organization, the children and the parents to date!” David

Feedback from Staff

“I always look forward for the weekends to work at Saturday fun club. The staff is amazing and the kids are wonderful. We always have a blast together and work as one big family.” SFC Counsellor – Kaitlyn Gidley



Community
Foundation
of Ottawa

FRIDAY FAMILY FON NIGHT

Children at Risk is delighted to continue this NEW Support for the Autism Community!

Courtesy of Funding from **The Community Foundation of Ottawa**, we are rolling out a Program called “Family Fun Night” – this is the name your children will know it by – BUT for you – our Parents – we are calling it “Date Night” for Mom and Dad or “Me Night” for Single-Parent Families!

Responding to our Parents (and supported by Research), Respite seems to be at the top of the list for critically-needed supports. But not just a break from your ASD child – but from ALL your children!! Go to Dinner, see a Movie, Visit friends, Shop or Attend a Party (Christmas is coming!) – or even just complete a Project – undistracted and uninterrupted!! No need to clean your house for a Baby-sitter – just drop off your children at our Offices – and enjoy up to 4 ½ hours of purely Adult time!

Activities include playing games in the gym, Nerf games, Wii, Kinect, making snacks, a movie for those that can sit through one. There will be Dedicated Staff for both Siblings and those with ASD. 6 p.m. to 10.30 p.m.

WHEN: Saturday, December 5th, 6 – 10:30 PM

WHERE: Children at Risk, 235 Donald Street, Suite 209

WHY: Opportunity to offer Respite for your ASD child (ages 4-17+) and Siblings (ages 3-12). We would have Gym games, scavenger hunt style games, glow in the dark activities for the first two hours and then settled down to a movie. There would be two movie options, one in each room to cater to age preferences rather than ASD vs NT. For those that can't watch a movie there would be more Gym activities or crafts. We will offer snacks, but do request that your children have dinner before arriving!

HOW: Cost is \$40 for each ASD child and \$20 for each Sibling. If your ASD child has not attended our Summer Camp or Saturday Fun Club, we will need to arrange an Intake Meeting to properly document their needs. Please check our Website at www.childrenatrisk.ca to complete the Registration and Email back or Fax. **Space is limited, as this is a trial support.** Booking and Payment will be required in advance – though we may be able to accommodate last minute Registrations depending on demand.

A current Children at Risk Membership (\$30 per annum) will also be required for Insurance Liability purposes.

Camp Kaleidoscope

Please join me in acknowledging our 2015 Camp Sponsors:



What we dream can happen, in unity.



Community Foundation of Ottawa



INTERNATIONAL ORDER OF THE KING'S DAUGHTERS AND SONS



LESTER B. PEARSON CATHOLIC HIGH SCHOOL



OTTAWA AUTISM COMMUNITY ANNUAL FAMILY PICNIC June 14, 2015



Children at Risk 2015 Raffle Ticket Sample

<p>CHILDREN AT RISK: 2015 FALL RAFFLE <i>Providing Community Supports for Families and Children with Autism Spectrum Disorders</i></p> <p>NAME:</p> <p>ADDRESS:</p> <p>PHONE #</p> <p>City of Ottawa License #</p> <p style="text-align: center;">XXXXXX</p> <p>MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT</p> <p>SAMPLE TICKET</p> <p style="text-align: center;">of 5,500</p>	<p style="text-align: center;">CHILDREN AT RISK – www.childrenatrisk.ca 235 Donald Street, Suite 209, Ottawa, Ontario, K1K 1N1, 613-741-8255 <i>Providing Community Supports for Families and Children with Autism Spectrum Disorders</i> 2015 FALL RAFFLE Draw: October 6, 2015, 12 NOON, KDS Apartments, 567 Cambridge Street South, Ottawa</p> <p style="text-align: center;">1ST Prize – VIVACIOUS VANCOUVER! This Exciting Trip Prize includes:</p> <ul style="list-style-type: none"> • Return Trip for Two People to Any Scheduled WestJet Airlines Destination! (Value up to \$2,900) • 2 Night Stay Residence Inn by Marriott Vancouver Downtown (Value \$408) • Vancouver Canucks Jersey, Memorabilia & 2 Tickets for Sens VS. Canucks (Value \$334) • Joe Fortes Seafood & Chophouse (Value \$150) & Vancouver Mysteries Certificate (Value \$125) • Dockside Restaurant (Value \$100) & Dr. Sun Yat-Sen Classical Chinese Garden (Value \$59) • Vancouver & Bill Reid Art Galleries (Value \$80) & Crossroads Milestones (Value \$50) <p style="text-align: center;">TOTAL 1ST PRIZE VALUE: \$4,206!</p> <p style="text-align: center;">2nd & 3rd Prizes – AVON By Pam Campbell – Fabulous Gift Baskets (Value \$521 ea.) 4th Prize – Best Western Plus Ottawa City Centre Weekend Stay & Keg Steakhouse (Value \$500) 5th & 6th Prizes – 2016 Club EG Golf Pass, Speedy Auto OLF & AVON for Men (Value \$476 ea.) 7th & 8th Prizes – Kid's Stuff: Plasma Car, Sylvan Learning & Schleich Toys (Value \$363 ea.) 9th – Country Inn & Suites Ottawa West 1 Night Stay, East Coast Limos Voucher & Fratelli (Value \$275) 10th & 11th – 2 Ottawa Senators 300 Level Tickets & Memorabilia, Central Bierhaus (Value \$202 ea.) 12th – Jamberry Nails Gift Package & AVON Nail Enamel (Value \$132) 13th & 14th PocoPazzo Italian Eatery & Kanata Theatre Tickets (Value \$90 ea.) 15th – AVON Sterling Silver Pendant (Value \$90) 16th – Roses Are Us Gift Certificate (Value \$75) 17th, 18th, 19th, 20th & 21st - St. Louis Bar/Grill, Key-To-The-City & Miracle League T's (Value \$65 ea.) 22nd, 23rd, 24th & 25th - Don Cherry's Sports Grill & Sens Fan Memorabilia Package (Value \$62 ea.) 26th – The Children's Place Gift Card (Value \$50) 27th & 28th - Indigo or McIntosh Inn Gift Cards (Value \$25 ea.)</p> <p style="text-align: center;">City of Ottawa License #XXXXXX *MUST BE 18 YEARS OR OLDER TO PARTICIPATE IN THE LOTTERY EVENT SAMPLE TICKET of 5,500 PRICE: \$2 or 3 for \$5</p>
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20TH ANNUAL RAFFLE WINNERS June 14, 2015

PRIZE	NAME	TICKET #
#1 – VIA Rail for 4 to Quebec City	Marc St. Denis	5690
#2- 1-800-Got-Junk, Molnar Painting, European Glass & Jill Alexander	Ursula Ferraro	1112
#3- TO Trip – TownePlace Hotel, AVIS, Hockey Hall, CN Tower, Swiss Chalet	Paula Stone	4137
#4- Urban Element & Epicure Extravaganza	Chris Brown	5611
#5- Handcrafted Quilt	Hillary Lutes	4208
#6- Sens Package – 2 Club Sets, Memorabilia & Chances R	Harry Speciale	4764
#7- Sens Package – 2 Club Sets, Memorabilia & Chances R	Margaret Wren	1310
#8- Golf Package – Club EG, Stonebridge, Red Book & Dunn’s Deli	Jen Distefano	5592
#9- Golf Package – Club EG, Stonebridge, Red Book & Dunn’s Deli	Ashley Weaver	3945
#10- Health Dynamics, Autism Book, Keg & AVON	Rebecca Weaver	3937
#11- Health Dynamics, Autism Book, Keg & AVON	Lily Sutherlands	0668
#12- National Arts Centre, Crowne Plaza & Lone Star	Geoff MacAdam	5952
#13- Nature, History or War Museum, Little Ray’s, Schleich & Sylvan Learning	Tony Burns	5820
#14- Nature, History or War Museum, Little Ray’s, Schleich & Sylvan Learning	Melanie Villeneuve	6100
#15- Sens Package – 2 Tickets, Memorabilia & Little Red Shack	Melissa Gervais	3528
#16- Sens Package – 2 Tickets, Memorabilia & Little Red Shack	Mark Moroz	0337
#17- Dumouchel Meat & Deli, BBQ Utensils & Knives	Nadia Warren	0152
#18- PlaSmart Plasma Car, Kiddie Kobbler Certificate & Schleich Toys	Melanie McCormick	1385
#19- Pflug Optical, Salon Silk, AVON & Summerhays Grill	Serena Weaver	3943
#20- Corbeil Appliances, Kevin’s Auto, Pizza Hut & AVON	Charles Brasloff	3832
#21- Corbeil Appliances, Kevin’s Auto, Pizza Hut & AVON	Heather Brosseau	3693
#22- Wine Station Wine Making Certificate & Crystal Wine Glasses	Charlotte Davidson	0323
#23- New Edinburgh Pub & Peloso Cleaners	Donat Pharand	5780
#24- New Edinburgh Pub & Peloso Cleaners	Joel Morghese	4516
#25- New Edinburgh Pub & Peloso Cleaners	Emma Mitchell	4333
#26- New Edinburgh Pub & Peloso Cleaners	Diane Dodd	2549
#27- UPS Store Hunt Club Certificate	Judith Starkey	6252

CONGRATULATIONS TO ALL OUR WINNERS!