

36 years
of Service

1979-2015



NEWSLETTER

DECEMBER 2015

Issue #73

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Charitable Registration #
10691/3775/RR/0001

MARK YOUR CALENDARS

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

"Wallkin' & Rockin' for Risk"
Fundraising Walk & BBQ
Sunday, May 1, 2016

Annual Spring Raffle –
June 2016

Ottawa Autism Community Annual
Family Picnic -
Sunday, June 12, 2016

PRESIDENT'S MESSAGE

Mark Lalonde, Board President

Wow, it's amazing how time flies. It seemed like summer was just ending and now we have the holiday season upon us. It has been a busy fall season for CAR. We had another successful "**Celebrity-Carved Pumpkin Contest**" in October. We have been busy with both the **SENS 50/50** and the **Ottawa 67's 50/50** ticket sales. Through **The King's Sons and Daughters Ottawa Autism Circle**, Children at Risk also benefitted from the **Brunch for Autism** and a number of other ongoing events which support our charity.

We are definitely *thrilled* to be one of 2 Charities invited to participate in this Inaugural **Ottawa New Year's Eve Charity Ball** presented by **Destiny's Way!** This will surely be an entertaining evening and should not be missed. The other fundraiser fast approaching is our **10th annual Rollin' for Risk Bowl-A-Thon** in January. Our goal is to fill all 30 lanes this year, so dust off your bowling shoes, tune up your arms - and get a team together for this very enjoyable family event!

Finally, as I look back on the Year 2015, I want to say a heartfelt thank you to all the **Volunteers!** These Unsung Heroes give their time and effort to participate in the Children at Risk fundraisers and events to help our charity. Without them, we could not provide the services such as **Family Fun Night, Saturday Fun Club, Typical Teens, Social Skill Groups, Sibling Workshops** and, of course, **Camp Kaleidoscope!**

Wishing everyone Happy Holidays and a great start to 2016!



10th Annual "ROLLIN' FOR RISK"

Bowl-A-Thon for Autism
Sunday, January 31, 2016

***Draw for \$100 Mamma Teresa Ristorante
Certificate for Teams Registered by
January 18, 2016**

Minimum Pledges of \$150/team for entry. All pledges over \$20 will receive an income tax receipt. Join us for fun, prizes and a rockin' & rollin' good family time! See info and pledge sheet included.

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

EXECUTIVE DIRECTOR'S MESSAGE

Holiday Greetings – yes, I am with our Board President Mark in realizing how time has flown. I blinked and 2015 had begun and now is coming to an end! And yet – 2015 did hold some changes for Children at Risk – our NEW **“Walkin’ & Rockin’ for Risk”** Fundraiser, the retirement of our **“Rockin’ for Risk”** Fundraising Dance after 13 years, the retirement of the Microsoft Golf Tournament for Autism after 11 years, an Invite to the **LIVE 88.5 FM Alternative Golf Tournament**, a Pub night with **“Stone Desire”** – and a full season of Ottawa 67's 50/50 sales! December the last few years had been quieter and an opportunity to wrap up the Year – but in 2015 we are ramping up for the **1st New Year's Eve Charity Ball** – a wonderful opportunity to finish off the year with a Bang!!

As always – Fundraising and Donations are on the front burner – without these we cannot finance the awesome supports mentioned in our President's message. 2016 will see supports like Saturday Fun Club and March Break Camp funded by the **Unity for Autism Foundation** – as well as Camp Kaleidoscope funded by **The King's Daughters and Sons Ottawa City Union, the Ottawa Dragon Boat Foundation** and other donors.

We look forward to assisting your family and ASD child in this our **37th Year of Service!**

Brenda Reisch, Executive Director

CHILDREN AT RISK 2015 REPORT ON SERVICES**

Social Skill Therapy (Friendship) Groups

(Based on sessions of 10 weeks, 1 ½ hours/wk)

Ages 12-14 years 5 children

Ages 17-23 years 10 children

Asperger “Typical Teens”:
(8 week session, 2 hrs/wk) 16 youth

Camp Kaleidoscope - Summer Full-Day Camp
(Camp Week Spots - ages 5-24): 301 children

Saturday Fun Club - Respite Sessions
(15 Saturdays January-December): 37 children (avg)

March Break Camp: 37 children

Family Fun Night: (8 Nights): 17 children (avg)

TOTAL: 423 children served

Sibling Support Workshop

1 Full-Day Session Ages 8-15: 7 children

**GRAND TOTAL OF NUMBER OF CHILDREN
RECEIVING DIRECT SERVICES FROM
CHILDREN AT RISK: 430**

****In addition – we sent 7 children to Walt Disney
World through Dreams Take Flight in 2015!**



EVENTS/ACTIVITIES SINCE SEPTEMBER 2015...

2015 FALL RAFFLE

We were VERY grateful for all those who purchased or sold our Fall Raffle Tickets –especially those who jumped in to help last minute when we had so many left to sell... We ended up SELLING OUT for a 2nd year in a row!! This earned Children at Risk **\$9,135!!** Please join me in congratulating the Winners!



1 st Prize – Ticket # 2580	Dominic On
2 nd Prize – Ticket # 2165	Morty White
3 rd Prize – Ticket # 1629	Marlene Hewitt
4 th Prize – Ticket # 0412	Samantha Banning
5 th Prize – Ticket # 4930	Wayne Comeau
6 th Prize – Ticket # 2257	Cindy Martin
7 th Prize – Ticket # 0799	Victoria Davidson
8 th Prize – Ticket # 3981	Rachel Riethman
9 th Prize – Ticket # 4317	Nathalie Mehrer
10 th Prize – Ticket # 3265	Phil Viger
11 th Prize – Ticket # 2383	Kathleen O’Grady
12 th Prize – Ticket # 1405	Dawn-Heather Ellis
13 th Prize – Ticket # 0405	Rob Gentles
14 th Prize – Ticket # 1472	Kevin Schram
15 th Prize – Ticket # 0606	Cindy Peek
16 th Prize – Ticket # 2621	Kim MacNeil
17 th Prize – Ticket # 1586	Kathleen MacLean
18 th Prize – Ticket # 5421	John Stacey
19 th Prize – Ticket # 5030	Ron Nelson
20 th Prize – Ticket # 3543	Mark Segstro
21 st Prize – Ticket # 4101	Hannah Doan
22 nd Prize – Ticket # 3521	Christine King
23 rd Prize – Ticket # 3997	Marina Dooley
24 th Prize – Ticket # 2650	Tracey Crabtree
25 th Prize – Ticket # 5151	Donna Hewitt
26 th Prize – Ticket # 5333	Inna Vinokourov
27 th Prize – Ticket # 3986	David Faure
28 th Prize – Ticket # 0691	Carol Chan

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

2015 Champions



2015 marked TWO DECADES of having those Orange Orbs carved, decorated, painted and otherwise transformed into Ghoulish Gourds by local media, sports figures and businesses - all in the name of Autism! Below is our List of **Top 13 Pumpkin-Carvers for 2015**. With our final totals, we include the funds raised by the Auction with the Prize Packages, so there is a lot of shuffling from Days 1-3! **Stuntman Stu & Company at Majic 100 FM** continued his on-going battle with **Strandz/Il Paradiso at Lincoln Fields** – but went down graciously to the Furious Fundraisers of Tanya & Company!!

We also saw many community-minded, local businesses carving this year and their efforts are reflected in the Top 13 Carvers! Big Joe, Mascot of the Ottawa Redblacks joined in the fun at our Reception on October 22.



20th ANNUAL CELEBRITY- CARVED PUMPKIN CONTEST (Cont'd)

Our Pumpkins also got to go on a Road Trip to the Mayor's Halloween Party (page 22) – decorating their Photo Opportunity as a backdrop – showing off talent from Ottawa City Councillors and Local Business!



Join me in thanking our dozens of Volunteers (including students from the **University of Ottawa – Centre for Global and Community Engagement**), Carvers, Donors and Sponsors - including **Carlingwood Shopping Centre, Lincoln Fields Shopping Centre, Place d' Orleans** and especially **Merivale Mall** (who host our Reception and purchase our pumpkins), the **Budget-Avis Group** who donate the cargo van for our Pumpkin Express deliveries! Also a yummy "Thank-you" as well to **Sue's Sweets** for not only (once again) donating all the delicious cookies as a token of appreciation to our Carvers – but setting up to sell at our Reception – and on-site carving provided by Derek from **Within the Grain** wood carvings! All-In-All - **\$12,168.20** was raised, making it a truly awesome end to Autism Awareness Month! Many Thanks and Much Appreciation!!



**University of Ottawa Students
(Volunteers)**

ANNUAL CELEBRITY-CARVED PUMPKIN CONTEST

2015 Top Lucky Thirteen Celebrities (FINAL)

- 1) Strandz Hair Design/Il Paradiso Spa & Tanning – Lincoln Fields
- 2) Stuntman Stu & Angie Poirier – Majic 100 FM Mornings
- 3) Steve Warne – TGOT – TSN 1200 AM
- 4) Michael O'Byrne – CTV Ottawa News
- 5) Cyril Leeder – Ottawa Senators Hockey Club
- 6) Katherine Dines & Candace Drover – Majic 100
- 7) Dr. Sunita Bhatia – Orleans Family Dentistry
- 8) Jennifer Chamberlain – Royal Lepage Gale Real Estate
- 9) Codi & Nida – Jewel 98.5 Morning Show
- 10) Wendy Cheung & Craig Barton-Hill - Re/Max Core Realty Inc.
- 11) Dani-Elle Dube – Ottawa Sun News
- 12) Doc, Woody & Eric – CHEZ 106.1 FM
- 13) Metroland Media – Ottawa South News



2400 Bank Street, Ottawa, Ontario, K1V 8S1

Phone: (613) 736-0121 **Email:** info@winestation.ca

For several years I have been making wine at the Wine Station in Ottawa. I wanted to make a special mention of this local, community-minded business. I have lost count of the dozens of \$50 Gift Cards that Jasen and Julie have given for Children at Risk fundraising Auctions and Raffles – as well as for associate charity fundraisers that I am aware of in the Ottawa area like the Dragon Boat and Dreams Take Flight auctions. As the economy becomes more challenged – I am finding donors are becoming less generous and I encounter more “no’s” than ever before when asking for donations. However, the Wine Station is the shining exception to this recent trend – and for this reason we award them the December Newsletter “Hat’s Off”!



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



IOKDS
INTERNATIONAL ORDER OF
THE KING'S DAUGHTERS AND SONS



Although a bit smaller attendance this year, the Brunch for Autism still attracted an enthusiastic and supportive roomful of patrons from the Autism Community and other Circles of KDS. Attendees dined on delicious eats, were entertained by students **Lauren & Ben** from the **Suzuki School of Music**, as well as **KDS Scholarship Recipient Christine Bourgeois**. We were delighted to have celebrity **MC Patricia Boal of CTV Ottawa News** join us again this year – as well as having **MPP Ottawa South John Fraser**. This year Mrs. Fraser was unable to be present, but lovingly knitted a beautiful children's blanket for the Auction!

Children at Risk received a donation of **\$3,000** that was raised by the **Autism Circle of The King's Daughters and Sons Ottawa City Union** to support Autism services in the Ottawa area. Special Thanks to KDS Members **Phoebe McClelland & Marje Larson** for their exhaustive efforts in procuring and delivering so many of the auction item donations!



5th ANNUAL BENEFIT BRUNCH (Cont'd)



Walter Davidson, President,
The King's Daughters and
Sons Ottawa City Union - and
Board Member Children at Risk



Phoebe McClelland, Associate Member
KDS Autism Circle



On December 5, Children at Risk was again invited to the **Capital Chordettes Christmas Market and Concert** event to accept a donation.

Bambina Lemme, our Office Administrator, gave a passionate speech to a large turn-out at the Ron Kolbus Centre, thanking this incredible group of ladies for the 2015 donation of **\$1,345!**

DONOR SPOTLIGHT

ST. LOUIS BAR & GRILL



For the 2nd year, the 2 Ottawa **St. Louis Bar and Grill** locations again followed their Head Office corporate Initiative of supporting Autism by selling \$2 Puzzle Pieces to Customers to raise funds and awareness. Last year, they wanted their efforts to have a local impact and invited Children at Risk to be part of this venture!



This year, their 2015's Fundraising ran October 5- November 8 – and on **Friday, October 30** – the Clyde location hosted a Halloween costume party, with Prizes and Auction to help raise observe October as Autism Awareness Month in Canada – and raise additional funds for Children at Risk! With the Auction, Party and Puzzle pieces, **\$1,539** was raised for Children at Risk!



So if you are looking for a place to eat with awesome food – and awesome community support – check out **St. Louis Bar and Grill!**

LOCATIONS

1331 Clyde Ave Unit 101
Ottawa, ON K2P 1M9
Phone: 613.231.1116
Everyday 11Am-1Am

399 Elgin St Unit 2
Ottawa, ON K2C 3G4
Phone: 613.274.0296
Everyday 11Am-2Am

HOPE AND BAGS



Carleton
UNIVERSITY

Children at Risk was honoured to be chosen by 4 students from Carleton University's Entrepreneurship Course (Irene Heo, Joe Hindley, Stacey Lin & Will Wormaldin) working to create a fundraising startup for our charity. Their idea was to create an online e-commerce store through the Online Venture Challenge (<http://onlineventurechallenge.com/>). They sold decorated canvas tote bags and drawstring bags to support Children at Risk. We are excited to report that \$XXX was raised by this awesome initiative!



ENTERTAINMENT COUPON BOOKS

2016 Entertainment Books still continue to Support Children at Risk, with 45 books being sold this year to raise **\$315!** Many thanks to those who continue to purchase a book!!

WHITE ELEPHANT SALE



Once again, Facilitator and Parent Lisa Gregory put forward Children at Risk to raise funds with a White Elephant Sale at the school where she works, **St. Rita Catholic School**.



Another generous donation of **\$600** was gratefully received! We want to thank all those involved with making this special gift happen – and hope that this will give inspiration to our Families to consider Children at Risk the next time your school, company, church or other organization is looking for a worthy cause to support!

OFFICE VOICES

Many of you may know **Jessica Padmore** as one of our Group Leaders from Camp Kaleidoscope and Saturday Fun Club. In addition, she is also working part-time in our Offices – so when you call in you may get a number of us – Jessica, Karen, Maria, Brenda, Bambina – and sometimes other Volunteers who can spare a few hours to come in and help!



We currently are not able to staff the Office full time – so if you are dropping by make sure to schedule your visit to ensure someone is here – or you can just call and leave a message and we will cheerfully return your call at our earliest convenience (emailing at car@childrenatrisk.ca is also an excellent way to communicate with us!).

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 September, Children at Risk received **\$400** from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached **\$15, 183.43!** 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!! **\$3,555 donated through Canada Helps September to December!**



(L-R, Back Row - Children At Risk, Heartwood House, Helping With Furniture, Shepherds of Good Hope, Youth Services Bureau, L-R, Front Row – Founder Warren Creates, Honorary Chair Chief Charles Bordeleau, CEO John Brooman, Chair Craig Stewart)

The Ottawa Dragon Boat Foundation and Chief Bordeleau presented local charities Youth Services Bureau, Heartwood House, Children at Risk, Helping with Furniture and Shepherds of Good Hope with a cheque for **\$225,000** on December 3, 2015 at the Ottawa Dragon Boat Festival office (Children at Risk received \$25,000!)

The Foundation, paddlers, volunteers and friends raised funds throughout the year in support of the Foundation’s mission to support local charities. Funds are primarily raised through a Pledge Challenge taking place in and around the festival where paddlers raise funds by asking for donations and holding small events including bake sales, themed event nights and carwashes.

Director of Fundraising & Teams, **Shelley Freake**, says “We are so proud of our teams who dedicate so much time and energy to fundraise for our deserving charities. Their commitment to our charitable giving continues to amaze us”.

Foundation CEO, **John Brooman** says “We are pleased to present these charities with funds raised through the support of our generous community. This support will provide funding for youth programming, a facility supporting numerous grass root charities, a summer day camp for autistic children, furnishing homes for those in need and helping men transition from the streets to the workplace.”

About the Ottawa Dragon Boat Foundation

The Ottawa Dragon Boat Foundation was established in 2003 and to-date through its annual fundraising it has raised \$3.7 million, benefiting 40 local charities.

Children at Risk has now completed our 2-year Commitment with the Ottawa Dragon Boat Foundation as a Recipient Charity, running the Dragon Boat Festival Silent Auction, with a total of **\$50,000** received towards Camp Kaleidoscope in 2015 and 2016. However, we do encourage our Members and Supporters to continue supporting the Festival by Volunteering at the 2016 Festival, **June 23-26, 2016**. Volunteer Registration will be re-opening Tuesday, March 29th 2016.

DONOR’S CORNER

The Cloverleaf Foundation	\$100.00
United Way of Peel Region	\$165.16
United Way Toronto & York Region	\$222.70
Royal Canadian Legion	
Westboro Branch 480	\$300.00
Redsell-Seguín Financial Services.....	\$500.00
Elizabeth Park Protestant Congregation	\$700.00
United Way/Centraide Ottawa.....	\$4,538.43



Volunteer Spotlight



For several months now, Children at Risk has been fortunate to have **Karen Barton** volunteering in our Offices! Karen was introduced to Children at Risk through her involvement in the Kiwanis Club of Rideau and with her recent retirement in Management from Para Transpo, has decided to dedicate her time in service to her community.

Karen brings a fantastic skill set of management and administrative prowess with her – and no dust settles when she takes on a task!

Karen had also co-managed the Kiwanis 50/50 sales at the Ottawa 67's games for over a decade – so she kindly continues to help with the ticket printing, licensing and paperwork after her recommendation that the 67's adopt Children at Risk for the 2015/2016 season as the sole charity. She even comes out to help with selling at some of the 67's games!

I looked up the name Karen and found this info:

- People with this name have a deep inner desire for a stable, loving family or community, and a need to work with others and to be appreciated.
- People with this name tend to be a powerful force to all whose lives they touch. They are capable, charismatic leaders who often undertake large endeavors with great success. They value truth, justice, and discipline.

For the years I have known Karen – she embodies these stellar qualities and Children at Risk is so very fortunate to have her help!

What is On Now/Coming:

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.

Following 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

- Monday, February 8 VS. Lightning (7:30 PM game)
- Thursday, February 11 VS. Avalanche (7:30 PM game)
- Saturday, March 19 VS. Canadiens (7 PM game)
- Tuesday, April 5 VS. Penguins (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, 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)
- Tuesday, February 9 (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)



With long winter days inside – baking is fun to do so we are offering 2 Recipes for this Newsletter – one GFCF (Nut Bars) and one decadently delicious and easy (Oreo Cheesecake Cookies)! Enjoy!!

Dark Chocolate Covered Seed and Nut Bars-GF AND DAIRY FREE From Christine Martell



Ingredients

- 1 cup walnuts
- 1/3 cup chia seeds
- 1/3 cup ground flax seeds
- 1/3 cup hemp seeds
- 1/4 cup cacao nibs
- 1/4 cup coconut flakes
- 3/4 cup pumpkin seeds
- 1/2 cup raisins
- 1 cup dates
- 1-2 tablespoons melted coconut oil, if needed
- 4 Dark chocolate squares for topping.

Instructions

1. Melt dark chocolate over double broiler on the stove.
2. Put all ingredients except raisins, coconut oil and dates in food processor.
3. Process until you have a course crumb mixture.
4. Add raisins and dates.
5. Process until dough starts sticking together.
6. Add coconut oil as needed to help with sticking.
7. Put dough in parchment lined pan.
8. Use your hands to press to uniform depth throughout the pan.
9. Pour melted chocolate over top of bars.

10. Spread chocolate.
11. Put bars in fridge for about an hour.
12. Once firm and chocolate hardens, take out and cut.
13. Store in fridge. Enjoy!

<http://www.nourishedrootspdx.com/blog/dark-chocolate-covered-seed-and-nut-bars/>

5 Ingredient Oreo Cheesecake Cookies



Ingredients

- 4 ounces cream cheese, softened
- 8 tablespoons salted butter, at room temperature
- 3/4 cup sugar
- 1 cup + 2 tablespoons all-purpose flour
- 10 Oreo cookies, broken into pieces

Instructions

- In the body of a stand mixer fitted with a paddle attachment, beat cream cheese and butter until light and fluffy, scraping down the sides as needed.
- Add the sugar and beat well.
- Add in flour, a small bit at a time, beating in on low speed, just until incorporated. Fold in Oreos until evenly distributed.
- Cover bowl with plastic wrap and place in the refrigerator for at least 45 minutes, and up to 2 hours.
- 30 minutes prior to baking, preheat oven to 350° (F).
- Line a large baking sheet with parchment paper.
- Using a cookie scoop, scoop out 2 tablespoon sized balls of dough, roll them into rounds, and place them on the cookie sheet. Lightly press down on each cookie. Place pan in the oven to bake for 10-11 minutes, or until *just golden at the edges. They will still be very soft when you remove them from the oven - that's a good thing!
- Cool on the baking sheet for 10 full minutes, then very carefully transfer to a cooling rack to cool completely. Enjoy :)

Recipe from BakerByNature.com



- What:** Saturday Fun Club for ASD Children - ages 4 to 18+ years of age.
Where: Children At Risk, suite 209, 235 Donald Street, Ottawa.
When: January 16, February 6 & 20, March 5, April 2 & 23, May 7 & 28, June 18, 2016
Duration: 10 a.m. to 3 p.m. – Lunch & Snacks required from home
Cost: \$75 each session – payable in advance to guarantee sessions.

Application: www.childrenatrisk.ca

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 2015, an intake will not be necessary. However, if your child is new to Children at Risk and/or attended Camp in 2011, 2012, 2013 & 2014 - 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.

Nine Saturdays have been arranged for the Winter/Spring Session from 10 a.m. to 3 p.m. Sessions cost \$110+ to offer per child, but with a donation from the **Unity for Autism Foundation**, 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 35-40 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.)

**HAPPY HOLIDAYS FROM
SATURDAY FUN CLUB**





FAMILY FUN NIGHT



Community
Foundation
of Ottawa

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, Kinnect, 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, April 9 & Saturday, June 4, 2016

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.



MARCH BREAK 2016

Similar to Camp Kaleidoscope and Saturday Fun Club, in 2013 we launched a 4-day March Break Camp for 25 ASD children and in 2014 & 2015 a 5-day March Break Camp - with great success! We are pleased to announce that, with funding from the Unity for Autism Foundation, we can offer a 5-Day March Break Camp for 2016, for up to 30 ASD children and youth. It will run from March 14-18, 2016 from 9 AM to 4 PM daily. The cost will be \$350 and a current Children at Risk Membership of \$30. Please complete the Registration on our website www.childrenatrisk.ca Applications will be accepted on a first-come basis, with limited spacing by age groupings. Note that we cannot accept candidates for the March Break unless they have attended either Camp or Fun Club, as we are unable to have an intake for March Break. Confirmation is completed with full payment.

THANK-YOU'S

"Thank you so much for a couple of tickets to the Senators game last week. It was a real treat to sit in the 200 section, and to have a reason to go out. The only thing that would have been better is if the Sens won!" Brenda & Bill

"On 6 November, my son Zach and I were lucky enough to get tickets to an Ottawa 67s game. And then, on 1 December, we again lucked out with tickets to an Ottawa Senators game. Both games were great fun. Many thanks to whoever donated the tickets to Children at Risk -- it was really appreciated." Scott

THANK-YOU'S (Cont'd)

"Thank you so much for the 67s tickets. It's always a fun night out for the whole family." Kathleen



CORPORATE COMMITMENT



On Thursday, December 3, 2015, **Grand & Toy** District Sales Manager **Lawrence Pyman** headed up a crew of 11 Employees from the Ottawa Office to sell 50/50 tickets for Children at Risk at the Ottawa Senators Hockey Game. This enthusiastic bunch had some company bonding time – and most importantly – gave a night off to our Volunteers who work the games during the Season! We wish to thank Lawrence and employee **Kyle McGuire** – who responded to his girlfriend's plea (Camp and SFC Counsellor **Alessandra Dovidio**) to help our Charity!! Throwing the gauntlet out to other Corporations or Businesses to come forward and assist this way.

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.

ADVERTISING

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Disclaimer: This Newsletter is for informational purposes only. Children at Risk does not support, endorse or recommend any method, treatment, product, remedial center, program or person for people with autism or autism related conditions.



Ottawa Conference - March 31 & April 1, 2016
National Gallery of Canada, 380 Sussex Drive

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

March 31, 2016 - **Kerry Mataya**

Problem Solving: A Step-by-Step Process for Success

April 1, 2016 - **Anna Vagin**

Turn It On - Using Media for Social Learning

Learn more or register at:

<http://autismawarenesscentre.com/shop/conferences-training/conferences/ottawa-on-march-31-april-1-2016/>

I'm working with a group of four third graders in a social learning group. As they play a cooperative board game, they are working on being flexible – listening to each other, sharing strategy plans, and letting go of their individual ideas when others present a better one. Oh, yes, and they are managing their uncomfortable feelings of frustration, sadness, and worry! They have done well even though there have been challenging moments. Mad and sad feelings have been expressed. Several times it has been hard for some players to go along with the ideas of others in the group, with some resulting unfriendly words. It's time for a break! Shall we read a book? Talk about the upcoming holiday? No, we are going to watch a 4-minute YouTube video I've chosen for its captivating portrayal of what it means to cooperate. The best thing is, these students won't realize they are still learning!

The Value of Media as Social Learning Material

For many therapists and teachers, using movies or online videos for social learning is a new concept. Years ago, I was also wary of using media as part of therapy. I wasn't sure how watching movies and videos would fit into my sessions. (I felt similarly intimidated when the iPad and apps came into the therapy room!) But, as with the iPad, I quickly came to appreciate media for the great resource it is, bringing social relationships into my office in non-threatening ways, providing springboards for discussions and learning.

When chosen and used responsibly, movies and YouTube videos can be a great source of social learning material for students from early elementary school into young adulthood (Niemic & Wedding, 2008). I always want to use engaging material – understanding social relationships is hard for the students with whom I work, so I want them to be interested in what we are doing! Then, they are ready to maintain attention, think about feelings, and dissect those unspoken, and to them mysterious, rules behind successful social engagement.

We are learning that many students on the Autism Spectrum struggle to process social movement (Klin, A. et al, 2009; Kroeger, A. et al, 2013). Since movies and videos have such movement, they may be much more useful than static pictures in helping our students understand the social world. Also, while everyday life experiences are fleeting, we can pause and re-wind movies and videos. This repeated viewing facilitates structured learning and thoughtful discussion.

Our ultimate goal in working with students who have social learning challenges is to improve their "in the moment" interactions. These students may fall somewhere on the ASD Spectrum, demonstrate traits of ADD/ADHD, struggle with emotional challenges, or just be unclear on how to succeed socially. We want these students to become better perspective takers, more accurate interpreters of important contextual and nonverbal information, more sophisticated in their emotional understanding, and more engaged with those around them. We want them to develop and maintain fulfilling relationships.

If such social performance is our end goal, how can we get there? Of course, there are lots of materials available to move children toward greater social understanding and ability (Madrigal, 2008; Rooney Moreau, 2010; Winner, 2011 & www.socialthinking.com; Kuypers, 2011), but we can add to that toolbox. We want students to explore feelings and relationships without feeling threatened and put on the spot. We want them to practice evaluating contextual information, reviewing how characters affect each other, and ascertaining what may have gone right or wrong in a particular social exchange. We want them participating in social learning without the immediate pressure of expected social performance. We can do all of this using structured media experiences.

Turn It On: Using Media for Social Learning (Cont'd)

Talking About Characters Facilitates Talking About Yourself

None of us likes to have our shortcomings pointed out, even by well meaning family members! Children are no different, especially students who may be frequently unsuccessful in their daily lives, and who may often have their errors and challenges pointed out by peers and well-meaning adults (Kapp, 2012). However, when we support students in learning that many of their uncomfortable feelings and social missteps are common to all (although perhaps a bit more frequent or extreme) we can help them move forward in their social understanding (Barrett, et al., 2001).

It can be difficult to talk about our own feelings and mistakes (Hesley & Hesley, 2001). My belief, grounded in many decades of working with children, is that if they first discuss the social relationships and emotions of others, specifically characters in movies and short videos, they feel much more comfortable and willing to take those tentative first steps of regarding their own, similar feelings and experiences (Schulenberg, 2003; Vagin, 2013).

We can't underestimate the importance of building emotional understanding. Feelings are at the core of many of our social exchanges. As Daniel Goleman (2005) explains, we have to remember that "If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far."

Let's get back to group. After enjoying a YouTube break watching characters cooperating in various ways, the students are re-energized. I hand out marker boards, and ask each one to draw a scene they enjoyed. From previous experience, these boys know I want them to include thought bubbles and feelings. They get to work...

The Importance of Structured Activities

A great movie, movie clip, or YouTube video isn't enough; it can't stand alone as social learning material. For responsible and effective use, these media choices require carefully thought out activities that will, step by step, move students forward in their understanding. Let's look at some specific examples using several fabulous YouTube videos, although movies can be used in much the same way.

Many students with social learning challenges don't like talking or even thinking about uncomfortable feelings. If we want to help them through some of this resistance about feeling "sad", "mad", or "worried" we can use "*Sesame Street: Bert and Ernie in a Pyramid*", a great choice for elementary age children.

Step-by-step activities might begin with identifying and tracking feelings. How do Bert and Ernie feel? Provide pictures or lists of feelings for students to choose from as a visual support. Why are their feelings so different? This works on perspective taking as well as feelings. Discussion can move to how Ernie manages his fear. Do the intensity of his feelings change over time? Does he find strategies that help? Pause the video, label thoughts and feelings on sticky notes, and place them directly on the screen. Encourage students to draw sketches of what happened between the characters. Involve them in discussions about how Bert responded to Ernie's fears – could he have done anything differently? Students will have lots of opinions to share!

After this groundwork, many students will be ready to think about themselves, either through sketching or discussion (or both). Have they ever felt afraid like Ernie? Or Bert? What was the situation? Was someone there to help them, or did they need to manage on their own? How did others around them react? Can they think of a way they might have helped themselves – perhaps a thought bubble that might have made the uncomfortable feelings smaller? Group discussion supports the growing understanding that we all feel afraid at one time or another. After discussing how Ernie felt scared in the pyramid, it's easier for students to admit that, perhaps, they feel scared when they go to the doctor.

Turn It On: Using Media for Social Learning (Cont'd)

Cooperation is a big theme in many of my sessions. Paired with issues of competitiveness, it's relevant whether we are discussing in-class projects or sports. I love working on these important concepts with middle school students using YouTube videos– anything to get them to talk about feelings!!

Always happy to watch YouTube (after all, they think they are distracting me from work), middle school students very much enjoy videos such as “*The Power of Teamwork*” paired with “*Space Invader*”. After viewing, you can start the discussion by asking them to define cooperation – a very complex social concept. You can also work with students to come up with a definition for competitiveness, as well as the feelings behind it – anger, worry, etc. Write down their thoughts so all can see.

Then, move to contrasting the two videos. You will find lots of material to fuel your discussions. What were the downsides to participating in the group plans? What made the three examples work? What feelings might the characters in the first video have experienced? Could the conflict and destruction in the second video have been avoided? What is the opposite of competitiveness? Is there a continuum of competitiveness, a part that encourages us to try hard? How difficult do students think it would be for the characters to change their behavior and cooperate? What might have led to them being SO competitive?

After some spirited discussion, turn the conversation to the students themselves. Use some of the recorded information you made in the previous activities as you ask students what makes it easy or hard to cooperate. What influences their levels of cooperation or competitiveness from one situation to the next? What examples of cooperation and competitiveness can they illustrate or talk about? How did the situations end, and how do they feel about those examples in retrospect? Again, visuals will make it easier for students to discuss, compare, and move forward in their understanding.

For example, students may, even with some humor, admit that their competitive behavior during four-square *may* have been a bit extreme. Again, starting with a focus on the actions and emotions of characters can lead to making crucial connections to one's own actions and emotions, as well as the growing realization that we all face challenges, stumble, and re-group.

Before we end for the day, I lead the boys as we make a list of how the characters in the YouTube video demonstrated cooperation, as well as some behaviors that impeded working together. We discuss the feelings associated with successful cooperation (including initial resentment), as well as those we experience when things don't go according to our plan. This board will be our visual support in our next session, when we will work on a cooperative building task. They leave talking about the video, laughing and remembering together.

Last Words About Lots of Choices

With so many movies and YouTube videos from which to choose, how can we make smart choices and provide material that will maximize social learning? There's lots out there, so the first rule is don't compromise – only show what is REALLY great! You can see many of my favorites media picks (with accompanying activities) in *Movie Time Social Learning* and *You Cue Feelings*, but you can also find your own. Here are some guidelines that have helped me along the way:

- NEVER ever watch something with students that you have not previewed in its entirety. EVER.
- Know your community and err on the conservative side.
- Educate school administrators, teachers, parents, etc. about why you are using media as social learning material.

Turn It On: Using Media for Social Learning (Cont'd)

- Always know what activities you will be using and how they support a student's written goals. DO NOT just "wing it".
- Be ready with visual supports – they really are important for social learning.
- Be flexible enough to support interesting discussions but be ready to get everyone back on track.

Choose a short video and think about a student or group of students who would enjoy and learn from it. Plan your activities and visual supports, and then dive in. Very soon, you and your students will have a whole new supply of fun and effective material. Happy viewing!

YouTube videos referred to in this article

"*Sesame Street: Bert and Ernie in a Pyramid*" (Sesame Street, May 1, 2009)

"*The Power of Teamwork – Funny Animation*" by Khmer OsJa (Jan 30, 2013)

"*CGI Animated Short HD: Space Invader*" by Ian Cooke-Grimes (The CGBros, April 6, 2014)

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Anna Vagin, PhD, a licensed speech/language pathologist in private practice in Marin County, California, provides individual sessions and social learning groups to families and children 6 months through young adulthood. She is the author of *Movie Time Social Learning* (2013) and *YouCue Feelings: Using Online Videos for Social Learning*, (2015), and frequently speaks on using various forms of media as social learning material. She is currently developing Movie Guide Manuals with accompanying Journals for young adults to use with selected movies.

A proposal for 50 Sussex Drive to showcase the art of Canadians with disabilities

Submitted by Asha Jain, art historian

50 Sussex Drive, formerly the "Canada and the World Pavilion", is a beautiful piece of modern architecture. Low lying and sleek, it does not catch the eye from afar, but, rather, sits tucked away from Confederation Boulevard with light stone walls and tinted green windows that blend with the natural surroundings. You have to get close to feel its solid presence alongside the Rideau Falls and overlooking the Ottawa River. To the right of the entrance lies the "International Peace Garden", and to the left, "Reflection: Monument to Canadian Aid Workers". The site is one of ever-changing natural beauty and sound, and it inspires contemplation.

Describing the building reminds me of my adult son with autism. He does not stand centre stage because he needs support in so many areas of his life. But if you get to know him, you will see that he is strong and dignified and beautiful through and through. He does not lie; he does not judge; his heart is open. Colours are his passion, and if his art is a reflection of his soul, then his soul is pure and vibrant. He never ceases to amaze and surprise me.

If there is a public building in our nation's capital designed to showcase the art of Canadians with special needs and different abilities, it is 50 Sussex Drive. All across the country, adults with intellectual, developmental and physical disabilities are creating contemporary art. They take part in community art programs, non-profit art studios, visual arts centres, performance and dance classes that teach, guide and encourage them to become artists in their own right.

For some, art is soothing, and for others, art is a challenge. Many can only express thoughts and feelings through art. I believe that it would give them great joy and pride to have a special place, a gem of a place, to exhibit their art, and to share their stories and experience of life.

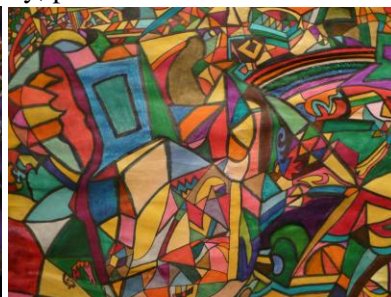
Canada has come a long way from marginalizing this most vulnerable sector of our society. Our mindset has changed and accommodations are constantly being made to include and integrate people with disabilities into everyday life. Today, everybody knows somebody with a disability. Do we now have the courage to grant them an art pavilion on Canada's Ceremonial and Discovery Route?

A project such as this would require federal funding. Perhaps 50 Sussex Drive could operate as a satellite building overseen by the National Gallery of Canada. Every exhibit could highlight a particular city or region of Canada. Art could be selected from programs, studios and centres already in place. The focus would be on the abilities of artists with disabilities, the community they belong to, why they have come to choose a particular form of expression, and the ideas or spontaneity behind the work. Every exhibit would strive to engender in the viewer a positive outlook on the lives and accomplishments of people with disabilities.

I was working on a reading comprehension with my son sometime ago, when he suddenly asked me if I was trying to turn him typical like his brother. The question froze me for a second, and I asked him in turn if he wanted to be typical like his brother. He answered no, that he wanted to keep going to all his special needs activities because he loves them. It was a moment of revelation for me. He was asserting himself and his identity. Autism is part of his identity and I needed to respect that. The pressure I felt of trying to change him eased off after that. I now work with him to help him and not to change him. It has brought a lightness into our lives that allows for enjoyment and celebration. This is what the new art pavilion would be infused with: Lightness, Enjoyment and Celebration.

If you would like to join forces to make this idea a reality, please feel free to contact me at jainasha@rogers.com.

Anuk's Work



Mayor Watson's Halloween Party Visiting Pumpkins – October 24, 2015

