

37 years  
of Service

1979-2016



## NEWSLETTER DECEMBER 2016

Issue #77

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Charitable Registration #  
10691/3775/RR/0001

### MARK YOUR CALENDARS

Ottawa New Year's Eve  
Charity Ball  
Saturday, December 31, 2016

11th Annual `Rollin` for Risk`  
Bowl-A-Thon  
Sunday, January 22, 2017

“Wallkin’ & Rockin’ for Risk”  
Fundraising Walk & BBQ  
Sunday, May 28, 2017

Annual Spring Raffle – June 2017

Ottawa Autism Community  
Annual Family Picnic  
Sunday, June 11, 2017

H.O.P.E. Volleyball SummerFest  
Saturday, July 15, 2017

### PRESIDENT'S MESSAGE

The holiday season is upon us. It is a time for gift giving and spending special time with family and friends. It is also a time to reflect on the past year and to start planning for 2017. Our **Saturday Fun Club Respite Sessions** continue to be a very popular event, with many families participating. We ran 6 sessions in the Fall, with a maximum group every Saturday. We are quite pleased to know that the Fun Club can be so important for both our children and parents. We plan to continue to offer sessions over the Winter. It is best to book your sessions early, so you don't miss out!

We continued with our regular fundraisers this Fall, including the **Celebrity-Carved Pumpkin Contest** and the **Ottawa 67's 50/50 sales**. We really appreciate all the Volunteers that help make these fundraisers a success. We added a Ballot Draw for the pumpkins that was very popular and helped provide more donations towards the favourite pumpkins. This helped make this event more successful. We are pleased to be a benefit charity again for the **2<sup>nd</sup> Annual Ottawa New Year's Charity Ball**. This event will be held at the Ottawa Conference and Event Centre. This is sure to be a fun filled evening *that should not be missed*. See Page 17 for more details. We will also be running our **“Rolling for Risk” Bowl-A-Thon** fundraiser on **Sunday, January 22**, at Walkley Bowling Lanes. We are hoping for all 30 lanes to be filled this year!

The Staff and Board Members at Children at Risk have been quite active this Fall, with many ideas for funding and donation initiatives that will help support the many programs we want to offer next year. We are going through a transition period as many of our previous fundraising initiatives and sponsors are either no longer available or the funding has been reduced. This has led us to seek out alternative sources of revenue for next year and beyond. However – we also are very excited to again be a Recipient Charity for the **Ottawa H.O.P.E. Volleyball SummerFest** on July 15, 2017!!

I want to say a special thanks to our Executive Director, Brenda Reisch, Admin Staff Bambina Lemme & Ursula Ferraro and Special Projects Coordinator Hazel Smith, who have kept the charity running smoothly throughout the year. I also want to acknowledge the efforts from our volunteer board members Walter Davidson, Linda Kwasnick, Melissa Van Alstine, Carrie Groulx, and our two newest board members Marca McManus and Rob Gentles. Thanks to all of you.

Finally, I want to wish all the children, parents and volunteers a safe and happy holiday season. Take some time to enjoy!

Mark Lalonde,  
Board President





11<sup>th</sup> Annual “Rollin’ for Risk”  
Bowl-A-Thon for Autism  
Sunday, January 22, 2017

**\*Early Bird Draw for 1 Night’s Accommodation at  
Ottawa Airport Hilton Garden Inn  
& Cineplex Tickets -  
\$250 Value for Teams Registered by  
January 13, 2017**

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 Attached Info and Pledge Sheet!!

### **WELCOME!**

We are excited to welcome 2 NEW Members to our Board of Directors – Let’s Meet Them:

### **Rob Gentles**

Rob was born in Australia and raised overseas in countries as diverse as the UK, Nigeria, Switzerland, Egypt and the UAE. He returned to Canada with his family when they settled down in Calgary, Alberta. He attended the University of Calgary to get his degree in Political Science and then a law degree at the University of Alberta. Rob was called to the bar in 1999 and practiced law in Calgary until he joined Global Affairs Canada in 2002. He has done two overseas postings with GAC, Geneva in 2004 and Guangzhou, China from 2008 to 2011. Rob married Danielle in 2007 and they welcomed their first child, Alex, in 2008. Emily, their second, was born in 2010. Alex was diagnosed with Autism at the age of 2 years and 10 months.

### **Marca McManus**

Marca is a happily married mother of three children aged 5 to 12 years, whose middle child, Liam, was diagnosed with Autism at the age of two.

### **Marca McManus** (cont'd)

Marca and her husband, Paul, each work part-time for the RCMP so that one of them can always be around for Liam, and oversee his Son-Rise Autism therapy program run out of their home. She is originally from BC but has lived in Ottawa for over 12 years now. Marca & Paul have a deep fondness and strong respect for the Children at Risk organization, where Liam has enjoyed their Camp Kaleidoscope and March Break Camp over the past few years; not to mention that three of Liam’s Son-Rise Program staff were recruited through Children at Risk!

### **EXECUTIVE DIRECTOR'S MESSAGE**

Brenda Reisch, Executive Director

**2017...here we come!** Other than a personal beef that I seem to have had with Mother Nature and Children at Risk Events and Activities in 2016 – it was a great year for Services like Fun Club, March Break Camp and Camp Kaleidoscope! Please join me in acknowledging major Donors who made these supports possible: **The King’s Daughters and Sons Ottawa City Union, Unity For Autism Foundation, Ottawa Dragon Boat Foundation, Ottawa Senators Foundation, Community Foundation of Ottawa, Danbe Foundation** and many more. Unfortunately some of our other supports like Typical Teens and Social Skills Groups took a hit this year, with reduced Fundraising causing us to scale back these offerings. However, we plan on starting up again in 2017 – so stay tuned for updates! We start off the New Year with a Bang with the **2<sup>nd</sup> Annual Ottawa New Year’s Charity Ball** and roll right into our Bowl-A-Thon on **January 22, May 28** is our date for the **3<sup>rd</sup> Annual “Walkin’ & Rockin’ for Risk”** Fundraising Walk. As well, mark your calendars for **July 15, 2017** – we will need Volunteers for the **H.O.P.E. Volleyball SummerFest** as they celebrate 35 years of supporting Ottawa’s Charities! So – Fasten Your Seatbelts for not only Canada’s 150<sup>th</sup> Birthday Celebrations – but also **Children at Risk’s 38<sup>th</sup> Year of Service** to the Ottawa Autism Community in 2017!!

## CO-OP PLACEMENTS

In our September Newsletter, we introduced Nicholle Ferrer, a 2<sup>nd</sup> year Student in Algonquin College's Social Work Program. Nicolle was a wonderful asset for our Charity for the Fall and has now moved on to another placement for her Winter Term. For the past couple of years, Children at Risk has been fortunate to be involved with the education and development of some students from post-secondary institutions – Carleton University, Sir Sanford Fleming College and now Algonquin College. As we are small, the students get an opportunity to be involved in many areas of the Charity – administration, programming, services, fundraising, community outreach and more! We find it is a win-win – and truly a cooperative effort. The students see all facets of what and how Children at Risk functions and the Charity benefits from the energy, enthusiasm, dedication and commitment of a young adult who is studying and training towards a career.

Here is our new student:

### GABRIELLE BEMMA-CLARK

"Hello – my name is Gabrielle and I am a first-year student in the social work program at Algonquin College. I am excited to join Children at Risk for my Winter Co-Op Placement and hope to be a valuable asset to the organization and make a positive impact on both the staff and the children.

Children at Risks' involvement with the Community and dedication to helping children reach their full potential is inspiring. This Placement will allow me to apply and develop the patience and communication skills I already possess as well as the potential to develop new skills by working with children who are in the Autism Spectrum!"

### 2016/2017 BOARD OF DIRECTORS

President – Mark Lalonde  
Treasurer – Melissa Van Alstine  
Director – Linda Kwasnick  
Director – Carrie Groulx  
Director – Walter Davidson  
Director – Marca McManus  
Director – Rob Gentles

## CHILDREN AT RISK 2016 REPORT ON SERVICES\*\*

### Social Skill Therapy (Friendship) Groups

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

Ages 17-23 years:

6 children

Asperger "Typical Teens":

7 youth (8 week session, 2 hrs/wk)

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

305 children

Saturday Fun Club - Respite Sessions (15 Saturdays  
from January-December):

40 children/session average

March Break Camp:

33 children

Friday Family Fun Night: (2 Nights):

17 children/session average

TOTAL: 408 children served

**GRAND TOTAL OF NUMBER OF CHILDREN  
RECEIVING DIRECT SERVICES FROM  
CHILDREN AT RISK: 408**

**\*\*In addition – we sent 4 children to Walt Disney  
World through Dreams Take Flight in 2016!**



**EVENTS/ACTIVITIES SINCE SEPTEMBER 2016...**

**2016 FALL RAFFLE TICKETS**

WOO HOO!  
WE SOLD OUT!!



Many thanks to those who bought/sold the Children at Risk 2016 Fall Raffle Tickets!

This helps to earn **\$10,079** for Children at Risk and Camp Kaleidoscope – incredible appreciation to those who stepped up and helped sell or who bought at the last minute to enable the Sell Out!

Special Shout out to **Lesia for selling 50 BOOKS** – as well as Angie with close to 30 Books!!

Here are the winning ticket numbers:

1 <sup>st</sup> Prize	Ticket # 1958	Roman Perkins
2 <sup>nd</sup> Prize	Ticket # 1496	Judith Starkey
3 <sup>rd</sup> Prize	Ticket # 4661	Sid Boal
4 <sup>th</sup> Prize	Ticket # 2759	Charlotte Davidson
5 <sup>th</sup> Prize	Ticket # 4753	Teri Brown
6 <sup>th</sup> Prize	Ticket # 4082	Peter Davidson
7 <sup>th</sup> Prize	Ticket # 4049	Stephen Chappell
8 <sup>th</sup> Prize	Ticket # 862	Joanne Gosselin
9 <sup>th</sup> Prize	Ticket # 2094	Mike Montsion
10 <sup>th</sup> Prize	Ticket # 3132	Michael Kliza
11 <sup>th</sup> Prize	Ticket # 5776	Luanne Larose
12 <sup>th</sup> Prize	Ticket # 5889	Dorothy Field
13 <sup>th</sup> Prize	Ticket # 4354	Jeff Serveau
14 <sup>th</sup> Prize	Ticket # 0636	Katherine Wyllie
15 <sup>th</sup> Prize	Ticket #4565	Mike Neelin
16 <sup>th</sup> Prize	Ticket # 0549	Dave McKeen
17 <sup>th</sup> Prize	Ticket # 0925	Kristy Simmons
18 <sup>th</sup> Prize	Ticket # 0626	Suzanne Grapigna
19 <sup>th</sup> Prize	Ticket # 5798	Mike Karlovcec

**DONOR'S CORNER**

In Memory of Dennis Deveaux	\$25.00
In Memory of Barbara Michalcham	\$25.00
In Memory of Catherine Sucharyna	\$25.00
In Memory of Gile Emmanuel Labine	\$200.00
United Way Peel Region	\$448.41
United Way/Centraide Ottawa	\$737.46
Unity for Autism Foundation	\$10,000.00



Ottawa, ON – March 30 & 31, 2017

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



Thursday, March 30  
**Kelly Mahler**  
*Interception: The Eighth Sensory System*



Friday, March 31  
**Ruth Ellingson**  
*The Science of Making Friends and Handling Peer Rejection for Teens and Young Adults with ASD: The UCLA PEERS® Program*

Additional information available here:  
<https://autismawarenesscentre.com/shop/conferences-training/conferences/ottawa-march-30-31-2017/>

Article by one of the presenters available on Pages 19 and 20.

**21ST ANNUAL CELEBRITY- CARVED PUMPKIN CONTEST – OCTOBER 20-23, 2016**

Now for 2 years running, Tanya and her Crew at **Strandz/Il Paradiso at Lincoln Fields** have secured the Top Spot - with bake sales, soup sales (especially well-received on a cold, rainy day!) book sales, and other events to raise money for their Pumpkin.

The Strandz Hair Design/Il Paradiso Spa & Tanning Team raised well over **\$1,300** as the 2016 Top Carvers!



We also saw many more community-minded, local businesses carving this year!

**SPECIAL MENTION TO: Merivale Mall** for their hosting of this event for **21 years** (with sponsorship of the pumpkins) and the **Merivale Farm Boy** for again allowing us to clean Pumpkins - as well as **Lincoln Fields Shopping Centre** with the highest participation from Mall Businesses! We also want to thank **Carlingwood Shopping Centre** and **Place d'Orleans** for their on-going support!! As well – **Sue's Sweets** again extended their support with special Pumpkin Cookies for each Carver and the **Budget-Avis Group** again lent us a van to deliver the Pumpkins!

**SPECIAL THANKS TO:** Our long-suffering Pumpkin Mall Managers – **Michelle Thompson** (Orleans), **Alison Armstrong** (Carlingwood), **Angele Jodouin** (Lincoln) and **Hazel Smith** (Merivale) – as well as the multitude of Volunteers that make this Fun and Seasonal Event possible!

All-In-All - **\$12,995** was raised, making it a truly incredible end to Autism Awareness Month! (Up \$800 from last year!). Many Thanks and Much Appreciation!



However, the competition was fierce as New Carvers **ASNY Productions** (Ain't Seen Noth'n Yet) were hot on their heels this year, raising a whopping **\$1,155!**

All is fair in Love and Pumpkins, especially when it is the children with Autism we serve at Children at Risk who are the true winners...! :-)

**ANNUAL CELEBRITY-CARVED PUMPKIN CONTEST 2016**

Top Lucky Thirteen Celebrities (FINAL RESULTS)

- 1) Strandz Hair Design/Il Paradiso Spa & Tanning Team
- 2) ASNY Productions
- 3) Sky High Snow Removal & Roofing
- 4) Jennifer Chamberlain, Royal Lepage Team Realty
- 5) Wayne Scanlan, Ottawa Citizen Sports
- 6) Surgenor Barrhaven Chevrolet, Buick, GMC
- 7) Metroland Media
- 8) Susan Sherring, Ottawa Sun
- 9) Dean Brown – TSN 1200
- 10) Ottawa Champions Baseball Club
- 11) Ottawa House and Condo - Re/Max Core Realty Inc
- 12) Lynn Saxberg, Ottawa Citizen Music Columnist
- 13) Codi & Nida – Jewel 98.5 Morning Show

Special Mention – Andrew Hammond, Ottawa Senators Hockey Club #30



By Andrew Hammond

**Some photos ...**



By Jesse Reynolds - JUMP!



By Cyril Leeder



By Deputy Chief Jill Skinner



By Councillor Keith Egli



By Cora's Lincoln Fields



By Spartacat



By Dean Brown, TSN 1200



I have lost track of the Number of Years that **Lisa Muise** and **Club EG** have provided Children at Risk (and other local Charities) Certificates for an Annual Club EG Membership! Currently the 2017 Membership, which allows the Bearer to discounts and more at 50 local golf courses, is valued at **\$339 + tax!!**

Donations like this are exceptional when, at times, it is so challenging to even get a \$50 or \$25 Certificate donated. These gifts have helped raise valuable funds at our many Raffles and Auctions throughout the Year. We extend our sincere gratitude and hope that Children at Risk has been able to introduce many New Members to Club EG. For their continued support and generosity, we award Club EG the December Newsletter "Hat's Off"!



### DONOR SPOTLIGHT



Often we feature a Donor who has demonstrated continued support towards Children at Risk but occasionally we receive a generous donation out-of-the-blue that warrants acknowledgement. This was the case when Jeff van der Maden of **CIBC Wood Gundy** solicited a cheque of **\$2,000** from the **CIBC Children's Foundation** for Camp Kaleidoscope! As we muddle through days of reduced donations and fundraising challenges, a Donation like this shines brightly in hopes we can keep offering our Services and Supports. Yes Virginia – there is a Santa Claus! This year his name is Jeff!! Many thanks and much appreciation to Jeff and CIBC for helping to get funding for Camp Kaleidoscope kick-started for 2017!

### 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 has received **\$133.85** from supporters donating the proceeds of their old vehicles. Participants since November 2012, funds raised by Donate A Car have reached **\$15, 732.28!** 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!! **\$1,420** donated through Canada Helps September to December!

**6th ANNUAL BENEFIT BRUNCH FOR AUTISM – SUNDAY, NOVEMBER 20**



**INTERNATIONAL ORDER OF THE KING'S DAUGHTERS AND SONS**

Once again, Mother Nature stepped in to make this day challenging with a blast of winter. Despite the weather, the Brunch for Autism still attracted an enthusiastic and supportive roomful of patrons from the Autism Community and other Circles of The Ottawa King's Daughters and Sons. Attendees dined on delicious eats, were entertained by students **Lauren & Ben** from the **Suzuki School of Music**. 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**.



**MC Patricia Boal**



**Fred Demaray,  
KDS Ottawa City Union**

**6th ANNUAL BENEFIT BRUNCH FOR AUTISM – SUNDAY, NOVEMBER 20 (Cont'd)**



**Capital Chordettes Chorus**

This year Mrs. Fraser again donated a lovingly knitted beautiful children's mermaid blanket for the Auction! **Parent Cindy Girard** shared some of her challenges of raising 2 boys on the Autism Spectrum and introduced her new book "The Great Escape: Helping Someone Break Free from the Deep Dark Dungeon of Depression". Finally, our Event was serenaded by the beautiful voices of the **Capital Chordettes Chorus!** Over **\$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 McLelland & Marge Larson** for their exhaustive efforts in procuring and delivering so many of the auction item donations!



**Lauren & Ben  
Suzuki School of Music**



For the 3rd 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 in October to raise funds and awareness. The Ottawa St. Louis wanted their efforts to have a local impact and invited Children at Risk to be part of this venture!

On Friday, November 4, they hosted a Silent Auction at the Clyde Location to raise additional funds for Children at Risk! With the Auction, Raffle and Puzzle pieces, \$1,500 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

**CRYSTAL BEACH TOASTMASTERS FUNDRAISER**



On Tuesday, December 13, Children at Risk was delighted to attend a Holiday Fundraising Dinner and Auction, hosted by the Crystal Beach Toastmasters Club at the Villa Lucia Supper Club. Organized by Members Beryle

Cannell & Natalya Kwiatkowski, the evening featured a delicious dinner and a talk by another Member who is raising a daughter with Autism. The Silent Auction then was turned over to an Auctioneer, who squeezed even more dollars out of the bidders! All in all, combined with a 50/50 – over **\$1,800** was raised for Children at Risk!



On December 3, Children at Risk was again invited to the **Capital Chordettes Christmas Market and Concert** event to accept a donation. Hazel Smith, our Special Projects Coordinator, attended to thank this incredible group of ladies for the 2016 donation of **\$855!** Since 2004, the Chordettes took on Children at Risk and so far they have raised an incredible **\$27,247.38.**

**NEW PARTNERSHIP, NEW SOURCE OF REVENUE** by Brenda Reisch

We don't often get excited about incontinence but this is an exception!

We are pleased to announce a new partnership between Children At Risk and MyLiberty.Life, a company run by two local women who sell incontinence products online. *Many of those products—apparently the largest selection in Canada—are specifically designed for kids with special needs.*

You will soon see a little badge/icon on our website that will take you to My Liberty to see their selection of products. They carry everything from diapers, wipes and briefs to swim wear (yes!), bedding, and bed and chair pads.

**Here's the good news. . .**

*Children At Risk will receive 10% of every sale made through our website!* They offer discreet delivery to your door—it's free if your order is over \$50—competitive prices and local customer service. (More than once, the company's CEO has hand-delivered a product because she lives here and it was just the right thing to do.)

If you are buying these incontinence products anyway, why not buy them where some of the money supports the programs you need?

See Article on Page 16.

## What is On Now/Coming:

### 50/50 TICKET SALES



#### Ottawa 67's

Courtesy of the Ottawa 67's Hockey Club, Children at Risk will be covering ALL the Home Games NOW TO THE END OF THE SEASON!

This being the Team's 3rd 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 1<sup>st</sup> 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 that 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, December 30  
(4 PM game, arrive 2:30 PM)
- Saturday, January 7  
(2 PM game, arrive 12:30 PM)
- Sunday, January 8  
(2 PM game, arrive 12:30 PM)
- Saturday, January 28  
(2 PM game, arrive 12:30 PM)
- Sunday, January 29  
(2 PM game, arrive 12:30 PM)
- Friday, February 3  
(7 PM game, arrive 5:30 PM)
- Sunday, February 5  
(2 PM game, arrive 12:30 PM)
- Wednesday, February 8  
(7 PM game, arrive 5:30 PM)
- Saturday, February 11  
(2 PM game, arrive 12:30 PM)
- Sunday, February 12  
(2 PM game, arrive 12:30 PM)
- Monday, February 20  
(2 PM game, arrive 12:30 PM)
- Friday, February 24  
(7 PM game, arrive 5:30 PM)
- Saturday, February 25  
(2 PM game, arrive 12:30 PM)
- Sunday, February 26  
(2 PM game, arrive 12:30 PM)
- Saturday, March 4  
(2 PM game, arrive 12:30 PM)
- Sunday, March 5  
(2 PM game, arrive 12:30 PM)
- Wednesday, March 15  
(7 PM game, arrive 5:30 PM)
- Saturday, March 18  
(2 PM game, arrive 12:30 PM)
- Sunday, March 19  
(2 PM game, arrive 12:30 PM)



# Volunteer Spotlight



In 2008, Children at Risk was privileged to accept the services of **Lesia Gilbert** on our Board of Directors as our Volunteer Treasurer. Lesia is a registered CPA and CA and was not associated with the Autism Community except for her service with Hazel Smith on the Riverside South Community Association. As with any project Lesia takes on, she dove into managing Children at Risk's books and accounts, all the while holding down a full-time job, finishing her education and, with her husband Mike, raising her 3 boys – Donovan and twins Brayden & Riley (pictured above). Lesia has regularly taken on the challenge of selling the MOST Raffle Tickets – for our Fall Raffle she sold over 50 Books – netting over \$1,000 for the Charity! Her Family has also been a regular at our Annual Bowl-A-Thon with her Team “Donovan’s Dominators”! This year her work and family commitments led her to recruit Melissa Van Alstine for our Treasurer – but she still remains an Advisor for our Accounts and Member of Children at Risk.

Join me in thanking this incredible lady for her years of service and dedication to Children at Risk – see you at Walkley Bowling in January!!



## Peanut Butter Marshmallow Squares

These are an annual favourite at my family holiday gatherings – usually I get greeted not by “Hello” but “Did you bring them?”!!

### Ingredients:

- 1/2 cup butter or 1/2 cup margarine
- 1 cup peanut butter
- 1 (300 g) bag butterscotch chips (I usually use Chipits brand – generic do not seem to melt as well)
- 1 (200 g-300g) bag Miniature coloured marshmallows (Name brand is smaller – Loblaws brand is larger – but make sure the marshmallows are fresh and loose in the bag)

### Directions:

- In a double-boiler or pot over boiling water, Melt together butter, peanut butter, and butterscotch chips until mixed, stirring constantly. Cool for a bit (so as not to melt the marshmallows).
- Stir in mini marshmallows.
- Pour in a greased (with butter or margarine) 8” X 8” or 9” X 9” square pan.
- Refrigerate and cut into small (1-1/2”) squares.

Enjoy!

Here are two more season suitable recipes:

### **Cranberry sauce with Ginger and Maple flavour**

#### **Ingredients:**

- 3 tbsp of coconut oil
- 2 tbsp of fresh ginger grated or minced from a jar
- 3 good pinches of tangerine/orange zest, cinnamon (or a stick) and salt
- 2 gloves of garlic or 2 tsp of minced garlic from a jar
- 1 large white onion pureed
- 1.5 cup of orange juice or a mix of this, chicken stock and cranberry juice
- 1 packet of frozen cranberries rinsed
- 1/3 - 1/4 cup of maple syrup



#### **Method:**

Heat up a pot add oil and stir in ginger for 1 minute and then add cinnamon, tangerine zest until heated through - no more than 1 minute.

Add garlic and pureed onion and bring to the boil for 2 minutes until fragrant, then add cranberries and maple syrup.

Bring to a boil then reduce the heat and cook in medium for 10 minutes. Lightly mash the cranberries and then cook for another 5 minutes until soft.

Don't cook too long but this will dictate whether you wish your sauce on the thin or thick side.

Serve with Cooked Turkey or chicken, Good to add cold as a sauce to leftover turkey sandwiches.

You can mix it up by having a mix of Cranberries with Black Cherries or adding a dash of brandy!

### **Artichoke Dip**

#### **Ingredients**

- 1/2 Cup of Mayo
  - 2/3 cup of grated Parmesan cheese
  - 1/2 red pepper - chopped
  - 1 can artichoke hearts - drained and chopped
  - 1 green onion - chopped
  - 1 glove of garlic minced or 1 tsp minced garlic from a jar
- Serve with Crackers or Pita

#### **The How-to:**

Stir all ingredients together

Put into a quiche or 9 inch dish

bake at 350F for 10-12 minutes



Best served warm but just as tasty cold.



**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 14, 28, February 11, 25, March 25, April 8, 22, May 13, June 3, 17, 2017  
**Duration:** 10 a.m. to 3 p.m. – Lunch & Snacks required from home  
**Cost:** \$75 each session – payable in advance to guarantee sessions.  
**Registration Deadline:** December 30 for NEW Clubbers, January 6 for Returning Clubbers or Camp Kaleidoscope Campers from 2016  
**(NOTE: if your child has attended SFC this past year or Camp Kaleidoscope Summer 2016 - and there is no new information or challenges you need to share with us - you only need to complete the 1<sup>st</sup> and last pages.)**  
By email to: [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca) By Fax: 613-741-5530

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 2016, 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 & 2015 - 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, 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 \$125+ to offer per child, but with donations & 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 35-40 children.

**Please complete the attached Fun Club Registration and submit to Children at Risk by December 30 (new Clubbers) or January 6 (returning Clubbers).**

(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.)



### **Social Skills Groups for Teens with Asperger's Syndrome (and related diagnoses)**

We are looking to hold a Typical Teens Group for the 2017 Winter Session – a west-end Based Group that will either be a Younger Group, Grades 7-9, ages 13-16 or an Older Group, ages 16-18 – depending on demand.

Teens who have previously attended are welcome!

It will be either a Tuesday or Thursday evening, 7-9 PM, \$325 + \$35 Membership.

The Typical Teens social groups have been running since 2003, and focus on experiential learning of social skills in a fun and sociable teen environment. The groups provide community-based social skills training for teens with Asperger's and related diagnoses (HFA, PDD, NVLD). The strength of the TT model is the inclusion of trained peer mentors, supported by the arms-length facilitation of the adult group leaders, creating an authentic "real world" teen social situation that includes full support for the learning of new skills and the generalization and consolidation of previously acquired social knowledge.

Starting Fall 2013, we are now looking to offer only 1 Group per term, run by Speech Language Pathologist Kim Lee and Educational Assistant Amanda Dzuba. They will alternate between an East and West end location, depending on demand, and will be either a Younger Group Grades 7-9 or an Older Group Grades 9-12+ Each group will run for 8 weekly sessions, Fall, Winter and Spring.

Please express your interest by emailing [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca) and include your child's name, age and grade in school.

You can also call (613-741-8255) or e-mail ([car@childrenatrisk.ca](mailto:car@childrenatrisk.ca) ) the Children at Risk office.

For application forms for teens who are interested in volunteering as peer mentors, please also send an email to [car@childrenatrisk.ca](mailto:car@childrenatrisk.ca)

THANK YOU'S



"I just wanted to thank you again for the tickets for the 67s game- it was very much appreciated and enjoyed. As of late, with all the challenges of raising a child on the spectrum, his older sibling is often overlooked and this gave us the opportunity to treat her to some well-deserved one to one time. Being able to go to a game that we both enjoy was a wonderful experience for both of us. Thanks to Children at Risk for all your hard work and dedication." *Jenny*



"Many thanks to George & Son's Upholstery for donating ten tickets for the Ottawa 67s game on Sunday, 4 December. We were lucky enough to get three of them. Our son, Zachariah, really enjoyed the game, as did we. Thanks again." *Scott and Meski*

**THANK YOU TO BRENDA DESJARDINS  
CHILDREN AT RISK  
NEWSLETTER EDITOR**

Can't believe it's already been 10 years since **Brenda Desjardins** started performing her magic on compiling and formatting the various information provided by both contributors and Brenda Reisch. We thank her for continuing to find time to pull this all together even with tight deadlines at times.



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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.



**It's tough to find diapers and underwear for kids with special needs. Not anymore.**

by Cindy Clegg, Founder, MyLiberty.Life

If you care for a special-needs child with bladder- and bowel-containment issues, I don't have to tell you how complicated finding the right products can be. How do we figure out the sizing? Is this product for overnight use or daytime protection? Should we get just booster pads? And what about the quality?

And as your child matures, those needs are constantly changing—even if their body size isn't.

If it's any comfort at all, I can tell you that you are not alone. Almost daily, we hear from at least one mother, father or grandparent looking for answers.

*"She has grown so quickly and the pull-ups we used don't fit and they leak like mad. Can you help?"  
"I am so frustrated because my son is always wet but he's too small for adult sizes. What can I do?"*

At My Liberty, we understand how incontinence products work and, as importantly, how to find the right product for each child's specific situation.

Here's a solution that we know you are going to love!

### **One less thing to worry about**

Our *Parents' Guide to Diapers and Underwear for Special Needs Children and Teens* makes finding and choosing the right product for your special needs child fast and easy.

Not only will this guide help you find the incontinence products you need quickly and easily, it will be a solution that continues to work for you as your child grows and changes. . . something we know you'll find helpful.

**You can download it right now—FOR FREE!  
Simply go to [bit.ly/2h5iZGS](http://bit.ly/2h5iZGS) and download it. That's it!**

While there, why not have a look around? Shopping online for incontinence products comes with lots of benefits, not least of which is that My Liberty understands that you need one less thing to worry about.

- MyLiberty.Life is not bound by shelf space—our large selection of high-quality products is the biggest in Canada. You'll never have to make do or hear, "sorry, that's all we have."
- Our amazing customer service is just a telephone call or email away—we will be by your side to ensure you get the level of support you need to continually adjust to the changing requirements of maturing children.
- The overall buying process is quick and easy.
- It's your one-stop shop for answers, *expert* advice and solutions.
- Sign up for monthly deliveries and receive an extra discount.
- Get FREE shipping when your order is more than \$50—and we ship in plain packaging to protect your family's privacy.

More than anything, you get continuous service as your child grows. At MyLiberty.Life, we want to deliver great products and service. But more than that, we want to deliver peace of mind. Because we know how hard that can be to find sometimes.



## **Ottawa New Year's Eve Charity Ball**

December 31, 2016

Ottawa Conference and Event Centre

Cocktails 6:00 PM - Dinner 7:00 PM

Finally! An **Ottawa New Year's Eve** worth stepping out for has arrived! With only days remaining, It's time to once again dust off your tuxedos and your evening gowns and experience a truly **classy, exciting, fun filled evening** with all proceeds **supporting children with autism and special needs through Children at Risk and Journey House**, in the Ottawa region.

Truly an event you won't want to miss!

Hosted by:

Our Dynamic Master of Ceremonies:

Dylan Black of Ottawa's Boom 99.7

Tickets to the Ottawa New Year's Eve Charity Ball are selling fast!

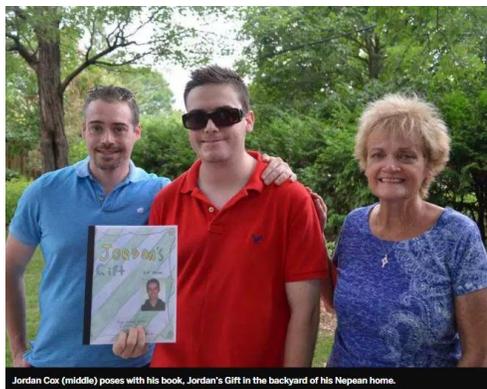
Only 2 VIP tables remaining. Buy your tickets now!

**Saturday, December 31, 2016 – Get Your Tickets Now!**

**For more info: <http://ottawacharityball.ca/index.html>**

**Whether managing a debilitating disease, grieving the loss of a loved one, or searching for a little bit of inspiration, Jordan Cox has a message for you — in fact, he has 20.**

Originally published in Ottawa Citizen on November 14, 2016 written by Aidan Cox



Jordan Cox (middle) poses with his book, Jordan's Gift in the backyard of his Nepean home.

Jordan's Gift is a book by the 25-year-old author, and it contains 20 different stories that discuss concepts such as family, perseverance, self-confidence and compassion.

"I just like to write stories to inspire people, to give people hope and encouragement and make a difference in the world," said Cox.

Motivation is an important theme for Cox, who said he draws on life's challenges to help write his stories. One of the biggest challenges he's had to deal with is Asperger's syndrome, said his mother, Maureen Visscher.

"Socially at school it's very, very hard for people on the spectrum ... in terms of not always knowing what's the appropriate way to handle himself in social situations," Visscher said. "So he tends to be somewhat

introverted and it's hard for him to be more social and to have more good friends."

Another challenge Cox has faced more than once is the loss of a loved one. At the age of seven, his biological father passed away from cancer. Then two years ago, his stepfather also died from cancer.

"For Jordan to actually deal with those feelings and to talk about why he's feeling sad, it's challenging," Visscher said. "He finds his voice through writing as opposed to sitting and normally having an everyday conversation with people — it's not always easy."

The artistic accents in Jordan's Gift are all drawn by Cox with coloured pencils. Flipping through the pages, filled with text in his own handwriting, Cox stopped at what he said is his favourite story — Time. A short excerpt of it reads:

"Time is measured by seconds, minutes and hours, which leads to days, weeks and months. Some people live very short lives, while others live very long ... Build up special memories with the ones you love and people you hold dear."

"I think Time is a very special story to me because it is one of my earlier stories and it just got me thinking about how you only have one life to live," Cox said. "It's important to just make the best of it and live life to the fullest."

The home he shares with his mother and older brother, Brandon, is strongly rooted in Christian faith, which he alludes to heavily in his writing. He cites the Bible's Book of Psalms as one of his biggest sources of inspiration and attends the Woodvale Pentecostal Church on Greenbank Road, where he's shared his stories with other members.

"I've inspired a lot of people just at the church. People come up to me and say, 'Wow, it's really a beautiful gift, keep on writing and encouraging people,'" Cox said.

Visscher, thinking back to the death of her husband two years ago, recounted an instance when her son's writing inspired her during a difficult time.

"He wrote a story on heaven and they videotaped him reading this story ahead of time and it was shown on the screen at my late husband's (funeral) service. Most of the church was in tears."

While Cox has been on a bit of a hiatus since writing the second edition of Jordan's Gift in 2013, he still does occasional book signings at the Bibles for Missions store in Orléans, where his books are available for purchase.

Cox also spends three days every week at the Y's Owl Maclure program for adults with developmental challenges. And when at home, he enjoys watching wrestling and home and garden television programs — sometimes using the tips he learns to help his mother arrange the deck furniture or the potted plants.

## What Is Interoception and How Does It Impact Those With Autism? INTEROCEPTION: THE EIGHTH SENSORY SYSTEM

by Kelley Mahler



Sit back and close your eyes. What do you *feel* inside your body?

- Is your heart beating fast or slow?
- Are you breathing deeply or shallowly?
- Do you have to go to the bathroom?
- Are your muscles tense or loose?
- How does your stomach feel?

Most of us are able to *feel* all of these sensations with the help of our little-known, but very important, eighth sensory system, Interoception.

### How does the interoceptive system work?

There are little receptors located throughout the inside of our body, in our organs, muscles, skin, bones and so forth. These receptors gather information from the inside of our body and send it to brain. The brain helps to make sense of these messages and enables us to feel things such as hunger, fullness, itch, pain, body temperature, nausea, need for the bathroom, tickle, physical exertion and sexual arousal. Additionally, interoception allows us to feel our emotions.

### How is interoception connected to our emotions?

Typically, each emotion feels differently in the body. For example, before speaking in public, your body may *feel* a certain way: the heart may race, the muscles may feel tense and shaky, the breathing may become shallow, and the stomach may feel fluttery. These sensations let us know that we are feeling a bit nervous. Without clearly feeling these sensations, it is difficult to identify emotions with a high degree of clarity.

### How does interoception influence self-regulation?

When the interoceptive system is properly working, the sensations alert us that our internal balance is off and motivates us to take action, to do something that will restore the balance and help us feel more comfortable. For example, if we feel thirsty – we get a drink; if we feel full – we stop eating; if we feel cold – we get a sweater; if we feel the need to urinate – we go to the bathroom; if we feel anxious – we seek comfort; if we feel frustrated—we seek help. Interoception underlies our urge for action. If we *feel* that our internal balance is off, we are motivated to act, to seek immediate relief from the discomfort caused by the imbalance.

### Is interoception important to any other areas?

In addition to self-regulation, interoception is clearly linked to many other important skill areas including:

Self Awareness

Problem Solving

Intuition

Flexibility of Thought

Social Understanding

Perspective Taking

## **What Is Interoception and How Does It Impact Those With Autism? INTEROCEPTION: THE EIGHTH SENSORY SYSTEM (Cont'd)**

The research showing just how important interoception is to many aspects of life is unequivocal. The brand-new book *Interoception: The Eighth Sensory System Practical Solutions for Improving Self-Regulation, Self-Awareness and Social Understanding of Individuals With Autism Spectrum and Related Disorders* (Mahler, 2016, [aapcpublishing.net](http://aapcpublishing.net)) delivers an overview of this research and describes the clear link between Interoception and these important skill areas.

### **What do we know about Interoception and Autism?**

As with other sensory systems, the interoceptive system can be impacted in individuals with autism. To date, only two research studies have examined the interoceptive experience of individuals with autism\*. Both have found the participants with autism to have significantly lower awareness of their interoceptive signals. Although a great deal more research is needed in order to have a full understanding, these two studies confirm the numerous personal experiences reported by individuals with autism.

For example, Chloe Rothschild, a 22-year old with autism reports:

*'I did not realize I had trouble feeling my internal body signals, as I had never heard of interoception before November 2014, but when I did, everything started to make sense. That is, difficulties with interoception help to clarify why I have such a hard time pinpointing my symptoms when I am not feeling well, why sometimes I seem to eat snack after snack without feeling full and why I get upset/anxious/overwhelmed so quickly, because I don't feel it until I'm already far into the storm of the discomfort and frustration.'*

Hollis, an 18-year old with autism reports:

*'I went and got a plate of food thinking that I was hungry. I wasn't hungry. I was bored. My body was not giving me clear signals, so I did not know what I was feeling. There have been many instances of this growing up. After learning about interoception, I started working on feeling my heart beat. I would lie in bed every night with my hand on my heart. It took about six months for me to feel my heart beat consistently. Interoception has been an important concept for my personal development as a teen with HF-ASD. Being able to receive clear internal signals has allowed me to be more successful in all areas of my life.'*

### **What can be done to improve interoception?**

The good news is that interoception can be improved. Mahler provides an entire chapter filled with practical and easy-to-use strategies that target the development of Interoceptive Awareness (which is the ability to both notice & give meaning to internal sensations). Also included is an entire chapter dedicated to the assessment of Interoceptive Awareness.

Could interoception be a missing link in the field of autism? The evidence suggests so. *Interoception: The Eighth Sensory System* provides a thorough opener to this important conversation.

\*Fiene, L., & Brownlow, C. (2015). Investigating interoception and body awareness in adults with and without autism spectrum disorder. *Autism Research*. Doi:10.1002/aur.1486

Garfinkel, S.N., Tiley, C., O'Keeffe, S., Harrison, N.A., Seth, A.K., & Critchley, H.D. (2016). Discrepancies between dimensions of interoception in autism: implications for emotion and anxiety. *Biological psychology*, 114, 117-126.



I have always been one to give, to share and to care for others. I have been an employee at the Canada Revenue Agency since February 2012. I became a part of the CRA Charitable Campaign back in 2014, when I was given the opportunity to be one of the coordinators for the Debt Management Call Centre.

I give and work hard for the campaign, as I strongly believe that no one should go wanting; whether it is because of a life threatening disease such as cancer, or a disability such as autism.

I am a single mother of a 17 year old daughter and a 15 year old son. My son was quick to develop in certain things and very slow in others. He started talking and walking when he

was about 15 months old but between the ages of 2-3, we noticed that he stopped talking and would just scream and bang his head out of frustration. In April 2004, he was diagnosed with autism. What a life changing experience for me. I honestly didn't know what autism was, so I had to quickly educate myself and modify my life.

There is no known cure for autism; my son has severe behavioral problems, and with therapy and strong support through community groups and respite, we are coping. My donation to the CRA Charitable Campaign goes to Children at Risk Ottawa. I am grateful for the opportunity to give through payroll deduction, as I am able to give substantially to my charity and not feel burdened.

I encourage everyone to give and get involved if possible. It is so rewarding and we just never know. If someone had told me that I would be leaning on a community organization for assistance, I would have said: "Never!" We never know what the future brings; I never thought I would be in a situation where I would be seeking assistance. I will never allow my circumstances to prevent me from doing what I love to do, giving back.

As the English Poet, John Donne once said, "No man is an island entire of itself; every man is a piece of the continent."

Thank you/Merci



## Canada Disability Savings Program

### Help Spread the Word about the RDSP:

Discovering what government programs can help meet your specific needs can be an intimidating task. The Government of Canada makes great efforts to help individuals find programs that are right for them. On October 12, the Honourable Carla Qualtrough, Minister of Sport and Persons with Disabilities, and the Honourable Michelle Stilwell, Minister of Social Development and Social Innovation of British Columbia, joined forces to challenge all ministers responsible for persons with disabilities across Canada to take actions to increase Registered Disability Savings Plan (RDSP) uptake in their provinces or territories. Provinces and territories are encouraged to report on their efforts through social media by using the #RDSPChallenge hashtag. BC has shown leadership in increasing program awareness and understanding including creating a guide called “How to Start and Manage an RDSP in British Columbia”. This tool can be found at the following website: [http://www2.gov.bc.ca/assets/gov/family-and-social-supports/services-for-people-with-disabilities/supports-services/registered\\_disability\\_savings\\_plan\\_guide.pdf](http://www2.gov.bc.ca/assets/gov/family-and-social-supports/services-for-people-with-disabilities/supports-services/registered_disability_savings_plan_guide.pdf)

A great way to inform people about the RDSP is through our program brochure, which was recently updated to include more straight-forward language and is available at:

[http://www.esdc.gc.ca/eng/disability/savings/videos\\_ads.shtml](http://www.esdc.gc.ca/eng/disability/savings/videos_ads.shtml)

We'd love to hear from you, let us know what you need to better promote the program: [NC-RDSP-ORGS-REEL-GD@hrsdc-rhdcc.gc.ca](mailto:NC-RDSP-ORGS-REEL-GD@hrsdc-rhdcc.gc.ca)

### Upcoming WebEx:

The RDSP Outreach Team wants to provide your organization—and other disability stakeholder organizations—with an overview about the program and how it helps Canadians. We are developing RDSP WebEx information sessions which will be held in the new year. Each session will be a 30-minute presentation outlining what an RDSP is, how to open one, and the benefits of having one, plus allow for participant questions to be answered.

This fall we held two WebEx sessions for representatives of Provincial and Territorial governments and received feedback saying the sessions were easy to understand and provided useful RDSP knowledge to share among their networks.

**Are you interested in participating? If yes, please send us an email (by January 9<sup>th</sup>/17) at: [NC-RDSP-ORGS-REEL-GD@hrsdc-rhdcc.gc.ca](mailto:NC-RDSP-ORGS-REEL-GD@hrsdc-rhdcc.gc.ca)**

Also, let us know if you prefer an English or French session and if you would need some type of accommodation in order to facilitate your participation (e.g. closed captioning, large print, Braille, etc.)

### We're moving to a New Website:

To make it easier for Canadians to find government information/services, the Government of Canada is merging its many departmental and agency websites into one. ‘**Canada.ca**’ is being organized according to the topics most requested and the tasks most commonly performed by the public. As Employment and Social Development Canada and Service Canada’s web content is now being moved to Canada.ca, in 2017, we encourage you to access our program’s content at the new site:

Canada.ca ► Benefits, ► Disability Benefits, ► Canada Disability Savings Grant and Bond

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