

Autistics Aloud



WINTER
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VOLUME 10 EDITION 3

Editor: Patricia George-Zwicker

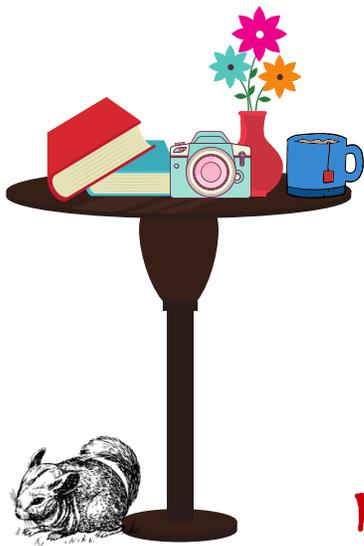


15

Contributions!

Feature Articles from Mario Devis,
Louise Tardif, Frank L. Ludwig, and
Danielle Griffin





Autistics Aloud

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Welcome to Autistics Aloud - The Winter Edition

Inside you'll find over 40 pages of amazing autism content covering a wide variety of topics & interests.

We've literally doubled in size from the 2017 Summer Edition with over half the content in this Edition coming from new contributors!

If you'd like to be the 1st to know about the Spring Edition there's now a Subscription list!

→ <https://goo.gl/oNzZ5b>

I hope you enjoy Autistics Aloud as much as I enjoy putting it together.

Editor - Patricia George-Zwicker



Being Autistic and

Alternative Fashion

For me fashion and my identity as an autistic person are deeply interwoven with one another. Fashion is a way of expressing yourself, your feelings, thoughts, emotions, & view of life. My view of life, as an autistic person is very different from most peoples, as is my sense of fashion.

Trends in fashion have never fully made sense to me - I could never understand why you should wear something just because it is "trendy" or "in". Just like how I have never understood "passing" or "fitting in". Why would I want to look or act just like everyone else if my brain isn't like everyone else's?



So I don't, I wear a form of Japanese street fashion called Alice kei.

Alice kei is characterized by poofy kneelength skirts, puffy sleeves, a defined waist, Mary Jane style shoes, and the end result often looks very princess-like and elegant, or cute depending on what you wear.

Alice kei is a way for me to express my internal differences outwardly.



Headband & Dress
custom made &
Modeled by
Kaelynn Bogart



Kaelynn
Bogart

Dreaming

i thought I had it all planned out,

Everything would come together,

Nothing would change

But everything did...

I'm no longer a kid, with a head full of dreams, and a room full of toys I still have a head full of dreams,

Dreams of a bright, independent future

Dreams of a successful life,

Dreams of better days to come

But that's all they are just dreams.

I wake up and look around

I'm stuck

No amount of dreaming will get me out of this rut,

This hole that only seems to be getting deeper

I'm sinking, drowning in a sea of worries, and far off dreams I don't want to do this anymore

I push through, waves trying to hold me back,

But I keep pushing, keep dreaming,

It's the only way to make these far off dreams come true Soon they will no longer just be dreams...

It will be a reality, My reality.

— Chantel Meister

NEW!

Healthy Relationships, Sexuality & Autism Program!

Hey!

Autism Nova Scotia is launching a NEW program on healthy relationships and sexuality. The program runs twice a week for 8 weeks, with topics including:

Human Development	Sexual Health
Gender	Social Interactions
Relationships	Dating
Sexual Behaviours	and much more!

Hi!

Who: Individuals with autism ages 17 and up

Where: Dalhousie University

When: Wednesday (evenings) & Saturday (afternoons) for two hours each, for 8 weeks. From March 28th- May 16th.

Registration is Open!

For more information, please contact Yevonne:

Phone: 902-446-4995

Email: programs@autismns.ca



University Tips and Tricks for the Autistic

Written by - Danielle Griffin

Academic

- **Accommodations** – Universities are all under a legal obligation to provide academic accommodations to people with disabilities. So, talk to the Academic Advising office in your university to see what they can provide.



- **Professors** – You don't have to disclose your autism to your professors, that's your choice. However, accommodation forms may have to be signed by them. The best method I found was to simply write an email requesting an appointment with them to discuss academic accommodations. Also, they **cannot legally deny** accommodations.



- **Lecture Halls** – Lecture halls are typically very large. It's easy to get a sensory overload. To avoid distraction from other students, follow the 'T' rule: The areas of least distraction are the front rows side to side, and the middle aisle.



- **4 Colour Pens** – For notes and exams 4-colour pens are extremely useful. They help to divide information into separate categories. For example: Red is for numbers/ important details, blue is for specifications, green is for how the question should be answered (i.e. what is it looking for?), black for diagrams. This can be applied anywhere!



- **The SmartPen** – For those of us who forget anything anyone says, the smartpen is incredibly useful. It links to your android or apple device, sends the notes you write, and records lecture audio! The finished product is a copy of your notes on your device, which can also play the audio at any given moment. It is expensive, but it's worth it if you have difficulty processing verbal communication. However, before you use this, you must ask your professors if you are allowed to record their lecture.



Social

- **Clubs** – Universities typically have a wide variety of clubs, so find a list online and take a look! Tea Society, Harry Potter Society, Video Games Society.... It's the best way to meet new people with similar interests or experience different cultures!



- **Mixers** – Usually this will happen within or between university disciplines. For example, the physics, chemistry and biology departments will hold social mixers. This is a fantastic way to meet classmates, get free food, and talk to your professors. Ask your professors what research they're conducting!

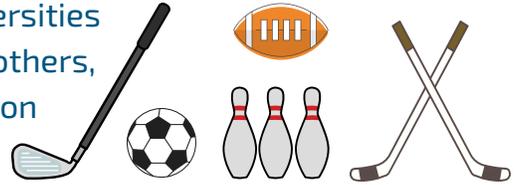


University Tips and Tricks for the Autistic

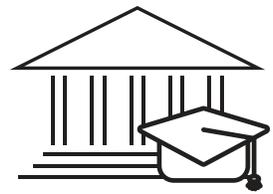
 Written by - Danielle Griffin

Social - continued

- **Athletics** – More into sports? Good News! Most Universities have various sports teams. Some more relaxed than others, and require less time commitment. Teams look great on your resume, and also introduce you to new people.

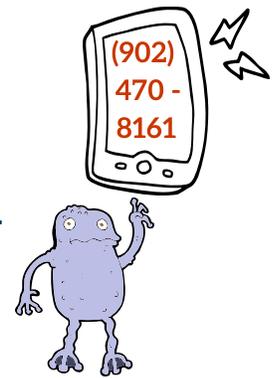


- **Residence** – If you're going to University for the first time, but want a little more taste of independence, living in residence is a great way to achieve that. In first year, nobody knows what they're doing. Many universities offer residence accommodations too, contact the Residence Office for more information.



The Party scene

- **Drinking** – Although it's depicted in the media as fun, and something all students do, it isn't. It's ok to not want to drink, or to stop after a couple, or not to drink every night/weekend. That's responsible, and you shouldn't ever feel pressured to drink. If you decide to drink, however, don't mix alcohol with other forms of liquor, drugs, or sugar. **The Halifax poison centre phone number is (902) 470-8161** if ever you or someone else has alcohol poisoning. The bottom line of this is to know your limits, and be responsible.



- **Drinking games** – These games can be especially dangerous for alcohol poisoning. A smart, responsible way of participating without the dangers is to simply use water. The other players should not have a problem with you drinking water, it's a lot safer and you can still enjoy the games.



- **Clubs** – A popular pastime of young people is to dance in clubs, but they can be over-stimulating. Strobe lights, cramped sweaty people, loud music, vibrations... Personally, I use noise cancelling headphones and use strategies in my head such as counting.



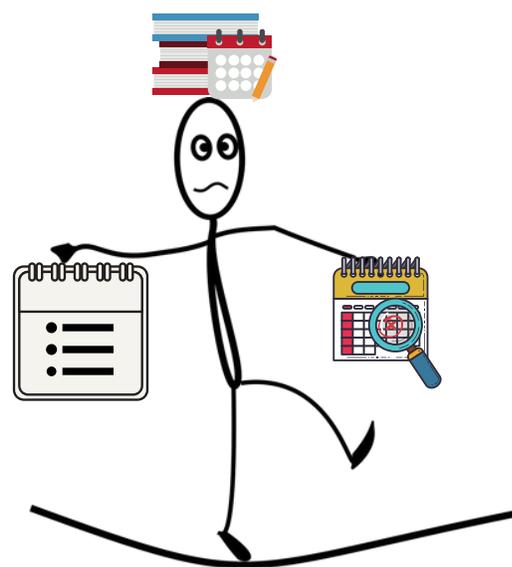
University Tips and Tricks for the Autistic

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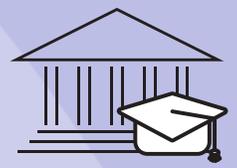
Self-Care

- **Doctors/Counselling** – University can be mentally exhausting! It's important that if ever you feel ill, or stressed out, that you go to see the right person. Most universities have on-campus doctors, and counsellors to help with stress. Never be afraid to reach out to someone, you're not alone.
- **Quiet spots** – Quiet places you can retreat to when overwhelmed are important. Create a mental map of quiet or safe spots. Upper floors of libraries are usually reserved for "no speaking" areas. Local coffee shops may have a quiet corner to sip a drink. It requires a bit of exploring, but you'll be thanking yourself later.
- **"Self days"** – University can be overwhelming. Social life, academics, people, lessons... Don't be afraid to take a "Self-health" day. When you feel overwhelmed, take the day off to calm down and regain your balance. You'll do much better on exams when you are relaxed and healthy, than stressed out and tired.
- **Balance** – A lot goes on in University, it's like walking on a tight-rope at times. Use at least three calendars, I recommend two whiteboards and one book. Use one whiteboard for school projects and assignments, place it so that you will see it everyday. Use the other whiteboard as your social calendar, mark down any parties, meetings, appointments or extra-curricular activities you may have and place it so that you also see this everyday. Then, put everything in the book, so that the book calendar acts as a sort of Master calendar that you can carry into class.

How Can We Help?



A BRIEF SUMMARY OF AUTISM IN UNIVERSITY



 Written by - Danielle Griffin

Terrifying. That's the word I would use when describing when first starting university. I hated the loud music, the cheer team, the loud and crowded frosh week events. Three years later, and it's the best thing that ever happened.

If you're like me, you have very specific interests, and your high school only offered a handful of non-sport clubs and limited course selection. So you never got to explore different subjects. In university, you can try everything and can probably major in it too. Otherwise, join a club and learn new skills. Salsa dancing society, Tea society, Gaming Society, there's so many. For myself, I have always loved math, and it applies to every course that I take in engineering. No matter what special interest you have, it can be used to your full advantage.

However, classes are a double-edged sword. Although they are fun, they are incredibly tiring. I find it impossible to have more than four classes a day. Concentrating and processing the lecture, filtering out noise, socialising, keeping emotional control... It's a lot of work. That's why it's so important to look out for yourself. My classmates invite me to events after a full day of classes and socialising, and sometimes they don't understand how much energy I use through the day. This is when advocating for yourself is especially important, to explain to people how you cannot go out, and need to regain energy for the next day. Sometimes classmates don't understand or forget how much work it is for us.

In general, people at university are much more accepting. Everyone is just trying to survive school and deal with their own issues. In classes, clubs and extra-curricular activities, you'll find people with similar interests. In engineering especially, the class is mostly awkward and nerdy and probably on the autism spectrum. However, a few people are close-minded. I've been asked why do I need accommodations, and been told that I am 'faking autism'. It makes me angry, because it's an invisible disability and they don't understand how autism impacts me. However, for every one of those people, there's a hundred other accepting classmates. Don't let the few people ruin your overall experience. Again, advocate for your needs! Accommodations are simply there to overcome obstacles so that you're not doing it all yourself, there's no need (despite the stigma) to feel ashamed to use them.

Exciting. That's the word I now use when describing University. It changed me in ways I never thought possible, and have become a completely different person. I love the classes, the people, and the events. As somebody who didn't know how autism would work in University, I can tell you now that it can fit perfectly. It was terrifying, and it will be for you too, but if you are looking to make your academic interest into a career then I fully recommend it. Three years later, and I'm a proud engineering student with autism.



SEAN
CAIN

ZAN
KNOX

BEN
McDONALD-LANDRY

NICK
HASEY

ALLISTAIR
FRASER

GORDIE
WILSON

KONOR
ANDREWS

STEPHANE
PICCININ

TING
CHEN HO

DANIELLE
GRIFFIN

Agents of Change

*"Educate,
don't eradicate"*

A Short Film
Premiering on
April 28 at 6pm

Kenneth C. Rowe Building
Dalhousie University

Free Tickets
on Eventbrite

AUTISM NOVA SCOTIA presents an ACTUALLY AUTISTIC PRODUCTION in association with ANSTV and VIDEO PROJECT

STARRING: SEAN CAIN, GORDIE WILSON, TING CHEN HO, ALLISTAIR FRASER, STEPHANE PICCININ, KONOR ANDREWS, NICK HASEY, BEN McDONALD LANDRY & DANIELLE GRIFFIN. "AGENTS OF CHANGE" DIRECTED BY: NICK HASEY.

MUSIC & SOUND BY: BEN McDONALD LANDRY. FILMING & EDITING BY: ZAN KNOX. SCREENWRITERS: ZAN KNOX, NICK HASEY & VIDEO PROJECT. COSTUME DESIGN BY: VIDEO PROJECT.

PG PARENTAL GUIDANCE SUGGESTED
SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN

 ANSTV Video Project Club

 autism
NOVA SCOTIA

Truro Inclusion Project



Hello Friends at Autistics Aloud.

I just wanted to share information about a fantastic program located in **Truro, NS**. Starting grassroots with several families looking for supports and programs for their children, The **Truro Inclusion Project** was born.

Over time it has developed and grown and it is currently running social outings. Things we have done are **Paint nights, Collages, Games Nights, Gym Nights, Christmas Caroling, Cookie Decorating**, and **made some decorations** over the holidays. Some events we have planned in the future are **therapeutic horseback riding, Yoga, Crafts, Bingo** and more.

All our events are community events for anyone whether you're a person who lives with a disability or not. All our events are by **RSVP** (*unless otherwise noted*)

Also in our future are drop in hours at our space at **76 Esplanade St.** and a **Day Program**, and **Social Enterprise**. We will start our **Day Program** with a couple days a week, and we will work on skill development all while having fun.

We also are working with the community to find meaningful work experiences and opportunities for our demographic for employment.

And, the **Truro Inclusion Project** aims to be a directory for supporting people with disabilities in any way we can. We gather pertinent news and activities and send out community information to our Facebook followers and our email list.



We have shared things such as when the Truro Mall hosted a "*Silent Santa*" over the holidays or when the Travelling Zoo had a Quiet Hour for persons with Sensory Processing Disorder or the like.

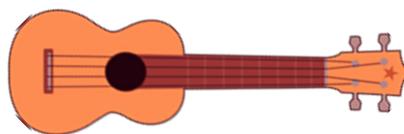
Always reach out if you have any questions, want to attend an event, have news or community events to share, or if you need any support. We are a community and we support each other in any way that we can.

It is so important to note when our communities are being inclusive of everyone.

Also we recently started developing a Respite Care Worker Directory for families.

Tues 11-6 | Thurs 1-8 | Fri 10-5
❖★≈ 902-899-6321 ≈★❖
<http://www.facebook.com/truroinclusion>
<http://www.truroinclusion.wixsite.com/truro>

Come Join Us



(The Hixon Festival Theme)



G C G D G

Come on down to splendid Hixon, the music's hot the dance floor beckons

Em C Em D

Hear the guitars banjos pickin, coffee's perkin' burgers cookin'

G C G D G

But most of all the bands performin'll make your day and get you soarin'

Em C D G

'Long Naver Creek sweet sounds are risin', from far and wide come campers callin'

G C G D G

So come on down each May long weekend, for Hixon Fest's sure to be pleasin'

Em C Em D

We welcome you both day and evenin', young and old tis' is the season

G C G D G

Winter's passed and summer beckons. snow is gone for good I reckon

Em C D G

Come on down to gorgeous Hixon, for some good old country listenin'

G C G D G

Music's ripe tis now the season, be no rockin' or a screamin'

Em C Em D

Do you need more for a reason, songs are hot you won't be freezing

G C G D G

We have a good time here a pickin, we promise you your ears will glisten

Em C D G

So come and join us have a listen, good old fashioned fun at Hixon



A Walk in the Winter Garden

(And the Peace of Photographing Her Beauty)



What lies dormant can be awakened.

It may require the pass of an era, or the whisper of warm breath but when the phase is true, nature will rouse her sleeping dragon. The world will come alive once more, green and lush. I will walk among flowers, crawlies and bees. I will hear the buzz of cicadas, the rustle of the wind tickling the leaves, and the neighbourhood around the garden will fill with laughter once again. I will be safe and tucked away in my little noisy world of nature, this labyrinth of surplus life. It's where I will feel complete, in amity with my present time as it is and as I am. But where does that leave me now?

Winter. It was when my birthday would be cancelled because no one wanted to drive to my house in a snowstorm. It was when it was too cold to look out from my parka to see the white tipped evergreens and when my mother made me wear a rose coloured hat that looked nothing like the nice fun ones my friends had. Eventually I left Northern Ontario to come to Toronto where the temperature was technically ten degrees warmer but the dampness soaked your bones. Here there were fewer trees. Slush oozed out of every concrete slab and construction, and salt stained the dark streets. Winter is not known to be beautiful in the city. The lavish use of tacky ornament over the holiday season just seems to highlight the urban need for an optical inspiring upgrade. I missed the nature. It was the only thing that made the cold and the damp tolerable

I have my garden now. It is tucked in tight, snow hugging each bare perennial limb. Dried leaf still clings to many of the branches and the hydrangea wiggles a head of dusty brown flowers in the chilly breeze. The parsley flower has frozen in time, stars hovering over the ground below and the black berry bush still has a berry or two waiting for a hungry beak to stave off starvation. The evidence of life is still abundant. Tiny footprints from the hardiest of birds create patterns in the snow as they peck for food and weather the cold. The red squirrel pops out of a tunnel he dug in the drifts to help hide himself from the hawk that circles above. Life proceeds in the coldest of cold days and there is beauty in serene sleep and fortitude for survival.

A Walk in the Winter Garden

(And the Peace of Photographing Her Beauty)

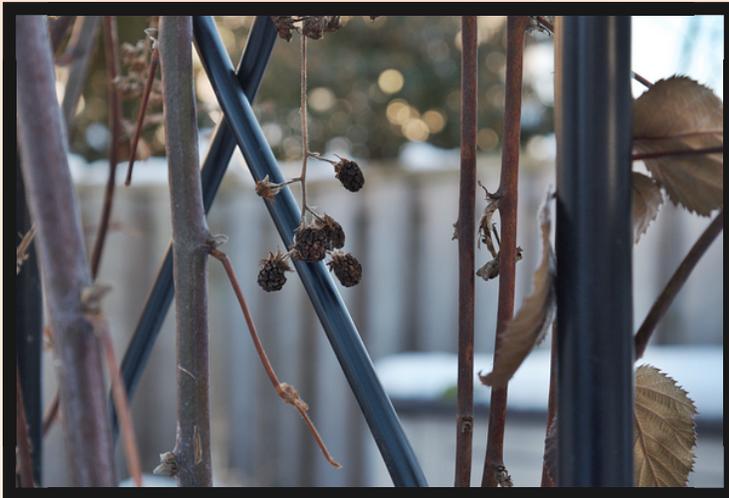


It takes some effort to find passage out of the contempt of winter, but nature reveals the route to live consciously unversed with the serenity. My camera is my friend, and with it I capture moments to fall in love with and post them on my instagram feed ([@BiteSmaller](#)).

Keeping a daily photographic journal of winter garden life is a blessing. I feel myself slowing down, not trying to race forward to the next season but really living in the time of now. Winter is so unexpectedly haunting and beautiful that it leaves me gasping. I really hope you see it too.



Here are some photos from my winter feed:



Blackberries frozen in time



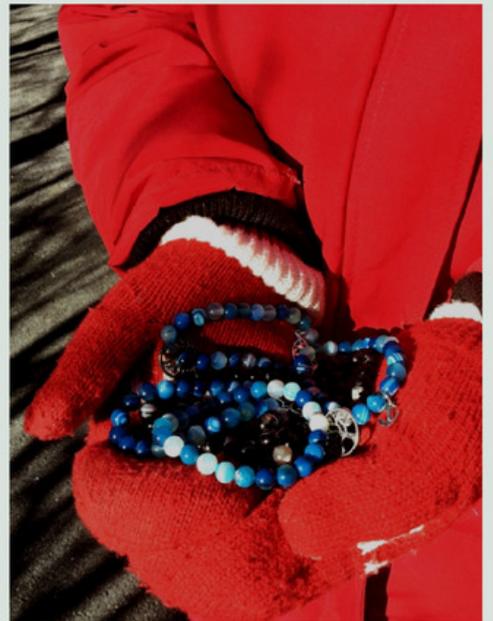
Parsley Stars

Red Squirrel emerging from the tunnel



Hardy Junco





THE PEARL



FIND THESE STYLES AND MORE AT
WWW.PROMISEOFAPEARL.COM

Harry Potter Analogy



If you had to explain autism to anyone you know that it can be very difficult, and can range from functioning labels to just using examples like the movie depiction of Rainman. What if there is an easier, more widely known example. One everyone can identify with, and easily known.

What if you could use a children's book series, not related to autism at all, to explain a lot of autism? What if Harry Potter could be used to explain autism?

Wait! Don't try to cast a spell on me yet! Let me explain.

Most autistics are diagnosed when they are older. Only a fraction is diagnosed when they are children. (for example: I was 29 when I was diagnosed. Some are even older)

Imagine that you have felt weird your whole life. You don't fit in at school. Are constantly bullied. Then how must it feel when a Hagrid comes through the door, asks you questions like if you ever made strange things happen all by itself and suddenly your life starts to make sense. Hagrid could be a psychologist asking questions related to autism during an autism assessment.

Suddenly, everything starts to fall into place. Harry even likens Hogwarts as coming home, the wizarding world is his home. This is how the autistic world feels for us, having to have lived so many years in the neurotypical world, the autistic world for us feels like like home. Being able to be "normal" in a different world, where all of your traits are not seen as something weird, but seen as something completely normal



Harry Potter Analogy

For most of us, a diagnose, is a reason to celebrate, so the pink cake would be in order. Some (like me) even celebrate their diagnose date as a second birthday.



The reactions of his wizard-birth-parents would've been one of joy. They have a child. They don't mind if it's autistic or not. It's their child. As you can see in the flashback: Harry was greatly loved by his family (even a reason why Voldemort can't kill him), his aunt and uncle...not so much

His aunt and uncle are Autism Warrior Parents. These are the parents that claim the label autism for themselves, to make them martyrs (also a fitting title is Martyr parents or martyr moms). Look at how difficult we have it, with you in our living room. Despising Harry most of his life, because of them knowing he is a wizard (autistic). They tried to make him more "normal" by cutting his hair.

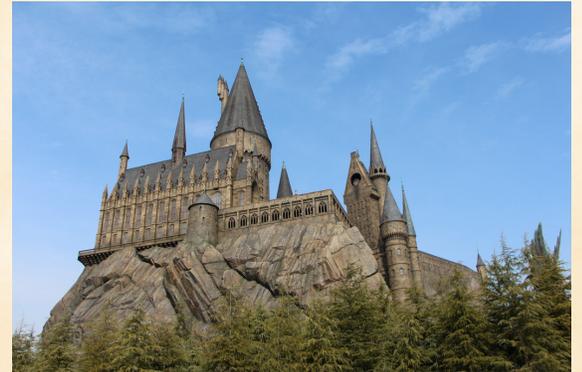
Dudley, not knowing any better, bullied him together with his friends. Aunt Petunia even hates her sister. They think Harry's father is strange. They have always given him a faux explanation and you see by Harry's reaction how that would feel if our parents hid such a crucial thing from us.

The disdainful tone with which Aunt Petunia says "We have a witch in the family" as if she is swallowing lemons covered in wasabi. Dursley's sister, Aunt Marge, you can see as a quack. Someone trying to cure autism. Giving up some crazy theories, without actually knowing anything about autism. She blames "the bitch", like earlier theories about "the refrigerator mother". Fitting that she also trains dogs. She would make an excellent ABA practitioner. How Harry reacts, is how most autistics react towards ABA



Harry Potter Analogy

My personal favorite character in the books is Snape, and by linking his character to autism, I felt a renewed connection to him. Snape for me is the quintessential autie. How he lost his friendship with Lily, is how most of us react in certain situations, especially when we are angry.



We blurt something out and can damage years of friendship. The thing with Snape, he stays loyal to her, even years after. He is the one that defied the dark lord, by playing the role of double spy, all to protect the son of his one true love. "Always". He was gifted in potions up to such an extent that he even corrected the writer of his potions book. Creating his own spells (sectumsempra).

Time for female examples. We already have Harry, Snape and Hagrid. What about Hermione? Hermione, at the beginning of the series, has no female friends, and all girls think she is odd. Look at her determination to make the world a better place to fight for the rights of the house-elves. Look at how she read the whole curriculum of Hogwarts even before she set foot on the grounds. Look at how she can recall information on any subject she has read. How she stays loyal to her friends, even when they are up to no good.

Luna is a great example too. Luna is the quirky one. She could be a great example of a girl with the comorbid diagnose of autism and ADHD. She is into weird things. Reading the quibbler, talking about one of her weird theories. Always with great enthusiasm and energy.

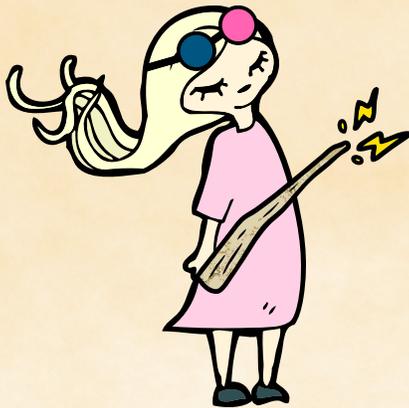
The first character that got me thinking about the parallels between Harry Potter and Autism was Ron's dad. He has a fascination for muggles, but doesn't understand them.



Harry Potter Analogy

He works in a department dedicated to them, still he doesn't know the basic functionality of a rubber duck. Look at how he goes through the metro in the movies, it even looks like a person shutting down, because of sensory over stimulation (or yo u could see it as an autistic trying to mask).

Lucius Malfoy is a perfect example of Aspie supremacy. Some Aspies (I came to despise the word because of them) think they are better than other autistics up to a point that they think they are a different species altogether. Some will even say that they are the next step in evolution. Some cling so hard to this out of date label that they will use it in every sentence when they ask a question about autism.



Luna is a great example too. Luna is the quirky one. She could be a great example of a girl with the comorbid diagnose of autism and ADHD. She is into weird things. Reading the quibbler, talking about one of her weird theories. Always with great enthusiasm and energy.

Professor Lupin is a great example of an autistic mentor, even an autistic psychologist or a psychologist without autism as he is one of the best teachers for Harry, teaching him about facing his fear.

His Godfather, Sirius, and his father can be used to explain comorbid diagnoses as they were able to shape shift into animals.

What about all the magical creatures and different species (like goblins, trolls,...) These are all the diagnoses that fall under the neurodiversity label and Newt Scamander collecting and advocating for them, makes him the perfect of a neurodiversity self-advocate.

IAIN'S TARTAN BAKERY



IAIN'S STORY

I am a young man on the autism spectrum – very high-functioning autism and my goal is to support myself with my baking.

When I was little I always had stomach pains and thought that was normal. Then, when I was nine, my parents put me on a gluten-free and dairy-free diet. When they asked me if I felt any different I said, “My tummy doesn’t hurt anymore”. That was the beginning of our journey. There wasn’t much available for me to eat so my mother had to bake things for me. Anything you could buy in stores tasted like cardboard. Eventually I started to bake my own “treats” and realized I enjoyed baking and the results of my efforts.

For people with autism finding employment is difficult to say the least, so I started letting people know about my baking because more and more people are eating gluten-free. I enjoy finding and innovating recipes for people following that diet.

I love what I do and it is challenging and rewarding to be an entrepreneur.

I look forward to baking for you!

ITH GU LEOIR!

*Gluten-Free, Dairy-Free,
No Preservatives!*

“I’m a young man with Asperger’s Syndrome (high functioning autism). Everyone has a talent and baking is mine. Ith gu leòir!”

Iain Downey
Baker and Innovator
Dartmouth, N.S.
902-464-9663
iainstartanbakery@gmail.com

www.iainstartanbakery.ca



Sometimes What My Mouth Says Is Not What My Brain Said.

By Tammy Porter



“I like what you’ve done with the garage.”

I said to my husband as I gazed admiringly at our barbecue in the nifty new spot he’d placed it.



I paused for a moment, my brain did a grunt and then my mouth said,

“Barbecue. I meant to say barbecue. I like what you’ve done with the barbecue.”

Why would I say garage? A garage isn’t even close to a barbecue. You can’t grill steaks with your garage and you certainly can’t park your car in your barbecue. I wasn’t thinking about the garage, near the garage or intending to go into the garage. I’d formulated the sentence in my mind and used the word barbecue but out came garage.

Hm. It was just “*one of those*” again. That thing where my brain and mouth don’t agree. I only learned I am autistic **3** months ago, at age **47**, so have just explained those instances away all my life. I’ll formulate the sentence I’m going to say in my mind, think it in that millisecond before I say it and out will come the wrong word.

Most times I’ll hear the wrong word come out and will have to laugh and explain the old,

“Oops! I knew what I was going to say but my brain and mouth didn’t agree. My brain said ‘coat’ but my mouth said ‘book’.”

Sometimes I don’t realize I’ve done it and my family will tell me of the bizarre thing I just said or the fact that I’ve just called my son by the cat’s name.

Then there are those times I can’t recall a word at all. It’s always when I’ve overstimulated. My vocabulary become a black soup that I’m supposed to fish black letters out of. That’s when I start to point and say,

“The...the...that...thing!”



Sometimes What My Mouth Says Is Not What My Brain Said.

By Tammy Porter

I assumed that everyone did this but upon mentioning it to my husband he informed me that no, not everyone does it. In fact, I'm pretty much the only person he knows that does this. He says it's getting a little worse lately. Probably because I'm extra stressed and scattered because we're selling our house.

So...I took to Google. 

This was a new and interesting thing I had to find out about so on I went.

Upon googling "What does it mean when you say the wrong word?"

I landed on **Aphasia**.

The main causes of Aphasia are stroke, brain injury or tumors.



Hm. I don't think that's the right one for me.

Next. Wikipedia gave me **Paraphasia**. Verbal paraphasias are confusions of words or the replacement of one word by another real word.

“**Now we're gettin' somewhere.**”
(*my brain says in its best Brooklyn accent*).

The next link

(<http://wrongplanet.net/forums/viewtopic.php?t=190376>)

was a discussion on the autism forum Wrong Planet where others were asking the exact same question.

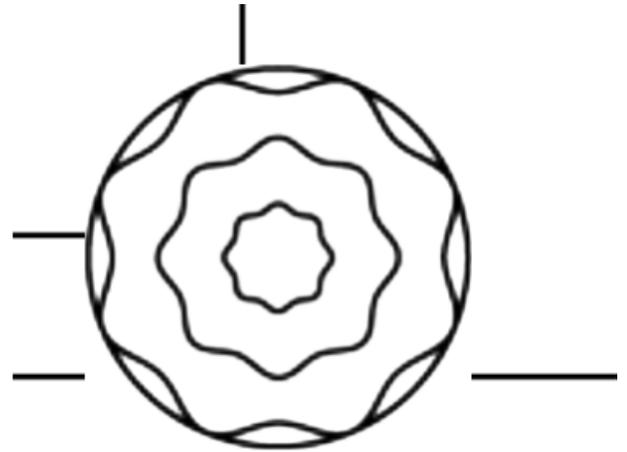
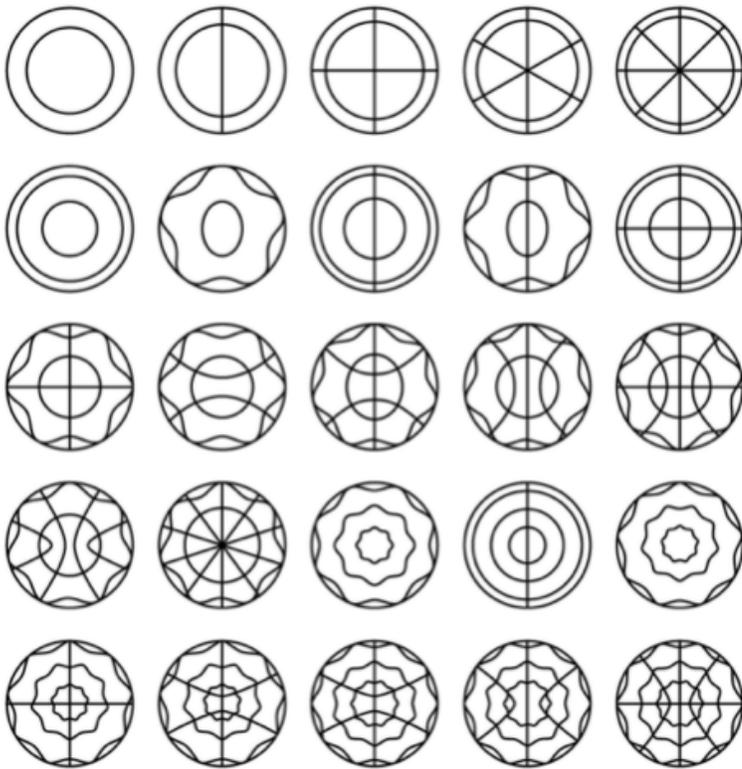
Ah ha... Autism, ADHD and Anxiety = word processing problems.

So today when I looked at a red charity drop-off box as we drove past it and said,

“**Oh look. They have one of those yellow boxes.**”

I knew exactly why.





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THE AUTISTIC NEANDERTHAL

By: Frank Ludwig



Many, if not most, people take a very patronising view of both Neanderthals and autistic individuals. Therefore the initial reaction of autistic people to being compared to Neanderthals as in Leif Ekblad's¹ or Evan Eichler's theories² is often that of outrage. However, neither of the two groups is in any way inferior, and there are indeed many indications that autism could be linked to Neanderthal DNA

In the past most people considered Neanderthals somewhat like a parody on mankind, the hillbillies of the Upper Pleistocene. Today we know better, or at least we should

The bias against them has led most scientists so far to look at the facts and interpret them unfavourably for the Neanderthals, and archaeologists tend to attribute inventions and milestones to them only if nobody else was around at the time. But the more evidence emerges the more difficult it becomes to portray these people, who happened to have a larger brain than any other hominids (including ourselves), as naive savages.

Neanderthals emerged in modern-day Spain 430,000 years ago³ and spread over most of Eurasia. This coincides with the Marine Isotope Stage 11⁴, an interglacial which began 424,000 years ago and during which temperatures in Europe became less hostile for humans. The interglacial lasted for 50,000 years after which the next glacial period gripped the continent.

Even though the physiognomy of the Neanderthals had made them more resistant to cold weather human life in these conditions would have been impossible without clothes⁵, and an animal hide thrown across one's shoulders simply wouldn't do the trick. Therefore it must be deduced that Neanderthals had developed the ability to produce clothes⁶ as early as 370,000 years ago, almost 200,000 years before Homo sapiens emerged.

Neanderthals looked after their sick and old and buried their dead.⁷ There are also indications they might have laid them to rest with gifts or flowers.⁸



1 <http://www.rdos.net/eng/asperger.htm>

2 <http://hsnewsbeat.uw.edu/story/human-neanderthal-gene-variance-involved-autism>

3 <http://www.sci-news.com/othersciences/anthropology/sima-de-los-huesos-hominins-early-neanderthals-03703.html>

4 https://en.wikipedia.org/wiki/Marine_Isotope_Stage_11

5 <https://www.theguardian.com/science/sifting-the-evidence/2013/may/20/who-invented-clothes-palaeolithic-archaeologist>

6 <http://anthropology.net/2009/06/26/neanderthals-dried-fresh-meat-wore-tailored-clothing-energy-study>

7 <http://america.aljazeera.com/articles/2013/12/17/neanderthals-caredforelderlyburieddeadevidenceshows.htm>

8 <http://www.nytimes.com/2013/12/17/science/neanderthals-and-the-dead.html>

9 <http://www.cambridge.org/core/journals/cambridge-archaeological-journal/article/div-classtitlethe-shanidar-iv-flower-burial-a-re-evaluation-of-neanderthal-burial-ritualdiv/C28BB4644C55E12ED64819A260A5055D>

THE AUTISTIC NEANDERTHAL



By: Frank Ludwig

While vegetables seem to have been a regular side dish Neanderthals were carnivores who specialised in large prey such as bison and reindeer. They lived in the mountains where they cornered herd animals from which they chose their prey.¹⁰

Of course coordinating ambushes like this requires organisation, and organisation requires complex language. Fortunately their hyoid bone was located in a similar position to ours,¹¹ and their FOXP2 gene was identical to ours, which means they not only had the need but also the ability to speak in full sentences¹² - once again, long before Homo sapiens even came into existence.

Their stone tools were of the Mousterian class from which they developed the Châtelperronian industry,¹³ and they also may have used projectile spears;¹⁴ it seems they produced wooden tools as well which, sadly, don't fossilise. In order to attach stone spearheads to wooden shafts, or knives to handles, they developed a strong adhesive from the heated bark of birch trees in a technique¹⁵ which has not been duplicated with the resources available to them until 2017. They were also the first to use bone tools.¹⁶

They lit fires using manganese oxide,¹⁷ and while most of the known Neanderthals lived in caves, some of them constructed buildings from mammoth bones.¹⁸

The Neanderthals were artists and appreciated beauty. They adorned themselves with jewellery,¹⁹ ornaments²⁰ and feathers,²¹ created cave art and built the world's first ring structures.²²

Neanderthals²³ are the inventors of string,²⁴ hearths,²⁵ herbal remedies,²⁶ the lissoir,²⁷ make-up²⁸ and the world's first musical instrument, a bone flute.

Time + Space Media¹⁰ <http://www.bradshawfoundation.com/news/index.php?id=-Neanderthal-hunting-strategies>

¹¹ <http://www.bbc.com/news/science-environment-25465102>

¹² <https://thehumanevolutionblog.com/2015/02/09/did-neanderthals-speak>

¹³ <http://www.ibtimes.co.uk/were-these-europes-last-neanderthals-1582107>

¹⁴ <https://humanprehistory.wordpress.com/2014/10/17/neanderthals-may-have-used-projectile-spears>

¹⁵ <https://www.smithsonianmag.com/smart-news/experiments-show-how-neanderthals-made-first-glue-180964718/>

¹⁶ <http://www.livescience.com/10913-neanderthals-fashioned-earliest-tool-human-bone.html>

¹⁷ <http://www.nature.com/articles/srep22159>

¹⁸ <http://www.telegraph.co.uk/news/science/science-news/8963177/Neanderthals-built-homes-with-mammoth-bones.html>

¹⁹ <https://www.sciencedaily.com/releases/2016/09/160920090400.htm>

²⁰ <http://www.bbc.com/news/science-environment-19623929>

²¹ <http://www.bbc.com/news/science-environment-28967746>

²² <http://www.livescience.com/54906-neanderthals-built-bizarre-underground-ring-structures.html>

²³ https://www.newscientist.com/article/mg22029432.800-worlds-oldest-string-found-at-french-neanderthal-site/#.Uvfld_ldUYk

²⁴ <http://news.nationalgeographic.com/news/2014/04/140430-neanderthals-cook-food-evolution-science>

²⁵ <http://www.archaeology.org/issues/61-1301/features/top-10/266-top-10-2012-neanderthal-medicine>

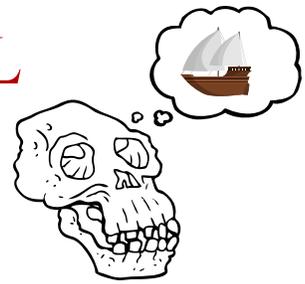
²⁶ <https://www.theguardian.com/science/2013/aug/12/neanderthals-invented-tool-leather-lissoir>

²⁷ <http://news.bbc.co.uk/2/hi/science/nature/8448660.stm>

²⁸ http://www.ukom.gov.si/en/media_room/background_information/culture/neanderthal_flute

THE AUTISTIC NEANDERTHAL

By: Frank Ludwig



It also appears that Neanderthals were the first human seafarers, at least 100,000 years ago. Their Mousterian tools have been discovered on Crete²⁹, an island that is separated from the mainland by 40km of open sea (even during glacial periods)

We don't know when exactly the first Homo sapiens arrived in Europe, but we know that they already had met and reproduced with Neanderthals 100,000 years ago.³⁰

It is generally assumed that, just like contemporary human beings do, the stronger species would have exterminated the weaker one. This didn't happen.

If it had, Homo sapiens would not have stood a chance, anyway; Neanderthals were physically stronger, familiar with the terrain, and they knew how to survive in a frozen world approaching another low in global temperatures.

It's most likely (*albeit difficult to imagine in today's world*) that both parties established friendly relationships and joined forces right from the start. The Neanderthals would have taught Homo sapiens how to hunt, gather food, build shelters and make clothes and tools, and the large numbers of Homo sapiens would have made their hunts of large prey such as mammoths more effective.

Generally, even in this day and age and despite the information we have now, Neanderthals are still played off against Homo sapiens when facts are presented, despite growing evidence that they weren't competitors but collaborators and lovers.

We know that, with the exception of a small sub-Saharan population whose ancestors never left Africa, all of today's humans have Neanderthal ancestors³¹. Taking into account that the overall Neanderthal population was quite small (*it is estimated that Homo sapiens outnumbered them 10:1*³²), it is reasonable to conclude that they were entirely assimilated into Homo sapiens (seeing that such a small group found their way into all our DNA suggests they must have been quite attractive), to the benefit of both: once the creativity, resourcefulness and inquisitive spirit of the Neanderthals were combined with the ambition and adventurous nature of Homo sapiens, an unstoppable force was created that conquered the world, beginning with the Cro-Magnon culture 45,000 years ago.

28 http://www.ukom.gov.si/en/media_room/background_information/culture/neanderthal_flute

29 <http://phys.org/news/2012-03-evidence-neanderthals-boats-modern-humans.html>

30 <http://www.sciencemag.org/news/2016/02/humans-mated-neandertals-much-earlier-and-more-frequently-thought>

31 <https://genographic.nationalgeographic.com/neanderthal>

32 <http://www.sciencemag.org/news/2011/07/modern-humans-10-neandertals-1>

33 <http://www.livescience.com/47460-neanderthal-extinction-revealed.html>

THE AUTISTIC NEANDERTHAL



By: Frank Ludwig

There are many aspects of Neanderthals that are reminiscent of autism. They preferred to live in very small groups that had little or no contact with each other³⁴, they had a significantly larger occipital lobe³⁵ which gave them greater visual and pattern recognising abilities, and they were less social than Homo sapiens ('We have a social brain, whereas Neanderthals appear to have a visual brain' - Clive Gamble³⁶). They had larger brains³⁷, came up with original solutions to problems³⁸ they faced (see *the paragraph on inventions*) and smoked and dried meat which they probably stored to live on until the next herd of big game came along, corresponding to the common autistic trait of hoarding.

While autism causes atypical social behaviour and is therefore considered a disorder by most, it also brings with it an increased ability for creative thought ('*thinking outside the box*'), recognition of patterns, attention to detail, focus and a lot more - all the properties that brought mankind out of the Stone Age.

Even though the fact might be caused by other factors, such as lack of diagnostic tools, autism rates in Africa are lower³⁹ than elsewhere in the world. In their article *Autism Spectrum Disorders in Africa* Muideen O. Bakare and Kerim M. Munir conclude, 'The prevalence of autism spectrum disorders among children living in African continent is possibly lower than the prevalence among African children living in Europe and other high income developed countries. This disparity in prevalence need to be explained by future studies.'

It certainly would be interesting to see a study conducted in the sub-Saharan countries to find out whether any individual without Neanderthal DNA was ever diagnosed with autism; if not, this would make a strong case for the theory of Neanderthal DNA being responsible for autism

Looking at our closest living relatives, the bonobo and the chimpanzee, it's intriguing to see that the former seems to be obsessed with socialising while the latter is more interested in objects⁴⁰. Despite their genetic makeup being almost identical they display very different behaviour, with the bonobo focusing on interaction and the chimpanzee on tools; it's almost like an ape version of Homo sapiens and Neanderthal. Ironically it was a bonobo who recently was reported to display autistic behaviour⁴¹; I have contacted the research centre and asked about the possibility of a recent chimpanzee ancestor, but they didn't grace me with a reply.



34 <http://www.history.com/news/neanderthals-likely-lived-in-small-isolated-groups-scientists-say>

35 http://www.eupedia.com/europe/neanderthal_facts_and_myths.shtml

36 <http://m.hnn.us/article/150994>

37 <https://spectrumnews.org/opinion/viewpoint/big-brains-may-hold-clues-to-origins-of-autism>

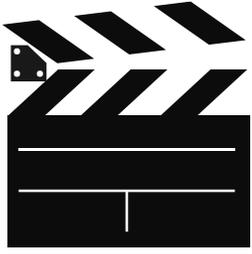
38 <https://anthropology.net/2009/06/26/neanderthals-dried-fresh-meat-wore-tailored-clothing-energy-study>

39 <http://cdn.intechopen.com/pdfs-wm/20038.pdf>

40 <http://www.iflscience.com/plants-and-animals/tool-use-innate-chimpanzees>

41 <https://spectrumnews.org/opinion/an-ape-with-autism>

A Conversation With Gordie Wilson



(EDITOR) I ASKED GORDIE 8 GENERAL QUESTIONS SO WE COULD GET TO NOW HIM A BIT BETTER. HERE ARE HIS ANSWERS.

Q1 - *Do you work? If you work, how long have you been working at the job you're at now?*

1. I used to work at Value Village but i was only there for 6 months

Q2 - *I noticed you have "jake the snake" as your email. So are you are wrestling fan?*

2. yes i am a Wrestling Fan.

Q3 - *Do you like movies? What's your favourite movie?*

3. My Favorite Movie is Law Abiding citizen

Q4 - *Do you have a favourite actor? What's his name? What's your favourite movie with him in it?*

4. My Favorite Actor is Liam Neeson & my Favorite movies that he was in was Taken 1-3

Q5 - *Do you have a favourite actress? What's her name? What's your favourite movie with her in it?*

5. My favorite Actress is Jessica Alba & my Favorite Movie that she was in was Into The Blue

Q6 - *Back to wrestling - how long have you been a fan? Have you seen any live wrestling matches?*

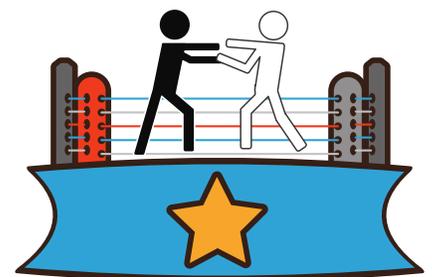
6. I have Been a Wrestling Fan since 2005 my First wrestling match on TV was Batista vs JBL in a Texas Bull rope Match for the World Heavyweight Championship & yes i have been to a live wrestling match before it was back in 2015 i still have the ticket from when i went to the Halifax From it was awesome.

Q7 - *What is something you're doing that you'd like to share with others? Like, do you have a cause of some kind you'd like people to know about?*

7. I have Autism & am proud of it that's all u need to know

Q8 - *Are there any positive things about having Autism that you'd like to share?*

8. Nope not really just am a nice guy to be around



Abyss

Forced to stare in mirror darkly, haunted by the daughter of the night. Alone once more as the vesper tolls. Broken dreams lay strewn about his mind like the ruins of a grand palace. Discarded pawns lay at his feet, Rosencrantz and Guildenstern. The king is dead and only dust to be divided and inherited. How did it become like this? How did we become enemies? I can never fix it, what we had is now nothing but jagged edges of memories... I am so sorry, cherub that you were brought into all of this... Tears whispered to the wind as a cloak is closed up and an era ended by the howls of the victorious Argives.

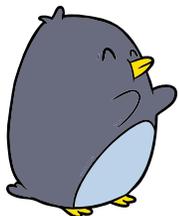
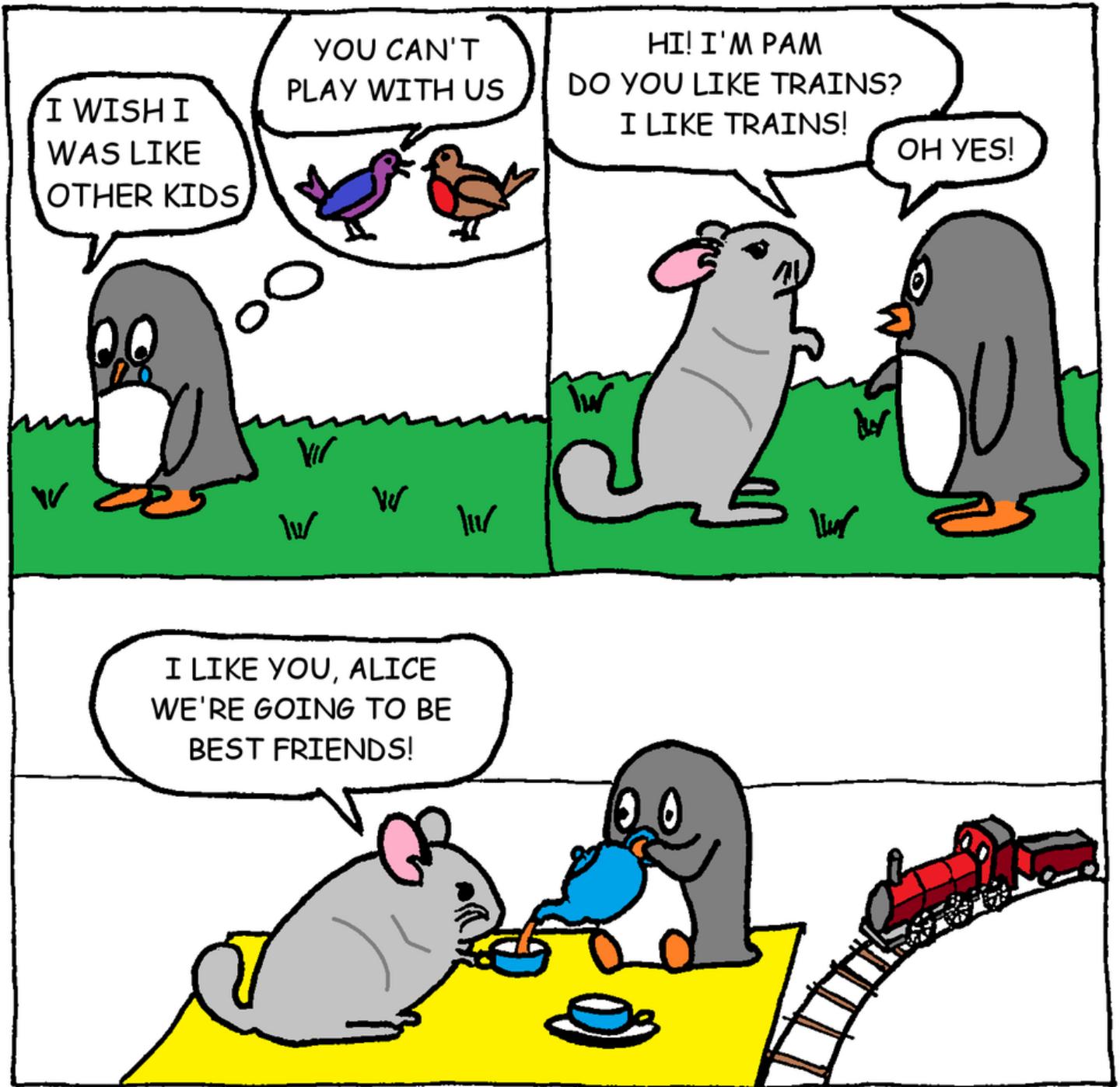
Rain soaked muddy streets trod on by worn boots as a lone figure walks down a broken path into the waiting abyss of night. The December wind tears through skeletal trees. His pack heavy, scarlet trojan cloak torn he presses on alone. Coins for the boatman are clutched in his closed hand as ghosts are weaved in the miasma. Vigilance, for he will arrive at the crossroads and beyond that the forgotten battle field where Achilles cried his last. As the vesper tolls. Troy behind me burns as the damned wooden horse stands in the gates empty.

The fields once bore our fruit instead of withered and burned roots. Laughter filled our apartments as friends gathered. Now all that remains is to board the boat with Prince Aeneas and sail across the wine dark seas. Into the fog and mist lays our future over windswept seas patrolled by gull and the whispers of dead men whose names long forgotten. Bones picked clean by scuttling claws on the sea floor. Night falls as the ship sails into the abyss to find a new land.

**By: Taggart
Romkey**



A Daily Penguin



Original Artwork by:

Alexandra Forshaw

The Large Plumber

SMALL JOBS BY LARGE



Craig Large is a red seal certified plumber with over 10 years of experience under his belt.

A local to Nova Scotia with family all around the country, he has done an array of different jobs including residential and commercial work.

Focusing his expertise on small home renovations and almost everything plumbing related in the household.

Using his vast knowledge and experience, he also offers home consultations and inspections for old or new home owners.



Craig Large
Owner/ Director
Journeyman Plumber

largetheplumber@gmail.com
902-456-6755





Story by Story: Creating a World that Wants Us in It

By: Louise Tardiff

As a late-diagnosed adult woman in my thirties, looking backwards in time at my life has made me realize how my construed façade was accepted by myself and others around me. This performance of a non-autistic self, whether consciously or unconsciously, has been described as “putting a mask” or “being a chameleon”. Emerging research indicates that putting this front is not a valid long-term strategy and has consequences for autistics’ mental health (e.g. Hull L, Petrides KV, Allison C, et al., 2017 and Cage, E., Di Monaco, J. & Newell, 2017).

Most of my life has been spent trying to shrink myself, trying to be more pleasant, polite, and nice as is expected of girls and women, less sensitive, etc. Years have gone by where I sacrificed myself for the sake of being accepted by others. I compensated to a great degree for my social differences. Hence, I built a lifetime of being less me.

My formal diagnosis allowed for a small crack to emerge from the foundation I built this life upon. However, it was in listening to stories by autistics that allowed for a new foundation to be erected. My autistic peers have helped me navigate a new world as a minority neurotype. Most importantly, I learned from them that it’s not my job to change who I am in order to become someone else’s idea of a worthwhile human being.

“ My self-worth is not as a result of what other people think it is. Rather, and without the need for any other person’s permission or approval, I exist and therefore I am enough and my thoughts, feelings, and voice matter. ”

I sincerely believe that this new voice of mine would not have been found without the supportive autistic community. I credit the autistic community in guiding me to recognize that I be who I am: my valid autistic self. This means appreciating that I have needs and to give myself permission to get my needs met for the challenges that I encounter. It means choosing me.

Choosing me and my self-acceptance are, arguably, important turning point in my post-diagnosis life. However, there is a further turning point that I learned from my autistic peers and one that stands above all of my learnings thus far in my journey: storytelling is very powerful. But storytelling by whom can yield vastly different outcomes.

Here is what I mean by outcome: in my exchanges with my newfound autistic community, one recurring theme discussed is that some stories told in the name of autism “awareness” by the dominant neurotype perpetuates stigma. This could come from parents of autistic adults or children (e.g. the eugenic-supporting controversial book *To Siri with Love*), in media (e.g. the television show *Atypical*), in autism organizations like Autism Speaks (e.g. *This is Autism “awareness” video*), and in the pathology paradigm entrenched in the autism “experts” community which informs how autistic individuals’ stories are told.



Story by Story: Creating a World that Wants Us in It

By: Louise Tardiff

Autistic voices have repeatedly called out that awareness is not acceptance.

Awareness says **"He/She/They has autism"**.

Acceptance says **"I/He/She/They matter(s)"**.

This is an important difference in the autistic community and sympathetic allies.

I add my voice to combat the detrimental outcome that focusing on awareness without acceptance causes and in the need for dialogue on making a safe space for autistics to exist, for their differences to be accepted and embraced, and for their lives to be seen as valid and of worth.



Story by story, I pass the microphone to others in presenting their lived experience with the anticipated outcome of creating a world that wants us in it. Story by story, giving a voice to autistic individuals allows for non-autistics to put on the shoes of the storyteller. It's an exercise in empathy and in perspective taking. ”

I'm thankful for the support from my local autism organization, Autism Connections Fredericton, in welcoming autistic individuals in offering first-person perspectives on issues that matter to them. I'm particularly looking forward to the showing of the documentary film *"Deej"* where the subject, editor and co-producing is a nonspeaking autistic telling his story about transitioning to adulthood and college and for our next two speakers in February and March as part of the Voices of Autism Speaker Series that I organize.

I once presented about the speaker series in front of a classroom size crowd of mostly parents. I asked the crowd how many of their autistic children have met an autistic adult. One hand was raised. I was taken aback and saddened by this. I thought to myself how important it was in my journey towards self-acceptance to have met autistic individuals that were able to share their wisdom from their experience. These peer mentors allow for other autistics, child or adult, to know that they are not alone and that there's a whole community that will embrace him, her or they. This fuels my desire to continue to have regular speakers at our center.



Story by Story: Creating a World that Wants Us in It

By: **Louise Tardiff**

A number of other reasons fuel my desire to continue to lend the microphone to autistic voices. When I presented about the speaker series in front of this crowd, I identified ten reasons why such an initiative was important.

These ten reasons are:

1. Autistic people are part of the conversation about autism (nothing about us without us!)
2. To share our experience and knowledge in the hope that others — autistic people, parents, clinicians, educators, etc., — will draw some insight and awareness from our knowledge
3. To build community
4. To dispel stigmatizing notions of autism
5. To celebrate our diversity
6. To understand the challenges that autistic people face and the strategies that helped them along the way
7. Because we care about each other and autistic children
8. To question common assumptions/myths about autism
9. Because we are proud of our autism
10. Because we have a story to tell



Story by Story: Creating a World that Wants Us in It

By: Louise Tardiff

Certainly this list of reasons is not exhaustive. Story by story, autistics in the speaker series at Autism Connections Fredericton, in blogs, books, in their advocacy efforts, create space to displace the representation of them as a *'disordered other'*, as the butt of jokes, and as an enigma or puzzle (*with the unfortunate and widely loathed symbol of a puzzle piece*).

I wish to acknowledge that I've been fortunate in this endeavour to have met allies who support and empower autistic voices, recognize their neurotypical privilege, and create safe spaces for autistic voices. I also wish to acknowledge that my new story is thanks to autistics that have guided me. I will continue to pass the microphone to such wonderful neurosiblings.

- Louise Tardiff

First autistic board member of Autism Connections Fredericton and organizer of the Voices of Autism Speaker Series.



L-R / Aaron Bouma, Louise Tardiff, Bruno Hache
CONNECT Maritimes Autistic Adults Summit, Shediac, NB, 2017

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for more information or contact

Chrystal Tushaus - Autism Outreach Coordinator
902-593-1015 ext. 4 | ctushaus@autismns.ca

www.readywillingable.ca

Here Be, by who???

*ins and outs and ups and downs
life's road meanders aimlessly?
or so it seems, but somehow
leads us where we need to be, ...*

**These rooms will give us tetraphobia
if we find mirrors. Seems unwise
to stay, but all the ways away
are terrifying: south crushing sea,
east desert, west high hills
and north unfriendly towns.
The barred gates finger safety.
Here be dragons, us,
paralysis that drowns
*ins and outs and ups and downs***

**that break away. Let's stay.
Unto death? Half done,
we must hold fast.
That goes double now,
your origin my niece
must Janus-gaze like Joni
while future past back
forth the stolid people stride.
How comes it then to be
*life's road meanders aimlessly?***

**Love is for poets, but not in this place:
one prize, one fan, one published work
all undeserved and even then
the stolid people sing only one note.
Standing together we hurl
candlesticks through stained glass, throw
hearts after to splut on the pavement
where it meanders closest, bloody ditch.
Unhurried strides pass unaffected even now
*or so it seems, but somehow***

**though the place is newly dark and shards
litter the floor at least the air is fresh.
We're heartless, bound with ancient logics.
They say that's enough, the higher mind
sails everywhere, grasps all, but
nothing is what it appears to be;
best remain in this one place
until at last Adele Domecq finds,
serves us herbal synchronicity,
*leads us where we need to be, ...***

**From "It's the Journey that's Important",
by John McLeod**

I'm Aaron Bouma a proud autism advocate and owner operator of Boumawoodworks as well as Military Specialist for Carleton County in New Brunswick Canada. These are some of my projects I've built before during and after Christmas.

Aaron Bouma

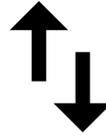


LAV 6.0 infantry fighting vehicles

German P08 Luger 9x19mm pistol issued from 1908 onward as the standard German Army side arm through both WWI,II.



Previously highlighted in the Autumn edition



**Canadian Army
LAV-III**

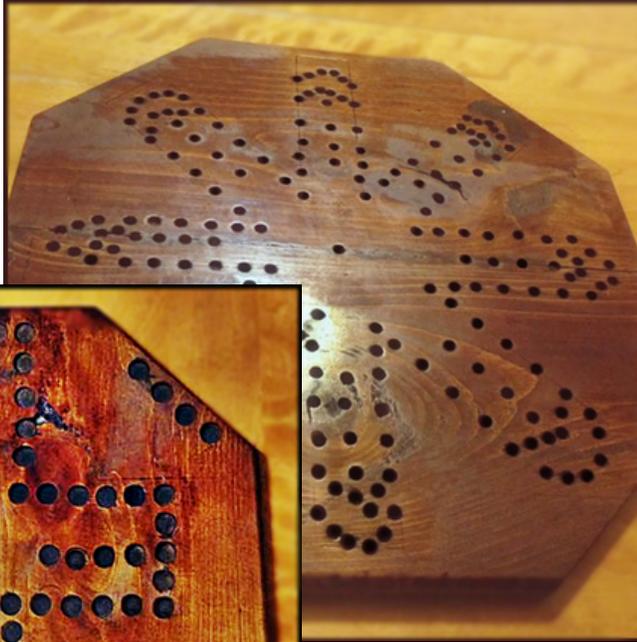
Sig Sauer P250 standard size pistol, 9mm chambered, used by police forces as well as some security forces. Designed & manufactured in 2009



Proud autism advocate and owner operator of Boumawoodworks as well as Military Specialist for Carleton County in New Brunswick Canada.

Aaron Bouma

made of pine

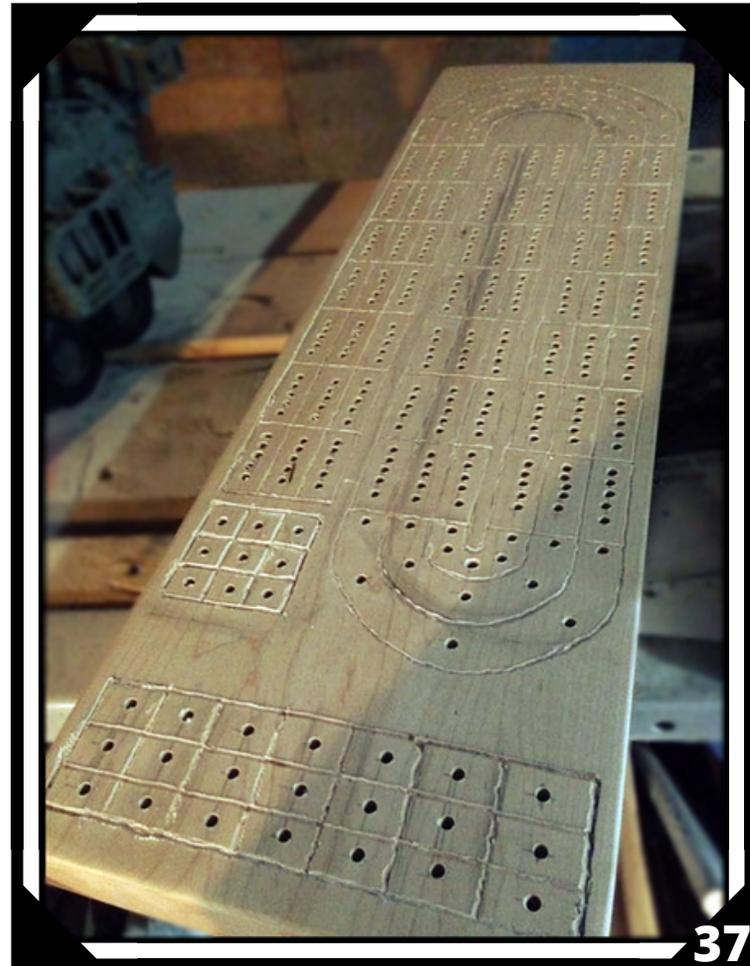


Chinese Checkers



boards

Cribbage Board
made of Bass Wood



Snowman
made of Pine



Aaron Bouma

Proud autism advocate and owner operator of Boumawoodworks as well as Military Specialist for Carleton County in New Brunswick Canada.

**RPG-7V Soviet standard issue
Rocket Propelled Grenade
fielded in the soviet army in 1961.**



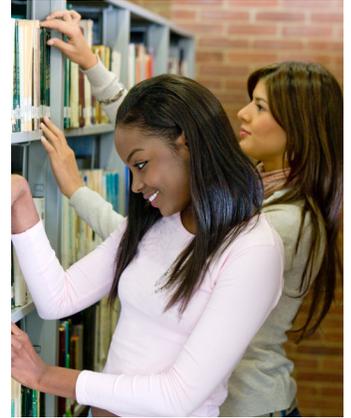
**Used today around the world by many countries and
terrorist organizations and militia forces.**



Sensory Friendly Library Time

Tantallon Public Library

3646 Hammonds Plains Rd, Upper Tantallon



Sensory-Friendly Library Time: March Break Special!

March 12, 2018 – 3-5pm

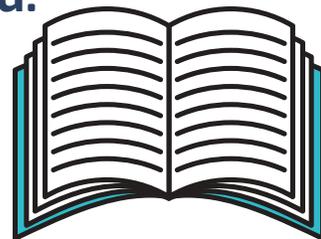
Come & enjoy library services in a low-stimulation environment!

There will be coffee and tea   in the lounge for adults, parents, and caregivers, and a special STEM program about Flight! for everyone to try in the program room.

The library is equipped with a few items to make a visit easier, including weighted lap pillows,  ghost suits, and visual timers.



Regular library service will also be offered.



Tantallon Public Library
March 12, 2018 – 3-5pm



Sensory Friendly Library Time

Tantallon Public Library

3646 Hammonds Plains Rd, Upper Tantallon



Come to read, play, make a craft, ask questions, use a computer or iPad, and check out cool stuff (books, CDs, DVDs).



Or, simply explore and enjoy the Library in a low-stimulation environment.



This day is for adults, teens, and families who are living with Autism Spectrum Disorder or other sensory processing disorders.

The library is equipped with a few items to make a visit easier, including weighted lap pillows, ghost suits, and visual timers

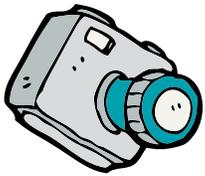


April 16 – 3-5pm

May 14 – 3-5pm

June 11 – 3-5pm





Selfie taken with new
Nikon D3400 digital
single lens reflex camera



Winter garden scene at
home taken with new
Nikon D3400 digital
single lens reflex camera



Chat 'N' Chill

ENACTUS DALHOUSIE & AUTISM NOVA SCOTIA ARE HOSTING A SOCIAL NIGHT FOR ADULTS WITH AUTISM TO CHAT AND MEET NEW PEOPLE. ALL ARE WELCOME!



Chat N Chill Runs once a month on Wednesdays from 6:30pm - 8:30pm

TUPPER LINK COMMONS,
SIR CHARLES TUPPER
MEDICAL BLDG,
HALIFAX, NS





For submissions to

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