

Autistics Aloud

Nothing
about us
Without
us

SUMMER EDITION 2017

VOLUME 10—ISSUE 1

Featuring

New Editor!

New Layout!

New Content!

Poetry!



ART!

Links!

Cartoons!

Reviews!



Fiction!
Non-Fiction!

Recipes!

Photography!

This Issues Contributors

- Melinda Cadarette
- Ginnie
- Jennifer Lisi
- Ed Durham
- Craig Large
- Eric Salem
- Erica Mills
- Iain Downey
- Kirstyn McCulloch
- Eden Arkens

autism
NOVA SCOTIA

AUTISM AVIATORS

Useful info
to help your
family travel.



autism aviators



We learned that not all journeys are about special vacations, some are for planned or unplanned events, or out-of-province medical treatment. The reasons families reached out were varied, but the consistent element was the need to understand and be familiar with the air travel process to create a more predictable experience for people living on the Autism Spectrum.

EDITORS NOTE: I TRULY BELIEVED I COULD NEVER FLY.

In addition to being Autistic & having many sensory issues, I am also claustrophobic and dyslexic. Airports & planes were confusing & frightening.

Then in 2016 I found myself faced with either getting on a plane or watching my future pass me by. I had an opportunity to have my voice on a Federal level. With the accommodation I needed - I got on a plane & flew for the very 1st time.

Then I had the pleasure of helping with looking over the materials for Autism Aviators, making suggestions for the final materials & taking part. I'm so grateful for this program. - PGZ (ed.)



CHILLED
STRAWBERRY
SOUP



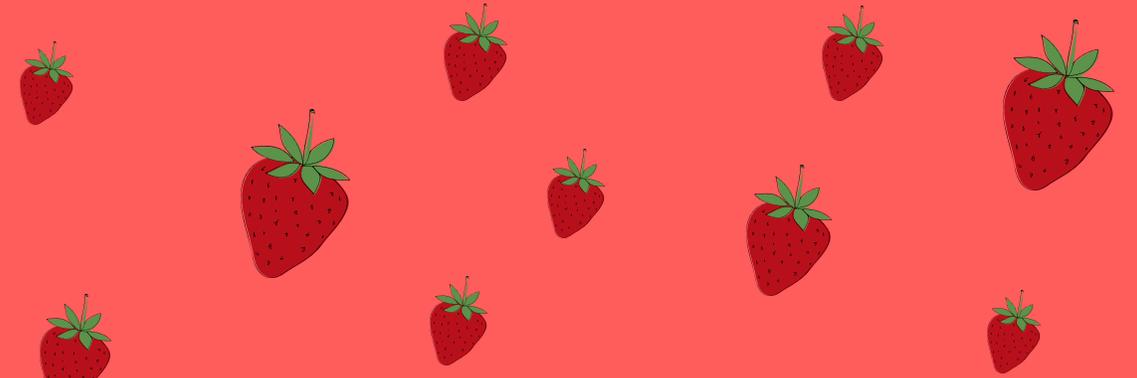
When it comes to summer and food, strawberries often top the list. Once strawberries are out, they seem to be everywhere - at stores, farmers' markets, road stands, even the back of trucks.

While strawberries are grown pretty much almost every part of Nova Scotia, many of the strawberry farms at comes from the Annapolis Valley region. The sweetness of the strawberries depends on the weather - the warmer, the better. The early ones come out by the middle of June and are usually done by the first frost (around October).

While many people use strawberries for making jam, for desserts such as pies and shortcakes or just to freeze, they also make a nice summer soup.

This basic recipe can be modified. For example, if you can't have strawberries, use raspberries.

The sugar can be omitted if the strawberries are very sweet.



See next page for Recipe!

Chilled Strawberry Soup



Ingredients:

1 1/2 cups vanilla yogurt

2 tablespoons orange juice (optional)

1 pound (4 cups) fresh strawberries, halved

1/2 cup sugar (optional)

1/8 teaspoon lemon juice

In a food processor, process all of the ingredients together till smooth. Chill in the refrigerator for at least **one hour**. Individual servings can be garnished with fresh mint leaves if desired.

Store in refrigerator for up to a week.

Makes 3 servings

Submitted by Melinda Cadarette



Autism-Friendly Library Time

Join library staff for special open hours just for you and your family!

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- Play
- Do a craft
- Ask questions
- Play on a computer or iPad
- Check out books, CDs, DVDs
- Update your account, pay fines...
- Learn something new!



Explore and enjoy the library in a low-stimulation environment!

Place: Tantallon Public Library, 3646 Hammonds Plains Rd, Upper Tantallon, NS

Dates: Mondays: July 17, August 14, September 18, October 16, November 6, December 11

Time: 3:00—5:00 p.m.

The Promise of a pearl



Shop these pieces and more at: www.promiseofapearl.com

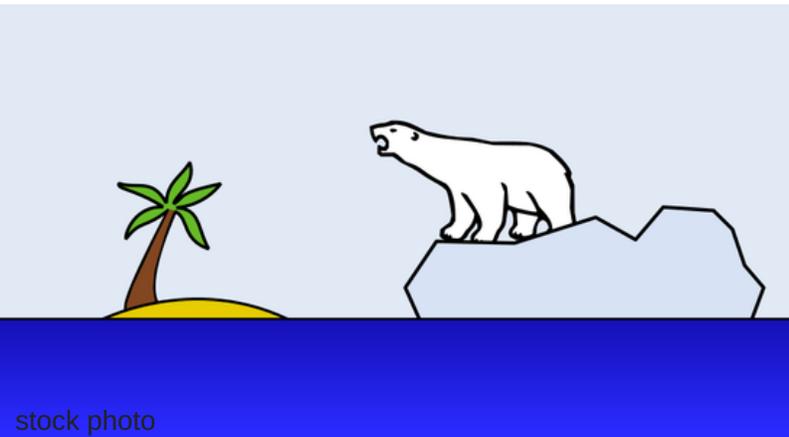
The sale of each piece of jewellery directly supports the programs and services at Autism Nova Scotia, but more importantly helps support families and people with autism.

“ Trapped 'like a caged animal': Climate change taking toll on mental health of Inuit.

Gradual changes in climate, sea ice
changing way of life in Rigolet



This [CBC Online Story] is a fantastic article and video [YouTube] on the effects of climate change regarding mental health of the Inuit of Rigolet, Newfoundland/Labrador, by researcher, Ashlee Cunsolo on CBC National. In article/video, Derek Paul states, “**People are different but it (climate change) impacts people in different ways.**”



Being a person with ASD, I remember as a child growing up in the country and life was very hard, poverty, abuse, and I couldn't understand folks, being labelled as a 'problem child'. I remember my mother being advised by a family member to give me up to Child Services because they thought she couldn't handle me.

I never fit in but I would take refuge in the woods. Nature was a place of rest and peace. I could dream, play in my imaginary way and all the fragrances, streams, trees, and animals were a wonderland to me. The forest/nature was such a blessing to me. What a quiet place of refuge it can be for those on the spectrum, healing of the soul. If I hadn't had this refuge of nature, I don't know how I would have coped mentally and emotionally.



LINKS IN THE ARTICLE

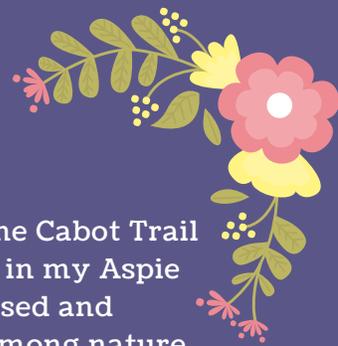


<https://goo.gl/xxcfJo>

[CBC] <https://goo.gl/aBABt1>



The Little Flower



On July 24th, 2010 at just after 1:00pm my family and I stopped at a little place off the Cabot Trail in Nova Scotia called Green Cove. It is one of the few places that permanently reside in my Aspie mind, as a sort of moving photograph that I identify with deep in my soul. Undiagnosed and heavily camouflaged to appear normal, I didn't understand why I felt more myself among nature, than I did among people. But I knew that I could experience a wonder such as Green Cove in a particular rarity that no one else could.

The rose granite pulled me from the moment I emerged from our vehicle. I read the informative signage impatiently feeling my body dancing on tiptoes to inch closer to the destination so majestically perched in my eye line. We started on the small boardwalk past a few meagre trees welcomed by a field of strewn rose coloured boulders.

Further on, green draped over the rose and quartz before giving way to more inhospitable planks of stone. As we closed in on the outcrop of bare rock that overlooked the Atlantic Ocean, I felt my body become lighter, uniting with the bare crystal in the granite. Each small gem illuminated whispering with the sound of the waves and salt in the air. The sun singled out each glittering speck. I bent down to examine the intricate veins of rose and tiny specks of charcoal grey among the quartz captivated by the intensity of its vastness. It contrasted with the shadowy navy of the depths and white froth on the waves. It was frightening how open the ocean was and entrancing to watch the ebb and flow. I sat down not daring to go too near the edge. My sons played around me tracing patterns in the stone with their fingers just as I had done. My husband stood taking in the whole picture looking peaceful and relaxed.

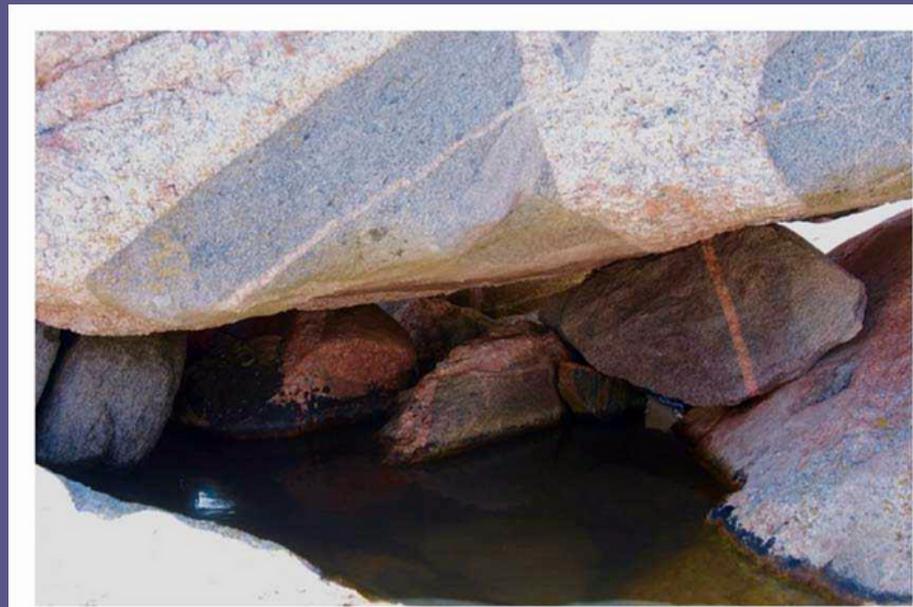


I was rarely relaxed in the open world. Like a rabbit I anticipated the next fright, looking for places to hide and just be myself. There was something scary about watching the ocean and I curled inward. I imagined lying on the bed of crystal underneath me. Fauna swirled around me blanketing me from my worries. The stone veins absorbed me until I had grown very small, able to fit among the tiny cracks and crevices. My attention focused and with the aid of my camera I began to search for tiny worlds among the rock

I found one to the right of me, underneath a grouping of stone. A small pool of still water shimmered in the sunlight. I wondered if it was deposited from rain or from a crash of salt wave?

Imagining the waves coming up onto the rock, made me shiver. I narrowed my eyes further still.

The little pool became a cave, sheltered and safe. I sat at its edge with my toes rippling the surface ever so slightly but not enough to disturb the reflection of the stone above. This small hidden place I could relate to and get lost in, having the ability to see smaller worlds among the grand world. I took a picture before coming out of my dream and moving to another patch of rock to make further observations.



The Little Flower - continued

That was when I saw the tiny blue flower growing out of the stone. It's me! I thought. Delicate but robust, the tiny flower thrust out to emerge among the biosphere of rock, water and air. It was doing it's best to thrive. How its roots must dive deep to bring up nutrients! I thought. How it must bear the rush of wind without barriers! How it is overlooked! Other tourists came up on the stone but no one stopped to take notice of the little flower. The little flower waited doing the best she could to be noticed, to emerge and grow and touch the ocean or learn to fly in the breeze. She waited for her moment. She waited to be photographed. But only a few would notice her, protect her and love her.

She would stay rooted reaching out to the beauty around her, searching for answers that lay years into the future.

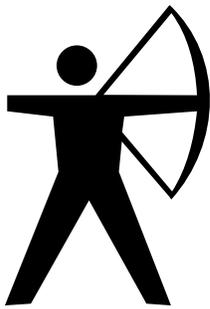
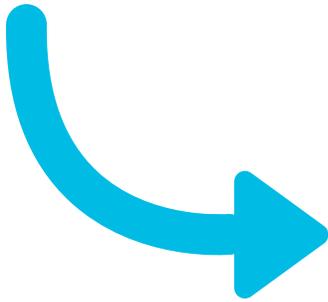
This is the moving picture that remains in me, forever a part of Green Cove.

Forever me.

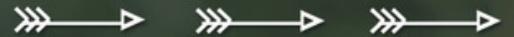
BY: JENNIFER LISI



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..THE COMMUNITY WE FORM WHEN WE ACCEPT
our autistic selves, when we value
THE AUTISTIC SELVES OF EACH OTHER, IS
ONE OF THE MOST POWERFUL FORCES OF

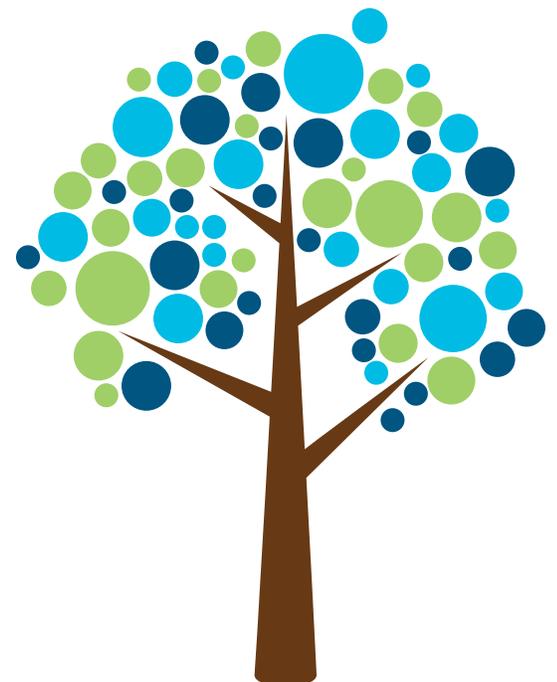
AUTISM

IT IS BUILDING, NOT DESTRUCTION,
DEFINING OUR AUTISM.

*And together,
it makes us*

Powerful.

-Savannah Nicole Logsdon-Breakstone
crackedmirrorinshalott.wordpress.com



UNFORGETTABLE

Her crimson lips, in memory, slowly smile;
touched in, but never by, the passing years.
I was young, so easily beguiled,
and led by my desire on to tears.

The skin that a recall is soft and smooth;
the hair that I remember, bright as gold.
Her skin has lingered with me since my youth,
as warm as I denied her heart is cold.

Desire for the jilted doesn't fade,
the longing doesn't lessen over time;
it waxes, burns, and you become a flame,
a beggar pleading guilty for her crimes.

Sixty years! And still I can't forget...
Sixty years of longing and regret.



Author: Ed Durham
Alabama

Chat 'N' Chill

CHAT 'N' CHILL IS A MONTHLY EVENT HELD IN PARTNERSHIP WITH ENACTUS DALHOUSIE AND AUTISM NOVA SCOTIA.

THIS EVENT IS A SOCIAL NIGHT FOR ADULTS WITH AUTISM TO CHAT AND MEET NEW PEOPLE.

ALL ARE WELCOME!

THE EVENT WILL BE HELD IN DIFFERENT LOCATIONS AROUND HALIFAX. EACH LOCATION WILL BE ADVERTISED SEVERAL WEEKS IN ADVANCE OF THE EVENT.

VIEW UPCOMING CHAT N' CHILLS AT:
www.autismnovascotia.ca/events



LIKE ENACTUS DALHOUSIE ON FACEBOOK:
www.Facebook.com/EnactusDalhousie

i

i drew a long line
i declared the space mine
i said i was fine
i guess I lied

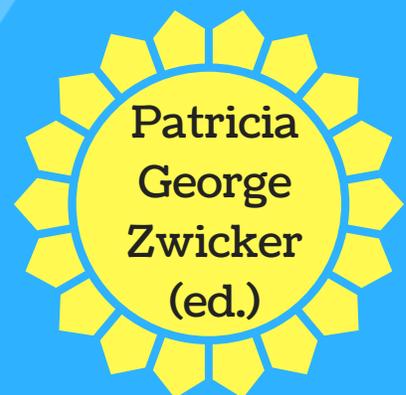


i found a cracked mirror
i longed to see myself clearer
i wanted to face what i feared
i wanted to stop being scared

i saw many reflections of me
i was a mermaid in the sea
i was the worlds tallest tree
i was the pollen on a bee

i searched to see my fate
i hoped it wasn't too late
i squinted to see the date
i hoped I could negotiate

i asked for more time
i was given a sign
i looked behind cloud 9
i found wings to fly



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





SUBMITTED BY:

ERIC SALEM

Using a self timer, on a compact digital camera mounted on a tripod, here's Eric using an old film single lens reflex camera, to take a picture of a part of his backyard garden.

I have got Asperger's syndrome, that is on the Autism spectrum. With summer around the corner and no job prospects at hand, there are various barriers to employment for me.

I don't think that it helps that I come from away, even if I moved to Halifax, Nova Scotia from Montreal, Quebec 22 years ago. I was born, raised, and lived in Canada for all of my life so far.

I understand that the increase of immigrants is supposed to help the economy in Nova Scotia and Canada. Immigrants are facing challenges in getting employment in Canada, as well as Canadians such as myself.

The Ivany Report is there to hopefully help matters. It's tough to get lasting work anywhere, not just Nova Scotia. I have got my hobbies, spirituality, and try to keep a positive outlook whenever possible to keep me grounded. It's not easy, to overcome adversity.

Overcoming adversity can come easier if peoples' mindsets change as well. It's important to disclose and educate people on one's disability, and to communicate that one's disability can be an ability.

Erica Mills

*I feel like Alice;
You know her. I am positive.
Alice, like from Alice in the wonderland?
I feel like her. I feel lost and confused, but at the same time... I feel at home.
Do you know what it is like to feel lost and confused, yet feel at home?
Probably not; it is a confusing lingering odd feeling, you feel doubtful and
almost untrustful. Unfaithful to your faults, unfaithful to mind, body, and soul.
I am in a different place,
a different home,
a different time; yet I am in the right place,
at the right time; and
in my home.
It makes your brain confused and fly with thoughts of wonder why, how, when
and where.
This is complete and utter chaos to the mind of a normal human being, this
would be a complete and Utter loss of control in the mind.
But to me;
This is my crazy,
And I'm rocking it.*



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



Jenny and Alexa ♥



HELLO

MY NAME IS

KIRSTYN MCCULLOCH ♥
AGE: 13

Kirstyn loves drawing comics and her favorite is Peanuts!

She was in Elementary Voices choir this year and loves to be in musicals.

She performed in Shrek the musical (as the dragon) at Broadway Bound.

She either wants to be a cartoonist when she grows up or be on Broadway

Jenny and Alexa ♥





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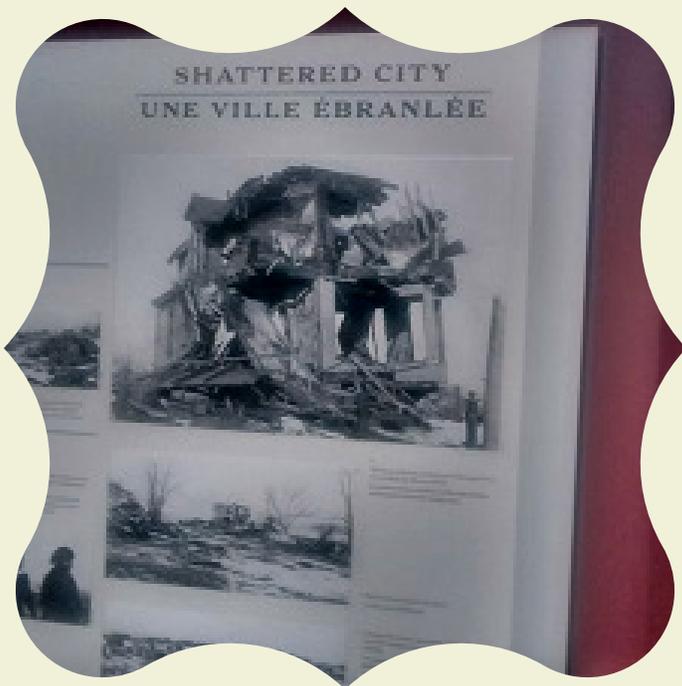
Open Doors Halifax 2017



On June 3, various places in Halifax opened their doors to the general public for free. This was the chance to explore certain places without any cost. The places I personally went to was Theodore Tugboat, Maritime Museum of the Atlantic, Alexander Keith's Brewery and the Old Burying Ground.

Just a hop off the ferry and turn left, the smiling face of Theodore Tugboat greets visitors while a young woman beckons nearby to enter via the rope-bound ramp. Once I entered the tugboat, an audio recording of one of Theodore's stories could be heard. It was a fun experience but I was grateful to be back on solid land again.

Up on Lower Water Street, were the Maritime Museum of the Atlantic and Alexander Keith Brewery. The museum featured exhibits and special presentations of various topics of local interest but the award-winning Halifax Explosion exhibit was the highlight. Through the use of displays and photos, the museum told visitors about the circumstances that led to one of man's greatest accidental explosions in history and the reconstruction and recovery of the city after the devastation. It also allowed access to the CBC website on the Halifax Explosion, which now occurred about a hundred years ago this year. There was an interesting display of the Imo and Mont Blanc at the moment of collision and a feature on Vincent Coleman, the train dispatcher whose last telegraph message alerted trains of the upcoming disaster.



Open Doors Halifax 2017



I needed something to warm me up and to get more energy for my second leg of my trip so I headed up Salter Street and entered Cabin Coffee at the corner of Salter and Hollis. Some mocha latte, soup and a sandwich later, I was ready to go up to Barrington and head to the Old Burying Ground. At the corner of Barrington and Spring Garden, the cemetery is one of the oldest in the city. A restoration project is underway for some of the gravestones. Since gravestones are an important source of information for those interested in genealogy and local history, it's hopeful that most of the gravestones will eventually get a face lift. A monument to those who died in the Crimean War was near the entrance.

I decided to walk to Brunswick Street by Spring Garden - the rain had stopped by then - and see what else was going on. A bunker on the front part of the Citadel was open to the public. A British-style guard was at the entrance. I however decided to skip the flight of steps. I was getting tired and knew it was time to go home before my head and sunscreen stopped working so I walked to Cogswell before Gottingen and boarded a bus back home.

All in all, it was a very interesting trip and caught many glimpses of Halifax's history and recent developments. Future events include Canada Day 150 (July 1) and Natal Day (August 4-7). For more information, check halifax.ca

**By: Melinda
Cadarette**





AUTISTICS ALOUD

Meet The Editor

VOLUME 10, ISSUE 1

I'm an artist & express my art in many ways. Be it photography, drawing, writing, poetry or music. I find it easier to express myself in these ways.
Music is my language of choice.



My name is Patricia & I'm 48 years old. I always knew there was something different about me but it took over 4 decades to find out that's because I'm Autistic.



And knowing that I am Autistic has saved my life.

I live in the woods with my dogs and many Chinchillas. I love gardening, especially planting flowers. I love to swim! I'm very connected to nature. I always related to plants and animals way more than I have people.



Autistics Aloud is a Publication that gives space to Autistics/those living with Autism in Nova Scotia, Canada & something new I'm trying is offering some limited space to other Autistics around the globe. You don't have to have a formal diagnosis. Autistics Aloud recognises that diagnosis is a privilege that far too many are denied. You are welcome here. We see you.



Please send your submissions for the Fall 2017 Edition of Autistics Aloud to autisticsaloud@autismns.ca I have a lot of great ideas! There will be give-aways! There will be contests! When I think of the possibilities for Autistics Aloud I get so excited.

I want to mention and give thanks to a few people as I close off this edition.

Thank you to Cynthia Carroll, Executive Director of Autism Nova Scotia for believing in me and giving me this opportunity. I am in awe of all you continue to accomplish. You make me want to be the very best me I can be.

Thank you Allison Garber, Board Member of Autism Nova Scotia and most cherished friend. You are light when there is darkness.

Thank you John Baker, Grandfather, best friend. I will never not miss you. You are always with me.

Thank you David Paterson. You give me hope for the future. You should be a teacher *wink

And to my Neurosiblings - you are my oxygen. We are not broken versions of our normal selves. We are vital, needed, amazing humans. You've make it possible for me to see myself.

This Issue is lovingly dedicated to David Melvin - father of Autistics Aloud founder, Danny Melvin & supporter of Autism Nova Scotia. He sadly passed away as this issue was being created. We send Danny and his family and loved ones our heartfelt sympathies.