



SHARING THE SPECTRUM

An Autism Canada Newsletter

Proudly serving the autistic community for

45 years

Donate today!

January 12, 2021

Welcome to Sharing the Spectrum



A unique Canadian bi-weekly newsletter written by Autistics for Autistics. We are very proud to showcase the work of our Autism Ambassadors and hope you enjoy their perspectives.

Interested in becoming a contributor? Email us at info@autismcanada.org

The Influence of Television

by Bruce Petherick

"Television taught me the rules. I am going to guess that most children learn and work out social rules by observing others, something then and now I am so good at. I had seen dating behaviour on television, and so I mimicked what I saw, specifically the show "Happy Days".

I have clear memories of this being a conscious decision i.e. I saw the behaviours on television and remembered them as "things to do on a date."



[Click here to read Bruce's article](#)

Autistics in the Lead

by Jason Oldford



"I may not have been able to take that step up in the workplace, but as you can see, I've done well in the community. I think the only thing inspiring I could possibly leave you with is:

If the opportunity presents itself for you to take on a leadership role, try it. It shows that a lot of people have faith in you, even though you may not have faith in yourself."

[Click here to read Jason's article](#)

The Autism Advantage

by Katherine Gallagher

"Giving a standard textbook answer does not portray the true uniqueness of autism. Unless you are around someone in your life who has autism and have a clear sense of it, it can leave many people with further questions."



[Click here to read Katherine's article](#)

Disclosing the Disability

by "B"



[Click here to read B's article](#)

"During my graduation from elementary school, I remember receiving a special education reward, which confused several of my friends. They assumed that the award must have been some sort of mix-up since I wasn't "special" as far as they knew. In retrospect, that sort of perspective must have played a role in shaping my own shyness about disclosing my disability."

Troubleshooting with Henry - Eating When Travelling Pt 1

by Henry Bockstael

This video is about eating well when you're on your trip. There are a lot of options and things to consider so I've broken this topic into three parts. This episode discusses the option of cooking for yourself, a lot of fun and much easier on your budget.

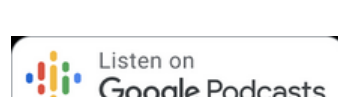
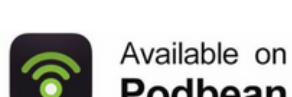
[Click here to watch Henry's video](#)



ASD Central is our Facebook group exclusively for adults on the autism spectrum to ask questions, share experiences and get advice from the community.

[Click here to join.](#)

Tune in to our *podcast!*



Connect with us!



Donate today!



Invest in Trust™ IMAGINE

140 Yonge St. Suite 200 Toronto, On M5C 1X6 T: 647-362-5610 / 1-800-983-1795
info@autismcanada.org Registered Charitable Number: 13160 7657 RR0001