

No12 - NOVEMBER 1996

Asperger United is a self-help Newsletter run by and for people with Asperger Syndrome. Its aim is to put people with the condition in touch with one another and to provide them with information so that they can lead more independent lives.

The Asperger United Newsletter is produced by an editorial group consisting of the two current Editors; Ian Reynolds; John Joyce; assisted by Pam Yates from The Maudsley Hospital's Home Based Team For Autistic Individuals with additional support from The National Autistic Society.

ASPERGER UNITED !!!!

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1) Letter from the International Editor - John Joyce

Welcome to my first presentation in this post. I hope you have got used to the idea of having such a post. As I have no overseas information to give you at the moment I will take the liberty to let you know something about my most recent holiday.

My employers, the Home Office in Croydon, have a travel club which recently organised a weeks 'Continental Coach Holiday'. Leaving Croydon at 5pm on Thursday 3 October we made for Harwich, boarding the Stena Line Ferry "Koningin (Queen) Beatrix". We crossed the North sea at a sedate pace arriving at Hock Van Holland at 7am local time. Approximately 7pm local time we arrived in Berlin for a two-day stay.

On Saturday morning there was a guided tour, in our coach, of the sights of Berlin. We left the coach to view Dan Branenburger Tor (Brandenburg Gate) one of the ancient gates of the city and remains of the wall. It amazed me that many of the famous historical sites of the city were actually in the Eastern sector. This included the original settlement from which sprung the city of Berlin, as a colony founded by merchants from Cologne (Colonia in Latin, Köln in Germany).

During the Saturday afternoon I explored the city passing across a great park called Tiergarten and along a famous street called Unter den Linden. Two places of interest near Berlin I did not visit were Posdam and Spandau. My Saturday evening started at St Hedwig's Catholic Cathedral, a strangely built church, as one can descend to the crypt from the building, it is covered by a dome like St Paul's. I then wandered around the outer city nearly as far as Tempelhof Airport before returning to my hotel. Sunday was spent travelling Berlin's extensive local railway system.

Monday 7 October we left Berlin for Prague, stopping in Dresden for lunch. However, I again explored the public transport and did not visit anything or take lunch in the two hours given. We arrived in Prague the same evening. The evening meal was laid on in the hotel on the two nights of our stay there.

I spent Tuesday visiting a number of Prague churches including St Vilus Cathedral. A city of beauty, not stained by war, as were Berlin and Dresden, Prague boasts architecture of all ages since its foundation in the 10th century by "Good King" and Saint Wenceslaus (Vaclav in Germany).

More than once in its history has Prague been treated as a major city of somebody else's empire. Firstly, the Holy Roman Empire then the Austro-Hungarian, then the Third Reich of a certain Mr Hitler, finally the Empire of Communism. Therefore the Czechs are, for the first time for many centuries, free of external rule.

In Berlin, Dresden and Prague I took advantage of a system of paying for public transport, which does not operate in the UK. I purchased one-day tickets which can be used on all of the city's public transport system for a standard fare for a period of 24 hours from the time of the first use. In Dresden it was possible, because of time restriction on our stay, for me to buy a ticket to cover travel for one hour.

At the end of our stay in Prague we went to Cologne for a night. As we were travelling by coach it took us most of the day. Leaving at 9am we arrived in Köln at midnight and we were to leave for home at 10.30am the following morning.

On Thursday 10 October we left for home via Belgium and the hypermarket outside Calais and then the Calais to Dover Ferry. We arrived at Croydon about 10pm.

Sorry there is no description of places of interest but I would like to conclude with a special church in Praha (Prague).

The church is run by the Carmelite community and is situated in a street named after them, Karmelitska. In 1628, this church received a gift from a local noble lady, Polyaena of Lobkovic, this was a wax statue made in Spain but from then on associated with Prague. The statue is of Christ as a child and is referred to as the Infant Jesus of Prague. It is believed to be miraculous and has been the centre of widespread Catholic devotion since then.

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2) DISCUSSION SECTION

This continues from Marc Segars 'Condensed Guide to Coping for People with Borderline Autism'

Body language

- Body language doesn't just include gestures, it also includes facial expressions, eye contact and tone of voice and is sometimes affected by what you are wearing.
- Some people may have body language down to a fine art but many people find it difficult.
- Many people constantly feel paranoid about their own body language, including those who are extremely good at it.
- Showing the wrong emotion or laughing at the wrong time can be embarrassing. You may do this if you're thinking about one thing and the people around you are talking about something else. If someone reacts to this, tell them that your mind was elsewhere.
- If someone talks to you about something they find emotional and you don't respond to their body language with your own, they might think you are lacking empathy or that you don't really care.
- If someone tells you that you do not give enough body language, you might have to exaggerate it in order to emphasise what you say, but not too much. This will at first feel artificial.
- Part of body language includes courtesy, things like "scuse me", "please", "thanks", "cheers", "see-ye" and being the first to say "hi". It is often an effort to say these things but then perhaps courtesy is supposed to be an effort. I have given informal courtesies here (not over-polite) but the politeness of the courtesies you choose may have to depend on the people you are with.
- We all have to be careful about standing behind someone when they can't see us, because if they turn round they might get a fright. This is especially important if you are large or tall. In a densely crowded bus or train, however, you might not be able to help it.
- It can often be an effort to have a shower or a bath three times a week and to wear deodorant but it is much easier to talk to people if you feel you are clean and if you cannot be smelt. Remember, if you smell you might not be aware of it.
- If you are too good at body language, or you look too cool, people are less likely to make exceptions for you if you do something wrong without knowing it.
- If you are an adult, and especially if you are a large one, it is better to avoid running in the street unless the street is practically empty. Running for a bus or a train is all right if it will save you having to wait for another half an hour or you are in a hurry to get somewhere. On the other hand, if you are going for a jog then wear shorts or track-suit trousers so that people can see you are running for the purpose of getting exercise and hopefully don't feel intimidated.
- Finally, when you see someone in the street who you know it can sometimes be awkward but to exchange glances, smile slightly and raise eyebrows to each other is usually enough.

Boundaries

- Boundaries are all about not getting too close to someone yet not being too far away.
- The correct boundaries will depend on the person you are talking to and also the time and place.
- If there is any kind of physical attraction between you and someone else on your part or on the part of the other person, you will need give off AND read the correct signals. To do this, the simplest rule to work by is that open gestures turned towards someone tend to mean attraction whereas closed gestures and gestures which are turned away from someone tend to mean the opposite.
- Also, there is the problem of recognising other people's territory. If, in some one-off situation, you un-knowingly encroach on what someone else considers to be their territory, this can sometimes get you into big trouble. For example, at one time I lent a listening ear to a woman living in a house full of children. She was distraught because her over possessive and just out of prison boyfriend had just stormed out for no particular reason. The thought "what if he comes back" never crossed my mind. Fortunately my personal safety was spared because he didn't come back until the next day. If after you make this kind of mistake, you later have it explained to you, it can all start to look so obvious.

Eye contact

- Eye contact is hard to get right because it is hard to tell whether you are giving someone too much eye contact or too little when they are talking to you.
- While people are not talking and when you are not talking to them, it is best not to look at them. This is because people can usually see that you are looking at them out of the corner of their eyes and this may make them feel uncomfortable, in which case they might talk about you behind your back.
- To control your gaze might be difficult for you but it is by no means impossible.
- The same problems are true for pointing at people
- When you are talking to someone or they are talking to you, you are expected to look at them, bearing in mind the following guidelines:
- To look at someone for less than one third of the time may be communicating that either you are shy (if you keep looking down) or you are dishonest (if you keep looking to the side).
- To look at someone for more than two thirds of the time may be communicating that either you like them (if you are looking at the face as a whole) or you are aggressive (if you are looking straight into their eyes).
- To look at someone for the whole time will probably make them suspicious, but this is a good tactic to use while someone who is supposed to be your equal is shouting at you in a way that's highly patronising, offensive and unfair (as if you were some kind of naughty child) in which case you should silently look them in the face until they run out of steam, which they will do eventually, then calmly say "no-one talks to me like that" and walk away if you'd rather.

Tone of voice

- You might be one of these people who almost talks in a single tone without knowing it.
- Ask a trustworthy person if this is true and if it is, you may have to exaggerate the intonation in your voice to emphasise what you say, but not too much. This will sound artificial at first.
- If you are reading a story-book to a child then the more intonation, the better.
- The intonation in our voices is extremely important in determining whether we are being enthusiastic or sarcastic about something. It is also important in telling whether we mean something seriously or just as a joke.
- If you are a young man whose voice is breaking, then if you find it more comfortable, just let it break for good. It may sound strange at first on the inside but it will be sounding much more natural on the outside. If you are worried about what your friends might think, which should only be a short term problem anyway, it might be useful to take the opportunity of letting your voice break while you are changing schools.
- Finally, remember not to speak too loudly and not to speak too quietly. This should depend on the distance between you and the other person and the voice should be quieter when a bit of secrecy is needed. Whisper when everyone else is whispering (or when there is someone asleep nearby).
- At times when you may need to talk extra loudly and clearly (e.g. on stage or in a play) then you may want to **project your voice**. To do this, keep a nice straight relaxed posture and imagine that your voice is coming from your stomach, however strange this may seem.

Dress sense

- What clothes you wear gives off a message about you.
- If you wear bright clashing coloured clothes, perhaps intending to look confident, many people are likely to lose interest in you.
- If you wear cowboy boots, ripped jeans, heavy metal tee-shirts and a studded leather jacket, people might either be too scared to come near you or will expect to be able to talk to you about heavy metal, music systems, life on the streets and various different night-clubs. It is a very difficult image to pull off.
- If you dress in natural colours such as blue, grey, dark-green, black or white, which people cannot laugh at, but still looking trendy, people will judge you on how you come across rather than what you are wearing, which is likely to be what you need.
- It is often a good idea to hear someone else's opinion about what you should wear (talk to someone who you can trust).

3) A RESPONSE

'The Art of Making Friends

Zen and the art of making friends...

Thomas Madar's fascinating article, 'The Primary characteristics of Asperger Syndrome' on cognitive and behavioural aspects of the condition published in issue 9 of *Asperger United*, has prompted me to send a copy of my own cognitive (A posteriori) model for your consideration. The version reproduced here was adapted for presentation to a recently formed local Asperger parents self-support group; the intention being to show briefly that there is life after childhood, and what it is like to be here.

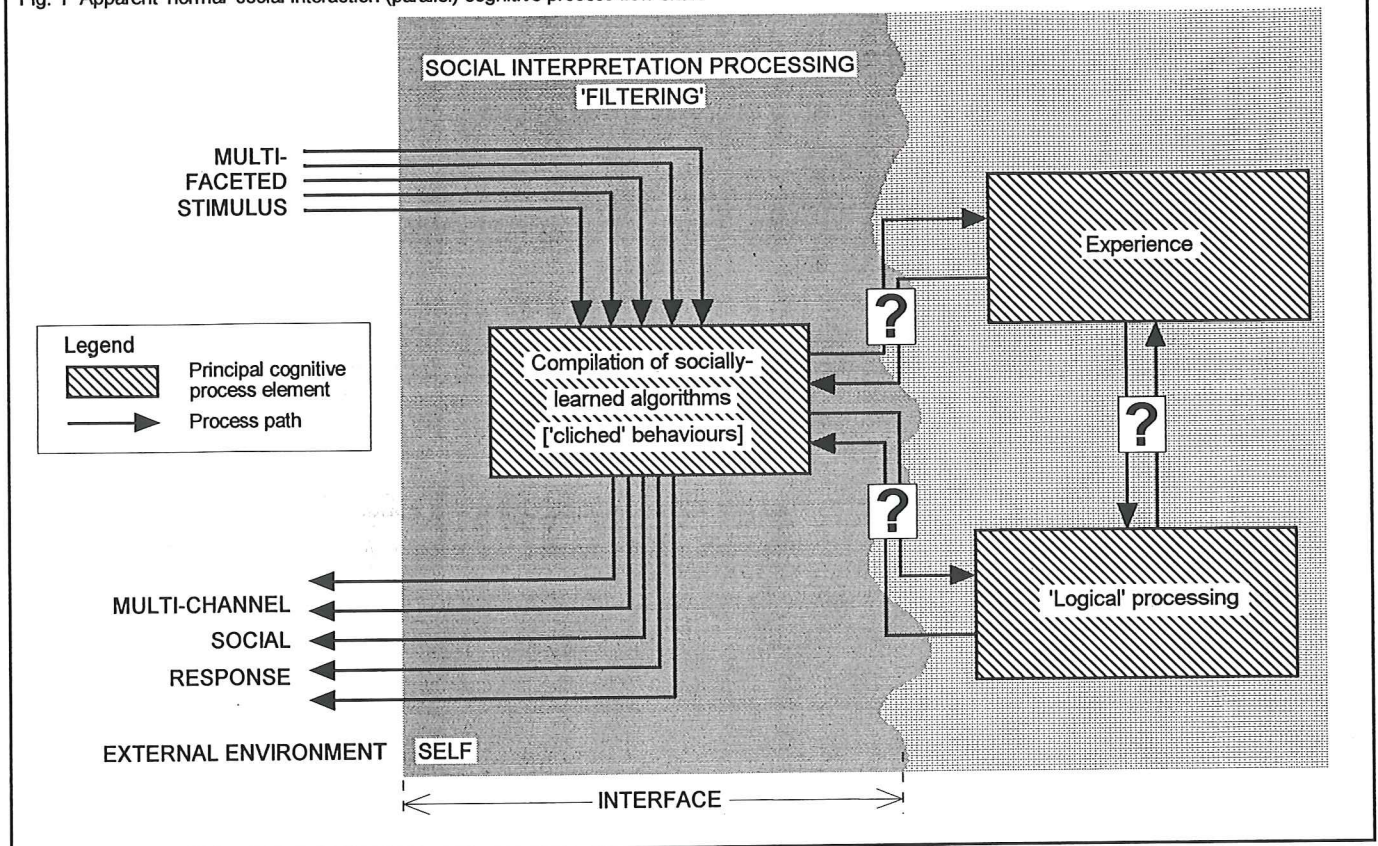
I apologise for inflicting this kind of stuff upon those whom may not be particularly interested in this degree of academic introspective navel gazing into our condition(s) and may be asking 'but how will this help me get a girl/boy friend or married?...' or else 'how will it help me get a job?'. Well, this cognitive level of thinking is implicit in all of those real-world issues which afflict us, and forms a framework for the interesting meaty interpersonal relationship behavioural bits, such as my *Groundhog Days Principal* or else the *Mork and Fonz Theory* (yes, really... like to know more?)

I must emphasise that the article presented on the following pages is a greatly simplified overview model of the subject, and also perhaps suffers in that it consists only of my own ideas, though it does seem to fit in with other (autistic, schizoid, Asperger or whatever else we're called this week) people's observations in this and other journals. For this reason I invite critical or other comment from anyone... even academics or any other kind of worker in the field!

Cheers,

Andrew Walker

Fig. 1 Apparent 'normal' social interaction (parallel) cognitive process flow chart



The flow diagram above is an illustration of my interpretation of how a 'normal' person may function at a cognitive level to facilitate social INTERACTION, whilst below is a flow diagram showing the social REACTION cognitive process which may characterise high-functioning autistic/schizoid/Asperger people; a helpful analogy is that of the distinction between parallel and serial flow of information between computers. An explanation is given overleaf.

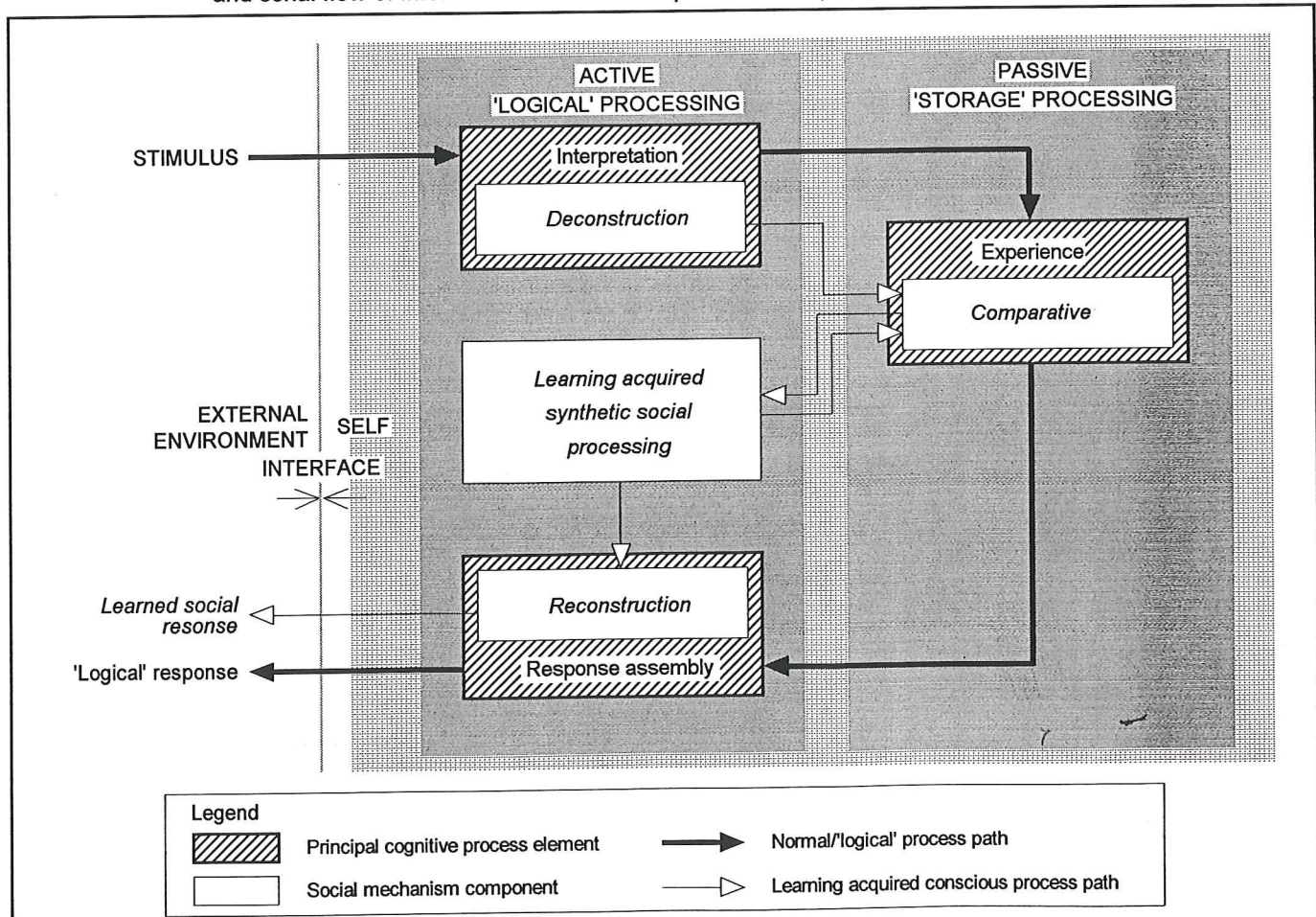


Fig. 2 The 'A posteriori' social reaction (linear/serial) model cognitive process flow chart

4) A SUCCESS STORY

Since my note in the Asperger United Newsletter in 1995 about making new friends with common interests I have had a small but marvellous response. I have met delightful people whom I have brought together by inviting them to a luncheon party.

One of my new friends invited me to a birthday party and we have also met at the Tate Gallery, at a flower show and at the Royal School of Needlework at Hampton Court. We also visited a National Trust house at Polesden Lacey in Sussex and saw there a lovely performance of The Tempest. With my friends help and advice I have now joined a monthly social skills group which meets at the Maudsley Hospital.

My other friend has visited me for a stroll on Hampstead Heath and we have also met at the Victoria and Albert Museum. I have been invited to a fabulous Sunday dinner by his delightful parents and together we spent a week in Chichester for a Jazz Festival. We went to some lively concerts and visited lovely places in the vicinity.

Both my friends have visited me at my cottage in the Cotswolds.

Recently another person living quite near me has contacted me and sent me copies of their publication. He is very impressed by our Newsletter and is seriously considering to London.

I have found a new dimension in life and enjoy the social contact with such wonderful and gifted people who share and can understand our common problems. I would like to give others hope that successful friendships can be formed via the Newsletter and that problems of loneliness can be solved.

David Braunsberg
LONDON

Note from the Editor

Thank you for your story David. We are delighted to hear that you have made so many new freinds through Asperger United.

5) LIFE STORIES

We have received lots of very interesting 'Life Stories'

TOM MORRIS

I am a self-taught artist. Although I cannot make my living through my art, I have exhibitions at which I sell my work.

The very first pictures that I drew were cereal packets with felt-tipped pens. I also became very interested in music at an early age and spent six happy years as a chorister in Jesus College choir, Cambridge. I learned the violin and recorder at school, but the instrument that I was most interested in was the church organ. I learned to play the piano and then the organ. Whilst I was working through the grades I loved visiting various college chapels in Cambridge and churches everywhere and doing sketches of the organs in felt-tipped pen.

My mother, who had studied art put me on to a pen called a Rapidograph. These pens are designed for technical drawing and are therefore often used by architects for drawing plans for buildings and rooms. The nib is a very fine one, and can be detached and changed for various sizes from 0.5 mm to 2.0mm. I used the thinnest size to draw the long thin pipes of the organ.

We have a friend who taught art at one of the local sixth form colleges and some years ago she organised a family art weekend at a residential education centre. I went with my two sisters and my mother who gave me her professional watercolour box to use and I have kept it ever since. It was during this weekend that I first learned about watercolours and did my first outdoor landscape sketches. That same summer I painted a view of St. John's College chapel tower from Trinity College backs which now hangs in our house and is one of my mother's favourites.

I enjoy taking my art equipment with me when we go on holiday. Eleven years ago we rented an old rectory in Dufton, a village in Cumbria. It was here that I did my first sketch in what became my own personal style of pen and ink drawing. I suddenly found I had enough patience to fill in whole grass, trees and bushes areas with individual blades and twigs, leaves and branches. I portray the scene in front of me in fine detail.

Over the past six years I have had three public exhibitions in Cambridge with a group called Intermedia, because each artist works in a different medium. We exhibit every two years. I am currently working on my fourth exhibition to be held in Cambridge this autumn.

I also have my work reproduced to make prints and postcards for people to buy. For example, I was commissioned by the wife of the Master of Selwyn College to paint the entrance way and gate of the college to mark his retirement, and the prints made from this picture have sold very well. Last year my former French

teacher, with whom I still keep in touch, commissioned me to paint the back view of her house as a gift for her son.

Although I am really self-taught, I welcome advice from people and on Thursdays I take a train journey to Royston to work with an art group and then go on to an afternoon group in a nearby village.

As an Asperger's syndrome sufferer I can find expression in art and music that is easier than talking to people.

6) LETTERS TO THE EDITOR

Teresa Dann

Thank you for your letter Teresa. The editors would also like to know if there is anyone who has been given a diagnosis of Asperger Syndrome or Autism, who has had a baby. Whether you are married or single looking after a baby yourself, or receiving help or even if someone else is looking after the baby for you. Let us know your story and how you coped. This information could help others in a similar situation. (your story will not be published unless you want it to be! - please state this on your letter when you write).

Stephen McCarthy

Thank you for your letter Stephen. May we suggest that you wait and discuss the 'drugs' issue you raise in your letter, with your GP, when he returns from his holiday. There is no known drug treatment for autism or Asperger Syndrome although some drugs can help some well known conditions which can (but not necessarily) be associated with autism or Asperger Syndrome (eg. Depression or Anxiety). If your GP needs help tell him to contact The National Autistic Society Advice line and they can put him in touch with a professional who may be able to help. Do not take advice or drug treatment from anyone except a medically psychiatrically qualified person.

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Please note - In order to ensure the privacy of contributors to Asperger United full addresses will not be printed. If you would like to reply to any of the letters or requests for contacts please write to Asperger United c/o the N.A.S and we will pass your letter on to the appropriate person.

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Letter from David Holland, BRISTOL

RECENTLY DIAGNOSED - Is there anybody out there like me?

I'm 30 and just a few weeks ago was given a diagnosis of Asperger Syndrome. This was a shock and only in part a relief.

I've read all the literature about this condition I could get hold of from the NAS. It was confusing and sometimes disturbing to see health professionals use terms like "deviant" and "abnormal" and appear to make out that people with Asperger Syndrome don't have feelings, ideas, a sense of humour etc, and even try to explain away these things occurring in profusion in the writings of able autistic. It seems as if we're in the Dark Ages still as far as understanding of Asperger's goes.

Reading this newsletter has reassured me and shown me that my subtle problems with relationships and social interactions are not unique. Before doing this reading I'd felt that I was too little affected, too "high Functioning" as the jargon goes, in comparison with case studies I'd read about. In particular Matthew Robinson's article seems to me very brave and articulate.

I would like to meet people with Asperger's and continue with my attempts to find a rewarding job. I have a university education and hope to be a mathematics teacher. This will be my way forward.

* * * * *

Letter from Teresa Dann, AXMINSTER, DEVON

Hi, my name is Theresa and I am looking for some pen-pals with Asperger Syndrome. I am sixteen years old and would like anyone of any age, female and male, of any colour or religion, I would like to hear from you. My interests are keeping fit, going out, cooking, cinema's, reading, writing letters and I like St John's as well and know a bit about First Aid. Please write to me.

* * * * *

Letter from Anita Howe, NAILSWORTH, GLOUCESTERSHIRE

I am writing to ask if it would be possible to find a female pen-friend in the Gloucestershire area. My name is Anita, I am 31 years old and I have Asperger Syndrome. My interests are horse riding, cooking, walking and cycling. I also like music such as Elton John, Simply Red and 60's music and I would like to write to someone with similar interests. I look forward to hearing from you.

* * * * *

Letter from James Purdie, ST LEONARDS-ON-SEA, EAST SUSSEX

Hello, my name is James and I'm 22. I am Autistic and I like music, films, wildlife and the universe. I would like to hear from pen-pals, preferably girls, around my age.

* * * * *

Letter from Julie Eldred, RUISLIP, MIDDX

I suffer from Asperger Syndrome and I have found it very difficult to get back to work since I had a nervous breakdown in 1987. Prior to that, in 1979 I had tuberculosis which kept me off work for a year. I live at home with my parents and I am now 35. In the last few years I have had various jobs including temporary office work and care assistant work. I looked after an elderly lady of 91 for over a year and it was really rewarding to go in each day and help her and make her day a bit more interesting for her. Now she has moved down to Sussex to live with her son and his wife in a lovely big house by the sea. I have a brother and a sister and I keep a large tank of goldfish which I set up some years ago and also a cat called Thomas. I am hoping to join a drama group and I hope to hear from anyone in the position.

* * * * *

Letter from Susan Loder, WOODFORD, ESSEX

Hello Readers - My name is Susan and I have been diagnosed as being Autistic. I am 36, slim build with brown curly hair. Although I am able to go out to work and be independent, my main drawback is I find it difficult to communicate and form relationships with the opposite sex, which makes me feel very sad indeed. It can be a lonely life without companionship! I have been on dates over the past year or so and these have been from various dating agencies. I belong to Autism London and would be very interested in the support and social group that Desmond Meldrum has mentioned in the April Newsletter. I realise now that the only way to have friends is to meet people like myself, because surely WE must understand each others problems. I would be pleased to hear from both male and female readers for pen-friendship who live in London or Essex.

* * * * *

Letter from Matthew Robinson, London

Hi, my name is Matt Robinson, I am 20 years old and currently attend a college in the United States called "Lesley College" located in the state of Boston, Massachusetts.

I am studying a 2 year program designed to teach young adults like myself the necessary skills for full fledged independent living and those necessary to succeed in full-time employment.

I feel thankful and honoured to have been accepted to 'The Threshold Program' as there was no residential set up in England or Wales which is as varied in what it offers and as successful in its results.

The cost \$25,00.00 US dollars a year, as I understand is substantially cheaper then any setting similar based in the UK.

I hope to graduate in Adult Human Services in May 1997, and live up in Boston, where I will continue to receive support and encouragement hopefully managing the demands of independent living and succeeding in a full-time job.

My interests include music of which I am a huge and loyal fan of Michael Jackson, travelling, writing articles on current events, socialising, singing, acting, working with people particularly those with learning disabilities, studying sports such as boxing and English football, and ultimately which I hope to achieve is educating professionals about the difficult problems associated with people with Asperger Syndrome. So that people with this syndrome can lead more successful and happier lives without the constant fear of employers, teachers, and above all sometimes their own parents putting them down with shrewd and harmful remarks as they are not educated about this condition.

I am roughly 6ft 2inches, stocky build with thick brown hair and would be interested in contacting anyone preferably who shares some of my interests and has a mild form of Asperger's of who has certain learning difficulties.

I look forward to hearing from someone. Please contact me. I wait in anticipation. Thank you and please reply.

* * * * *

7) INTERNATIONAL NETWORK

Another Newsletter!.....

“Autistic Penpal Club News” is run by Patrick Frey in Switzerland.

Patrick's address is:- Oberer Promenadenweg 4
CH-3110 Münsingen
Switzerland

Patrick has sent us a list of people living overseas who communicate in English and who are happy to have us publish their addresses. These are:-

Dan Asher
57-59 Eupener Strasse
Köln 50933
BRD

or

151 1st Avenue #189
New York
NY 10003
USA

Anthony Meyer
22 Carnegie Dr
Princeton, NJ08540-4024
USA

Neville V D Brandhof
Schouwweg 82
2243 BM Wassenaar
NETHERLANDS

Roelof Krieger
Kapiteinbuurd 95
3024 p c
Rotterdam
NETHERLANDS

Uwe Stiedthorst
Nordbahnhofstrasse 11
25774 Lunden
BRD

Sylvain Tafani
33 Rue De 4 Huyes
41100 Vendôme
FRANCE

For those of you who wish to develop your international connections this is a wonderful opportunity so get writing! For those linguists amongst us this is the opportunity you have been waiting for to practice those language skills.

The Autistic Penpals Club also has an American connection. The person to contact in America is:-

Kathy Lissner-Grant
3618 - A Dunnica
St Louis
MO63116-4902
USA

8) IN SEARCH OF A NEW LOGO

We are still looking for a new suggestion for a new logo. Perhaps however, you are all happy with the one designed by Graeme Lawson!! which certainly is brilliant.

Stephen McCarthy suggests using a picture of himself; here are his reasons:-

HAT: I've taken 4 photos of myself, in each I'm wearing a hat which I think is ideal for an Autistic image because Autistic people are theatre like, they stand on tip toes etc. A hat is symbolic of theatre, it is a French type, just perfect, much better than a bowler hat, peak hat, woolly hat etc. it seems to fit the Autistic image just right. I think it should be in blue or green not red as red is over posey.

HEAD: My head is pointed up i.e. neck up looking up which adds to effect of up is theatre (down is cool)

EYES: The eyes could be wide open in wonderment and joy or closed more but not totally as that would create a Chinese effect (more closed eyes would create a cute effect)

MOUTH; Could be smiling as in joyous or opened again as in wonderment and cuteness.

ARMS: In each photo the arms are placed differently in 1) arms to shoulders, indicating in a sense military which is an obsession of mine. 2) Arms wrapped around body indicating protection, craving to be loved. 3) Hands to chest, indicating coolness. 4) Hands to hat, as in a race jockey.

MY OPINION: I think the hat should be included, the French type in blue or better still green. I think the eyes should be slightly closed indicating cuteness. I think the head/neck should remain upright to add to the effect of upness/theatre/wonderment i.e. looking up, wonderment at ones condition uniqueness/originality. I think the hands should go to the shoulders. Autistics do have strange body language anyway and it kind of frames the picture and rounds it off. To the chest is too cool and posey, to the hat is to jockey like and to formally posey/theatre like, the arms embraced are too withdrawn, I want to create a more positive image.

THE COLOUR SCHEME: Preferably in green or green hat or top or vice verse or would be great in black and white too, maybe checked pattern.

CONCLUSION: As you know autism covers a wide spectrum and I believe the colours, body language etc. jester like, theatre like, colours create the appropriate image of an Autistic in a positive light. Your last cover design is good, simple but says very little. The other logo you use of a piece of puzzle is good too but the girl is withdrawn with hand to eye crying or hiding. The new idea I have creates an image of a talented/eccentric profound and joyous image in which an identity is put forward where one has found identity and expression.

NB. The cover should be from the chest or stomach up to the hat. I hope you like it, I think it will work and it's positive. You would have to find an illustrator to draw it from the photo, it doesn't have to resemble me but the idea would be of a high functioning autistic. I also think the age should be 17ish in the photo ie. boy to man point which takes account of a wide spectrum of autistics, the boy who never grew up and the coming to terms element.

* * * * *

Thanks for this suggestion Stephen, you have given me a great new idea for a new section....."Non Verbal Language"

Send in your photographs of yourself either in a pose or with a certain expression on your face. We will then ask the readership to suggest what your pose or expression tells us about you (as a person) or what you may have been thinking or feeling at the time!

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9) TALENT SECTION

Artist Tim Loder has been on holiday in München, Germany. Here are some sketches from his holiday. Thank you Tim.



BAVARIA N FARM,
BU CHENDORF
SUN. 25/8/96
WHILST ON HOLIDAY
(CYCLING)
TIM LODER

The Cat



TAKO THE CAT / AT

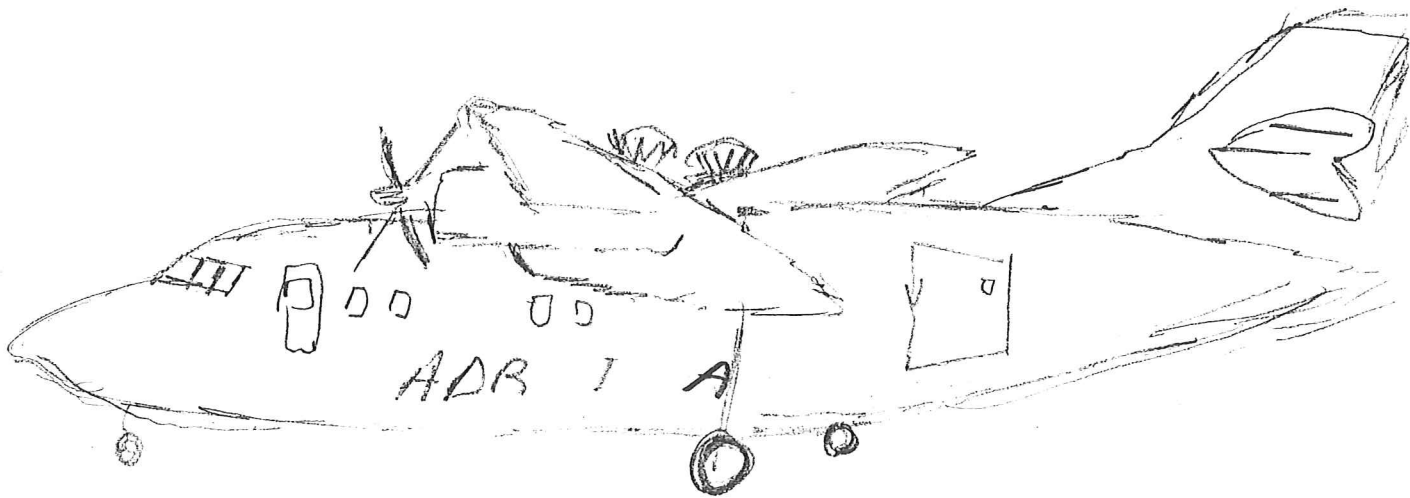
IRENE'S
FLAT,

GAUING, MÜNCHEN,
BAVARIA

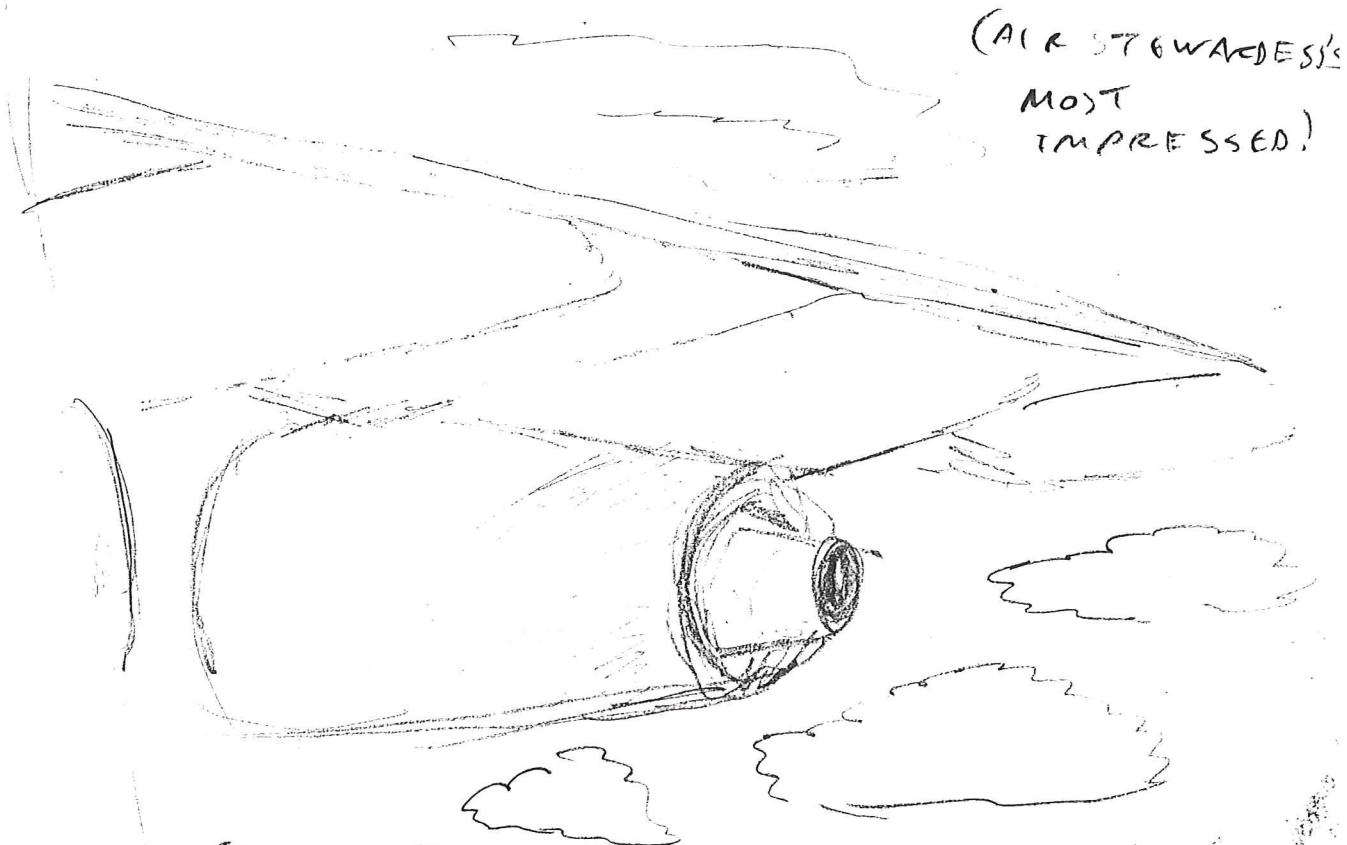
TIM LODER
ON FRIDAY EVE

23/8/96

AIR STEWARDESS' ES MOST IMPRESSED!



SKETCH OF ANOTHER PLANE ABOUT TO TAKE
OFF FROM INSIDE THE PLANE I JUST BOARDED
AT MÜNCHEN FLUGHAFEN TIM LODER M. 26/8/96



SKETCH FROM INSIDE PLANE AFTER TAKING OFF
BOUND FOR LONDON FROM MÜNCHEN
FLUGHAFEN M. 26/8/96

POEMS
by Stephen McCarthy

MAGEE AND McFEE

Mrs. Magee Said To Mrs. McFee

"My Husband's A Sailor He Travels The Sea

He Talks To His Chums About Whiskies And Rums

But Never A Mention Of Me"

Mrs McFee Replied To Magee

"My Husband's A Soldier In Common Are We

He Talks To His Chums About Missiles And Guns

But Never A Mention Of Me"

"Oh Who Needs A Lover Said One To The Other

When All It Do Cause Is Heartache"

"Quite Right I Agree" Said Mrs. McFee

"Love Should Be Give And Both Take"

Mrs. Magee And Mrs. McFee

Were So Unhappy As Can Be

But That All Changed The Day They Met

A Baker's Son And A Baronet

BONKER BOY BANANAS

Bonker Boy Bananas

In His Striped Pyjamas

Tossing And Turning All Around

Bonker Boy Bananas

In His Striped Pyjamas

Fell And Hit His Head Upon The Ground

Bonker Boy Bananas

With The Striped Pyjamas

Now He Is Not Normal Anymore

Bonker Boy Bananas

With The Striped Pyjamas

For He Is Abnormal To The Core

CAT AND MOUSE

The Cat And Mouse Were In The House

Running Round The Table

The Cat It Reeled, The Mouse It Squealed

And In Came Auntie Mabel

10) HOLIDAY INFORMATION

In response to requests from readers for information on holidays or holiday places available for people with Asperger Syndrome and Autism, we have received the following information from Jan Snook from the Bristol Office of The National Autistic Society:-

Holiday Bungalow
'Colvennor'
Whitstone
Devon.

This self-catering bungalow is a joint venture of The Devon & Cornwall Autistic Society and The Devon & Cornwall Autistic Community Trust and is located and designed with the person with autism in mind.

Colvennor stands on a hillside not far from the little village of Whitstone and overlooking open fields to Bude on the North Cornish Coast.

If you wish to obtain a brochure on this holiday bungalow please contact:-

Devon & Cornwall Autistic Community Trust
Trafalgar House
Malpas Road
Truro
Cornwall, TR1 1QH

Tel: 01872 79198

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Neither Asperger United, its Editorship or The National Autistic Society can at the moment help co-ordinate holidays. We can however try and provide you with information which could be helpful to you in arranging your own holidays. We cannot however be held responsible for accuracy of the information given. You must check all information first before booking your holiday.