



London Chapter

Newsletter

April 2004

Our London Chapter Newsletter is intended to keep our local members informed about the latest happenings in and around the London area. Anyone wishing to contribute material to the newsletter or having a comment or concern as to its' content, please contact the editor, Gerard Johnson, at:

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What's New?

It's SPRING, finally! After this long cold winter it is good to see the trees budding and the spring flowers starting to appear from their winter hiatus. As for the London Chapter of the TSFC, we have indeed had a busy winter season. We had our general meeting and elections in March. We had our first "guest" speaker at the monthly Support meeting in March as well. We are hoping to setup an electronic distribution system for our newsletter too. There are a few new videos that our members can borrow from our resource library. (Please remember to return anything you have borrowed so others might benefit from their use too)

Come out and get informed!

London Chapter Annual General Meeting

The London Chapter held the 2004 Annual General Meeting on March 11, 2004 at Madame Vanier Children's Services, 871 Trafalgar Street, London, at 7:00 pm. At this meeting the financial statement for 2003 was presented and accepted by Ray Robertson. Thanks for the fine report Ray.

At this same time we had the nominations for all Executive Directors' positions and elections to fill those positions took place. Current terms of office for President, Vice-President, Secretary and Treasurer expired and new officers were elected for a two year term by the eligible voting members present.

The London Chapter of the Tourette Syndrome Foundation of Canada is pleased to announce our newly elected Executive Board for 2004 - 2006:

President: Ray Robertson

Vice President: Gerard Johnson

Treasurer: Linda Johnson

Secretary:

Congratulations and to our new chapter Directors as they move forward into 2004 – 2006!

We are happy to know volunteerism is alive and well in the London area and welcome any help from those interested in getting involved in the London Chapter of the TSFC.

Disinhibited Thoughts #7

B. Duncan McKinlay, Ph.D., C.Psych

TS in the Workplace I

This article and the one that follows it next time will focus on the question of TS in the workplace. One of the biggest conundrums that we TS'ers face is: should I tell or shouldn't I? The fears and issues we agonize over are not that unlike those that children and adolescents with TS face when grappling over whether or not to divulge "the big secret" in their classroom: rejection, being socially ostracized. In either environment it is an individual choice to be sure, but here's some of Dunc's disinhibited thoughts on the matter.....

One thing I often tell TS adolescents that I work with is: "If you tell people about your TS and they continue to mistreat you, and to perceive you and your abilities poorly, that is their problem. BUT, if you DON'T tell people about your TS, how it affects you, and what they can expect from you, and these people treat you poorly due to misperceptions, that is YOUR ownership and YOUR problem." I would suggest that by not disclosing your TS in the workplace you as a TS'er are not giving your employer a CHANCE to show understanding OR intolerance. You don't know how your employer or fellow employees will react to the disorder, because you never gave them any information about it in the first place. This can set up a self-fulfilling cycle of paranoia, since any negative treatment borne of ignorance to what you are going through and dealing with can then be automatically viewed as rejection of your disorder.

To be fired in this scenario, for example, isn't a reflection of mistreatment in a discriminatory world. It's a reflection on the ignorance you have perpetuated - others in the workplace saw difficulties in certain situations, eccentric behaviour, etc. and in the absence of the true explanation saw it as purposeful, as manipulative, as immaturity, as ill will and a "bad attitude", etc. We are of a different breed, and while we have no

boundaries on the successes that we can achieve, we DO sometimes need to go about things in a different way from others. If employers don't know this and haven't the chance to give us what we need then they are fully justified in being dissatisfied with substandard work.

I will stress as well that of course discriminations do indeed occur. If a person fires you because of your TS then this is discrimination, and this should be fought passionately and to the last man. But if a person fires you because you did not inform people of your symptoms and your particular requirements so that you can do the job expected of you, then you are not taking responsibility for your disorder and you earned what you received.

Until next time, my friends!

Duncan

Local Contact Information

To get in touch with the London Chapter Executive, call Ray Robertson at (519) 457-4586 and leave a voice mail message or we can be reached by e-mail at: rayrobertson@hotmail.com.

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We would like to hear from you about how the Chapter could better serve you. Watch our Internet site at www.tourette.ca for details of upcoming events.

Notice

Please remember to bring back any borrowed resource materials from our resource library so others can benefit from their usage.

Thanks!



"The information provided on a particular medication and/or treatment is individual. Please consult your physician for the best treatment for you. Opinions expressed in the material printed in this publication represent the opinions of the author and are not necessarily endorsed by the Foundation, nor does acceptance of advertising for products or services in any way constitute endorsement by the Foundation. Every effort has been made to locate the copyright owners of the material quoted in the text. Omissions brought to our attention will be credited in a subsequent printing. Grateful acknowledgement is made to those publishers/authors who asked that their ownership be noted."