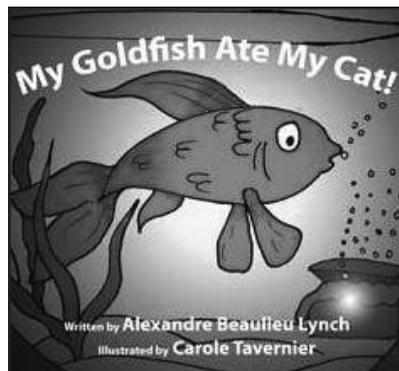


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 for more articles  
 each month.

## Local Talent, Local Inspiration



### My Goldfish Ate My Cat!

"Can a fish eat a cat?" That's what Alexandre's goldfish wants to find out.

You can too, as David, Alexandre's younger brother, follows the fish on his adventure in this captivating and beautifully illustrated story."

**For each book sold, one dollar will be donated to the Autism Society of Edmonton Area. For more information visit: [www.omegabt.com](http://www.omegabt.com)**



### The Art of Creating a Meaningful Life: One Day at a time

In 1996, Chantal Beaulieu had the kind of year that exists, for most people, only in nightmares. After losing her mother at the age of 17, she would now lose her father, her grandfather, great-grandmother and a brother. Still reeling with shock and grief, she gave birth to her first child, who was later diagnosed with Asperger's Syndrome, a form of autism.

How this remarkable young woman met these blows and transformed them into a philosophy of strong, healthy optimism is the backbone of this inspiring book. There is simple, practical wisdom here that can revive joy in the lives of parents, of children, of the world, "one day at a time."

**You can receive a copy of both books by calling Chantal Beaulieu Lynch at 478-0788 or e-mailing her at [chantal.beaulieu@omegabt.com](mailto:chantal.beaulieu@omegabt.com).**

When we think of those who have inspired people's dreams, often famous individuals come to mind: actors, writers and musicians. Inspiration does not need to come from such an outside source; it can be found right in your own family, circle of friends, or community.

One of the best ways to help your child realize a dream is to demonstrate that it is possible. With resiliency, optimism and a passion for life, Chantal Beaulieu Lynch faced devastating losses, accomplished her dream of writing a book and in turn inspired her own son, Alexandre Beaulieu Lynch.

## Making a Difference: You Can Too!



Pictured here is Alexandre at a book signing with his former teacher, Mme. Monique and her own two children.

By: *Chantal Beaulieu Lynch*

Alexandre Beaulieu Lynch is an 11-year-old autistic boy who is making a difference in the lives of others. Like many children his age, Alexandre likes to have fun; he loves to snowboard, wall climb, and train his dog Bo.

Despite his many challenges, one of them being diagnosed with Asperger's Syndrome, Alexandre has created an exciting children's book *My Goldfish Ate My Cat!*, which was released on April 19th 2008.

Being autistic, he realizes the challenges of living with this condition and Alexandre wants to bring hope to the lives of other autistic children.

Each and every one of us can make a difference in the lives of others, be it in small or big ways. It could be through words of comfort, a smile, an art project, a random act of kindness and yes even a book.

Do not let your life circumstances stop you from following your heart's desire. Taking small steps in the direction of your dream will eventually get you there (or at least closer to where you would like to be). Even if it takes you a while, the journey will be worth it.

Find somebody who will encourage you and cheer you on. Most of all have fun!