



From: **Scott LeClair** <scott@staybowlizer.com>
Subject: Re: Child support
Date: December 15, 2014 at 1:59 PM
To: cynthia.holmes@cynthinspain@yahoo.ca

What is going on with you ? we have a good thing going between us, probably better then it has ever been.

Before you had said that I hung up on you and didn't say bye now you are acknowledging that I did say bye but that you were still talking. Which is it ? Anyway, if you were in fact still talking, which by the way I did not hear that you were due to the poor connection. I apologize OK Can we please have no further discussion on this topic, as I am getting rather upset with this and don't really have the time or want to be lectured on behaviour and conduct.

Are we good ? can we move on ? This negativity and back forth is getting to and spoiling my day.

As for boys and Tracy all is good, we are just working out some of the details as far as the car and driving. Stay tuned all will work out ! It's in our boys best interest therefore I will make it happen and work. I just have to have Tracy's involvement as it will impact her from time to time. But all should be fine.

I keep you up to date with our discussions

Scott LeClair
Vice President
Staybowlizer Inc.
scott@staybowlizer.com
613.262.2206 - mobile
613.321.7147 - office
www.staybowlizer.com

On Dec 15, 2014, at 1:39 PM, [cynthia.holmes <cynthinspain@yahoo.ca>](mailto:cynthinspain@yahoo.ca) wrote:

You said bye while I was still talking, you know this. It's rude behaviour and I had a right to be upset.

CMH

From: Scott LeClair <scott@staybowlizer.com>
To: [cynthia.holmes <cynthinspain@yahoo.ca>](mailto:cynthia.holmes@cynthinspain@yahoo.ca)
Sent: Monday, December 15, 2014 11:05 AM
Subject: Re: Child support

For God sakes cynthia stop with the lecture ! I didn't hang up ! Tracy was right beside me ! I said bye you didn't hear ! Please stop trying to say something that just didn't happen !! I do not want to hear another word about this - it is getting to be a bit too much - I said bye you didn't let's leave it at that

Please and thank you ! I have a witness (Tracy) who hear me say bye loud and clear

Scott LeClair
scott@staybowlizer.com
www.staybowlizer.com
613.262.2206

Sent from my iPhone

On Dec 15, 2014, at 10:35 AM, cynthia holmes <cynthinspain@yahoo.ca> wrote:

You have a right to be frustrated, those are your feelings but hanging up on me is simply rude. I don't deserve to be treated that way. Don't do it again.

CMH

From: Scott LeClair <scott@staybowlizer.com>
To: cynthia holmes <cynthinspain@yahoo.ca>
Sent: Monday, December 15, 2014 10:28 AM
Subject: Re: Child support

Good ! But you misread my reaction and my feeling of disappointment are my feelings and unfortunately cannot be inappropriate ! They are my feelings !

Anyways lets chalk it up to a misunderstanding ! And move on ! The frustration you heard was because I the mistake in dates.

Let me know about Tuesday thanks

Scott LeClair
scott@staybowlizer.com
www.staybowlizer.com
613.262.2206

Sent from my iPhone

On Dec 15, 2014, at 9:44 AM, cynthia holmes <cynthinspain@yahoo.ca> wrote:

Yes I got it and received your text. I appreciate the apology. I find it difficult when I say no and you react that way. It's inappropriate.

Have you discussed it more with Tracy having the boys stay on Thursday, Friday and Monday beginning in January and then eventually working to half time?

As for Tuesday, I'll try to make it work for the boys.

CMH

From: Scott LeClair <scott@staybowlizer.com>

to: cynthia holmes <cynthinspain@yahoo.ca>
Sent: Monday, December 15, 2014 9:22 AM
Subject: Re: Child support

Sent this morning ! I get paid on the 15th.

Did you get my text from yesterday regarding Tuesday ?

Scott LeClair
scott@staybowlizer.com
www.staybowlizer.com
613.262.2206

Sent from my iPhone

On Dec 12, 2014, at 9:42 PM, cynthia holmes <cynthinspain@yahoo.ca> wrote:

Can you please send the cs plus soccer fees? Thanks.

CMH

From: **cynthia holmes** cynthinspain@yahoo.ca
Subject:
Date: January 18, 2015 at 10:05 AM
To: Scott Le Clair scott@stayhowlizer.com

Hi,

I feel more comfortable communicating about this subject about the boys as I'm worried about your reaction. The reason I don't want you to spend more time with the boys is I'm concerned for the boys' emotional well being. You don't treat Ben well, you constantly criticize his actions and behaviour, you compare him to Sam which incredible hard for both the children and you blame him for your fights. If Ben responds negatively you lash out in anger. This has damaging effects on both children. Ben suffers from low self esteem, anxiety and depression, I want him to get better, I know you do too. Sam also is incredibly anxious and has a hard time expressing his feelings and blocks things that are hard to handle.

I don't think you mean to hurt the boys, I think this is the way you know how to parent. I know that you love the boys deeply, I see that. I do hope you can get some help managing your own feelings and that we can work together on this but for now I think the current arrangement is all I'm comfortable with.

CMH



From: **Scott LeClair** scott@staybowlizer.com
Subject: Fwd: Sunday
Date: March 17, 2015 at 2:00 PM
To: cynthia.holmes@cynthinspain@yahoo.ca

What has happened ? you need to remember this is about the boys !

see email below - highlighted in RED

Scott LeClair
Vice President
Staybowlizer Inc.
scott@staybowlizer.com

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613.321.7147 - office
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Begin forwarded message:

Date: December 7, 2014 at 10:19:49 AM EST
From: [cynthia.holmes <cynthinspain@yahoo.ca>](mailto:cynthia.holmes@cynthinspain@yahoo.ca)
Reply-To: [cynthia.holmes <cynthinspain@yahoo.ca>](mailto:cynthia.holmes@cynthinspain@yahoo.ca)
To: Scott Le Clair <scott@staybowlizer.com>
Subject: Sunday

Hi Scott,

Hope your afternoon went well, I imagine Ben was a little upset over losing to his old team. His hair looked great!!!

Have you talked to Tracy about the new arrangement for January? The boys faces lit up when I told them that they would be spending some school nights with you. Ben ran to tell Sam, they were pumped. I was happy to see it and it feels like the right decision eh?

Ben's has a blue duo tang with pathway 1 and 2 math in it. I sent it with him on Friday in his skating bag. Hopefully he brought it this weekend. Just remember to put it in his bag on Monday so I have it for the week.

I pack their medication for Monday morning, Sam's is in his front pocket of his backpack and Ben's is in his top pocket of his soccer bag. Sam takes it whole and Ben dissolves his in juice.

I will be quiet here today! Have the boys call me when they have some down time.

CMH



From: **Scott LeClair** <scott@staybowlizer.com>
Subject: Re: Summer holidays
Date: April 22, 2015 at 12:59 PM
To: cynthia.holmes@cynthinspain@yahoo.ca

I don't really care that you are not comfortable - you have given no explanation or reason - I could say the same thing to you - that I'm not comfortable with you having my boys as much as you do !!

As for the Tuesday nights you offered to help when I was in a pinch with vehicles - would you like me to send you your email back to you ?

And I had sent subsequent emails stating that I was working on it - and then 1 stating that I had resolved the car issue ! It is so funny how you latched on to the very first email ! Ha ... You are really showing your true colors.

Have a great day

Scott LeClair
scott@staybowlizer.com
www.staybowlizer.com
613.262.2206

Sent from my iPhone

On Apr 22, 2015, at 12:16 PM, cynthia.holmes@cynthinspain@yahoo.ca wrote:

I've stated that , at this time, I'm not comfortable with you having more time with the boys. My position hasn't changed. At this point it's just every second weekend and Tuesday nights at the times stated.

As for Tuesdays its your responsibility to ensure you have transportation for the boys. It's is not my problem that you have chosen go down to one car.

CMH

From: Scott LeClair <scott@staybowlizer.com>
To: cynthia.holmes@cynthinspain@yahoo.ca
Sent: Sunday, April 19, 2015 7:14 AM
Subject: Re: Summer holidays

Cynthia,

Tuesday is going to be an issue, unless you are able to help out with driving the boys or we rethink the night

If I take Tracy in to work and pick up the boys at 430 then proceed to pick Tracy up at work we would get to her work by approximately 530 and then head home it would be 615 -630 we would only have a half hour visit and hundreds and hundreds of Km's of driving which is unfair to me and the boys.

The Tuesday night is becoming harder to swallow even when I had car as it is a lot of driving for a very short visit - approx 1 hour to pick up and get back and another almost hour round trip to get home.

I think we need to discuss additional time with the boys sooner then later or see where you can help - as the importance of more time with their dad is paramount - Sammy

and Ben has expressed this several times and their disappointment with your new program ...so maybe we could work together to come up with a solution.

Talk soon - I hope

Scott LeClair

scott@staybowlizer.com

www.staybowlizer.com

613.262.2206

Sent from my iPhone

On Apr 17, 2015, at 3:32 PM, Cynthia Holmes <cynthinspain@yahoo.ca> wrote:

Ok thanks.

CMH

From: Scott LeClair <scott@staybowlizer.com>
To: Cynthia Holmes <cynthinspain@yahoo.ca>
Sent: Friday, April 17, 2015 2:54 PM
Subject: Re: Summer holidays

Just confirmed with Betty - those are the exact dates we will have the cottage !

Chat soon

Scott LeClair

scott@staybowlizer.com

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613.262.2206

Sent from my iPhone

On Apr 17, 2015, at 1:56 PM, Cynthia Holmes <cynthinspain@yahoo.ca> wrote:

What are your exact dates for the cottage. Friday, July 24th to Friday, August 7th?

CMH

From: Scott LeClair <scott@staybowlizer.com>
To: Cynthia Holmes <cynthinspain@yahoo.ca>
Sent: Tuesday, March 31, 2015 3:47 PM
Subject: Summer holidays

Just letting you know that we have booked the cottage for the last week in July first week in August same as last year - so that's when I'll take the boys for summer holidays.

Thanks

Scott LeClair

scott@staybowlizer.com

www.staybowlizer.com

613.262.2206

Sent from my iPhone

From: **cynthia holmes** cynthinspain@yahoo.ca
Subject: Re: Coo Coo Ca-Choo, Misses Robinson
Date: February 24, 2009 at 9:30 AM
To: Darryl Ross dross2@connect.carleton.ca

I think he might just want that. SNL thinks he is dad of the year and to be honest, he doesn't have much else going in his life. It also drives him mad that I have the upper hand. I am going to continue to stand my ground and in the Spring, I will probably have to go to legal counsel. I am waiting until then so that I can secure a permanent job. It will work to my advantage.

cynthia
</div></div>

--- On Mon, 2/23/09, Darryl Ross <dross2@connect.carleton.ca> wrote:

From: Darryl Ross <dross2@connect.carleton.ca>
Subject: Re: Coo Coo Ca-Choo, Misses Robinson
To: cynthinspain@yahoo.ca
Received: Monday, February 23, 2009, 9:36 PM

ya, that's tough, and you are still in the stage of working things out... so do you think he really wants that? it's so great that you are looking out for their mental/emotional health with such a keen eye. they're lucky to have that!

Darryl Ross
PhD Candidate
Department of Sociology, Carleton University
Ottawa, ON
613.762.2067

On 23-Feb-09, at 21:01, cynthia holmes wrote:

Skimming eh? I don't think I am smart enough for it. I need to read it over a couple times to retain. Perhaps a demo is needed.

Yes, you hit it on the nose. I am totally worried that a couple sleepovers will eventually lead to shared custody and I don't want that. It's hard to strike a healthy balance with SNL (initials). I understand it's important for them to spend time with daddy but too much time with him has proven to be unhealthy* sigh* I need some time to sort out my thoughts...

Maybe an SOS call to my steppdad is due.

I am enjoying listening the MGMT soundtrack. I like "I don't care". Thanks for thinking of me.

xo
CMH

cynthia
</div></div>

--- On Mon, 2/23/09, Darryl Ross <dross2@connect.carleton.ca> wrote:

From: Darryl Ross <dross2@connect.carleton.ca>
Subject: Re: Coo Coo Ca-Choo, Misses Robinson
To: cynthinspain@yahoo.ca
Received: Monday, February 23, 2009, 8:41 PM

what's SNL...? (initials?).

You may have to employ some alternate reading strategies (I've got developed some techniques, like reading every other page, beginning and ending - although I'm usually skim and skip when I'm pressed - it's not as fun, but sometimes there are too many books and not enough time)

Seems like it would be a disruption to their schedule to stay over. But then it might give them some excitement and you time off once in a while. Are you worried a few sleep-overs would turn into shared custody? Do you think he'd want that?

Darryl Ross
PhD Candidate
Department of Sociology, Carleton University
Ottawa, ON
613.762.2067

On 23-Feb-09, at 20:17, cynthia holmes wrote:

Angus has got a great personality. I didn't hear him snore Sat night (but the licking was noticeable).

Crafts are complete and boys are tucked in. I am gonna tackle my book. The club is two weeks away and I am on page 30.

Thursday night would work this week, SNL (AKA Scott) might even pick up the boys from daycare. He is really wanting to start keeping them over on for a sleepover some school nights and I am totally against the idea. So he is pretty pissed at me for the moment.)

I can hear footsteps above my head so I better run!

CMH

cynthia

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--- On Mon, 2/23/09, Darryl Ross <dross2@connect.carleton.ca> wrote:

From: Darryl Ross <dross2@connect.carleton.ca>
Subject: Re: Coo Coo Ca-Choo, Misses Robinson
To: cynthinspain@yahoo.ca
Received: Monday, February 23, 2009, 7:14 PM

oh yeah - I forgot that's your flex day. If I get my act together earlier next week I should be able to do it. Really I spend at least an hour or two stressing for no good reason (Tuesday's lecture is a pretty big deal, even this far into the semester, unlike Wednesday's lecture).

As for evenings, I'm free Thursday and Friday evenings, and Monday, too (but not too late). Oh and of course Saturday and Sunday too.

Sounds like a fun evening! I'm still working on my notes for tomorrow, and listening to Angus sigh. He's quite the signer. And snorer too, depending on how's lying.

Darryl Ross
PhD Candidate
Department of Sociology, Carleton University
Ottawa, ON
613.762.2067

On 23-Feb-09, at 19:03, cynthia holmes wrote:

Yes, life lessons, I am still only putting some of my learned lessons into practice, others need some work.

No worries about Tuesday, I don't want to rush you. That's my one flexible day throughout the week, other than that only mid evening after the boys are in bed.

We are about to tackle a craft, read books and than it's to bedtime for the two wee ones.

Take care,

CMH

cynthia
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--- On Mon, 2/23/09, Darryl Ross <dross2@connect.carleton.ca> wrote:

From: Darryl Ross <dross2@connect.carleton.ca>
Subject: Re: Coo Coo Ca-Choo, Misses Robinson
To: cynthinspain@yahoo.ca
Received: Monday, February 23, 2009, 6:54 PM

I learned that listening to her can save me lots of time in life (- but some lessons I had to learn myself to really understand!).

Tomorrow is too rushed for me, but I like the idea - I can meet any other day of the week (usually).

What fun are you and your entourage up to tonight?

Darryl Ross
PhD Candidate
Department of Sociology, Carleton University
Ottawa, ON
613.762.2067

On 23-Feb-09, at 17:32, cynthia holmes wrote:

Good to hear that you listen to your mum.

What are your plans Tuesday during the day? I am working from home but am flexible to drop by the GLEBE for a java. I know that's your prep day for the evening class so if it doesn't work, that's totally cool.

Gotta boil some potatoes!

CMH

cynthia

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--- On Mon, 2/23/09, Darryl Ross <dross2@connect.carleton.ca> wrote:

From: Darryl Ross <dross2@connect.carleton.ca>
Subject: Re: Coo Coo Ca-Choo, Misses Robinson
To: cynthinspain@yahoo.ca
Received: Monday, February 23, 2009, 3:43 PM

I've always needed good rest and a regular schedule (as my mom tends to point out). But work is actually going quite well today regardless, so I'm happy. An afternoon delight would make things even brighter!

Glad to hear things are getting done. Got a name yet?

Darryl Ross
PhD Candidate
Department of Sociology, Carleton University
Ottawa, ON
613.762.2067

On 23-Feb-09, at 12:46, cynthia holmes wrote:

Again, I am *blushing*

Awww, sorry to hear that it's taking awhile to get back to 100%. Yes, I am in agreement with you that those late nights should be rare (my poor lady bit is still recovering!). Maybe an afternoon delight would be better. Hmmmm....

My Monday is going really well. We just met with the department big wigs and finally got some things accomplished.

Gotta run and heat up Friday's leftovers. I wasn't thinking, I should have given them to you!

CMH

cynthia

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--- On Mon, 2/23/09, Darryl Ross <dross2@connect.carleton.ca> wrote:

From: Darryl Ross <dross2@connect.carleton.ca>
Subject: Coo Coo Ca-Choo, Misses Robinson
To: cynthinspain@yahoo.ca
Received: Monday, February 23, 2009, 11:21 AM

It was well worth it :)

I'm not feeling refreshed yet though, even with a nap and a good night sleep; it'll take a couple days to feel energized again (which is why those late nights must be rare!)

Hope your big and busy Monday is going well!

Darryl Ross
PhD Candidate
Department of Sociology, Carleton University
Ottawa, ON
613.762.2067

On 23-Feb-09, at 8:53, cynthia holmes wrote:

My bed was warm and my pillow was deep:) I am feeling refreshed and energized this morning. Hope you had a restful night too.
Thus for the "noisy" weekend, the lack of sleep was well worth it.

See you soon Mister Ross.

Missus Robinson xo

cynthia

<div></div>

--- On Sun, 2/22/09, Darryl Ross <dross2@connect.carleton.ca> wrote:

From: Darryl Ross <dross2@connect.carleton.ca>

Subject:

To: "cynthia holmes" <cynthinspain@yahoo.ca>

Received: Sunday, February 22, 2009, 10:17 PM

Bed is looking so cozzzzzzzy...

Hope you had a good afternoon and are sleeping soundly!

Darryl Ross
PhD Candidate
Department of Sociology, Carleton University
Ottawa, ON
613.762.2067

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Yahoo! Canada Toolbar : Search from anywhere on the web and bookmark your favourite sites. Download it now!

From: **Darryl Ross** <rossd1@algonquincollege.com>
Subject: Re: Ben and Sam
Date: November 20, 2013 at 4:08 PM
To: cynthia holmes <cynthinspain@yahoo.ca>

Umm, sure Scott. (Buuuuullshit!)

----- Reply message -----

From: "Cynthia Holmes" <cynthinspain@yahoo.ca>
To: "Darryl Ross" <rossd1@algonquincollege.com>
Subject: Ben and Sam
Date: Wed, Nov 20, 2013 3:55 PM

Tracy wrote this one. Enough said.

CMH

----- Forwarded Message -----

From: Scott LeClair <scott@staybowlizer.com>
To: cynthia holmes <cynthinspain@yahoo.ca>
Sent: Wednesday, November 20, 2013 3:37:39 PM
Subject: Re: Ben and Sam

Cynthia,

"Our" children stopped being "our" children when "we" stopped being "us", now they are **my** children and they are **your** children and it is not unreasonable to assume that we will raise them differently, separate than we did together. You and I approach life differently, we approach parenting differently and so our decisions and methods reflect those differences. Instead of trying to force a common approach we should just accept that we parent differently and move on with the business of raising two precious young men.

That being said, I understand the approach you have decided to take, but I do not want to give the children medication when they are in my home and I will not. Nor do I wish to seek out or take the advice of professionals who's approach is outside of the one I have already made an educated and informed decision about based on my personal experience and research, so I will not. I will not attend 'information' sessions given from a 'pro-medication' physician because they are clearly going to push their personal opinions and agendas. These doctor's are in the business of diagnosing and medicating, without it how would they pay the bills.

In regards to proper diet, regular exercise, positive reinforcement, regular routines etc., please rest assured that these things have always been part of my parenting approach regardless of situation and that I do understand they are even more important when parenting children who have been diagnosed with ADHD. So let me make myself very very clear Cynthia when the children are in our care they do not binge on candy and or soda, but are given reasonable amounts at appropriate times. We are well aware of moderation and what can happen when that is not adhered to and are also equally aware of the pit falls associated with deprivation of treats. Some day Sam and Ben will have to self monitor and will need to understand moderation for themselves. In order to

do that successfully Tracy and I are setting the stage to set them up for success long term. And as a result they do not need to "sneak" treats, rarely ask for them and never obsess about them in our care. As for sleep, we are strict about this and have them in bed at reasonable times for boys their age. We don't medicate them before bed and they fall asleep without issue – always.

I do recognize the importance of being consistent with the children and so I do empathize with your frustration and concern over the lack of consistency our different approaches provide as we experience the same frustrations at our end. The other positive things they learn in our home such as good sleeping habits, structure and respectful interaction and most notably good table manners, all take time to be "reincorporated" each time they return to us.

You and I are parenting differently and I accept that, so I would appreciate if you accepted it as well and kindly refrain from sending me any further righteous/lecturing emails attempting to sway my decisions or influence my parenting. I am fortunate to have a partner who has already successfully raised a delightful well manner respectful young man and who is more than willing and capable to provide guidance, advice and loving support to Ben and Sam and I.

Regards,

Scott

On Nov 20, 2013, at 1:13 PM, cynthia holmes <cynthinspain@yahoo.ca> wrote:

OK, let me know your decision on medication for the weekends.

Even from your last e-mail below, I really think you need to educate yourself further on treating ADHD. Referring to their medication as "uppers" and "downers" is quite ridiculous, the medication is prescribed and melatonin is over the counter and proven to be safe and effective. Medication along with other treatment (such as diet, exercise, sleep and positive reinforcements) have been proven to be the most effective treatment for ADHD. I hope you do speak to more professionals in the field and attend this workshop that Dr. James recommended. I have yet to hear back from you if you and Tracey will be enrolling in the ADHD parent support group that was recommended. The receptionist called you about this, and to my knowledge you never followed up.

As for the Adderall, we did see immediate improvements with Ben on the medication. However, we wanted to try another form of the drug to see if he responded better. Adderall is the most widely prescribed medication for treating ADHD so we chose to start Sam on this. We will be doing the same with Sam once he becomes a patient at the ADHD clinic and we can have some more one on one time with Dr. James.

CMH

From: Scott LeClair <scott@staybowlizer.com>
To: [cynthia.holmes <cynthinspain@yahoo.ca>](mailto:cynthia.holmes@cynthinspain@yahoo.ca)
Sent: Monday, November 18, 2013 4:33:54 PM
Subject: Re: Ben and Sam

Cynthia,

We have yet to decide - we'll let you know.

I DID NOT tell Sam the medication will keep him up at night! I just find it odd/funny that you guys like the medication route so very much - an upper in the day and a downer at night. The only thing I asked them is why they can sleep so well at our place and go to bed with out anything and go right to sleep? and I would ask why you are following the same program with Sam as you did with Ben only to find out that the adderall isn't working.

On Nov 18, 2013, at 4:16 PM, [cynthia.holmes <cynthinspain@yahoo.ca>](mailto:cynthia.holmes@cynthinspain@yahoo.ca) wrote:

Hi Scott,

I wanted to follow up on the discussion with Dr. James on Nov. 7. As discussed, Dr. James has recommended you continue to medicate Ben on his weekends with you so that he doesn't have a break in medications. Can you let me know by this Thursday if you will need us to send along the meds? Also, will you and Tracy be attending the medication information session this week.(Dr. James gave you the handout and encouraged you two to take part, especially with your concerns over medication)?

I have asked Ben's teacher to fill out the Connor Response form and will be sending Ben's report card to Dr James and will follow up with him about this.

Sam, the teacher, nor I haven't seen any changes with 5 mg and 10 mg of Adderall and as a result, Sam has been prescribed to 15 mg a day for this week and will be trailing 20 mg next week under Dr. Frasers' supervision. The dose is still very low. Sam mentioned that you told him melatonin will keep you awake during the night, as that's been your experience. Again, please don't discuss your opinion or views about medication and their diagnosis with the boys. It interferes with their treatment and I would encourage you to educate yourself further on medication and treatment for ADHD.

||
CMH

From: Darryl Ross rossd1@algonquincollege.com
Subject: re:
Date: February 5, 2015 at 7:44 AM
To: Cynthia Holmes cynthinspain@yahoo.ca

Sam was upset last night. Really upset. We talked about the problem, and he felt better. But I was worried that there was something bigger going on – something that had happened to him. I pointed out that he's had lots of hard feelings lately, and asked him if there are any really big problems he's had, something that a person has done to him. Your concerns about Tracy's dad had come to mind, and I was worried something had happened that night explain why he's so upset about so many things. He said yes, and it's Charlotte. Charlotte is a person who is causing him a lot of problems in his life.

Where does this come from? He barely interacts with her anymore. He's almost always on media. He barely plays with her or talks to her anymore. How can she be such a problem to him? Where is this coming from? His problem with her is that she asks him what's wrong, or why he's upset – which are healthy, normal things to do. We want her to ask those questions, and think they are normal, healthy questions. We don't want her to feel bad for trying to talk to someone about their feelings – especially not a family member.

I'm concerned about the role that his dad plays in this. His dad is manipulating his relationship with Ben – is he doing it with Charlotte too? He's told the boys that she's my favourite – has he said anything else?

I'm really struggling with this. I have been concerned about Sam for a long time, and want to help him. This adds another layer. He's not just suffering in silence – he hurt her feelings yesterday, and she acted out because of it. It was hard to see her affected in the morning by Ben's anger, and then to be rejected by Sam in the afternoon. I really need to get a sense of where the girls stand in this, and how it might affect them. I want to ask Dr. James what we can do for the girls when the boys get angry, and how to talk to the boys or deal with them to build their relationships with the girls.

I also want to focus on what we can do about Scott, and how we can limit his influence on our family.

I don't know if it's the medication, but I ask that you take Sam off it for a while, to see if his mood improves. It was obviously a problem at higher doses. We need to know if it's still a problem. School is very important, but emotional health is far more important to his happiness and life, and to the other kids.

Darryl Ross
Professor, General Arts and Science
Coordinator, Community Studies
Algonquin College
1385 Woodroffe Ave.
Ottawa ON K2G 1V8
(613) 727-4723 ext. 6402
Office: B125b

From: **Elaine Bissonnette** ebissonn@magma.ca
Subject: RE: Darryl Ross - dates
Date: November 18, 2012 at 4:33 PM
To: Darryl Ross rossd1@algonquincollege.com

Sure! See you then.

Elaine

-----Original Message-----

From: Darryl Ross [mailto:rossd1@algonquincollege.com]
Sent: Friday, November 16, 2012 12:39 PM
To: Elaine Bissonnette
Subject: Re: Darryl Ross - dates

Hi Elaine,

Would it be possible to meet a little later - at 3:30 pm?

Darryl

On 2012-11-13 8:56 PM, "Elaine Bissonnette" <ebissonn@magma.ca> wrote:

Hi Darryl - let's meet on the 23rd. Reviewing the data and ABC's I will need clarification on entries. Also it will give us the opportunity to discuss what you have put in place and where to go from there.

I would feel more comfortable just us adults to discuss Ben! What do you think?

eb

-----Original Message-----

From: Darryl Ross [mailto:rossd1@algonquincollege.com]
Sent: Tuesday, November 13, 2012 10:29 AM
To: Elaine Bissonnette
Subject: Re: Darryl Ross - dates

Hi Elaine,

We can meet on the 23rd. Would you like the boys to be there, or just Cynthia and I?

Darryl

On 2012-11-12 10:26 PM, "Elaine Bissonnette" <ebissonn@magma.ca> wrote:

Hi Darryl

My condolences for your family. Wednesday the 28th is the only time open.

Or maybe the 23rd around 3:00. Take good care.

eb

-----Original Message-----

From: Darryl Ross [mailto:rossd1@algonquincollege.com]
Sent: Monday, November 12, 2012 8:42 PM
To: Elaine Bissonnette
Subject: Re: Darryl Ross - dates

Hi Elaine,

Cynthia's grandma passed away over the weekend, so she's travelling to Saskatoon for the funeral. Can we re-schedule for the Wednesday following?

Darryl

On 2012-11-11 8:04 AM, "Elaine Bissonnette" <ebisson@magma.ca> wrote:

Hi Darryl - can you track the number of T.O. and duration for each. We'll chat! As for dad - it's difficult to just send out suggestions w/o any observation/data collection. We can talk about this as well.

See you soon!

eb

-----Original Message-----

From: Darryl Ross [mailto:rossd1@algonquincollege.com]

Sent: Saturday, November 10, 2012 10:43 AM

To: Elaine Bissonnette

Subject: Re: Darryl Ross - dates

Hi Elaine,

The behaviours have decreased significantly. Interestingly, he is very cooperative for a while after a short time out.

We're trying to provide his dad with some information, but he is not receptive when it comes from us. Would you be able to send a short list of very general recommendations that we could forward to him? Just a few basics, such as consistent bedtime, consistent routine, etc. Or a document that makes very general recommendations?

We're looking forward to learning more on Wednesday!

Darryl

On 2012-11-09 8:10 PM, "Elaine Bissonnette" <ebisson@magma.ca> wrote:

Hi Darryl

I'll review the data and we'll chat on Wed. As we discussed, changing your behaviours and how you respond will bring on intense reactions.

Are the behaviours decreasing? Less intense?

eb

-----Original Message-----

From: Darryl Ross [mailto:rossd1@algonquincollege.com]

Sent: Friday, November 09, 2012 7:01 AM

To: Elaine Bissonnette

Subject: Re: Darryl Ross - dates

Hi Elaine,

I've attached the documents you left with us at our last meeting. Please let me know if you need us to collect more data or collect different data.

Around the time that we met, Cynthia and I decided to break the cycle that we saw ourselves taking part in, which involved repeating requests, showing disappointment or frustration, engaging in debates, and threatening consequences. I was also reading more and came across Gerald Patterson's work on the parent child coercive cycle. We both recognized that cycle in our interactions immediately.

When we stopped engaging in the cycle Ben's behaviour escalated. We experienced the most intense explosions yet. It was an extremely difficult few days. We're now doing the following: command (turn off the computer), pause then repeat with consequence and time (turn off the computer or I will place you on time out. I will count to five), follow through. After the first few explosions it seems to be working.

The first time we place him on time-out we experienced the most intense reaction. I took notes during it, which I've pasted below in case it helps.

Darryl

Notes taken:

Saturday\$ Ben is on time-out for non-compliance. Over an hour in. Ben has been destructive, hitting things, hitting himself, swearing, crying and yelling. 5 minutes ago he broke a vase. He's begging me to tell him when his time out will end. I have already explained to him that he must be calm and quiet to end the time out, and won't repeat myself again. He says/yells/cries the following:

- * When can I get off this\$! I'm really going to get mad!
- * This is your fault not mine
- * Just answer me please
- * I'm going to lose it
- * I'm only a boy who is nine years old\$
- * I'm almost ten and I'm having time-outs - nuh-uh!
- * I hate everyone in my family\$ everyone\$. on this side
- * I hate you Darryl. I hate you.
- * Give me more consequences! I want more!
- * You can't do this to me. I don't care.

He's quiet now, so I told him he's doing well and repeated that I'll talk to him when he's calm, and that I'll answer one question then. He starts to yell and cry again. He says/yells/cries the following:

- * I'm having a hard day and you're making it worse
- * I really need some help\$
- * Can you please come here\$
- * Ahh stress problem! (smacks himself. I have stupid stress problems.
- * You're being rough on me. I'm only a boy
- * You don't have respect for me. You don't have respect for anybody.
- * You only care about your family
- * That's all you care about, is mom

He was quiet and calmer so I told him that I'm happy he's calm and offered food. When we started to look for a snack he refused to eat anything I offered, yelled (insults, frustration, etc.). I walked him back over to the chair.

- * more crying, gagging-crying
- * more threats (I'm getting mad again\$ I'm going to lose it! I won't be able to control myself)
- * more insults (this is your fault! You're being hard on me!)
- * more other stuff (I'm just a kid\$, why are you so mean\$ I hate you\$ it's not my fault, it's my mom's parenting\$, I'm so stupid. I'm

stupid.

I'm a
fail\$.)

When he was quite and calm I walked over and asked if he wanted some food.

He bolted to the freezer for waffle. He was much calmer and cooperative.

We made a snack and he ate it. For the rest of the evening he was more compliant.

On 2012-10-22 12:49 PM, "Elaine Bissonnette" <ebissonn@magma.ca> wrote:

Hi Darryl

Can you confirm our initial meeting this week and complete the registration form and return it. I don't have your address etc..... for Wednesday.

Please confirm visit. Thanks

Elaine

-----Original Message-----

From: Elaine Bissonnette [mailto:ebissonn@magma.ca]
Sent: Saturday, October 06, 2012 10:36 AM
To: 'Darryl Ross'
Subject: RE: Darryl Ross - dates

Hi Darryl

I've schedule us to meet on the 24th @ 3:30. Please complete the profile sheet and return it to me. Look forward to meeting with you very soon.

Elaine

-----Original Message-----

From: Darryl Ross [mailto:rossd1@algonquincollege.com]
Sent: Saturday, October 06, 2012 6:16 AM
To: Elaine Bissonnette
Subject: Re: Darryl Ross - dates

Hi Elaine,

The boys are with their dad that weekend. However, we can meet Wednesday the 24th, if you are still available. We'll be home from 3:30 pm on.

Darryl

On 2012-10-02 11:36 AM, "Elaine Bissonnette" <ebissonn@magma.ca> wrote:

Hi Darryl

I'm available Friday Oct 26 for an appointment 3:00 on.....would that fit your schedule?

I don't on weekends - social skills groups on Saturdays!

eb

-----Original Message-----

From: Darryl Ross [mailto:rossd1@algonquincollege.com]
Sent: Monday, October 01, 2012 8:07 AM
To: Elaine Bissonnette
Subject: Re: Darryl Ross - dates

Hi Elaine,

Are you available Thursday or Friday afternoons/evenings, or do you make appointments on weekends?

Darryl

On 2012-09-30, at 3:50 PM, Elaine Bissonnette <ebissonn@magma.ca> wrote:

Hi Darryl

I can't meet on this Wednesday. The only Wed. available are 24th or 31st - being Halloween probably not a good thing.

Thursday 25th or Nov 1st are open as well.

Let me know if these dates are available.

Elaine Bissonnette
Behaviour Consultant
Building Blocks
ebissonn@magna.ca
www.abuildingblocks.com
613 722 4374

-----Original Message-----

From: Darryl Ross [mailto:rossd1@algonquincollege.com]
Sent: Saturday, September 29, 2012 7:20 AM
To: ebissonn@magna.ca
Subject: Meeting.

Hi Elaine,

Are you available to meet Wednesday of next week? It will be hectic here, but I got the sense you'd like an informal meeting to see what it's like here under normal circumstances. Cynthia and I are available from about 3:30 pm on.

Let me know when you're available if Wednesday doesn't work.

Best,
Darryl

From: **Darryl Ross** rossd1@algonquincollege.com
Subject: Re: rogers
Date: September 23, 2013 at 3:12 PM
To: cynthia.holmes@cynthinspain@yahoo.ca

Hang in there. Just try to remember he's suffering and having a hard time and needs help. It's good for his sense of self to be able to get mad and be accepted. Consequences are ok. Anger makes it all worse, and he doesn't understand why we get angry, or starts to blame himself.

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On 2013-09-23, at 3:01 PM, cynthia.holmes@cynthinspain@yahoo.ca wrote:

Ben returned in a terrible mood.

Breathing

CMH

From: Darryl Ross <rossd1@algonquincollege.com>
To: cynthia.holmes@cynthinspain@yahoo.ca
Sent: Monday, September 23, 2013 2:50:26 PM
Subject: Re: rogers

Yikes. I'm glad we got that figured out. It should be back down from now on.

I hope he enjoys it, and that tonight goes better than the last few.

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On 2013-09-23, at 2:42 PM, cynthia.holmes@cynthinspain@yahoo.ca wrote:

Our current bill is 250, plus a balance owing of \$90 from last bill. I looked into it and apparently we were dinged an extra \$200 from June 15-August for internet. It looks like September is going to be better but we should watch it for next month.

I paying \$240 this pay period and \$100 for the next.

Ben is registered for hip hop with Alex and the crew. He starts tonight. I've got mixed feelings about it...

CMH

From: Darryl Ross rossd1@algonquincollege.com
Subject: Re: some followup
Date: September 25, 2014 at 7:35 AM
To: cynthia holmes cynthinspain@yahoo.ca

Now she's trying to be the go between? Not healthy, and not a role she should play. Are you going to call her?

Sent from my iPhone

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On Sep 25, 2014, at 7:31 AM, cynthia holmes <cynthinspain@yahoo.ca> wrote:

Sigh. I don't believe he has stopped drinking but I would be interested in what he had to say.

CMH

On Thursday, September 25, 2014 6:44 AM, Julianne Labreche <jlabreche@magma.ca> wrote:

Hi Cynth,

Are you free at noon today to call me at work for a chat? I'd really love to connect with you before Jessie's birthday. Or maybe tomorrow at noon if that doesn't work for you?

You're not alone to confront this. The last thing in the world that I want is to cut you off, nor your family. We both love you deeply.

Your dad didn't contact you only because you told him that you didn't want to see him. It's as simple as that. That's what he thought you wanted.

Jul

On Sep 24, 2014, at 9:57 PM, cynthia holmes <cynthinspain@yahoo.ca> wrote:

I do need to respond.

It's taken a lot of courage for me to do this. My "total, sudden and absolute rejection" of my dad, is actually me taking some distance because his addiction has been harmful to me. This is healthy and recommended for loved ones of alcoholics. I'm finally putting my feelings first and frankly I don't want to pretend that his destructive behaviour is okay.

You state my dad quit, just like that. Jul, I really wish this to be true as this is what I really want. If he had, among going through serious withdrawal symptoms, why hasn't he contacted me? Why wouldn't he just let me know that he has quit and that he is getting help? It makes no sense because it's not true. I'm his daughter and I love him dearly and want him to face this. Instead, he continues to drink and hide it and has made no effort to change.

As for the other issues I alluded to, they are heavy ones and have nothing to do with my mom or their break up. I haven't spoken to you about them because you are his wife and I'm protecting your feelings, so let's just leave it at that.

So here I am Jul, left to confront this on my own. When you are ready to face this please reach out. If not, I'm ok with that too. Your choice.

CMH

On Sunday, September 21, 2014 3:46 PM, Julianne Labreche <jlabrech@magma.ca> wrote:

Hi Cynth,

We haven't had a chance to talk this week. Next week is Jessie's birthday at Thuy's. I don't know if you're going or not, or even if you've received the invitation yet. Thuy has been working hard with her family to get moved into their new home.

Whatever the case, your dad will not be attending. He respects the fact that you don't want to see him. I will be there and look forward to an enjoyable time.

I've given our recent discussions some serious thought. I think it best not to act as the mediator between you and your father in this difficult discussion. It's a matter between you and your dad. It's probably best not to chat or email further until we're ready to talk as a family. When and if that day ever comes, I hope to be part of that discussion.

I do have a few thoughts of my own however that I'd like to share with you. I hate email as a way of communicating, but so be it. First, I do think your dad is a kind, loving and generous man. He is not perfect, but then most of us aren't. From my vantage point, he has always been there for you, even though he was a long distance dad. He was always proud of you and loves you deeply. He really did his best. He supported your mom and yourself in many ways. I remember lots of vacation travels and trips to Ottawa. I remember lots of fun times. He went the extra mile. He helped you in your troubled relationship with Scott. He used his work contacts to find you a great job here in Ottawa. He is not the villain that you portray, and he certainly does not deserve the rejection that you sent him via an extremely hurtful email.

Yes, the drinking was a problem in my opinion. I can't say for sure, because he didn't drink much in front of me. I can however say with some assurance that your father does not drink now. I'm proud of him. It is always hard to change a bad habit.

Whether or not he was not an alcoholic, functional or otherwise, I really can't say. I can say with confidence that he is not drinking now, nor has he for some time. If he was an alcoholic, it was straight forward for him to stop. He just quit. Period. End. It was really quite easy. He has a strong will and determination, as you know.

The deeply painful part has been your total, sudden and absolute rejection of him as a father.

To love and be loved sometimes takes understanding. It hasn't been so easy over the years to be the parents from afar. I have found it so difficult to be the 'other mom'. Your dad has struggled with not being there with you and envied Dennis in his role as the 'be there' parent. In many ways. Sarah and Dennis were lucky.

As to why your dad left your mom, or your mom left your dad, I believe strongly that there are two sides to every marriage break-up. Your mom and your dad need to be truly honest with you if that's the kind of question you need answered. If you need to have that chat, you need to hear both sides of the story and listen.

My own marriage with your dad has had its ups and downs but I do love him and he has been good to me in many ways. He was, and remains, a good, kind, generous and caring husband and father.

Please share this with Darryl or your therapist or whoever, or just delete it as you see fit. Really, there is no need to respond. I'm about to exit the stage and leave this to you and your dad to resolve, or not.

Julianne

From: **Darryl Ross** rossd1@algonquincollege.com
Subject: Re: Here's the message I sent, feeling good
Date: October 7, 2014 at 2:40 PM
To: Cynthia Holmes cynthinspain@yahoo.ca

Getting over that feeling is huge. He should rightly bear that burden. It does feel good to stand up for yourself. I still feel good about my conversations with my mom, even if the aftermath is hard.

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From: Cynthia Holmes <cynthinspain@yahoo.ca>
Reply-To: Cynthia Holmes <cynthinspain@yahoo.ca>
Date: Tue, 7 Oct 2014 14:32:18 -0400
To: Algonquin Tech <rossd1@algonquincollege.com>
Subject: Re: Here's the message I sent, feeling good

True, right now I'm just basking the glory of standing up for myself:) Later, the rejection will sink in. A big thing for me the utter embarrassment of it all but it's not my fault and doesn't say anything bad about me, just that I have a messed up dad.

CMH

On Tuesday, October 7, 2014 2:25 PM, Darryl Ross <rossd1@algonquincollege.com> wrote:

It was very brave of you. Just remember that silence or withdrawal isn't a rejection of you. If he does withdrawal or react negatively, it will be because he can't face his own actions and decisions. Really, it's a rejection of himself. (I guess the same may be true of my mom...).

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From: Cynthia Holmes <cynthinspain@yahoo.ca<<mailto:cynthinspain@yahoo.ca>>>
Reply-To: Cynthia Holmes <cynthinspain@yahoo.ca<<mailto:cynthinspain@yahoo.ca>>>
Date: Tue, 7 Oct 2014 13:45:43 -0400
To: Algonquin Tech
<rossd1@algonquincollege.com<<mailto:rossd1@algonquincollege.com>>>

These other issues are heavy ones that take a lot of courage for me to bring up.

Firstly, when I was just a young girl, you sexualized my environment by displaying nude photos of women in your home, fondling your girlfriends while I was in the room, checking out other women in front of me and having loud sex when I was in the other room trying to sleep. This was extremely difficult for me to make sense of. I felt confused, scared, shocked and ashamed. You are my dad and you are supposed to protect me from these things, instead you exposed me to them at a tender young age. I'm mad about this.

Secondly, you are an exhibitionist. Since I was young, you walked around in a robe with nothing else on, paying no attention to the people around and how this would make me feel. I have so many memories of this and how embarrassed and ashamed I was of myself for not saying anything or just being there. It's been an awful, awful feeling and it's affected my relationship with men. My last vivid memory of this was you standing in your room, talking on the phone with your robe open and clearly seeing me in the other room below. This is not okay.

So yes I would like to meet and I expect a sincere apology. I want you for one minute to put yourself in that little girl's shoes and understand some of her feelings. I deserve this and I want you to put me first.

Cynthia

CMH

CMH

From: Darryl Ross <rossd1@algonquincollege.com>
Subject: Fw: dad's response
Date: October 27, 2014 at 1:23 PM
To: Cynthia Holmes <Cynthia.Holmes@AGR.GC.CA>

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From: Cynthia Holmes <cynthinspain@yahoo.ca>
Reply-To: Cynthia Holmes <cynthinspain@yahoo.ca>
Date: Mon, 27 Oct 2014 12:27:31 -0400
To: Algonquin Tech <rossd1@algonquincollege.com>
Subject: Fw: dad's response

CMH

On Sunday, October 26, 2014 9:09 PM, Barry Wilson <barrykwillson@me.com> wrote:

P: I have struggled with this response, rewriting it many times. I realize the stakes are high. The discord in our relationship breaks my heart. The apparent pain evoked by your memory of our time together over the years is a pain in my heart as well. I deeply regret that I in any way have been a source of angst for you. I also believe I owe it to myself and those I love and who love and have loved me to be true to myself and who I know I am and how I have behaved. You said you wanted your dad "healthy and strong." Since you have known me I have been healthy and strong. I still am.

Here goes:

Cynth

I hope we can talk and Wednesday afternoon or when ever works for you is fine for me.

However, I must begin with the following: you began you last note as you have before: "Once again I'm disappointed in your response Dad, you haven't apologized or accepted my feelings about your drinking, exhibitionism and inappropriate behaviour. I've taken distance because you are an alcoholic, its hard on me and it's difficult to see my dad hurting himself. That is why I've taken some healthy distance."

I am afraid my responses will continue to disappoint you, given that a pre-condition of yours appears to be that I accept and apologize to you for your conclusion that as your dad I was an exhibitionist and annoyed in inappropriate

recognize that as you say I was an individual and engaged in inappropriate sexual behaviour around you as well as well as being a chronic alcoholic, damaging everyone who matters in my life. I see this as a caricature of who I am and have been, not a character sketch, a demonization and not a fair description of who I have been and am, how I have behaved with you and toward those I love.

Your description is not a mirror in which I recognize myself nor my actions as your dad nor who I am. I would betray myself, my memories and my history with you if I accepted your allegations and insinuations. I in no way am denigrating your feelings about your memories and I believe you have an absolute right to your own narrative. I believe I do as well.

As to your emphasis on my drinking, or as you prefer repeatedly to call it 'alcoholism', I told you I quit some months ago. I am not interested in dragging Thuy or others I love into your issues with me and told Thuy that this week when we had lunch. She seemed unaware (or claimed to be) of the hurt I apparently have caused her.

Dad

XOXO

Barry Wilson
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Ottawa, ON
613-850-3161