Fall NEWSLETTER

Volume 1 Issue 2 **Fall 2004**

The Edith Fox
Life and Loss Centre
613.476.1128

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Watch for our new Web site, currently undergoing changes, but ready soon with news on current events & happenings at the Centre.

ANNUAL FUNDRAISER:
June 10,11,&12 2005

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FALL GREETINGS
Northport, Ontario

Where did the summer go? Lately, I hear that said so many times in a day - in fact I keep saying it to myself; my reluctance to embrace Fall seems unusual as we have so many exciting plans to put into action.

Yet we can not go forward without first some reflection on our achievements to date. Our last newsletter featured our official opening and details of the first annual fundraiser, "**A Bench & A Few Good Chairs"**. A good time was had by all who attended the **1st ANNUAL** events on **June 11, 12 & 13th** and we are very pleased to report it was a great success.. Excitement was high, bargains were in abundance and the quality was superb! See **page 4** for further details and mark your calendars for our **2nd Annual Fund Raiser, June 10, 11 & 12th 2005**. We thank ALL the Volunteers, Vendors & Shoppers who gave so much time, energy and dollars to make it all happen!

NEW PROGRAM

In July we held the first pilot program for a summer camp, named **Camp Star**. This one-week program included opportunities for children ages 6-12yrs to gain awareness of the normalcy of loss and change and to accept the full range of feelings of anger, sadness and joy as part of life through the use of drama. The children took risks with drama and produced a small play which was well attended by friends and family.

Like ***Lambs for Children*** this program gives children an increased knowledge in the art of building relationships with others in similar – yet different circumstances. With **Camp Star** we look honestly at past hurts that they wish to express and work with characters, improvisation and play writing to weave their emotional pain to a safe place using drama and laughter. In gestalt terms, this approach looks at unfinished business early in the life cycle providing an opportunity to express feelings and better understand the situation.

Further, **Camp Star** focused on developing the child's artistic skills while helping them strengthen their abilities to handle materials, communicate ideas and solve problems creatively. **Alayne Bigwin** from Orillia acted as Drama Workshop facilitator. Her passionate educational style for theatre and drama was well received! We said we would make them stars in 5 days, and we did! Their eyes shone with the delivery of a wonderful play called "**The Camp Star Dance"**. I will always remember the characters the children created and the look in the lead actress's eyes when she saw the set with her own private dressing room,

the camera man who was given a real paparazzi 35mm telescopic lens for the photography, and the bartender who was late and was fired in a minute with a zappy delivery from the show's ten year old director…"You're out of here!" (He was never late again!)
The pilot will be expanded into a regular program for **Summer 2005**.

EXECUTIVE BOARD EXPANSION

Our board is changing and expanding; we were sorry to see **Carolyn Burn** resign as treasurer and truly appreciate all her enthusiasm and energy in our founding year! Fortunately, Carolyn has agreed to take on the position of ***Ambassador*** helping to raise awareness of the **Centre** locally, provincially and internationally as appropriate. We are fortunate to have **Evelyn Trites** as our new treasurer. ***Continued on page 6***

ESTABLISHED PROGRAMS

The **Lambs for Children** program starts on **September 21st** and operates again with the use of bunnies.
Gordie Cole of Fish Lake Road has been supporting our children by providing loving bunnies. We appreciate all his support.
Thank you Farmer Cole.

NEW PROGRAMS FOR FALL

Our new **Bibliotherapy Book Club (BBC)** kicks off **October 6th** at 1931 Northport, and I look forward to working with Alexandra Bake of ***Olivia & Company***. Our first selection is **Father Joe** by Tony Hendra.

I found this book after a brief encounter with Hurricane Charlie this summer, and as I was searching for just the right book for my flight home from Florida, I picked up this treasure! You might like to catch the complete book review by ANDREW SULLIVAN of the New York Times. **http://www.nytimes.com/2004/05/30/books/review/30SULLIVAN**

Sullivan writes…."but this extraordinary, luminescent, profound book shows us something wonderfully unexpected and deeply true. These ideas of sin that we have are not really sin. Rather, they are the symptoms of sin, not its essence. And its essence is our withdrawal -- our wilful withdrawal -- from God's love. This book is about Hendra's slow, aching, hilarious but profound attempt to accept God's unconditional love for him. This truly difficult acceptance is a consequence of one other man's quiet listening and faith. . " The book is open to a sense of wonder, awe and compassion through the relationship of two men…a deeply connected and spiritual experience."

The book club is filling fast so call **476.1128** if you want to be included for a night of lively discussion and personal growth.

We get letters….

Dear Kathleen & Alexandra

Was delighted to read the story on your Bibliotherapy Book Club. Count me in! Your Children's grief Healing Centre has been something I wanted to plug into, but didn't know how. As a 60 year old grieving child I'm too big.

Now you have provided a way for big kids to help each other heal.

Look forward to meeting you in October.

EMOTIONAL ROLLER COASTER OF GRIEF

Kathleen Foster-Morgan, Psychotherapist & Certified Thanantoligist* will be guest speaker at **Bereaved Families of Ontario**
721 Progress Ave., Unit 1
Kingston, ON

November 16, 2004 at 7:00 p.m. Everyone welcome
*** New International Credential regarding the study of death and dying with the Association of Death Education and Counselling**

REMEMBERING MOTHER…

The ***Remembering Mother*** book is being relocated to the **Picton Public Library** very soon and arrangements can be made to work on your special page by calling the **Edith Fox Centre.** We have artistic volunteers who would be happy to assist with design and layout. You can reserve a page. Each page is a 24" by 36" , so there is plenty of space for photographs, cuttings or special prose, poetry etc. Please consider this unique way of celebrating your mother.

We Get Questions…

What are we doing with the Fundraising dollars?
Presently, our treasurer hopes we are making lots of interest on our public donations. Seriously, we want you to know how your dollars help us with…

- **SUPPORT – We provide clinical grief-related group counselling services for all stages of life – *children to senior. Programs are constantly being created as needed and as funded.***
- **RESEARCH – Clinical Research Re: Lambs for Children Project**
- **PUBLIC EDUCATION – Workshops and Panel Discussions are planned, Written Materials are being prepared, Website Design and Information is being updated & Professional Training to validate the loss and grief process is being reviewed.**

Do people have to pay for our services?

- **We often ask participating families to contribute to the best of their ability; no family is ever turned away for lack of ability to contribute.**

Non-Profit Corporations in Canada

A **non-profit corporation** is also known as a non-share capital corporation. In a nutshell, it is a corporation, which has members instead of shareholders, and these members cannot receive any money (pecuniary gain) from the corporation except as salary. The motive for membership is altruism not money. When incorporating federally, you have to ask the federal Minister of Industry to issue you letters patent. Letters patent is a confirmation of the government's decision to give your non-profit organization corporate life. Non-profit corporations also qualify more easily for charitable status under the Income Tax Act.
Memberships can be by approval of the board and there may be different kinds ("classes") of members, one voting, another non-voting. Membership may or may not entail a fee or dues.

No Board Member is paid for being a Director.

"We have loved the Stars too fondly to be fearful of the night…"

WE THANK THE FAMILY & FRIENDS OF FRANCES ABBOTT
For their generous memorial donations

By helping us we continue to help others.

After a Bench and a Few good Chairs, inevitably there are … SPLINTERS!

A **Silent Auction** prize of tickets to "**The Producers"** turned out to be a director's nightmare! "**The Producers"** closed before the ticket dates – after much phoning and finagling our persistent Executive and City Desk Volunteer arranged that the Broadway fans got **HairSprayed** instead!

Word is that the **Adventure Package** was a great success. Among the rumours – the cruise chef got so involved in producing a phenomenal lunch that guests had to cancel dinner arrangements - and one of the Harley Hosts had a very talkative pillion – excuse the language!

Lucky or not? A certain renowned print (a steal at the Live Auction) went in for framing and got scooped during an illicit visit to the framers (a different steal) – along with critical and much loved items from **A V Frame & Photo.** Our hopes for quick resolution of all these losses...

Slickers Ice Cream was a great success at the fundraiser. We were lucky to get the loan of a freezer for the weekend! And we were so exhausted we forgot to return it on Monday. If anyone wants to rent/borrow a chest freezer – we now own one - ouch!

Some wonderful, one-of a kind, hand-crafted pieces of unique furniture were auctioned off, some for appreciably less than their true value. Our heartfelt thanks to the artists and crafts persons who laboured hard for us in order that they could donate these items. We do sincerely hope that you hear our thanks and recognition of your work, and your support of the **Edith Fox Life & Loss Centre**. We tried to organize the event set-up so that donors could choose whether they wanted to give an outright donation, be compensated for materials, or place a reserve price on their work. We welcome any feedback from donors that will help to improve their experience of supporting the organization ,and we are already making the improvements that we saw were necessary following our First Annual Fundraiser. Like any new organization, we may make some mistakes on our way; however we trust that "not listening" will not be one of them!

"ADVENTURE IN THE COUNTY"

Little did I realize that when I attended the "Edith Fox " Fundraiser in June that I would have the opportunity to purchase a "once in a lifetime " adventure. I got the bargain of the century! I spent a wonderful day sailing with Bev Campbell aboard the "Emerald". My friend, Elizabeth, accompanied me, and we were treated to a delicious lunch on deck provided by Myrna. The weather was perfect as we enjoyed swimming in Picton Bay.
The second part of the adventure was a ride on a ***Harley.*** *Elizabeth and I were picked up by Myrna, Stan and Roy and whisked off to lunch at the* ***Lake on the Mountain*** *Resort and then a tour through Cressy and Waupoos and then back to Salmon Point.*
Having never been on a motorcycle before this was an unforgettable experience. Not only did I have a wonderful adventure, I made some great new friends. Thanks Myrna

Best regards
Patricia Kerford

WEBSITE

We are working on our website development, and hope to have it completed soon. It will provide further details of the services offered, public information and special events.

So let the Fall begin….we have work to do!

FOR YOUR INFORMATION…

HOW DO WE GRIEVE?
Every individual grieves differently; women may want to communicate more, and men may want to remain silent. Some people are so truly angry that they entangle themselves in a legal action while others become immersed in activity. Some will exhibit addictive behavior.

There are many stereotypes related to grief. As with all stereotypes, very often, the conventional thinking does not apply. Then again, very often it does. Here is a list of words and phrases. After reading each one, ask yourself if you attribute the trait to women, men or both.

- Cries in front of others
- Talks a lot about what led to their loved one's death
- Emotional
- Wants and needs to discuss feelings
- Will consider going to a support group
- Keeps busy; works
- General reluctance to talk about feelings
- Would not consider going to a support group
- Sense of control is paramount
- Belief that they can master the crisis on their own

As you may have guessed, the stereotypical view of women, or female grievers, is that they would have the first five characteristics. The stereotypical view of men, or male grievers, is that they would have the last five characteristics. Which attributes would apply to you? Which attributes would apply to other surviving members of your family?

If you're like most people, you have traits that authors of the book, "**Men don't cry - Women do: Transcending stereotypes of grief", Ken Doka and Terry Martin,** would call **"blended".** Most of us do not fall neatly into stereotypical gender categories. What is important about this concept, is the assertion that there are different styles of grieving. The styles are based on many complex factors including personality, gender and culture, emphasizing that the whole is more than the sum of its parts. In other words, the interaction of these factors may create different outcomes for different people.

What the authors hope to accomplish, is to dispel the traditional myth that the only way to work through grief is by what has been viewed as a stereotypically feminine style: to attend support groups, talk about your feelings and cry openly with others. (I can hear the non-traditional grievers cheering!)

That is not to say that anyone should ignore his or her grief. It means that it is important to find a method that suits your personality. Doka and Martin have coined the terms - instrumental, intuitive, and blended - to describe common specific patterns of grieving, and to offer suggestions for what may be helpful for individuals of each pattern.

So at the **Edith Fox Life & Loss Centre** you will see a variety of formation, groups, drop-in times and book clubs being offered— a smorgasbord of optimism to help you feel better…live larger!

Life is never just black and white…KFM

WHEN GRIEF DOESN'T HEAL

- Lack of Self Trust
- Lack of Support
- Multiple Losses
- Loss of Meaning
- Previous Unresolved Losses
- Traumatic or Unanticipated Loss
- Health Status

Inspirational Notes

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. Begin it well and serenely and with too high spirit to be encumbered with your old nonsense.

Ralph Waldo Emerson

EXECUTIVE BOARD EXPANSION CONTINUED…

Continued from page 2…… We welcome **Dan Douglas** to the board this fall. Dan is a teacher and author of *Northern Algoma* with over 16 years experience at both high school and elementary school. He is presently teaching at **Queen Victoria Public School** in the Section 20 Junior Day Treatment Program working with identified behavioural students in a therapeutic environment. His past Board experiences include library board, health advisory committee, and the Economic Development Committee. He is an active musician, and currently plays trumpet with the **Quinte Living Centre Band.** Welcome aboard Dan… We look forward to working with you!

Hearing from our children lets us know that the experience has an impact on their lives...

"When I'm feeling sad, I'm definitely not glad
Sad maybe, mad but why? 8 times a day
Like a pigsty."

"When the time is peaceful, I feel not really annoyed or even nervous
With the birds singing, the horses tails flipping
Times like this are great!"

Written by a child/female, age 8

COPING WITH THE HOLIDAYS

A Special Presentation is presently being formulated to assist those anticipating the difficulty of coping with the holidays without loved ones. Change and transition at this emotional time of year often bring reflection and anxiety.

- **Two presentations are scheduled: December 14 at 10:00 a.m. or 7:00 p.m. Please call the Centre at 613.476.1128 for more details**
- **In addition, Kathleen Foster-Morgan will be a guest of CJBQ with the Peter Thompson Talk Show at 9:00 a.m. on December 7.**

Charity of Choice 2004

The Edith Fox Life and Loss Centre

Prince Edward County

See you at the Show!
THE MAKERS' HAND
A Contemporary Fine Craft & Art Show & Sale
November 5, 6, & 7
Prince Edward County Community Centre
For details visit the website www.themakershand.com