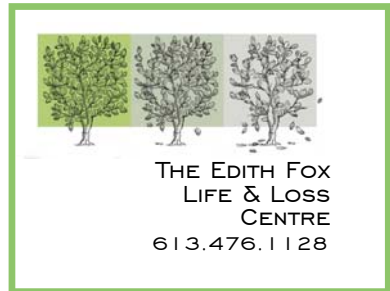


BETWEEN THE LINES

Volume 3 Issue 3 - Fall 2006

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Governance

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- Toronto
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Carolyn Burn

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ADEC (Association of Death Education & Counseling)
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All About Our Successful 3rd Annual Fundraiser

The Third Annual Fundraiser on June 10th was again well-attended; however, for the first time we experienced cool and blustery weather, and at times it was difficult to get out of the strong northwesterly wind.



Nevertheless, despite a slightly different slant this year where we had more silent auction items than live, and we tried more markets again, we did have a successful day.

We have many people to thank for the effort they put in to help us:

The Entrepreneurship Program students, Erin McFaul and Paul Lockyer, at Prince Edward County Collegiate did an amazing job of helping us to get ready for the event and staff some of the market stalls; they also raised \$1000 at their Friday night Dance -



PECEI Entrepreneurs present a cheque to Kathleen Foster-Morgan (far left) and Jennifer Lemieux (next to Kathleen)

THANK YOU Soooo MUCH!

Also the "dream team" from PECEI led by Beth Nicholls, helped us prepare our garden by lugging, slugging and generally helping out, mostly in the pouring rain - a great group of very smart guys and girls!

Many thanks to RBC Branch Manager, Jennifer Lemieux, for securing \$3,500 to support Lambs for Children programs and Charing the Fundraising committee this year. Our Total raised this year was \$10,000.

Also we have so loved Pat Mills' generous help in the garden and her calming influence during some of our panics...

Yet again Chris Currah provided terrific food and welcome refreshments - a family production too! This year we borrowed tents from as many people as we could - the cost of renting a large tent is

becoming prohibitive, and we have had no success in negotiating lower rates - I guess June is wedding time! Thanks to Earl Foster, Sally & Dennis Margueratt and special thanks to Larry Everall for helping out in spite of a sudden family bereavement that week.

Also throughout the Saturday, thank you to Brian Stewart, May Osbourne, Myrna Mather, Fran Renoy, Dennis & Gail Dick for lifting freezers, hauling benches, selling pies, auctioning silently, placing & retrieving signage, Carolyn Burn for helping so much with the live auction and last but not least, to Bryan Thistle for his sound system and for becoming

an instant auctioneer with no warning and selling enthusiastically (& thanks to Sound Bassix partner Matt) Thanks to the Waring House catering crew for Sunday breakfast prior to the Garden Tour - when we found more "tourists"

than anticipated, the kitchen filled the muffin void with cheese trays, fruit & biscuits.

Special thanks to Richard Gold, who held his audience spellbound with his ideas, knowledge and advice on xeriscaping (reduced water usage gardening) and went on to answer questions on almost any gardening topic!

Finally, thanks to our Garden Hosts: Scott & Diane McDonald, David & Sharon Lockwood, Joan & Cliff

Mackay, and Rosemary & Judy Kent, and the Centre's Children's Garden - we know it was a lot of work.

Doug & Dee Johnson
relax after helping
decorate and set-up
Doug's display

And - if we missed thanking you by name...let us know!!





NEW PARTNERSHIP...old relationship...
The Edith Fox Life & Loss Centre and the Association of Death Education & Counselling (ADEC) Chicago, USA are

pleased to form a new partnership to promote professional clinical therapeutic thanatology within Canada. The contract offers exclusivity to our Canadian Centre and has the capacity to offer further training and certification process for professionals who wish to work in the field of thanatology. Initially, our agreement is to offer an annual educational seminar in Canada, promote advanced certification with ADEC and encourage professional membership – all the time maintaining a focus on public education to bring normalcy to the process of loss. All this is timely in view of the recent political review into possible legislation and best practises in clinical therapy.

I am a long time member of this association and value their expertise and professionalism; my proposal for this Canadian partnership brings further value to the Centre's initiatives and offers professionals further educational opportunities. The Centre is delighted to work closely with so many researchers and clinicians. I chaired the Toronto, 2001 annual ADEC conference at which the County Women's Drummers rocked the conference! (*For ANNAHATA ...you were the catalysts – most of our ADEC conferences continue to close with drumming!*)

Our first joint collaboration will feature a clinical thanatology educational workshop November 17th with Dr. Madeline Lambrecht from the University of Delaware.

Topic: **The impact of suicide for the professional**

Venue: Queens University - November 17th call for more details or check website: www.edithfoxcentre.org

*Kathleen Foster-Morgan, CGT, OSP, FT
CEO, Edith Fox Life & Loss Centre*

Message from the President

My first year as President of The Edith Fox Life & Loss Centre has seen growth on several fronts, especially in strengthening our Board of Directors and Advisory Board, developing new partnerships, and seeking new funding support. We now have seven directors, with Kathleen as our CEO, and we are pleased to welcome new directors Penny McCrae and Kevin Weaver (see next column). Last year we initiated a 'Coping with the Holidays' event with the Board of Glenwood Cemetery, something we will be repeating again this year. Thanks to RBC Dominion Securities, we have found a strong champion of our programs who has sponsored both this year's *Bench & a Few Good Chairs* event and the upcoming Gala November 18.

Our goals this coming year are to expand our programs to other communities in the region and, working with other related organizations, begin to offer training programs based on our model so that there are more support services to help people suffering loss. Our core program will continue to be *Lambs for Children* which is celebrating its 10th year of helping children to cope with loss issues.

We have many people to thank for their volunteer efforts on our behalf – and also we pay tribute to our Gala Chair Sally Margueratt and our Ambassador Carolyn Burn who are working diligently to organize The Gala & Dinner on 18 November. Please visit www.edithfoxcentre.org to learn more about what we do and how you can help.

Lana Lockyer Holmes, President

Director Additions for the 2006-2007 Board

President Lana Lockyer-Holmes and The Board of Directors is pleased to announce the addition of two new Board members:

Kevin Weaver, of Weaver Family Funeral Homes Ltd, Trenton & Campbellford, Ont., brings a wealth of business and marketing experience to the Board. . With experience in industry in Sarnia, retail proprietorship, Kevin is now back in the family business, and also managing a restaurant with his wife Gail. His background includes Campbellford D.B.I.A., Mainstreet Revitalization Project, the Optimist Club of Moore, and several local fundraising efforts and recently he has joined the Trenton Kiwanis.

Kevin is a member of the Bay of Quinte Funeral Service Association, the Bereavement Network, the Bereavement Register, the Ontario Funeral Service Association & the Ontario Cemetery & Funeral Professionals. He promotes greater public education to demystify and provide insight into the options and benefits of the funeral process and supports improvement of bereavement after-care opportunities in our communities.

Kevin and Gail live on their 16-acre hobby farm, with horses, dogs, cats, and sometimes pigs, and together they enjoy family genealogy, motorcycles, musicianship, and 3 granddaughters, after raising their collective gaggle of ten children.

Penny McCrae was Executive Director of the Lieutenant Governor General's Review Board for 13 years, prior to her arrival in the County in 1980. The Review Board comprises Supreme Court Judges, lawyers, forensic psychiatrists and laypersons who annually review the status of patients in Ontario found Not Guilty by Reason of Insanity or Unfit to Stand Trial. Hearings are in psychiatric facilities and prisons across Ontario, requiring constant personal liaison with the Lieutenant Governor and Supreme Court Judges. Since moving to the County, Penny has been an active volunteer: Picton Manor Nursing Home, the Regent Theatre & the Hospital Auxiliary and Kidney Dialysis Clinic. She is a past Executive member of the Palliative Care Association for P.E.C., and is a Director of the West Lake Community Arts Initiative. Her lifelong passions include the family, music, outdoors, sports and the arts; she is Newsletter Editor for the Sumi-e Artists of Canada.

The Board sadly accepted the resignation of director **Rosemary Kent**, who as well as her Board work in the past year, offered her and sister Judy's garden as one of the venues for the 2006 June garden Tour; Rosemary has agreed to continue in a volunteer capacity while trying to reduce some of the many draws on her time with the County Birding group, etc...

Editorial - Between the Lines!

At last we have a newsletter name - the common understanding of reading "between the lines" involves a combination of guesswork, assumption and occasional leaps of faith. It's said, time after time - life is never black & white - i.e. the truth, or reality, lies somewhere between black and white.

The aims of the Centre are that each client ultimately manages to gain insight into and understand their own truth - between the lines is not a compromise, it's a balance that helps sustain life and accept death as a natural and graceful end to a healthy lifetime. This balance is so much more difficult to regain when it is upset following sudden, tragic, painful or global loss of life and tragedy. Thank you Shelly Wiggen, writer for CJBQ for a great name!

Coping with the Holidays

Charles Dickens's famous literary character of Scrooge had no time for Christmas; many people feel the same, and can't face the holidays for a variety of reasons.

For most people, there are dates through the year that are associated with family gatherings, such as Christmas, Thanksgiving, Easter, Rosh Hashanah, Yom Kippur - whatever your religious faith, you will have such occasions. These times always have a place for remembrance of loved ones who are missed; their passing may have been recent or many years ago, but just the trimmings and activities of the occasion bring forth so many mixed memories...

In the first year following the death of a loved one, these memories coupled with the stress of preparations for visitors, the hustle of a full house that nevertheless is still empty can transform what used to be a joyous time into an ordeal.

Scrooge's encounters with the ghosts of his past, present and future are what changes his perception of not only Christmas, but his life; our memories can sometimes haunt us in such a way that we don't live in the present, and cannot see a way to enjoy the future...

Once again, for this holiday season we will be meeting at Glenwood Cemetery Chapel on December 3, from 1 - 4 PM for an informal and relaxed gathering to understand the complication of the season and to participate in a simple celebratory ceremony to place a star for your loved ones on the tree. The afternoon will be facilitated by Kathleen Foster-Morgan, and for those of you who came last year...the new heating is now installed! Also hopefully the new stained glass window will be installed.

NEW YEAR by Sascha Wagner:

The new year comes

When all the world is ready for changes,

Resolutions...great beginnings.

For us, to whom that stroke of midnight means

A missing child is remembered,

For us the new year comes more like another darkness.

But let us not forget that this may be the year

When love and hope and courage

Find each other somewhere in the darkness

To lift their voices and speak...

Let there be light.

Upcoming Events

Lambs for Children Fall program starts 16 October, for 8 weekly sessions from 3.30 PM to 5.00 PM each Monday, unless advised otherwise.

The Bibliography Book Club starts on 8 November at 1 PM at the Pig House - the book is the Vanishing Acts by Jodi Picoult - www.jodipicoult.com A great book that prompts the question: *how do you recover from the past when it was never yours to lose?*

The Supper Club has already started - if you would like to join the group, please contact the Centre - next meeting is 25 October.

EFLLC & ADEC: Professional Lecture 17 November

Dr. Madeline Lambrecht speaks on A Complicated Grief-Suicide
Call for venue and times...



Financial Stress: 29 November - see opposite

Coping With the Holidays

3 December, 1- 4 PM

at Glenwood Cemetery Chapel.

Check this NATURAL Site...

(Site has not been fully vetted, only scanned; adult supervision is recommended)

www.davidsuzuki.org/kids

This site has some interesting tips and information for everyone, though it is aimed at kids - highly energy-conservation and nature oriented as one would expect from David Suzuki, one of Canada's most recognized and high profile environmentalists, the site is worth a visit for the links alone. Excellent homework source material for school projects!

Share your favourite websites on nature and the environment with other readers: email info@edithfoxcentre.org

Encouraging Horticulture - Winter Garden Care

Winter care of trees and shrubs

Here in the County we're generally thought of as being somewhere between Zone 6a and 5b... your trees and shrubs are a major investment in your garden, and winter can be hard on valuable plants.



Most Important:

Continue to thoroughly water woody plants and shrubs in the fall - especially new additions, and all evergreens - until frosts harden the ground. Leave an empty can out - if you've had more than one inch of rain per week, relax - if not, water. Evergreens and broadleaf evergreens need to build up moisture to survive the cold months. Dehydration due to late winter sun and wind causes the most damage at this time of year and shows as browning or burning of foliage.

To Wrap or not to Wrap:

Why plant evergreens if all you have to look at is little burlap columns around your garden? Most established evergreens appropriate for our zone don't need to be wrapped - exceptions are Alberta Spruce and new plantings.

To make a windbreak around vulnerable plants, hammer four wooden stakes into the ground and staple on a burlap covering. Never use plastic, or your plants could "cook" on sunny days. (Remember the greenhouse effect?)

More tips for winter care of woody plants:

- Protect plants near roadsides from salt spray from the road with a double layer of burlap and don't plant evergreens nearby.
- Protect broadleaf evergreens (rhododendron, pieris and laurel) with an anti-desiccant spray such as Wilt-Pruf, which coats foliage with a protective waxy film.
- Use leaf or bark mulch to cover the root area of evergreens and broadleaf evergreens
- Protect upright evergreen junipers and cedars from breakage due to ice and snow by wrapping branches with heavy string or mesh covers sold for this purpose. Once fastened into place, you'll hardly see the string or mesh.
- Protect young trees with plastic tree-trunk guards

Financial stress

THE BASIC PRINCIPLES OF INVESTING...Overwhelmed by your Investments? Very often after a loss or a significant change in a relationship the reality of financial investments seems to be a daunting task!

The Edith Fox Life & Loss Centre & RBC Dominion Securities invite you to join Jennifer Lemieux, Manager of RBC Dominion Securities, Belleville, for an informative talk on November 29th, 2006 - 7PM, at 10, Front St. South, Belleville.

Call 613-966-9392 to book or ask for details.

EVENTS & PROGRAM DETAILS

HOW YOU CAN SUPPORT US & OUR PROGRAMS

Sponsor a child in the Lambs for Children Program (\$500 per child)

Sponsor a child to attend CAMP STAR (\$300)

Purchase books for our Bibliotherapy Program (\$50) or our **Lambs or Sweaters** - see below for details.

Make a Monthly Donation:

\$25, \$50, \$100 or Other Amount

Become involved in our annual fundraisers as a shopper, donor of "treasures", silent auction items, or as a volunteer.

Remembrance - As we are a Federal registered not-for-profit Centre, you can elect to make donations to the Centre in memory of loved ones at any Funeral Home in any Province across Canada. We thank all Families who choose to help us help others at times of loss.

Start your Holiday Shopping early!

Lamb Sweater and Hat Knitting Kit

The kit consists of:

- a woolly bag with a rope handle and a felted lamb on the front
- a pattern for 1, 3 and 5-year-olds
- the yarns for making a lamb sweater and hat
- a little knitted "hat lamb" to be fixed to the top of the hat
- a child's book, Amos' Sweater, by local writer, Janet Lunn



Cost: \$65.00 (\$60.00 without the book) + shipping*



The Lamb Sweater/Hat Set

comes in sizes 1, 3 and 5 years colour is grey flannel

- lamb-topped hat
- lamb pattern on sweater front

Cost: \$65.00 + shipping*

* Shipping is \$12.00 within Canada.

The Lambs

These are various-sized felted wool stuffed lambs (between 7" and 12") knit by loving hands in our community and afar

Cost: \$23.00, \$27.00 and \$33.00 + shipping*



The Supper Club Evolves!

The Supper Club is for women who have experienced the sudden death of a partner early in life. It has proved to be very popular, providing a no-pressure environment for exchanging fears and concerns. Attendees can tell their stories, or just listen. It's a time to share and formulate ways to deal with many common obstacles while discovering how to re-shape their lives.

We meet for ninety minutes focusing on a beginning and an end just

THE GALA & DANCE November 18th, 2006

COME JOIN US

THE EDITH FOX LIFE & LOSS CENTRE

SATURDAY, NOVEMBER 18, 2006

FOR

THE GALA & DANCE



AT THE RITCHIE ROOM

CAPERS, BELLEVILLE

DINNER & DANCE

BLACK & WHITE COCKTAIL ATTIRE

WITH A SPLASH OF COLOUR FOR LIFE

CELEBRATING 10 YEARS OF

LAMBS FOR CHILDREN

TIME: 6 PM TILL MIDNIGHT

MUSIC BY BRIAN BARLOW & FRIENDS

(GUIDO BASSO - GUEST PERFORMER)

TICKETS: \$120 PER PERSON

(\$50 TAX RECEIPT)

ACCOMMODATION CAN BE BOOKED AT THE RAMADA INN ON THE BAY FOR \$105 PER ROOM UNTIL 15 OCTOBER

About our Musicians:

Drummer **Brian Barlow** played with the Boss Brass for over 12 years and has performed on over 400 recordings with a wide variety of artists, including such jazz mainstays as Hagood Hardy, Phil Woods and Moe Koffman. His many concert performances have included working with Diana Krall, Joe Williams, Tony Bennett and Chet Atkins. Guido has been quoted as saying, "He is a musician's musician, and a fabulous arranger".

Guido Basso, a Member of the Order of Canada, has had an outstanding career as a flugelhornist, arranger, composer, conductor, studio musician – as well as a trumpeter and harmonica player par excellence. Many big band devotees remember Guido's fine work with such groups as the Boss Brass, the Rob McConnell Tentet, Nimmons 'N Nine Plus Six and the big bands of Ron Collier. The lyricism of his love affair with the flugelhorn is obvious on the 2004 Juno Award-winning CD by CBC Records, "Lost in the Stars" (TRCD 3007).

And the band played on...

Great meal...Great band... Great cause...

Hope to see you there!

like life itself. The evening revolves around the simple premise that sharing a meal is a cornerstone of a relationship; yet mealtimes can become a poignant reminder of the absence of a life partner. The Supper Club attempts to ease the loss by sharing food and conversation. At all times an experienced clinical therapist is available to assist when emotions become overwhelming. The next meeting is on 25 October - please contact the Centre to reserve a place if you'd like to join - attendees take turns in providing a simple supper of soup, bread etc.