

BETWEEN THE LINES

Volume 4 Issue 2 - Fall 2007

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THE EDITH FOX
LIFE & LOSS CENTRE
613.476.1128

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NEWSLETTER

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The Gala II - One Hot November Night

23 November 2007, Holiday Inn, Trenton - cocktails at 6.00pm

We are all so excited about our Second Gala, which this year will be held in Trenton at the Holiday Inn. Since the inception of the Centre, the Board has been aware that clients come from a wide area - Kingston, Napanee, Belleville and Trenton, as well as from Prince Edward County. The Board is committed to an expansion of activities that will eventually see programs being offered more locally to these clients. We need to raise funds to promote programs in each location, hence the choice this year of Trenton. And for next year? Imagine a steamy Parisian night club - transported to Kingston for easier travel! Maybe.

The highlight of this year's November 23 event is its "Caribbean" theme. Again we have the amazing Brian Barlow helping us with the musical side and this year we have Dick Smith and his band "SYNCONA". Named after the area in Jamaica where Dick grew up, the band includes a wonderful steel drum player named Selwyn Gomes from Trinidad, and plays a wide range of jazz-oriented music with a definite sunshine flavour! Sample the sunshine at: www.syncona.com/. Brian Barlow will be the featured guest as will critically acclaimed Guido Basso.

AND rumour has it that a couple of well-known trombone players may make an appearance - it will be a musical night to remember, and we haven't even mentioned the dinner! The catering staff at the Holiday Inn are cooking up a Caribbean storm that will blow you over with island flavours; our decorating team is planning to match the colourful theme with their own particular slant on sun, sand and "soca"...and of course we'll be doing the "merengue" too - no excuse if you don't know the steps - we will have a choreographer in the house! We also have guest speakers who will share experiences that will touch your hearts and illustrate the need for the services that the Centre offers in so many walks of life and in so many locations.

Last but not least, we have a wonderful variety of "life experience packages" to auction off - typical examples of what we plan include:

- 2 Tickets to a Toronto Maple Leafs Game
- Signed Maple Leaf Jersey
- Silly Sally Clown Party for your kids
- A day in the Kitchen with Michael Potter of Harvest

And so much more!



TICKETS AVAILABLE NOW...

\$120 (\$50 tax receipt)
CALL: Kevin Weaver at 613-394-2433
(Weaver Family Funeral Homes)
Penny McCrae at 613-476-5512
OR The Centre at 613-476-1128

Glossary:

Soca - Soul Calypso - music that originated in Trinidad

Merengue - is often played in sexy salsa clubs - & Trenton!

Caribbean Crazy Man - our special dress code is aimed at the men who don't like to wear a tux, and their partners who want to dress it up! Tux is good, Caribbean style is great too - have fun - you might even win a prize!

Message from the President

The Board of Directors of The Edith Fox Life and Loss Centre is pleased to welcome Liz Brown to the Board. She will be assisting us in the role of parent advocate, as she and her family have had first hand experience with the Centre's programs.

We are also grateful to Scott MacDonald who has stepped into the role of Treasurer, following the resignation of our founding Treasurer, Evelyn Trites. Evelyn will continue as a volunteer for Centre events. We are most appreciative for the four years of financial advice and counsel she gave us.



Under the co-chairmanship of Penny McRae and Kevin Weaver, we are preparing for this year's Gala to be held November 23 at the Holiday Inn in Trenton. Those who attended last year's Gala had a great time, and I invite you to join in this year's major fall fundraising event for the Centre. Our thanks to RBC Dominion Securities for their continuing sponsorship.

I was privileged to attend the final performance of this year's Camp Star graduates whose ages ranged from 5 to 13. While I was not present when the children arrived for their week of growth and exploration, I was certainly witness to their increased confidence and obvious enjoyment of their week at Camp Star. Well done!!!

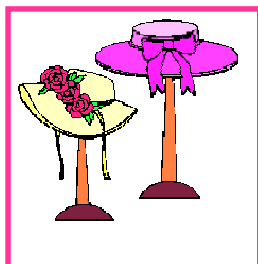
The children shared the journals they kept during the week and illustrated their latest knowledge of nature's magic. They sang, acted and most importantly, showed how they had come together as a group. The children learned to trust each other and accept their respective journeys through their common experiences. I was even interviewed in my new pink hat!

As a Board, we do not interfere with the therapeutic process of the Centre, but we appreciate participating when we are asked. I'm certainly glad I went.

We look forward to welcoming you to our 'Coping With the Holidays' programs in Picton and Trenton with our partners, the Board of the Glenwood Cemetery and Weaver Family Funeral Homes. Thanks also to Kevin Weaver and Weaver Family Funeral Homes for sponsoring expansion of **The Supper Club** to Trenton. This will be a mixed group program for adults coping with the sudden loss of a partner.

Our best to you and your families.

Lana Lockyer Holmes,
President, Edith Fox Life & Loss Centre



The Pink Hat

Do you like my hat?
Would you like to wear it?
Do you think that I should?
Our eyes meet.
But do we pierce the generations?
We have five minutes.
Can we connect?
This time will not come again,
you in your beginnings
and I in my last journeyings.
But we can share – if we dare.
Would you like to wear my hat?

CEO Comment

I can still be surprised and I think this is a good thing!

Sometimes they are wonderful surprises, rich in experiences and then there are other times; I have the opportunity in my chosen profession to get even more surprised when someone discloses their personal story in their counselling or therapy. Having the patience to wait, the ability to listen and the knowledge of how to interpret those insights has a huge impact on the therapeutic relationship for both the client and the therapist.



I have always been surprised by the difference in ethical standards or lack of awareness in the individual. I once had a teacher share that he believed over half the population were "the perambulating dead". I think it is the loss in the contact of the relationship that numbs the ability to live and love life.

The professional practice of Psychotherapy in Ontario is presently under much scrutiny and rightly so. The public can be reassured when they see *Clinical Member of the Ontario Society of Psychotherapy* that the clinician has had formal training in a therapy model and has reached a standard to a Master's level or equivalent. A Clinical Member must have 3,000 hours of clinical experience and have completed a minimum of one hundred hours of one-to-one supervision. Ordinarily an applicant is expected to have at least two supervisors, neither of whom have concurrently served as the applicant's personal psychotherapist. Further the significant factor in membership of this Association is its mandate for one thousand hours of professional clinical work as a psychotherapist. This clinical work must be mainly with individuals. The key difference from many other associations is a mandate to have completed a minimum of one hundred and fifty hours of personal psychotherapy.

"Psychotherapy is a relationship not a medical intervention; it is the journey and telling of the narrative. Research shows that the two often complement each other, leading to a better understanding of life and greater healing for the client".

And after much review and lobbying the Ontario Provincial Government is at the stage of forming a Transitional Council to create a College of Psychotherapists and Registered Mental Health Practitioners... we wait to see what this truly means. I hope the model will be very similar to what the Ontario Society of Psychotherapy has ethically championed for...

I will likely be surprised. Again.

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



Riding on the crest of a wave that tries to submerge us is one of the phases of our existence that makes life most satisfactory and worth living, and it is the secret of all progress. If gardening were easy, even under favourable circumstances, we should none of us care to do it.

Mrs. C. W. Earle, (1836 – 1925) English Writer.

We are Growing...

PROGRAMS

- So far this year, LFC/Camp Star programs have touched over 35 families.
- Our referrals continue to come from CAS and from Health Teams, Doctors, Agencies, Early Years, etc.
- We make frequent PR visits to these organizations

PROFESSIONAL LECTURES

- 100 professionals attended a workshop entitled "Exploring Suicide: Professional and Personal Perspectives" at Loyalist College, which was sponsored by the Centre and ADEC. Presenters were Kathleen Foster-Morgan from the Centre, and Dr. Madeline Lambrecht from the University of Delaware.

LOYALIST COLLEGE

- As well as helping with the lecture, the Centre has a Loyalist College placement student starting in January 2008 to assist with programs as a part of their practical study experience. An earlier placement organized for summer of 2007 withdrew for personal reasons.

OTHER AGENCIES

- The Centre has been asked by Bereaved Families of Ontario (BFO) to have Kathleen attend as Guest Speaker in Kingston, 11 March 2008.
- Thanks to Kyla Price Jones and the Pathways to Independence Team for gardening excellence at the PigHouse.

UNIVERSITY OF DELAWARE

- Another Further Education workshop for Professionals is being developed in conjunction with the University of Delaware and with Loyalist College.

BUNNIES AT BENSON PARK Camp Star 2007

Our Summer Camp Has Expanded!

Each week we visited Benson Park's County camps, taking our "bunnies" to teach gentleness and encouraging responsibility and appropriate manners. This gentle introduction also complemented the more intense approach at our 5 day Camp Star program at Northport or our 8-week Lambs for Children program.

Many families that we met at Benson Park appreciated the introduction to Camp Star and the Centre's programs.

This joint venture with the County's Benson Park program makes so much sense - *for when you really need us.*



...
A special thank you to
our Camp Leaders...
Benson Park: Pam McRae,
Northport: Desti Miles,

And to our hosts for the Edith Fox Open House Aug 23rd, Elizabeth Robb & Shirley Roloson

AND OF COURSE to
Janet Richardson
Bunny Farmer Extraordinaire!
& we hear new miniature sheep have moved in!

The Starfish Story

This story is told often at the Centre - it emphasizes that the individual matters to the larger picture of a productive and compassionate community. Our work is to help one person at a time within the group process.

There was a man who would take a walk every morning along the beach. As he walked, he would pick up starfish and throw them back into the ocean. He would do this all down the beach on his entire walk. The man would walk back up the beach on the way home probably picking up many of the same starfish and throw them, yet again, back into the ocean. He did this same routine day after day.

A neighbor watched this man do this each day. The tide would come in and so would the starfish. The man would throw them in the ocean. They would wash back up on the shore.

The neighbor watching could not stand it anymore. Finally, one day the neighbor asked the man why he spent so much effort throwing the starfish back into the water. "They just get washed back up on the shore again. What does it matter?"

The man reached down, picked up a starfish and threw it into the ocean.

"It mattered to that one!"

To much of the world, the efforts of some people don't seem to matter. Their actions appear futile or a whole lot of effort and not much result. In fact, this drives some people crazy.

To the starfish being washed up on the beach and left stuck in the sand, there is a different perspective. They are kept alive because of the effort of just one person.

Many days, I am the starfish washed up on the beach. I am grateful for someone who cares enough to keep throwing me back in the ocean. Some days repeatedly!

Fall is approaching and our board works tirelessly reaching down to pick up starfish.

"It matters to that one!"



REMEMBRANCE

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.



Contact the Centre if you wish to make a Christmas Donation to Lambs for Children and a special lamb card will be mailed on your behalf.

T: 613-476-1128

E: info@edithfoxcentre.org

a bench and a few good chairs...
The County Garden Show - 2007

"I will come to your event at the Palace... You are indeed dedicated. As an orphan I can relate to your program. When I was a kid they just said, 'Stiff upper lip and get on with it.' All I can say is, It makes wounds for life."

This quote is from Marjorie Harris' email accepting the role of guest speaker for the Saturday afternoon. Editor-at-large of Gardening Life magazine and garden columnist for the Globe and Mail entertained a packed Bluebird Building with her talk based on her recently published book, "How to Make a Garden - The 7 Essential Steps for the Canadian Gardener"

It seems such a long time ago now that we were sitting around the table, planning our first-ever fundraiser at the Crystal Palace. In partnership with Prince Edward County Parks, Recreation and Culture department, we were able to bring those plans to a very successful fruition on May 4 & 5, 2007. Friday evening saw our reception for vendors and those who purchased a two-day ticket - many thanks to Acuity Funds Ltd for their sponsorship. Also to Wights Greenhouse - Sandy and Drew for amazing flower arrangements.



Many, many thanks to auctioneer Boyd Sullivan, who did a wonderful job, stimulating some competitive bidding for a wide selection of benches and chairs, and of course to the donors of auction items.

Donations included a custom corner bench, a kayak from Clearwater Designs (the third year they had donated to our cause - as had several other donors that night), as well as a cool garden tool rack made from a pair of blue jeans! (RedBarn Florists)



Saturday saw all of our vendors busy throughout the day - approximately 700 people came to the show, many saying they would be back. Also our vendors were appreciative of the high quality of all of the booths - the planning committee selected only nature, or garden-related displays - even arts or crafts was primarily nature-themed, in accordance with the Centre's mandate of utilizing nature, horticulture and the arts as tools within the therapeutic process. Thanks to Currah's Restaurant for providing a wonderful lunch and also to PECE students for helping out everywhere they were asked!

Overall, the event was greatly enjoyed by all who attended. The attendance truly justified the Board's decision to re-locate from the Centre in Northport and begin to build a larger event. It also showed a growing interest in the work of the Centre. We truly are thankful to Commissioner Barry Braun's dedicated and helpful staff for helping us launch a unique event in the County - one which the Centre is committed to continue into the future.



To Our WONDERFUL Team Members & Community:

Thank you for supporting our recent fundraiser "A Bench & A Few Good Chairs - The County Garden Show". As a result of your commitment and enthusiasm The Edith Fox Life & Loss Centre was able to raise over \$16,000.00 to help the children and families in our community who are struggling to deal with grief and loss issues. All of you who pitched in with your time and energy ensured a great event for those who attended. We could not have done it without you!

Organizing Committee: Penny McRae, Sandy Wight, Jennifer Goodman, Ann Thistle, Kathleen Foster-Morgan, Carol Harvey,
Site Team: Marianne Bradbury, Veronica Cluett, Trisha Daley, Earl Foster, Denise Galloway, Connie Gorsline, Lisa Hennessey, Walter Holmes, Dee Johnson, Sheila Jones, Judy & Rosemary Kent, Faye Loverock, Darlene Baker & Richard McEvoy, Erin McFaul, Megan McRae, Pam McRae, Bradley McRae, Pat Mills, Pete/May Orsborne, Fran & Bill Renoy, Janet Richardson, Brian & Liz Stewart, Mary Tucker, Joyce Young, Elizabeth Robb, Angie & Troy Byford
All our Vendors, Pie Makers, Sign Makers, Sound Bassix, and many more!!

It takes a village to raise a child... thanks for being in our village!

Jennifer Lemieux,

Chair of Fundraising Committee & Director
With The Edith Fox Life & Loss Centre

RBC Dominion Securities, Manager, Belleville
Tel: (613) 966-6287



Coping with the Holidays...

December 9, 1-4PM



We anticipate the holidays to be a happy time spent with family united, chestnuts roasting, children laughing, grandparents teasing.

For some, reality is not so kind at holiday times; the warmth of the season can turn to the chill of the past. There have been many media highlights in 2007 that have affected us all. We have journeyed down the Highway of Heroes far too many times. Each of us experience personal loss as our journey of life weaves through time.

Please join us for our 3rd Coping with the Holiday's at the Glenwood Cemetery Chapel, Picton on December 9th 1-4 PM for an afternoon of reflection, and music. Place a star on our tree in memory of your loved ones... Then enjoy a warm glass of cider & those famous shortbread cookies!



Glenwood Cemetery Board

will have wreaths and Holiday baskets on sale from 12 November
Call Libbie Crombie at 613-476-2700 to place an order.
Pick up at the Chapel 24 November, 9:30 AM to 12.

Ongoing & Upcoming Programs

Lambs for Children - Call the Centre for details. The program comprises 8 weekly sessions from 3.30 PM to 5.00 PM once a week.

The Supper Club meets once a month and is intended for adults coping with the sudden loss of a partner. The County group has started and our Trenton group starts October 30 - please contact the Centre at 613-476-1128 or see www.edithfoxcentre.org for details.