

BETWEEN THE LINES

Volume 4 Issue 1 - Spring 2007

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THE EDITH FOX
LIFE & LOSS
CENTRE
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Spring Ahead for A Bench & A Few Good Chairs... The COUNTY GARDEN SHOW at Picton Crystal Palace

The Edith Fox Life & Loss Centre, partnering with The County of Prince Edward, Recreation, Parks and Culture Department and with sponsorship from RBC Dominion Securities is pleased to announce:



A BENCH & A FEW GOOD CHAIRS,
THE COUNTY GARDEN SHOW

May 4th and 5th 2007

THE CRYSTAL PALACE, PICTON

May 4th is a ticketed reception from 5PM to 8PM, with refreshments provided by Currah's, a Live Auction of Benches & Chairs, Auctioneer Boyd Sullivan, and live Classical Guitar music; booths will be open for sales.

May 5th is SHOW DAY - tickets \$10 at the gate, children under twelve years free entry (with adult).

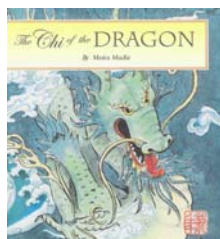
On both Friday evening and Saturday, numerous vendor stalls of Garden, Horticultural and Nature themed products, as well as some wonderful artists who depict gardens and nature in their work will have products for sale, demonstrations etc. Refreshments will be provided by Currah's.



Don't miss the Bunny
Corner hosted by our
founding sponsor, RBC
Dominion Securities.

One of the artists is Moira Mudie, who specializes in the ancient art form of Chinese brush painting. This unique art form captured Moira's imagination some forty years ago, and we are very fortunate to have her visit Picton to demonstrate this ancient art and to display several paintings for sale.

Moira has also just recently published "The Chi of the Dragon" an insight into Chinese art: the philoso-



phy, symbolism and techniques used from ancient times to the present. Moira will personally autograph her book upon purchase.

A special attraction on Saturday is a 1:00PM presentation by Marjorie Harris, renowned Gardening expert, Editor, Columnist and Author. She will also have copies of her just-published book for sale and she has agreed to autograph copies



she is at the show.

How to Make a
Garden The 7
Essential Steps
for the Canadian
Gardener
Marjorie Harris



We are very pleased with the vendors we have lined up; we have copper and rock fountains, teak furniture, heritage seeds, herbs, flowers, plants, garden décor and art and much more.

There is still space for additional innovative vendors of garden, horticulture and nature related products, so...

...if you are a vendor, artist, or crafts person, or you know someone whose products and work relate to the key themes of the Show please download show details:

www.edithfoxcentre.org

Tickets for the Reception (\$25) are available at the Regent Theatre Box Office - this ticket is good for re-entry on Saturday.

Tickets for Saturday (\$10) are at the gate - children under 12 enter free and must be accompanied by an adult.

Call for Volunteers!

If you would like to help our other volunteers at either the Friday or Saturday events or on Sunday morning for clean-up, please contact Penny McRae at 613-476-5512.

We need:

- Gate & Parking attendants (there will be shifts so it's not all day!)
- Vendor greeters and guides (Friday afternoon)
- Help to set up and take down (Friday/Sunday)

CEO Announcement



In the last issue we told you about our first joint collaboration with ADEC - the Association for Death Education & Counselling, an organization comprised of exceptional leaders and innovators in the field of thanatology. We had planned a clinical educational workshop November 17th with Dr. Madeline Lambrecht from the University of Delaware. Unfortunately, we had to postpone the event due to the death of a very close life-time friend of Dr. Lambrecht's a day or so before the event.

We have been able to re-schedule the workshop with Dr. Lambrecht and look forward to welcoming her back to the County!

Topic: "Exploring Suicide: Professional and Personal Perspectives"

Venue: Alumni Hall, Loyalist College, Belleville - 23 March 2007, 10:00AM to 1:00PM - refreshments provided

Reservations: To register on-line visit www.loyalistfocus.com

and click "Express Lane" for CRN # 5750
Call 613-476-1128 for more details

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

Message from the President

Annual meetings are valuable opportunities to review an organization's progress. At our AGM on January 23, I was able to report considerable progress on three goals we had established the year before: strengthening the Board, expanding our fundraising activities and developing new partnerships.

We have certainly strengthened our Board of Directors. Directors for this year are: Jennifer Lemieux (Fundraising Chair), Scott MacDonald (Education and Outreach Chair), Penny McRae, (Vice-President/Secretary), Dr. Bonnie Robson (Research), Evelyn Trites (Treasurer) and Kevin Weaver (Marketing & Communications Chair).



We now have two annual major fundraising events planned: A Bench & a Few Good Chairs, a new version of which we are introducing in May, and an annual Gala. We have been fortunate that RBC Dominion Securities has become our major sponsor for these activities.

Our partnerships now include The Association for Death Education & Counseling, Glenwood Cemetery Inc., Loyalist College, Weaver Family Funeral Homes and the Corporation of the County of Prince Edward with whom we are presenting 'The County Garden Show' May 4th and 5th at the elegant Crystal Palace.

As we begin our fourth year of operation, we have many supporters and volunteers to thank for getting us this far – and we look forward to helping more individuals and families as we expand our activities.

Lana Lockyer Holmes, President

The Gala - our first!

Our first Gala, a dinner and dance celebrating 10 years of Lambs for Children was held at Capers in Belleville, in November 2006. Thanks to many kind people it was a tremendous success with lots of fun and laughter during our dinner, antics and auctioning of wonderful donations.

The Brian Barlow Trio and special guest Guido Basso entertained us throughout the dinner and afterwards for dancing.

As a result of this exceptional evening we were able to raise approximately \$10,000.00 for the Lambs for Children program. Thanks to Kevin Weaver who stepped in as last-minute auctioneer and did a sterling job and to our many helpers.

Also we pay tribute to our Gala Chair Sally Margueratt and our Ambassador Carolyn Burn for their tremendous input, and of course to Capers, who provided an excellent dinner. A hearty thank you to all those who participated and we look forward to our 2007 Gala...speaking of which, see below!



Penny McRae, Secretary

The Gala - our Second is already in Planning!

Our Gala will take place on November 24th, 2007 at the 8 Wing Officers Mess on the Trenton Air Base.

We are looking forward to another fun filled and exciting evening sharing many surprises and listening to the famous Jazz Artist Brian Barlow, who has graciously agreed to make a return visit - but with a new twist on the music.

The evening will include a delightful dinner, auctions and of course a few speeches are mandatory. We look forward to sharing another special occasion with you. Information about this evening of delight will be available within a couple of months.

Penny McRae, Secretary

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 website for details.

Make a Monthly Donation:

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

Become involved in The County Garden Show as a shopper, donor of Door prizes, Bench or Chair 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.

The Bunny Interviews...

Lambs For Children is the core programme of the Edith Fox Life and Loss Centre and its basic tenet is the value of nature, specifically the human-animal bond, in helping people cope with loss and grief. The children tell us in many ways how true this is; Kathleen Foster-Morgan arranged an interview with two of our enthusiastic bunny-lovers who have adopted one of the bunnies, a beautiful jet-black one named Rascal:

Interviewer: *Would you tell us about a new member of your family?*



Mark: She is cute, fuzzy and likes to hide under beds. She is living up to her name because she is very hard to catch.

Heather: She is fun to have around and to play with. When I go to bed all I hear is the 'click click', which is the sound of her drinking from her water bottle. She

also makes a lot of noise when she runs around her cage.

Interviewer: *How did you feel on Christmas morning to find a beautiful black live creature waiting for you?*

Mark: I was very surprised, excited, and very happy. I had no idea. I loved being able to hold her when I was opening my other gifts. I remember when my mom and dad told me that they were going to speak with Kathleen on the phone, and I asked if they could arrange for me to visit Rascal again. I had no idea that they had already decided to have Rascal join our family. She brought a lot of joy to my Christmas Day.

Heather: I was not surprised about Rascal on Christmas morning as I was in on the secret. On Christmas Eve I got to hold Rascal when my parents were hiding her in the basement. When we were in group, I never got to hold Rascal because Mark always had her. It was great to spend some time alone with Rascal and feeding her carrots. On



Christmas morning, I was surprised to see the new teal cage. It was very big and Rascal looked so tiny in it. I was thrilled when I heard that Rascal was coming to join our family.

Interviewer: *Did you ever receive a live gift before?*

Mark: I received a Chinese fighting fish named Goldie. My parents also surprised us when they adopted our cat, Mr. O'Malley. Goldie died but Mr. O'Malley is trying to get used to sharing our home with Rascal.

Heather: Mr. O'Malley was a gift to our family. My parents adopted Mr. O'Malley from the Humane Society. He is a great cat but it took some time for him to get used to Rascal. Sometimes Mr. O'Malley will sit near Rascal's cage and watch her but other times Rascal can be running around and he doesn't bother her at all.

Interviewer: *Why is this gift particularly meaningful to you?*

Mark: I met Rascal through the Lambs for Children program, which I attended after my older brother, Johnathon died. Rascal is a memory of this program and I also feel that because I was in the program because of Johnathon, that she is a gift from him, and in celebration of his life.

Heather: Our family adopted Rascal through Lambs for Children which was a program that helped me talk about how I was feeling after my brother died. When I first met Rascal I knew that she was the perfect rabbit because she was full of mischief and I was so happy when I found out that we were adopting her. Rascal's fun personality is very similar to my brother's personality so I feel that

she was sent to our family to help us laugh more at her antics.

Interviewer: *Tell me how you look after her.*

Mark: I look after Rascal by giving her vegetables and helping clean her cage. Rascal's favourite vegetable is baby carrots. I make sure that she gets lots of exercise by creating a safe area for her to run around every night for a couple of hours. Sometimes she gets through the barrier in front of my door, and I have to go searching for her under my bed. Alas, her name is very fitting. One night I had to get my dad to help catch her at midnight. Sometimes, I hold her while watching TV or work on the computer. I like just holding her and watching her especially eat the baby carrots.

Heather: I look after Rascal by feeding her and playing with her on the couch. I take her out of her cage each night so that she can get some exercise. I bring her out when my friends are here so that she can be petted by them too.

Interviewer: *Would you say something about the value of animals to kids in your position? (do they make you feel good/better - do you know why?)*

Mark: Holding Rascal makes me feel good because I am holding something that is alive, and am responsible for. I also feel connected to Rascal when I feed her. Sitting and being quiet with Rascal helps me not to think about difficult things. It is very peaceful.

Heather: Holding Rascal makes me feel special because not a lot of other people have such a bunny, and she gives me kisses. I find that by holding Rascal, I can focus on just her, and she focuses on me, which makes me feel like I am important to her.

Interviewer: *Could you help us with some ideas for using animals with other kids?*

Mark: Maybe by walking a dog by the water and playing fetch with the dog. Playing with an animal is good because all animals love attention and show their appreciation, which makes you feel good. It is sometimes good to be able to focus on someone or something else sometimes to get you through sad moments.

Heather: I would like to play with a dog but I also really like holding the bunnies. If people have allergies, hamsters would be good too because they are small and you can pet them, and watch them play in their cage. Hamsters can run on a wheel and it would be fun to watch them run fast.

Interviewer: *Do you have any habits you follow having to do with Johnathon? Has he seemed to participate in any?*

Mark and Heather: Our family lights a candle every day for Johnathon and Rascal seems attracted to the light, but we don't think she can see it very well.. We continue to watch a movie as a family on most Friday nights and one of us will hold her while watching the movie, which makes us feel like there is five of us again. Our family goes to the cemetery every weekend. Last summer we took our cat with us so maybe this summer we will take Rascal with us on a leash.

Interviewer: *And how we learn from the children!*

We are so grateful to those who make available their animals to benefit the children in the programme. We have also interviewed our present very important bunny-provider (V.I.B.), Janet Richardson. She faithfully brings the bunnies to town and comes out to Northport to pick them up every Monday after "Lambs". The children provided the interview questions:

Interviewer: *What breed of bunnies are these?*

Janet: They are miniatures – called "Dwarf lop-ear" bunnies. The last ones were just "miniatures" (Rascal was one of these).

Interviewer: *Do you leave the bunnies in the car?*

Janet: Only for an hour or an hour and a half.

Interviewer: *How old are our bunnies?*

Janet: These ones were born in January. They have to be 6 weeks old before they come to "Lambs".

Interviewer: *Do you feel that you make a connection with most of*

your bunnies and animals?

Janet: Absolutely. They're my babies! For instance, the caramel one was the first one out of the box when it heard my voice coming. (Janet talks to the bunnies as she approaches their box and this one responded as described). Also it seems that most of my animals have "issues" (maybe fears, etc.). These ones are more interesting. Just like humans.

Interviewer: *What gender are they?*

Janet: Mostly female. Most bunnies born are female – possibly 70%/30%.

Interviewer: *What do the bunnies eat?*

Janet: I give them pellets which are designed to have all of the levels of nutrients they need. Good snacks are carrots, lettuce, apples – any fruit and vegetable leftovers such as potato peelings, celery leaves...

Well, then we got so taken up with interviewing that we had another one with the current "Lambs" group on the question of the benefits of animals.

Here are the responses:

*They make me feel good because they are soft and they make me feel comfortable.

*For me, I think they make me feel better and I make a connection with them and they make me feel I'm not the only one who has things to worry about and when I'm with animals it makes me feel I'm with someone worth trusting and they're not going to turn on me.

*When you get to feel them and be holding them and you feel like you're caring for them, I feel like I can grow up and care for people because people should care for people. My Dad cared for people – like my Mum does.

*I think they make me feel good because if someone's not being nice to you, if you hold onto an animal they'll make you feel better because it seems like they're listening.

*Interviews by Elizabeth Robb,
Founding Director & Lambs Programme Co-facilitator*

Talking of Bunnies! - Dr. Laura's Corner

Do rabbits sleep? Do they close their eyes?

Yes. Rabbits do sleep and they do close their eyes. When you are around them, rabbits like to keep their eyes open to watch you and won't go to sleep. Once they get to know and trust you, they will sleep in front of you, and they will close their eyes. In the wild they sleep an average of 8 hours a day and are most active at dawn and dusk.

What do rabbits eat (besides carrots)?

The most important part of a rabbit's diet is grass hay. He or she should have unlimited access to hay. Rabbits also like to eat leafy greens such as dandelion greens, kale, romaine lettuce, endive and cabbage. They should get over 1 cup per day of leafy greens. As a treat, a rabbit can get 1 heaping tablespoon of carrots, apples, pears or berries per day. Avoid feeding too many treats because rabbits can get fat. Rabbits can also be fed rabbit pellets but you should always have hay available.

Do rabbits need baths?

No. Rabbits are very clean animals as long as they are kept in a clean, dry cage. Bathing can be very stressful to rabbits and is not recommended.

*Dr. Laura Bassel, DVM
Picton Animal Hospital*

The Human Animal Bond

Most people who have pets consider them to be a member of the family and many consider their relationship with their pet as intense as a relationship with another person. Over 50% of Canadian households contain pets and of these, 94% speak to their pets as though they were human. Although anthropomorphism can cloud opinions, objective research exists to support physical and psychological benefits from pet ownership.

Pets can provide a source of companionship without the irregularities and emotional burnout sometimes associated with human relationships. Animals provide unconditional, consistent and non-judgmental love. Pets can facilitate interaction with other people, thus decreasing feelings of social isolation. People with pets have been shown to have benefited from their relationship with their animal during times of grieving. Children with pets have been shown to have higher self-esteem and better understanding of non-verbal communication. Taking care of pets teaches responsibility, and dog ownership in particular, encourages regular physical activity.

Having an animal also appears to have health benefits. People that have pets experience fewer heart attacks, are more likely to survive heart attacks, have lower cholesterol and lower blood pressure. One study showed that the presence of a dog lowered participants' blood pressure more than did the presence of friends. People with pets report reduced stress levels, and elderly pet owners visit the doctor less frequently than people without animals.

The bond between humans and animals can be very strong and ongoing research is beginning to show us how this bond can impact our lives. Most of the people who have pets do not need to be told how this relationship benefits them. Pets are great additions to many homes and much of their impact is in subtle, non-quantifiable ways. Their mere presence can bring a smile to our faces. They enrich our lives through their fun, loving and consistent companionship.

Animals have been used in therapy programs. Nursing home and hospital visits by dogs and cats, therapeutic horseback riding programs and the addition of animal care into correctional institutes have all been shown to have numerous benefits. Locally, the Lambs for Children program incorporates rabbits as one of the components of its grief therapy program for children. Many children relate to the rabbits' vulnerability and need to feel safe and secure. Providing care, building bunny houses and feeding the rabbits can elicit stories of the children's own needs and concerns. Even just holding the rabbits and quietly petting them is therapeutic.

*Dr. Laura Bassel, DVM
Picton Animal Hospital*

Ongoing & Upcoming Programs

Lambs for Children - the spring program is under way. Call the Centre for details of future programs, which comprise 8 weekly sessions from 3.30 PM to 5.00 PM each Monday, unless advised otherwise.

The Supper Club meets once a month and is intended for adult women coping with the sudden loss of a partner. Next group starts March 27th - if you would like to join the group or need more information, please contact the Centre at 613-476-1128