










# A U S T R A L I A N N A T I O N A L N E W S L E T T E R

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No. 37 July 2005 Vol 11 Issue 2

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## **From the Editors**

### ***Cheery Greetings from Maxine and Chris.***

This editorial is in two parts. We think that it is important for you to read what Eva has to say before we make any further comment.

## ***Goodbye from the Founding Editor***

Old habits and all that... Although the responsibility for the July issue of the Australian National Newsletter wasn't mine, I was still thinking about it during June. At the same time, it was wonderful not to have to remember to send out a reminder of the closing date or wonder about how many contributions there would be and what sort of additional material I should choose.

I've just read the March edition again with the comments of appreciation for my work. I know they were meant to tell me to continue what I was doing, but I think it's a very good note on which to step down altogether. That leaves the matter of what comes next.

Over the past years, I've regularly asked whether any (Australian) State wanted to change anything with regards to the NL, contents, format and frequency, whatever. The reply has generally been: we like what you're doing. That was always gratifying, of course, but ten years of the same editor is enough. It's also time for you to think about whether you really want one and the same person for so long again. The next editor will no longer be the Founding Editor and that clearly makes a difference.

I would like to suggest strongly that the Australian States consider taking it in turns to be responsible for the National Newsletter for, say two years at a time. Some of the advantages would be (in random order): the NL becomes truly national; new people and new ideas on a regular basis; the work only comes around every so many years; our States would feel more involved and they get the chance to put their own emphasis on issues.

It would be up to each State to work out the details for their turn but because this is now an email NL only, there is no copying, folding, addressing etc involved, and so anyone in your State with a computer and Internet access could do it. It could be a chance for (a member of) one of your country chapters to contribute while working closely with your elected committee or board.

The simplest schedule of rotation would be alphabetically, and the ACT and Queanbeyan would be prepared to take it on for at least 2006. That leaves this year's November issue but Maxine and Chris (ACT and Queanbeyan) have very kindly offered to do the extra issue by way of being caretaking editors. I'm grateful to both of them and I'm sure that Chris in particular will have lots to contribute after his trip to the International Gathering in Vancouver (with other chapter members).

As the Founding Editor, I obviously feel strongly about the value of this Newsletter. I can picture an extended role for a forum such as this, both at the national and international level, far beyond my efforts so far. It's quite exciting to think of the possibilities.

It's my turn to thank those of you who have sent in reports, articles and items of interest over the years, and VERY VERY special thanks to the regular contributors. Without you .....

*Eva*

So, there we are. Not quite what we were expecting perhaps, but who can blame Eva for converting a break from the editorship into retirement. So its time to say formally to Eva – many thanks indeed for establishing this newsletter and keeping it going for 10 years. It has provided a forum for TCF members all around Australia to exchange ideas, pass on information and receive support from other groups. It has shown us that “we are not alone”. We have also appreciated contact from our overseas friends and hope that they continue to send us their interesting contributions.

Decision time – what shall we do now? Because there isn't a National Australian TCF we haven't a formal mechanism for decision making – so we'll have to make do with an informal one. Here are some thoughts from your temporary editors.

Firstly, as Eva has mentioned, we are happy to collate and send out the November newsletter. Hopefully, by then we will collectively have decided how to proceed. We very much hope that the consensus decision will be to carry on with the newsletter. Because we live so far from each other, a mechanism such as a newsletter gives us a place to share our views and bring us closer together.

We have prepared a questionnaire seeking your thoughts on the future of the Newsletter; you will find it on page 11. Would each Australian state, or Australian group who contributes, please fill in the questionnaire and return it to your editors. Since questionnaires are difficult to set, please add questions or comments as you see fit. We'll collate the responses and send the results to everybody who responds to the questionnaire. Feedback from our overseas readers would also be appreciated but the decisions will really have to be made by our Aussie contributors.

Thank you all for your contributions for this issue. We think that a record may have been established with responses from all state TCF groups in one issue. Let's try for the inclusion of Tasmania and N.T. next time!

Remembering Margaret Harmer's letter to us in the March newsletter she wrote that the first goal when she and Lindsay started TCF in Australia in 1978 was "loving kindness and personal care to all bereaved parents who contacted us.....lots of hugs and continuing interest in their lives." This still remains the core of our work and all of our administration and fundraising that we report about in our newsletters support this goal.

On a final note we believe that it would be timely to update our TCF contact list in the next newsletter. Would you please provide your contact details including postal address, email details, website, names of executives on committees, and name and address of designated National Newsletter representative where appropriate?

Again thank you all and very best wishes from

*Maxine and Chris*



## News from Interstate



### ACT and Queanbeyan

Winter has set in and we have even enjoyed some rain! If you are planning a trip to the Snowy Mountains, call in to see us on the way (we can even tell you where to hire your skis - from a TCF family not far from the snow fields).

Have we ever explained the whereabouts of our little office? You may know that our postal address is The Grant Cameron Community Centre, but you won't know that this centre used to be a local (suburb of Holder) High School, which closed for lack of students. The building is administered by ACT government and many community

organisations rent space there. But the name is important to TCF because it is named for Grant Cameron who was a student at the school and died in 1987. The Cameron family are long time members of TCF. We put flowers in memory of Grant on the memorial in front of the building on his birthday and anniversary.

Renting our room means that we can use the large rooms downstairs for our sharing and committee meetings. Because it is in the suburbs, parking is easy. In our own room we have our files, library books, and provision for one-to-one support. We have a computer to prepare newsletters, but no email facility or telephone – so much of TCF work still happens from members' homes.

At a recent committee meeting the subject of the TCF National Body was raised. The question was asked whether it wouldn't be easier to establish a TCF *Federation* of Australia rather than TCF Australia. In a federation there is union but each member retains control of its own internal affairs. A rotating secretariat could be set up, not with jurisdiction over all state groups, but simply as a contact point (eg for when the Federal Government wants to give us large grants!) holding information from all states. We would be very interested to hear your thoughts on this subject. ([Chris](#), [Maxine](#) or our Co-ordinator Greg who can be found at [gregnpam@webone.com.au](mailto:gregnpam@webone.com.au) ).

In the last issue we mentioned the Bereavement Care Network in Canberra. Since then we have been invited and have attended 3 workshops arranged by other network member groups. We were also able to join a 'Life Enhancement' course organised by SIDS and Kids. It is so valuable to share in the expertise provided by other like-minded groups.

Very best wishes to all  
From [ACT](#) and [Queanbeyan](#)

 **New South Wales**

On Wednesday, 8 June, 2005 the Blacktown Chapter of the TCF NSW hosted a Grief Support Evening at the Miller Room of the Community Centre at Merrylands. Merrylands was chosen so as to be accessible to as many

TCF members and prospective members as possible, i.e. Blacktown, Campbelltown, Silverdale, Lower Blue Mountains, Miranda and others.

The evening was intended to allow members and those intending to be members, to experience first hand the bond of friendship and understanding that is unique to The Compassionate Friends. Everyone was welcome; bereaved parents, sisters, brothers and grandparents. Heather, the leader of the Blacktown Chapter said that the whole Chapter really appreciated Julie Dunsmore's desire to make a program like this accessible to the people of the west of Sydney.

The Blacktown members felt that the evening was "absolutely brilliant" and Julie spoke from the heart, as one who is very familiar with grief and dealing with it every day in her work. The Blacktown Chapter was most pleased to have so much interest and such great attendance. There were almost 50 TCF members and prospective members, and great support was shown by other Chapters. The Blacktown Chapter provided sandwiches, cakes and other refreshments and did all those little things necessary to ensure the evening ran smoothly. Don, husband of TCF NSW Vice-President Pam was usher and made sure everybody found their way up the stairs and felt welcome. Everybody was happy that, as usual, Mary, the President of TCF NSW was there with her husband Tony. The TCF is very close to Mary's heart.

Pam said that we were very fortunate to have Julie Dunsmore as our guest speaker. She is much in demand as a speaker both in Australia and overseas. Julie is the Director, Department of Health Promotion, Royal North Shore Hospital, St Leonards in Sydney.

Julie is a psychologist who has worked in the area of loss and grief for over 20 years. She initially trained with Elizabeth Kubler-Ross and is one of the founders of CanTeen (the Australian Teenage Cancer Patients' Society) and SANDS (Stillbirth and Neonatal Death Support). Julie has a special interest in working with young people experiencing grief and trauma. She has been conducting special 'Good Grief' and 'Healing Camps' for adolescents who have experienced a death in the family. She is president of NALAG

(National Association of Loss and Grief).

Julie is also a regular presenter on radio and TV and has made a number of documentaries for the ABC on living with loss. Julie has a great understanding of the grief journey. We all thank Julie for her wonderful support and willingness to help TCF NSW over many years. Julie gives her time to TCF and it is truly appreciated.

And a few of the representative comments from the evening:

- *Most informative evening. Thank you. Deborah, Miranda Chapter.*
- *I wish my friends who aren't bereaved parents could listen to Julie and maybe they would understand me a little; we need as much info as we can...*
- *Fabulous - a lot I knew but it helped to be told. Julie was compassionate, approachable and wise. Audience participation was good. They listened and then asked questions. Overall it was excellent and of great value. Thank you.*
- *It was very helpful to have a facilitator who put words to many feelings and changes of emotion that one suffers in early bereavement. Helpful in sorting out much of the confusion and overlapping of emotions.*
- *Very much needed and useful forensic information. Thank you.*
- *Wonderful evening, Thank you.*
- *Content covered the groups' needs very well. Julie spoke with passion. The audience asked a great number of questions highlighting the content. Most beneficial.*
- *The content was very supportive and the presenter was brilliant. The audience were very good participators and overall a wonderful evening. Julie was very articulate, knowledgeable and empathetic. Overall I learnt a lot of valuable information which will help me in my grief journey.*

Please visit our updated Web site at:  
[www.thecompassionatefriends.org.au](http://www.thecompassionatefriends.org.au)  
and provide your email address to be notified when there is new content on the web site.



## Queensland

Firstly I would like to thank Maxine and Christopher from TCF ACT and Queanbeyan for taking on the task of producing this edition of the National Newsletter to give Eva a bit of a breather. I hope that Eva is taking every advantage of her well deserved break and will soon be recharged and running on all cylinders – if you're reading this sorry if that makes you sound like a car Eva!

In our previous report we mentioned a number of fundraisers we had in the pipeline and they all proved to be successful in varying degrees. On 2 April we held our fundraising book sale. Logan City Council Libraries provides for Logan City based, non-profit organisations to hold book sales of the libraries discarded items to raise funds for their organisation. Prior to the event we were a little concerned that we may not get the numbers to make it worthwhile so went all out to advertise. We contacted several schools in the area where the book sale was to take place. We asked if they, as a community service, would include a flyer advertising the sale to be sent home with their schools weekly newsletter. Much to our surprise they all agreed. We also contacted local papers and succeeded in getting a member's story with photo in one edition and also a radio interview. We had a wonderful response from the public and in 3½ hours raised \$1,300 a tremendous amount when you consider that nothing was priced over \$1.00. As people went through the door we asked how they had heard about the sale and the majority said through their child's school with the article in the newsletter a close second.

On Friday 15 April we held our Charity Golf Day, another success both financially and socially although a lot more work was involved than for the book sale. Masterfoods Petcare generously offered a \$2,500 prize for a hole-in-one; unfortunately or maybe fortunately for Masterfoods this prize was not won on the day.

In May we were involved with the Ipswich Show where TCF volunteers helped man the gates for the duration of the Show. It was moderately successful as a fundraiser but we had lots of fun and sure learnt a lot. I'm sure everyone who volunteered could now get into

a show anywhere in country Queensland and not pay the entry fee; so many people tried all sorts of ploys to gain free entry. We are not sure if we would do this again as the hours were 6:30am – 9:30 pm for three days and was very labour intensive.

On 29 May we celebrated the 20<sup>th</sup> Anniversary of the re-forming of TCF in Queensland with a beautiful service held at the rotunda in New Farm, at the end of which 20 butterflies were released. We also launched our Queensland Anthology and dedicated a special quilt at the ceremony.

On 18 June we held our annual seminar. Our seminars have always been successful but my feeling was that this was the best yet. I can't quite put my finger on why – maybe it was the camaraderie between those who attended. One of the comments on the evaluation sheet where it was asked what participants found most helpful on the day, was “the comfort of being with others who understand, and take me as I am; it was really good, beneficial and safe”.

As we had so many functions over the last couple of months our plans for the TCF National Awareness Day in June were rather low key revolving round our library displays. We sold a number of our blue butterflies at the seminar which was two days after the awareness day.

It is only a few weeks now to the International Gathering in Vancouver. Although there were a number of Queensland members keen to go following their attendance at the Sydney Gathering in 2002 this has now, for various reasons, been reduced to two; Jim and Melanie who are really looking forward to attending. It will be great to hear reports from them and those from other States who attend. We also wish Margot from TCF Mandurah well when she presents her workshop at the gathering.

A number of our volunteers were very fortunate to attend a forum at which Mal McKissock was the keynote speaker. All who attended would agree that it was excellent and came away with the feeling that as an organisation TCF is doing the right thing when it comes to supporting our members. We would like more of these forums with speakers of the calibre of Mal McKissock.

Queensland Homicide Victims Support Group recently commemorated their 10<sup>th</sup> year of operation with an awareness day and I attended as the TCF representative – a number of TCF members also belong to the group. Commencing at noon it was a spectacular day with a number of exhibits and special displays. 1,500 pairs of shoes were placed side by side in rows to fill a grassy area in King George Square. The shoes represented the victims who had lost their lives to murder, and some of the shoes actually belonged to victims. A service held at dusk saw 61 chairs assembled to signify homicide in Queensland in 2005. 19 chairs were labelled **Taken** referring to the victims already murdered this year. With the flick of a switch the remaining 42 chairs labelled **Reserved** were lit up denoting the people who (statistically) will tragically join the 19 lives already lost from homicide in the remainder of this year. The view of the lit chairs side-by-side and the 1,500 pairs of shoes created a very powerful image of unbelievable loss and was just so moving and emotional. I felt it a privilege to have attended.

On that note I will bring this report to a conclusion although there is probably much more I could report on. I'll save it for next time.

Best wishes to you all,  
Marion  
On behalf of TCF Queensland Committee.



## **South Australia**

The general public awareness of our existence continues to be a focus for us. We are updating our white pages listing to include the wording “Bereaved Parents Support Group” to ensure the appropriate connection with Compassionate Friends. Also, we have placed an advertisement in the SA Social Workers Newsletter. For general information, we have 131 members and are exchanging newsletters and information with 30 other national and international TCF chapters and other fellow bereaved parents support groups. (Homicide, Suicide etc.) For our members, we have commenced a “Social Craft Gathering” day, which has been enthusiastically attended by a small number. Hopefully the numbers will grow in time.

Our monthly support groups at Kensington and Wynn Vale are working well, and continue to be supported and appreciated. Our dedicated team remains committed to our cause in providing as much loving support and compassion to all bereaved parents out there.

Best wishes to all from the committee in S.A.

Baden



It is hard to believe we are half way through 2005. Another extremely hectic year is in progress, and like you, all we are finding more and more families in need of our care and support.

### **Group Leader Support Weekends**

We are delighted to say that we are running three weekends from July to October for our group leaders all over the state. Our first regional support weekend is being held in Benalla, followed by Ballarat and our third will be in Melbourne in October. We are excited that most of our Victorian group leaders will be attending one of the three weekends where they will have an opportunity to network with each other, exchange ideas about running support groups and attend some formal development sessions.

### **Bereaved Parent/Sibling Regional Seminars**

To coincide with the weekends in Ballarat and Benalla, we are also delighted to be running two seminars for our families. The first in Benalla is "Providing Practical Support for Bereaved Families", Jon Stebbins will be the facilitator. In Ballarat, we are excited to have Irene Renzenbrink who will be running her seminar "Companionship in Adversity: Caring for Others, Caring for Ourselves." We have opened both these seminars to members and bereavement care workers...

### **TCF Siblings Newsletter**

After 5 ½ years (and 34 issues) Joanne has realised her own journey is ready to take a different direction. Her life, after her brother Michael's death, has been spent supporting TCF to ensure our Siblings Newsletter is filled with poems and writing to help the many

siblings who are coming to terms with their own brother's or sister's death.

It has been a privilege working with Joanne over the past years. Joanne's own personal journey is inspirational, her commitment to herself and her family. Joanne wrote in her resignation email this:

"Leaving Sibs for me is very sad but my reasons are enormously positive. We ought never to forget our jobs as volunteers to soften the journey for others so that they too can emerge intact through to the other side. While my active involvement ceases, my association doesn't. My sharing will continue and this I hope will help, comfort or touch other bereaved sibs and parents the way you have all comforted and touched me."

We are delighted to welcome Melanie, Editor and Karina, Assistant Editor. Both Melanie and Karina bring great enthusiasm to the role and we look forward to a 'new look' Siblings Newsletter.

### **Compassionate Employer Recognition Awards.**

We are delighted to let you know that the 2005 Awards were presented on 9 March to 23 organisations at Treetops in the Melbourne Museum. The Awards were presented by our Patron, Rhonda Galbally, AO. Nominations for the 2006 Awards open in July, for nomination forms please visit our website: [www.compassionatefriendsvictoria.org.au](http://www.compassionatefriendsvictoria.org.au).

### **Community Service Announcements – Radio, TV and Print**

One of our objectives for 2005 is to support TCF to become more of a household name. We would like to think that over time TCF will be widely known in the community, not just the bereavement community, as TCF the organisation that supports bereaved parents and siblings rather than TCF who? We have embarked on a public awareness campaign over the past six months and this will continue to the end of this year. We have developed a Community Service Announcement for Radio and TV and also been fortunate to receive free filler space advertising in The Age until the end of August. We certainly know this is working and that our message is getting out. Our website visits per month have doubled since February and the number of new

families making contact doubled in May. We are here to help, and people need to know we are here. Hopefully this will start the process of the broader community knowing that TCF is here; that we are a community of bereaved parents helping each other.

In friendship,

Barb

President  
TCF Victoria



## **Western Australia**

We wish all the very best to you for the newsletter. Keep persisting with us; we will get there eventually. Just very short staffed and many new people who are finding their feet.

Our Best Wishes  
TCF WA



## **Western Australia Mandurah Chapter**

The Mothers' Day Luncheon on Friday 6 May was a beautiful occasion once again. Each year more people attend and there were 40 mothers and grandmothers there to enjoy the day. A meditation was followed by a sit-down lunch which was prepared and presented by our lovely volunteers. We planted two roses in our secluded courtyard garden, a white one symbolising Pure Spirit and a burgundy one for Love, in remembrance of our children.

Our events in the week around National Awareness Day went very well with displays in several shopping centres in Mandurah,

Waikiki, Halls Head, Pinjarra, Bunbury and Kambalda. We had a display at the Mandurah library, articles on three radio stations and items in several local newspapers. Lots of literature was distributed, our 2005 butterfly badges sold well and most importantly several people who needed TCF support made contact with us. Each year our week of events is busier and more productive and most certainly a worthwhile exercise.

We are about to embark on a new project to produce, in partnership with the Peel Community Legal Service, a pamphlet and facts sheets addressing the many legal issues that some of our members have to deal with. If any other chapter has produced such a pamphlet, I would be grateful for your input.

Our fundraising over the past few months has gone well mainly due to a variety concert which the cast of the Mandurah Theatre revue, known as the "Allstars" put on for us in April. Lots of local businesses donated prizes for the raffles on the day and this with the full ticket sales made the venture successful.

The new support groups which started this year are going well and we have several new volunteers including Mandy who has come on board to produce our quarterly newsletter and Sandra who has taken over the role of P.R. and marketing. My load has now lightened thankfully.

I'm now looking forward to attending the World Gathering in Vancouver, catching up with old friends, making new ones, presenting my workshop and attending the others.

Regards to all  
Margot

Our heartfelt thoughts go to our UK friends at this terrible time after the explosions in London. Also to any others who may have been affected.

Because all of us in TCF have experienced deep personal loss, when such tragedies occur we can vividly imagine what may be ahead for all families affected. And for everyone, there may be feelings of deep sadness, outrage and a sense of insecurity and loss of trust in the world around.

It is at times like this that our family of Compassionate Friends seems very close, and we all send messages of love and support around the world.

# EM@IL

## ***From our parent co-founders***

Thank you for the opportunity to submit a piece for the Australian National Newsletter. Iris and I are looking forward to renewing old acquaintances and making new friends at the 4<sup>th</sup> International Gathering in Vancouver. It is not very far off now is it? I have been asked to lead a discussion group/workshop on the topic of an International Council and I want to be able to take this subject a stage further as it surely will be the last International Gathering we will be able to attend (age).

On a quite different matter I want to see if we can set in motion a study on the death of young people by suicide. I believe that somehow TCF's tragic experience in this may yield valuable clues which might point to factors which sadly bring about the death of so many of our young gifted children.

On yet another topic Iris and I will be leading a sponsored walk on 17 July around what I call "TCF's Heritage Sites" in Coventry, our founding city. Think of us that day and all our children; one day we shall do this together.

With much love

Joe and Iris,

Parent co-founders of TCF

## ***Letter from America***

Thanks so much for the opportunity to provide material for the excellent Australian Newsletter. I am sorry this is coming in at the last moment. I'd like to provide information on the annual TCF Worldwide Candle Lighting. It is wonderful that around the world chapters are participating from so many different countries and the event is growing larger every year. Thank you.

Wayne, Public Awareness Coordinator, The Compassionate Friends, USA.

## **World Wide Candle Lighting Day Sunday 11 December 2005**

The Compassionate Friends will once again host The Worldwide Candle Lighting, marking the ninth year for this ever growing global event in remembrance of all children who have died. To be held December 11<sup>th</sup> (the second Sunday in December each year), the candle lighting starts at the International Date Line at 7 p.m. and travels west. Lasting one hour in each time zone, the candle lighting encircles the world with a 24-hour wave of light.

Since it first originated as a small Internet remembrance, The Compassionate Friends Worldwide Candle Lighting has now grown to include hundreds of formal public candle lightings and thousands of informal candle lightings held quietly at home with relatives and friends present.

Everyone is invited to participate in this event. Last year The Compassionate Friends/ USA received information on services held in Australia, Austria, Canada, Cayman Islands, Germany, Puerto Rico, Thailand, and the United Kingdom. In addition, messages were received on TCF/USA's remembrance book during The Worldwide Candle Lighting from Argentina, Austria, Australia, Belgium, Bolivia, Canada, England, France, Germany, Israel, Kenya, New Zealand, Qatar, South Korea, Switzerland, the Virgin Islands, and virtually all 50 of the United States. Formal candle lightings were not held just by TCF groups, but also various bereavement groups, hospices, hospitals, funeral homes, churches, schools and even individuals who planned a service and invited the public.

Anyone holding a formal candle lighting is invited to provide information on their service at [www.compassionatefriends.org](http://www.compassionatefriends.org) when the online form becomes available in July or August. Those participating, no matter the country, are also urged to post a personal note about a special child, no longer living, to the online remembrance book at the same web address December 11. We do this to remember our children . . . that their light may always shine.

## Poetry and Prose

Grief fills the room up of my absent child,  
Lies in his bed, walks up and down with me,  
Puts on his pretty looks, repeats his words,  
Remembers me of all his gracious parts,  
Stuffs out his vacant garments with his form.  
Thus have I reason to be fond of grief.

*William Shakespeare, from King John*

### ***Do Your Mourning Now***

Don't postpone or deny or cover or run from your pain. Be with that pain. NOW. Everything else can wait. An emotional wound requires the same priority attention as a physical wound. Set time aside for mourning.

The sooner you allow yourself to be with your pain, the sooner it will begin to pass. If you resist the mourning, you will be interfering with the body's natural stages of repair.

If you postpone the healing process, grief can return months or even years later to haunt you.

*TCF, Oklahoma City, OK*

Don't try to destroy a beautiful part of your life because remembering it hurts. As children of today and tomorrow, we are also children of the yesterday. The past still travels with us and what it has been, makes us what we are.

*Rabbi Earl Grollman*

### ***A Reason, A Season, A Lifetime***

People come into your life for a reason, a season, a lifetime.

When you figure out which it is, you know exactly what to do.

When someone is in your life for a reason,

It is usually to meet a need and have it expressed outwardly or inwardly.

They have come to assist you through a difficulty

To provide you with guidance and support,

To aid you physically, emotionally, or spiritually.

They seem like a godsend, and they are.

They are there for the reason you need them to be.

Then, without any wrongdoing on your part or at an inconvenient time,

This person will say or do something to bring the relationship to an end.

Sometimes they die. Sometimes they walk away.

Sometimes they act up or out and force you to take a stand,

What we must realise is that our need has been met,

Our desire fulfilled, their work is done.

The prayer you sent up has been answered and it is now time to move on.

When people come into your life for a season,

It is because your turn has come to share, Grow or Learn.

They may bring you an experience of peace or make you laugh.

They may teach you something you have never done.

They usually give you an unbelievable amount of joy.

Believe it! It is real! But, only for a season.

Lifetime relationships teach your lifetime lessons;

Those things you must build upon in order to have a solid emotional foundation

Your job is to accept the lesson, love the person/people (any way);

And out of what you have learned, use in all other relationships and areas of your life.

It is said that love is blind but friendship is clairvoyant.

Thank you for being a part of my life .....

*Sent in by Margaret Harmer as her favourite poem.*

CLOSING DATE FOR NEXT NEWSLETTER

**10<sup>th</sup> NOVEMBER 2005**

PLEASE SEND ARTICLES, LETTERS AND COMMENTS TO

Maxine [mmdavies@cyberone.com.au](mailto:mmdavies@cyberone.com.au) and

Chris [ca.me.dennys@netspeed.com.au](mailto:ca.me.dennys@netspeed.com.au)

**DISCLAIMER**

Opinions expressed in articles within this newsletter are those of the writers and not necessarily of either TCF or the Editor. The Editor reserves the right to edit any contribution.

Please do not reproduce any State reports without first checking with the relevant State whether it is alright to do so.

We request that you take the time to discuss this questionnaire at your next committee meeting and provide us with your input. We believe that it will help us to gauge the overall level of support for the Australian National Newsletter. It may also help to enhance the excellent format established by Eva, and to provide you with the sort of newsletter that you will eagerly look forward to receiving and contributing to. If you do not wish to answer any particular questions please leave that response blank. Anonymity will be respected for all who respond. We will provide an email copy of the results to all who respond.



# Australian National Newsletter Questionnaire July 2005

This response is from .....

1. Should we continue with the Australian National newsletter? Yes/No

2. Do you agree with each Australian State taking it in turns to be responsible for the newsletter?  
Yes/No

3. If not, what other ideas do you have? .....

4. Do you agree with suggestion that the sequence of editorship be in alphabetical order by state?  
Yes/No

5. If not, what other ideas do you have? .....

6. Do you think that period of editorship should be for two years at a time? Yes/No

7. If 'no' what length of time do you suggest?  
.....  
.....

8. At the moment the newsletter comes out 3 times a year – March, July and November. Should we continue with this frequency? Yes/No

9. If 'no', what frequency do you suggest?  
.....  
.....

10. Do you have any other suggestions for your newsletter?  
.....  
.....

11. In which electronic format would you prefer to receive the Newsletter?  
.PDF .DOC .TXT .RTF Other please specify

.....  
.....

Email replies are preferred; please send your completed questionnaire to [Chris](#) and [Maxine](#).  
Or go to <http://www.thecompassionatefriends.org.au/NatNewsSurvey.htm> to complete the survey online.

Postal responses should be sent to:  
The Editor  
The Compassionate Friends National Newsletter  
c/- Grant Cameron Community Centre  
Mulley Street  
HOLDER ACT 2611