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chronic illness peer support

**2006
ChIPS
WRAPPER**



The Wrapper is an annual publication of the ChIPS Program. ChIPS is a peer support program run from the Centre For Adolescent Health, Royal Children's Hospital, Melbourne. The views expressed in this magazine are not necessarily those of the ChIPS program or the Centre of Adolescent health and are solely those of the individual writers.

...Lauren's Editorial Piece

Ahhh. My brain hurts and I'm only one page in. Hope you enjoy the contents page, it took us three hours.

The magazine is a huge job. Huger than I had anticipated. And with all the members who left this year being the only people in the program who know how to make the mag happen we're in a little over our heads. BUT! Never fear for if you are reading this, we clearly got it out.

Thank you to all the reference members and ChIPPERS who contributed to the 2006 Wrapper.
Cheers, Lauren.



...Felipe's Editorial Piece



The sneakers are orange!!!!!!!!!!

Editor says what..... what?

SnaP

Boy oi, Boy, what was I on when I decided to be part of the mag?

Well whatever it was thanx. It is now November and we have at least the first page ready, and we have been racking our brains to get this mag done. I'm not sure if you know this but we haven't any experience in the art of putting a magazine together so be nice (shaking my fist in you direction).

P.S. remember a flail a day keeps you the right amount of coolies

TTFN (ta ta for now)

...Heather's Editorial Piece

Editor says 'to much work to do, want to be at home in bed'

What was I thinking?!? I should have said I was unavailable to help out with Mag when asked, I am not even on the committee. Honorary member, they said. Huh they just wanted to use me.

Not a bad experience though, I have done too many articles...gone crazy and so I am thinking I might be a proper part of committee next year.

Bye, enjoy reading, we've put blood, sweat and tears in so don't complain because if you do I know where you live..



“ChIPS is a place where you don’t get judged... you are who you are and that’s all there is to it, its a place where you can just have fun and be yourself, a place where you don’t have to think about your illness. A place where everyone else is like you. Its a place to meet friends and hang out and have a great time. ChIPS means to me being comfortable with who you are and having a sense of belonging. * (ANONYMOUS)



“ChIPS means to me opportunities, support and fun... The opportunities have been varied. ChIPS has helped me to be confident and independent. “If there has been a will, there is a

way”. I have been given the opportunity to be on Reference Group this year which I thought was unreachable because of not then having the ability to travel by public transport. Though I was supported to overcome this challenge, I have felt a sense of achievement in just getting to events on my own, not to mention the honour of helping

facilitate part of the strategic planning day, 2006. Just meeting interesting people have been enriching in itself and I have had fun along the way. I look forward to the opportunities that 2007 will

“WHAT CHIPS MEANS TO ME”

“ChIPS to me is about understanding, understanding from those surrounding you when you are unwell. It is about acceptance of others for who they are regardless of the chronic illness and the acceptance that you have a chronic illness. ChIPS is about maximising opportunities for those that you sometimes miss out on due to illness and the creation of new ones. Opportunities within are all about what you can achieve even though you have a chronic illness, rather than a focus on what you cannot achieve because of the chronic illness. ChIPS to me is centred around those friends the you make within the program because they are the people who enhance your ability to cope by their experiences which helped them cope through an element of a problem that they have had with such things as fellow students, teachers, medication. Most importantly program ChIPS depicts that “there is light at the end of the tunnel” and although you may think it “you are not alone is being an adolescent who is living with the day to day challenges of living with a chronic illness.

On a more personal note ChIPS in bringing me all that is at the heart of the program, which have enabled me to cope with all of the challenges that I have faced personally. It has made me realise that I am one of the very few “lucky one’s” as I have found ChIPS which has saved me. And further made me realise that we need to something so more adolescents do not face the same heartbreak and agony. “

Heather Trewin



Reference Committee Profiles

We put each reference committee member through a grueling set of 11 questions to try to begin to understand them. Here are their answers. We still don't understand them...



HEATHER TREWIN

1. What colour socks are you wearing right now?
White, with blue, grey and black
2. Do you own a pair of slippers?
I own 2 pairs
3. If you could have anyone in your cell with you who would it be?
Tarkyn Lockyer (Collingwood football player)
4. Would you want the top or bottom bunk?
Top, because if there was an earthquake I wouldn't be squashed
5. Which carriage of a train do you usually get on?
Last
6. Do you have any nicknames?
H
7. Do you have any pets?
2 cats and 1 dog
8. What's your favourite shape?
Rectangle
9. What is your best friends' name?
Lacey
10. If you could have any animal in the world, real or make believe, what would it be?
Mickey Mouse
11. What's in your pocket right now?
Money



VASSIE DUNDANIS

1. What colour socks are you wearing right now?
Pink
2. Do you own a pair of slippers?
Yes
3. If you could have anyone in your cell with you who would it be?
Depends on the length of the sentence
4. Would you want the top or bottom bunk?
Top bunk
5. Which carriage of a train do you usually get on?
Don't know, middle carriage
6. Do you have any nicknames?
Vas
7. Do you have any pets?
No, not at Mum's, one dog at dad's that I don't see often
8. What's your favourite shape?
Circle for equality
9. What is your best friends' name?
Jamee- friend from 8 week group
10. If you could have any animal in the world, real or make believe, what would it be?
A rabbit who would not run away and that could be played with
11. What's in your pocket right now?
Tissue, card and chocolate wrapper



TAMARA MYORS

1. What colour socks are you wearing right now?
Pink fluffy bed socks
2. Do you own a pair of slippers?
Yes
3. If you could have anyone in your cell with you who would it be?
A magic genie who grants wishes
4. Would you want the top or bottom bunk?
Bottom
5. Which carriage of a train do you usually get on?
First
6. Do you have any nicknames?
Tammy, mara
7. Do you have any pets?
1 bird and a rabbit
8. What's your favourite shape?
Diamond
9. What is your best friends' name?
Bron
10. If you could have any animal in the world, real or make believe, what would it be?
Dolphin
11. What's in your pocket right now?
\$50

...the committee, p. 5



LAUREN DUNBABIN

1. What colour socks are you wearing right now?
None, I have black thongs on
2. Do you own a pair of slippers?
yep they're pink
3. If you could have anyone in your cell with you who would it be?
Pinky Beecroft

4. Would you want the top or bottom bunk?
bottom
5. Which carriage of a train do you usually get on?
last
6. Do you have any nicknames?
Churchie, Loz, Lizzie, Squirt

7. Do you have any pets?
Two dogs and a cat
8. What's your favourite shape?
parallelogram

9. What is your best friends' name?
Matt, Lysh.

10. If you could have any animal in the world, real or make believe, what would it be?
A Tiger.

11. What's in your pocket right now?
Nothing. I have those stupid pockets that aren't really pockets. Grr.

1. What colour socks are you wearing right now?

Skin, no socks

2. Do you own a pair of slippers? No

3. If you could have anyone in your cell with you who would it be?
Jessica Alba

4. Would you want the top or bottom bunk?
Bottom

5. Which carriage of a train do you usually get on?
Middle left

6. Do you have any nicknames?
Fepple, Phil, Felipe'ay, LOSER (louise)

7. Do you have any pets?
My little brother

8. What's your favourite shape?
Orange spherical

9. What is your best friends' name?
Howard (aka Donald), Louise De Pino, Sandro

10. If you could have any animal in the world, real or make believe, what would it be?
A little orange cartoonish dragon

11. What's in your pocket right now?
Stapler



FELIPE SALAS

1. What colour socks are you wearing right now?
One is blue and green the other is white and blue (i don't believe in matching socks)
2. Do you own a pair of slippers?
No

3. If you could have anyone in your cell with you who would it be?

Probably my dog or SOMEONE extra FUN (I would need more time to think)

4. Would you want the top or bottom bunk?
Top-U can get squished on the bottom

5. Which carriage of a train do you usually get on?
The one that is closest

6. Do you have any nicknames?
Lou, Soula, Louseph, Bell and Goud

7. Do you have any pets?
Coco(dog), Whiskey(cat), Perry(turtle) and lots of fish

8. What's your favourite shape?
A star

9. What is your best friends' name?
Oh gee-street friends- (Kat, Jess, Lisa, Mag and Sarah) parma critics (Tom, Marty, Liz and Norman) and Mez

10. If you could have any animal in the world, real or make believe, what would it be?
I think it would have to be a mini Brachiosaurus (a dinosaur) like the size of a shoe box

11. What's in your pocket right now?
Hmm \$1.40, a chapstick, phone, wallet, keys, photo and a pen



LOUISE DE PINO



LOUISE PELLEGRINO

1. What colour socks are you wearing right now?
I am sockless!

2. Do you own a pair of slippers?
Umm I think I do but, I don't think I actually wear them

3. If you could have anyone in your cell with you who would it be?

Hmm someone who will make it interesting

4. Would you want the top or bottom bunk?
Either, but I would make us swap all the time!

5. Which carriage of a train do you usually get on?
Umm I don't catch trains

6. Do you have any nicknames?
Lou, lulu, Betty Boop

7. Do you have any pets?
No not anymore

8. What's your favourite shape?
Weird question but I suppose a diamond

9. What is your best friends' name?
Melanie, Gabi, Felipe, Mia, Daniel

10. If you could have any animal in the world, real or make believe, what would it be?
A penguin and I would name him Charlie!

11. What's in your pocket right now?
Nothing, wait I have a piece of paper.

...the committee, p. 6



MERRYN BALNAVES



1. What colour socks are you wearing right now? Pink and green slipper socks.
2. Do you own a pair of slippers? Yes. In sock form.
3. If you could have anyone in your cell with you who would it be?
My friend Dean, he built a remote control once so I'm sure he could find a way out.
4. Would you want the top or bottom bunk?
Definitely bottom. Less effort.
5. Which carriage of a train do you usually get on?
The one I'm closest to probably, which would usually be somewhere in the middle.
6. Do you have any nicknames? Mez, Mezzy.
7. Do you have any pets? I have little jack the dog and some fish and some noisy noisy birds.
8. What's your favourite shape? Octagon.
9. What is your best friends' name? Um, Kieran, Ronnie, Carina, Clare and Louise.
10. If you could have any animal in the world, real or make believe, what would it be? Oh well that's easy, a bright pink unicorn of course.
11. What's in your pocket right now? Um, just a tissue, my phone, and my work id tag thingy.

1. What colour socks are you wearing right now? Rainbow.
2. Do you own a pair of slippers? Yes.
3. If you could have anyone in your cell with you, who would it be? Red from the 'Shawshank Redemption'. He's the guy who can get anything into prison!
4. Would you want the top or bottom bunk? Bottom.
5. Which carriage of a train do you usually get on? The one that's closest to me.
6. Do you have any nicknames? Alex, Allie.



ALEX WILSON-GLAB



7. Do you have any pets? A cat called Mishka.
8. What's your favourite shape? A star.
9. What is your best friend's name? Charlotte.
10. If you could have any animal in the world, real or make believe, what would it be? A dolphin.
11. What's in your pocket right now? My lock combination on a piece of paper.

1. What colour socks are you wearing right now?
No socks - too damn hot!!
2. Do you own a pair of slippers? Yes
3. If you could have anyone in your cell with you who would it be?
Stuffed toy Sam the parrot
4. Would you want the top or bottom bunk? top
5. Which carriage of a train do you usually get on? Closest because I'm too lazy to walk
6. Do you have any nicknames? Char
7. Do you have any pets? 1 dog
8. What's your favourite shape? Diamond
9. What is your best friends' name/s? Jess and Amy
10. If you could have any animal in the world, real or make believe, what would it be? Cheetah
11. What's in your pocket right now? Nothing, I have pocket-less pants



CHARLOTTE BALLAN



...the committee, p. 7



1. What colour socks are you wearing right now?

No socks, too hot of a day, I do have pink toenails though!

2. Do you own a pair of slippers?

Sure do, love slippers, I own three pairs

3. If you could have anyone in your cell with you who would it be?

Umm... maybe Dr Phil he could give me some advice on how to stay calm and not freak out from claustrophobia! Hmm... on second though being stuck in a cell with him could get kind of annoying, I'd probably prefer to be left alone.

4. Would you want the top or bottom bunk?

Bottom, the top bunk scares me.

5. Which carriage of a train do you usually get on?

Which ever one stops in front of me, usually one of the first ones.

6. Do you have any nicknames?

I have heaps! My dad especially has made up millions for me over the years, the one that's stuck the most is Plum!

7. Do you have any pets?

Yup, one dog named Yoshi.

8. What's your favourite shape?

A square, it's definitely time for people to look outside of it. Or did you mean the food? Because that would definitely be pizza!

9. What is you best friends' name?

I have a few best friends, but to name just one, i'd have to say Stuey.

10. If you could have any animal in the world, real or make believe, what would it be?

Oooh, I'd want so many! A panda, elephant, rhino, gorilla, a whale, it would be so much fun at my place!

11. What's in your pocket right now?

Nick Malceski from the SydneySwans, well not all of him, a stub with his pic and stats from an AFL grand final bbq sweep.



TAMARA HIGGINS



1. What colour socks are you wearing right now? White

2. Do you own a pair of slippers? No

3. If you could have anyone in your cell with you who would it be? Best friend

4. Would you want the top or bottom bunk? Bottom

5. Which carriage of a train do you usually get on? Middle

6. Do you have any nicknames? Pud (family)

7. Do you have any pets? No

8. What's your favourite shape? Cone

9. What is you best friends' name? Emma

10. If you could have any animal in the world, real or make believe, what would it be?

Monkey

11. What's in your pocket right now? Phone, money

SPREADING THE WORD

This year in advocacy we successfully achieved a great deal of goals in which we were given.

Early in the year, we began brainstorming the initial ideas for the chips promotion video and launch. We had so many ideas that we didn't even have time to write them all down. These ideas were then run by Emily Simpson and eventually presented to Elisha and Emily who were to produce the film. The second main achievement of the year was the beginning of updating our chips brochure. We all contributed a variety of ideas for both what the brochure should contain and how it should be presented. Every member of the advocacy committee was designated a different section to write about and while numerous other members of chips were asked to give quotes about their experiences in chips and to contribute by providing a statement of what chips means to them personally. This brochure is well under the way and it is just a matter of processing and finalising it all and we hope to present the brand new chips brochure in the near future.

Other events that advocacy has been involved in during the year include the Royal Children's Hospital Foundation Dinner with speeches presented by Susan Sawyer and myself at Telstra Dome, ChIP-IN Ball radio interview by Chantelle and the Wine and Cheese Night with speeches presented by Emily, Bree and myself at the Clocktower Centre, Moonee Ponds. Each of these events enabled members of the general public to gain an insight into what it's like as an adolescent living with a chronic illness, how it affects your life and how ChIPS can help individuals.



ChIPS Video Launch

The video launch was on the 6th of April in the Ella Latham theatre, as a part of National Youth Week. The launch began at 7:30pm and went until 9:00 (approx). it was attended by such very very important people as Susan Sawyer (Director of Centre for Adolescent Health), people from Parks Victoria and my personal favourite, Purple Soup. It began with a small banquet of finger food whilst everyone was arriving and we were very privileged to listen to background music provided by Morgan. The idea of the launch was not only about launching the video, but also to create further awareness to people who attended about the ChIPS program and why we, the ChIPS members think it rocks.

The launch could not begin until Susan arrived, she is very important and we wanted her to be there because of her position at the Centre for Adolescent Health. Felipe and myself were the MCs for the night. First up Felipe and I introduced ourselves, then welcomed everyone with a special mention to the important quests (not to say that everyone was not important). We spoke a little about the ChIPS program, specifically what it is about, eg- the five stages. Next was the most exciting and anticipated part of the night, the introduction and viewing of the ChIPS video, it was a success. Then Louise De Pino gave a chilling insight into her illness and how ChIPS has helped her and I am sure anyone who was there on the night will agree that she did an outstanding job in conveying it to us. After which it was question time. We put it to the audience who asked questions to a panel of ChIPS people (Tamara M, Charlotte, Emily (coordinator) and Tamara H). Felipe and I then thanked everyone for coming and invited them to stay for some finger food.

Specifically we the ChIPS members would like to thank Emily H and Elisha for all their work in volunteering their time to shoot and put together the video, Sam from the ERC for helping put it together and everyone who supported the advocacy committee for enabling the creation of the video and the launch to be such a success.

My sincerest apologies if I have left anyone out

Heather Trewin



TERM 1 SOCIAL COMMONWEALTH GAMES

Earlier in the year, ChIPS members assembled at number 8 house for our own commonwealth games! So we didn't have real gold medals or thousands of people watching us, so what? We had our own special medals and had fellow Chippers watching!

When we first arrived, we headed out the back. The BBQ was set up and we all sat down to have a chat whilst having



something to eat and drink. After we had all finished our food and drink, it was ready to get into the games! We headed out into the park out the back and had the rules explained to us and were split into teams. Now we were all ready. There was so much competitive spirit; we were all going for gold! We had a few games, a bit different, but they were as fun as any. One of the games was an egg and spoon race. No athletic ability needed, just concentration (which was hard, when you have the other team trying to psych you out). A few more games

were played and then we were handed our wagon-wheel medals. In the end, it didn't matter who won or lost, it was just great fun. We were also lucky to have an appearance from Glen Bowyer.

After the games and medal ceremonies were over, we had a bit of time left. The majority of us stuck around to catch up some more. Overall, the ChIPS COMMONWEALTH GAMES was better than any other! It was a great day, a day enjoyed by all.

By Daniel Milner



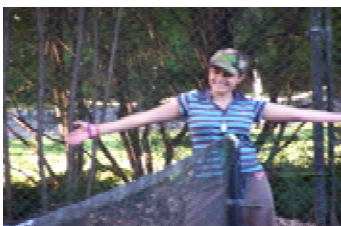
...photos galore, p. 11



Magical Moments

Of

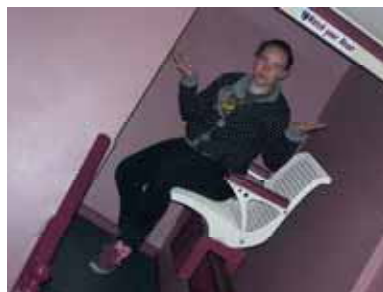
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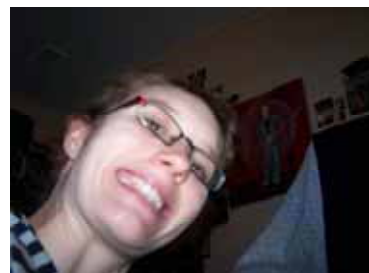
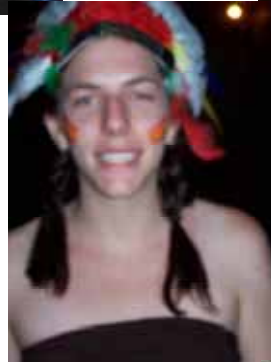
ChIPS



...photos galore, p. 12



...photos galore, p. 13





ChIPS Wrapper Ingredients

Muffin Mix

(Contributions)

Lauren Dunbabin

Felipe Salas

Heather Trewin

Louise Pellegrino

Chantelle Baker

Charlotte Ballan

Louise De Pino

Glen Bowyer

Bree Regester

Merryn Balnaves

Alex Wilson-Glab

Vassie Dandanis

Tamara Higgins

Daniel Milner

Keshlin Vyas

Sarah McNamara

Kristen Kappel

Icing

(Photography)

John Hargreaves

Sarah McNamara

Louise Pellegrino

Herald Sun

Method

Combine Muffin Mix
over several long and
tedious months.

Add 3 tablespoons of frustration
and computer ignorance, and knead well.

Leave to rest for 6 months.

Bake until work is doubled in size.

Remove once overcooked,
cool, then ice.

Leave mess for others to enjoy.

Share muffins and lessons learnt
with friends and family.

TERM 3 SOCIAL

PHILLIP ISLAND & AMAZE 'n' THINGS



In September we went to Phillip Island, it was really fun because before we stopped to Phillip Island we went to a place called Maze 'n' Things. Maze 'n' Things was so much fun because inside it had a maze and also weird activities, the mirror maze was so cool because the mirrors seemed like it was an area we could walk through but it wasn't so therefore we banged into the mirrors five times. The maze 'n' things had a lot of things like a rocky bridge, games, the fun slide and heaps more. It was a great place to go I had so much fun.

After we left Maze 'n' Things we headed off to Phillip Island we got to see some penguins, I took photos on my phone, and they looked so cute. We had to wait till six because that's when they come out of the water so we got to sit on stairs and wait. It smelt a bit and I felt like vomiting but once I saw the cute penguins I was so happy and my sickness went away. When the penguins came out of the water if one penguin was left behind then another penguin would wait for him/her. It was so cute. Once that was over we headed to the shop (it was expensive) but it had really nice stuff. Once we were all ready to leave we hopped on bus and headed back home. That was a great social, even though it was my first I had so much fun and I even got to meet so many people. Phillip Island and Maze 'n' Things were the best. I would go again and even have my birthday at Maze 'n' Things. I really enjoyed myself, it was a great day. This trip was organised by Tamara and she is a wonderful person and really caring. She was with me all the way and making me laugh so she is the best for organizing this wonderful trip.

By Keshlin Vyas

2005 CHRISTMAS PARTY

The evening began with excitement as members arrived dressed up for a night out at Macedon for dinner and activities. There was a lot of excitement when it was time to start travelling.

I was reminded of family parties as the atmosphere was relaxed but of celebration. Many games and activities were enjoyed before heading back to the hassle and bustle of the city. There was a lot of excitement when the magazines were handed out at the end of the night. The bus trip included people sleeping while others sat and talked about the year's happenings or to just be there for each other.



By Vassie



The year that was... ChIP In Auxillary 2006

...ChIP-In, p. 16



What an extraordinary year it has been –

'BLUE ILLUSION' - On 4 May a wonderful evening was held at 'Blue Illusion' in Moonee Ponds – while 22 guests sipped champagne and nibbled tempting morsels of food from Black Tie Catering, they were treated to a parade of the new season fashion range. A fabulous night was enjoyed by all.



'EASTER EGG HUNT, GOOD FRIDAY'
2006 has been an exciting, yet daunting year for ChIP In – the committee deciding to step up to the next level and pave the way for corporate sponsorship – the Cadbury Schweppes Easter Egg Hunt held at Werribee Mansion on Good Friday was the first fundraiser on the new scale. I was privileged to be invited to be Guest Speaker to the 6000 people who attended on the day and thrilled to have the opportunity to represent ChIP In a live cross during the Today Show at 8.30 am with Steve Jacobs, the Weather Man – money can't buy the exposure for our program

'WINE LAUNCH/ART SHOW' - July saw the relaunch of our ChIP In "The 6th Tier" Wine Collection, held in conjunction with an Indigenous Art Show at the 'Incinerator Art Complex' in Moonee Ponds. Accolades to Burnie Dawson from Dawson Cellars who presented and described each wine which was accompanied by an appropriate selection of finger food to compliment the wines.

INAUGURAL ChIP In BALL'

The highlight of the ChIP In calendar for 2006 was held on Saturday 28 October at the Clocktower Centre in Moonee Ponds. An overwhelming success, the night had everything – including memorable speeches from Bree Regester, Jess O'Dowd and Professor Susan Sawyer; incredible music from Jenada (former members of the old Air Supply Band); a stunning half hour spot from the immensely talented Sylvia Paladino; fun and frolic from MC – Chris McKenna; Silent and Public Auctions and stunning food, to rival the best you've ever eaten, from Black Tie Catering – combine all of this with an extremely enthusiastic group of people and you have the recipe for a fun-filled, wonderful and very memorable night.



**Bree Regester,
CHAIRPERSON.**

LAUNCH OF – 'FRIENDS OF ChIP In'

At the Ball we launched the Friends Of ChIP In which is another way of supporting the fundraising efforts of the 'ChIP In' Auxiliary – Membership Form enclosed. We encourage all ChIP-PERS to invite family and friends to become involved – with your support **THE SKY IS THE LIMIT.**

- Family Membership - \$50 per year

- Single Membership - \$35 per year

which entitles members to:

- a copy of Annual Magazine and Chill Newsletter

- Calendar of events

- Invitation to all fundraising events

- Special offers/discounts to financial members.

All enquiries – 0448 392 338

I would like to personally acknowledge the amazing support of the members of the ChIP In Committee whose tireless efforts have enabled us to grow beyond our wildest dreams in support of all aspects of the ChIPS Program.

2006 ChIPS camp at Arrabri Lodge...



In January ChIPPERS had an opportunity to get together at Arrabri Lodge for three days in Warburton. It can be hard for kids with illness to be with people their own age, who can empathise with having a

chronic illness.

I was very nervous about the camp, especially when I heard the person I was most familiar with wasn't going to attend. Not only that, it was my first ChIPS camp so that was something else I'd have to adjust to, and of course I was going through a pretty low period physically. I was thinking it would be a disaster, but nothing could be further from the truth.



I loved the camp and I felt like I belonged right from the outset. The kids were great and everyone got a chance to participate and contribute at their own level of ability. I was very concerned that I couldn't help out in group activities because of my illness, but there was always some way to

assist your group and have fun in a game or event; gaining points for the trophy and medals was just a bonus. Mind you, I could have done without having to climb that hill every day to reach the activities!

Everyone tells me the food was great. I also liked the support of the health professionals because they were easy going and very supportive. They joined in some of the events; you have to admire anyone who will submit to

having bananas stuffed into their mouths as part of the fun!

By Alex Wilson-Glab



Purple Soup!

What more needs to be said, its all in the name really!
No a lot more needs to be said, because without this wonderful trio camp wouldn't have been as amazing as it was.

Although it was there first camp, Tim, Mel and Jai where instantly loved by all CHIPERS, they brought fun, laughter and confidence along with there brilliant personalities.

So for all there hard work and effort we would like to thank you with all of our hearts. We look forward to plenty more camps and socials with you fabulous people.

Lots of Love CHIPS





...thanks a bunch, p. 19

ChIPS Camp 2006 Thankyou's

Camp 2006 was a spectacular, what made this such a wonderful camp that will be remembered forever is the people that gave up their time to either come with us for the duration of the camp or just come for a few hours. Firstly and foremost we, the ChIPS members would like to thank all Royal Children's Hospital staff for coming along because as it is a ChIPS camp without medical staff it could not happen. So a big thank you to them and we hope that we made your time as

enjoyable as you made ours.

Secondly, we would like to thank the Harley Davidson Owners Group for coming on the final day to give us free rides; it was certainly a highlight of the camp.

Thirdly, we would like to thank the good people from purple soup, Tim, Jai and Mel; you made our camp so much fun thank you so much.

Fourthly, we would like to thank Susan Sawyer for giving up her time to come and spend the day with us at camp and we hope you have a better understanding how ChIPS runs and just how important it is to us.

Coming in fifth, we like to thank the volunteers who attended, Glen and Merryn, and finally the paparazzi, John and Ian.

My apologies if I have left anyone out, we thank you from the bottom of our hearts,

Love ChIPS

***Camp
Thankyou's***



Thankyou Merryn- By Lou Pellegrino

The help from volunteers and health professionals is always a great thing, as without them ChIPS wouldn't be able to have socials or camps.

But a special mention and thankyou has to go to the volunteers her continue to volunteer there time at ChIPS. Merryn has been volunteering her time at ChIPS for about three years now. She has done certain things such as the extremely fun job of folding pamphlets to attending reference meetings and being a volunteer on camps. On camps Merryn always got involved and has amazing ideas.

Throughout the year Merryn often came in on a Monday and helped out with random tasks that needed to be done.

Merryn is such a friendly and great person to have around ChIPS.

We want to thank her for giving up her time in the past few years and hope that she continues to come and volunteer her time at ChIPS. As it is much appreciated.

We also wish her the very best for her second adventure back to Germany.

Thanks Merryn for everything.



Elisha and Andrew thank you for ensuring a smooth running camp and one that was so much fun. From the infestations of birds to the Hollywood style night, Andrew's poker game and Elisha's late night chat's thank you for such a wonderful camp and we hope you enjoyed running it as much we enjoyed the camp it-



Clancy's Travels

TRAVELLING OUR BEAUTIFUL BLUE PLANET:

Once more I was set to go out into the big unknown, after retiring from professional football. The feelings of excitement and adventure were tingling in the veins and I couldn't wait to board the flight that would see my first destination become Italy.

Italy had become the destination of a personal search for me, as a young girl had helped me survive a serious accident in Greece 3 and a half years ago. Flying into Milan I began straight away searching the records that I had from her in the past. A few phone calls were made and one trip to the Australian consulate for some information but still no luck in tracking her down. So I knew that it wasn't going to eventuate the way I had hoped it would. After seeing the sites of Rome for the second time, which is an amazing place of beauty and history it was time for a big change of pace and way of life. It was time to head to Central America.

The flight from Europe to America was a good time to get some rest and put wonder into the new places I was heading to explore. First impressions do last and it was funny to see the difference in the airports from Europe to my first stop of Belize. My time in Belize was very relaxing with plenty of coconut drinking with the local people in their coastal villages. Belize is on the Caribbean coast, a beautiful ocean with many aquatic life and amazing colours in the water. The people there are warm and friendly and enjoy learning the different ways in which we live.

It was time to continue through Central America. Guatemala would be the next destination, a wilderness of exotic wildlife and nature, with live volcano's and beautiful volcanic lakes of pure mineralized water. Being interested in the indigenous cultures of the world this was a great time to explore one of the most interesting civilizations that lived on this part of earth, the Maya. I was able to visit the ancient temples and cities of the Maya which was a highlight for me to see in the flesh. So much amazing energy and mystery in each step when walking around the ruins. I next visited a beautiful lake that was surrounded by volcanos and little indigenous villages, called lago Atitlan. Arriving at the lake by their famous chicken buses, (old American school buses that have been painted all different bright colours) my breath was taken away by the view. The huge lake was an amazing site with the volcano's in the background. I fell in love with the place straight away. I made my way by a little lancha (boat) to the other side of the lake to the village of san Pedro. I studied Spanish for 2 weeks at a school, whilst living with a local family. To experience the way the local people lived was a very humbling experience and one I am very grateful to have experienced. Little did I know that there was something else coming together for me in a tiny little village not far from san Pedro called san Marcos. It would be here that my life would be changed forever, by a beautiful soul named Kati. Over the next couple of weeks we spent time together swimming in the lake and trying to avoid the wild dogs as much as possible. It was great to have a new companion now and one who I could travel with and share the experience with. A highlight of my time in Guatemala was climbing an active volcano, volcano pacaya. To see the smoke pouring out of its mouth whilst walking over the cooled lava was incredible.

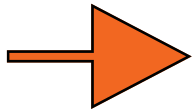
Kati and I took many chicken buses to Nicaragua. On the way we spent a couple of nights at the beach in el Salvador to break up the trip and eventually made it through all of the crazy border crossings, and finally into Leon, a old colonial town in Nicaragua. It was good to settle for a couple of days to get the energy back and take a look around the town. But we were interested in getting to Granada and the to isle de ometepe, a very special island surrounded by a lake.



THANKYOU TO GLEN

I was asked to write something for Glen- one of our wonderful volunteers that helps out at ChIPS to say thankyou for all his help over the past year. I didn't know what to write but then I started to think of all the great things he has done for ChIPS over the last 2 or so years he doesn't have to be there but he chooses to be a part of ChIPS and as a wonderful volunteer he has attended many of our socials and camps. While at the 2006 camp, Glen participated in all activities, where he made a great Austin Powers whilst participating in our Hollywood night also he made a great chicken. He also lead a game that was very entertaining and lots of fun and gave everyone a great laugh.

By Tamara Higgins



...Clancy's Travels Continued

Grandada was a very pleasant town filled with great people and a warm, friendly vibe. Laye Apoyo's water was beautiful to swim in because it is a volcanic crater full of pure mineral water that has no pollutants in it at all. Swimming in the water made you feel so very fresh and energised. But the highlight of Nicaragua would have to be spending time on isle de ometepe. This magical island is formed by 2 volcano's joining together- one dormant and one active, around a huge lake. The sunset and little fire flies turned the night time into a fairyland. Not to mention all the wonderful other travelers that pass through or you meet along the way. That is what always makes it such a great learning experience of growth and understanding. But as with all things they have to come and go and of course the lack of money was starting to take its hold, so it came time to move on. The remaining short time in central America was spent traveling to Costa Rica and the beaches of Panama.

So that is a quick summary of some of the experiences and adventures of my time along the journey. It is not always easy to get across all the things that happen as there is always so much more that goes on but I hope that you get some idea of the beauty that lies out in the world from my words.

Lots of love from Glen and Kati





The year 2000 marked the beginning of the new millennium, for Kim Stevenson this new year brought with it new experiences and involvement with a program that would so positively impact on her life. Wearing her 'really cool yellow jacket' in the May of that year Kim ventured to a ChIPS meeting in Gatehouse Street. Her mum suggested going along and Kim didn't really object; she was interested in meeting new people, seeing how chronic illness impacted their lives and how they were coping. From that eight week group, Kim met the first of some very special friends and

began a journey that would make her a stronger, more confident young lady.

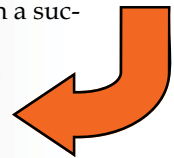
After having so much fun and wanting to help make a difference, in 2002 Kim decided to apply to be a member of the Reference Committee. During her time on the Reference Committee Kim was mostly involved with the newsletter and magazine committees, and although at times hectic and frustrating Kim enjoyed the rewards of the finished product. Kim also planned a few socials and while the Reference Committee collectively put our heads together striving to make funky and exciting socials, Kim was always quite keen to offer her fresh and often quirky ideas. Her favourite was her idea of the Scavenger Hunt social, she was quick to tell me that she wasn't involved in actually executing it, but she was very proud that such a successful social was due to her creative thinking!

Kim also presented several speeches, her first to a cinema full of people at a ChIPS movie fundraiser, left her feeling as though she had jumped in the deep end but such a large scale opportunity empowered Kim to continue to advocate with ChIPS. Co-leading an eight week group was very rewarding to Kim and she is extremely grateful to ChIPS for providing her with such an enriching opportunity.

Kim's friendly face and vibrant personality will be missed around ChIPS but we wish her every success for the future and thank her for her contributions to the program. We love you Kim!

By Chantelle Baker

Kim



Where do you start...

There are so many amazing, special and great people that go through ChIPS and there are always the ones that will stand out and inspire everyone. They are always willing to put in that extra time.

One of "these" people is Bree.

Bree is beautiful, talented and inspiring to everyone.

Without Bree, ChIPS would not have been as great as it is. Bree has been a member for more years than most people can see and been through ChIPS and Bree was approachable welcoming everyone. There are so many ways to possible to write them all down.

Bree was always willing to help and ChIPS. Bree ran many 8 week groups which raises money for ChIPS- this movie nights, ChIPS ball, wine and RCH along with a whole lot of other friendly to everyone and very ap- and will go far in whatever area she We all love Bree and want to thank done for ChIPS and all of us individu- Without Bree a lot of things would Bree. We wish all the best... and this



made a huge difference at and helped start ChIP-In- has included things such as cheese nights, and stalls at the things. She was always proachable, she is fun, loving takes in the future. her for everything she has ally. have never happened. Thanks is not good bye just cya later.

Written by Louise Pellegrino

Bree

Emily Simpson



We all know that ChIPS creates lasting and meaningful friendships, you realise this when you think of Elisha and Emily's friendship. You never saw one without the other. They both in their own ways provided and gave so much to ChIPS. Their efforts and work that they put in, especially the advocacy side of it was endless. You could just see their love for ChIPS and how publicizing the program through their speeches together, provided powerful motivation and inspiration for themselves and the people around them, they became a dynamic duo. They applied their joint skills from a

university course they both undertook and experience of being part of the program into creating ChIPS first ever promotional video.

In relation to their personalities they both had the great ability to be empathetic with others, they generally felt and offered their constant support to everyone. I know from my own personal experience that there were times where, I could go to one of them for a hug or a talk to make me feel better, which they gave without question.

In so many ways both Elisha and Emily will be missed, just as ChIPS is encountering a new journey so are they. I wish as well as all the other members of ChIPS the best of luck for everything that they will achieve in their lives. I know the experiences from ChIPS will always be with them, and their contributions will never be forgotten.

By Louise De Pino

Elisha & Emily



I was on the interview panel when Emily Simpson applied for the position of Mark's assistant. I remember that she astounded us. She was clearly the best person for the job.

I also remember thinking that she seemed a little like she'd be hard to get to know but as time passes I came to realise just how wrong I had been. Emily took over Mark's position of program Co-ordinator last year at short notice without a word of complaint regardless of how under prepared she may have felt (or been for that matter!) and over the past 18 months has run the ChIPS program better than anyone could have expected.

Emily has seen the program through some tough times in those 18 months, and despite how those times may have affected her, she was there for any ChIPS member who needed her.

Emily's time at the program was never going to be unlimited (as we seem to have forgotten) and now sadly comes to an end.

But she won't ever be forgotten. She leaves us with millions of memories - having her sleeping bag frozen in a bucket of water at camp. Then stealing every reference Committee members' sleeping bag in retaliation...

She leaves us with a stunning photo wall - forever a reminder of her fabulous pink shoes. (She leaves me with many delicious recipes...) Most importantly, she leaves us with one huge place to fill in the office.

Regardless of how sad we feel that Emily is leaving us, we all wish her the very best for everything she does now and in the future.

We thank her immensely for all the hard work and countless hours she put into ChIPS over the past two years.

Yes, while we may never forget her, we can also be sure that the impression the ChIPS program has left on Emily will surely last a lifetime - for we always knew that Emily truly cared for every member of our program.

To Emily - we thank you and love you continually and wish you all the very best in your new job - never lose touch.

By Lauren Dunbabin



a tribute...

Chris Balnaves (Bellsy) was an amazing ChIPS member. He joined ChIPS in 1997, and

shortly after it proved impossible to find somebody who didn't know him, or at least know of him! He absolutely loved ChIPS, and it wasn't long before he was renowned for his wit, determination, and positive outlook within the program. Chris was once said to be the heart of the ChIPS community, attending all the social events and reference committee meetings he could, whilst

always making the effort to introduce himself to new people and befriend as many Chippers as possible.



One of the highlights for Chris was the annual ChIPS camp, which he took delight in organizing and participating in. Chris won the first ever Walsh Perpetual Trophy and proved to be a very competitive team leader, trying

his hardest at every camp to win it back. Unfortunately, we had to say goodbye to Chris as he passed away in 2003. The Chris Balnaves award for Most Outstanding Camper was created to honour and remember Chris for who he was, and his dedicated contribution to ChIPS and the spirit of the program. Chris was an amazing and inspiring person who will always be remembered and truly missed.

Merryn Balnaves and Louise Pellegrino