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Editor's CRUNCH

BY Jordan Hammond

Well this is the last newsletter of the year and my jobs almost over. I want to again thank everyone who has contributed to this edition as well as previous editions of Chill. It really wouldn't be as great as it's been this year without the input all you ChIPPERS as well as our mentors and Kristen put in. So I think you all from the bottom of my heart for helping myself and the Publications team to achieve our goal of making the newsletter stand out this year, you've all really taken a lot of the strain off of us.

I want to shout out a quick thank you to the Publications team; Sarah, Beth, Ivano, Scott and Daniel, as well as our mentor Rob, who have all put in so much work, effort and ideas. Thanks guys for being there to pick up any slack we might have needed to tighten.

One of the issues I wanted to discuss here today is working and work experience. The way my life has played out so far has not given me the opportunity to

have a job. I worry about this constantly because I'm fearful that if I've never held down a part time job I'm going to be inexperienced when I take that giant leap into the real world. My situation is as follows.

When I first turned fourteen and was able to undertake a job my parents decided that taking on a part time job would distract me from my studies. They maintained this view throughout my high school education which I am thankful for. When I was 16 I was diagnosed with the condition I have today. I was quite ill for a couple of years and barely able to focus on school work let alone consider a part time job. I'm eternally thankful to my parents for instilling in me the sense that studying is important.

However, my situation has changed somewhat dramatically over the past couple of years. I'm currently in my second year of an Arts degree and I live on campus at Monash uni in Clayton because it's too far to travel from Bacchus Marsh everyday. Over the last few years as well as now and into the future I

have been relearning about me body and living with a chronic illness. As you all know a chronic illness isn't something you just get over one day, you really have to work at making everyday count and just taking life as it comes.

I study full time and I still struggle to make it to a lot of my classes even with the extra time I have (because we all know Arts students are a bunch of slackers!). I tire myself out just from attending uni and catching up with my family and friends. I really just do not have the spare time to work. I use the time I do have to recuperate and get to know myself more. Not having the time to work raises many issues for me. A lot of my friends don't understand my predicament and think that I'm just lazy, I have no work experience because I even missed out on that in year 10 and I'm still very much reliant on my parents for financial support. All of these things really embarrass me and I find myself having to explain my lack of a job to every Tom, Dick and Harry. Somehow I even manage to

Term 3 Social (Continued page 11)

BY Beth Sleeman

On Saturday the 20th of September I arrived at the RCH at five to ten and proceeded straight to the Ella Latham theatre for the CHIPS term 3 social with motivational speaker Glenn Manton. People were still arriving and organising so things didn't get underway until about 10:30. Boy when they started going it

didn't stop. First of all we had a little introduction and then proceeded into a little game for which Scott, Karen and I volunteered for. Karen and I were sent out of the room and Scott played first, what we had to do was hang washing up on the washing line but we had a time limit and the purpose of this exer-

cise was to show that different people do things in life differently. Then Glenn got into it by starting off with the majority of his slideshow and just explaining many things about life and sharing his wisdom with us. After this he turned off the lights and showed us a picture and after 10 minutes of keeping us in



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make myself feel as if I'm just using my chronic illness as an excuse not to work.

By far if anything annoys me the most about not being able to work it's the fact that I'm not considered independent. I've always been a person who strives to be independent and I'm rather strong willed about that. I owe my parents so much for everything they have done for me, their support is truly amazing. However, I really struggle with the fact that I'm 20 and my parents still give me money to live, even when I no longer live at home.

I'm going to have a bit of a rant now and I apologise. I've looked into ways of becoming financially independent and I have very little choices open to me. The government will not help me out simply because I'm not financially independent and my parents earn too much money for me to be granted any subsidies. This immediately rules out getting a Health Care Card, Youth

Allowance and I've looked into it and my medical condition doesn't classify into any category that would allow me a Medical Condition Bursary because mostly they're related to short term conditions ailments and also my condition doesn't stop me from working according to Centrelink standards. I ask you where the benefits are for students. Most of my friends receive one or more of these payments and which really gets my goat because I don't feel they need or deserve any extras. I don't understand why the government would want to give people who already have money more money. Of course I do understand there are exceptions to this case. But it's never really made sense to me.

Well my rant does have reasoning, it is that what little work experience I have had has come from ChIPS and I will be forever grateful for that. I've learned so many skills here just from getting involved and now my resume is no longer blank. I still worry about what a potential employer will think

of a 20 year old woman who has never had a job before but I know that I have so many wonderful ChIPPERS to attest to my character. Especially Kristen, thank you so much for all the opportunities you've given me as well as such wonderful and guiding support. I so dearly appreciate it and will never forget how much you've helped me get ahead in life; both emotionally and physically.

Well its time to go now, and I hope I've given you all some idea of how great ChIPS really is and how much you can gain from just getting involved. I'd love to see some of your smiling faces at the Christmas Party and definitely at the 2009 camp. I will be there for a chat with you all and hopefully will see some of you applying to be on the Publications committee at next years RefCom.

Have a safe and happy end to the year and be on the look out for this years Wrapper to be released in January 2009.

Sub-Committee Updates

ChIPS Connect

As usual ChIPS connect has been on the go for the last few months. We've had ward visits, speeches, 8 week group, the list goes on. The second 8 week group for the year has just finished, which means we'll hopefully see a few more faces around ChIPS and were all very excited about the next 8 week group starting up next semester. With this there have been a few speeches done. We've given speeches at various hospitals and ChIPS related events, while others at universities and there has been heaps of positive feedback, which is great. So ChIPS connect is going full steam ahead, and again if any of you know of an organization or school that would like ChIPS to do a presentation at it, go on the ChIPS website or contact Kristen.

Socials

We've got the camp site and theme and we are on the home stretch of all of the camp details so first we would like an expression of interest reply from all of you ChIPPERS so that we can get a rough idea of how many of you are coming along. Email Felipe on logan66@hotmail.com

Camp and ChIP In

Term 3 started like any other term with organising a social for ChIPS. With the added knock on the door for a term 3 social to be agreed upon and booked as soon as possible. We eventually had a great idea from Abbie about a workshop type social about confidence not only in your self but in others. With term 4 ideas flowing well we should have an awesome term 4 Social/ Christmas Party. That's all for the socials side for now.

Kristen's Korner



Well the sun is starting to come out, little buds of green are appearing, and flowers are blooming. Spring is here, and with it some warmth and a renewed sense of optimism for me. I know winter sometimes makes us feel a little down, so now is the time to start coming outside more, trying new things, and saying hello to the world and a few more people.

Around ChIPS we have some exciting news to go with the change of season. A new staff member is starting and will be in the ChIPS office Tuesdays and Thursdays from late September. Many of you will know Meagan Hunt as the music therapist from your 8-week group, or from Ward 3-East. For Term 3 Meagan has actually been facilitating the 8-week group alongside peer leader Louise. This so inspired her that she applied for the 2-day per week Program Worker position, and she was successful! Welcome Meagan, it will be great to have you around more! Also thanks to ChIPPERS Felipe and Tamara for being part of the selection panel.

For those of you who went to this ChIPS Ball in August, wasn't it a FANTASTIC night (see photos above for proof!)? The annual ball is ChIP In's major

fundraising event for the year and involves an enormous lot of hard work from the volunteers in ChIP In. The funds raised actually allow us to have the annual ChIPS Camp, so it is a very important event for the program. Thankyou so much to ChIP In for their commitment and effort that made the Ball and thus the Camp possible. Thankyou also to the RCH Foundation members who sponsored 12 ChIPPERS to attend the night. And hey, ChIPPERS, you are a fine looking bunch when all scrubbed and frocked and suited up! It was great to see you all having such a great time!

The next big event on the ChIPS calendar is the first-time ever ChIPS-High Challenge Camp, run by the Victoria Po-

lice High Challenge Program. By the time you all receive this newsletter the Camp will have been run, so hopefully you will have a chance to read about the

event. This is an amazing opportunity for ChIPPERS to experience another Camp which is supported by medical staff. If successful, we hope it will be offered again in 2009, so consider the option very carefully if it comes your way. This year it was only possible to have 15 places for ChIPPERS, but you never know what the future may hold!

The production of the ChIPS Wrapper (the annual

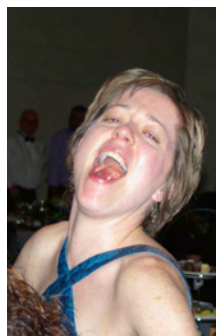
magazine) is in full swing. The Publications committee who produce this newsletter is always on the hunt for contributions for the magazine from ChIPPERS. If you have something you want to say about ChIPS or your experience of what it is like to be a young person with a Chronic illness, then make sure you let us know ASAP. Stories, reports, photos, poems, cartoons, song lyrics, drawings – you name it, we include it if there is room. It's a great chance to have your voice heard, to advocate for all young people with Chronic illnesses, and to see your work in print!

As we come to the last Term of the year, we also come to lots of exams and assignments and STRESS! Make sure you eat well, sleep well, get out into the sunshine, and have some fun amongst all that hard work. And if you ever need to Chat, Call me on 9345 6626 or email kristen.kappel@rch.org.au

Cheers and take Care,

Kristen

P.S. A request from me – if you are no longer eligible for the ChIPS program or no longer want to receive the ChIPS publications and flyers, please make sure you let us know, so we can save money and maybe even a tree or two!



"And hey, ChIPPERS, you are a fine looking bunch when all scrubbed and frocked and suited up! It was great to see you all having such a great time!"

Environment with Ivano

Did you know that Melbourne city Council has an ecological Building?????

I couldn't believe when, while I was overseas, my uncle told me to read a certain article on a magazine (Specchio), which reported that Melbourne city Council has an ecological office building! not only this I saw a segment on Catalyst (ABC at 8pm) talking about it and the employees who suffer from allergies think it's a great place to work in, because during the night it regularly changes the air and during the day and, air circulates better due to way it has been built! Great isn't it!

Anyway I have translated the Article because wanted to share the article, and especially because once again a healthy world means healthy people. If you like me is wondering where it is, it's on the corner of little Collins and Swanson Street. near the Melbourne town Hall.

Check it out!
Ivano

Publication reference commit-

tee member

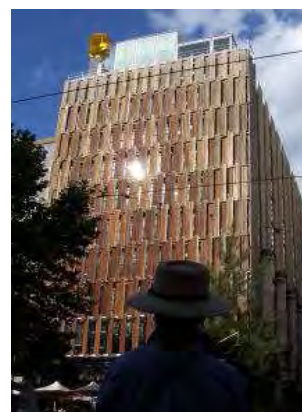
**"Specchio" Italian Magazine
06th of August 2006**

**Urbanistica
(Town Planning)**

What a lesson of Melbourne

It has been built to reflect The Ecology of the planet, with it's complicated system of inter-related components. In this way CH2 (Council House 2. www.CH2.COM.au), the new Location of the council of Melbourne, represents a perfect model of a building eco-sustainable. The north front of the buildings (our south, in the northern hemisphere) there are air pipes which are in a dark colour, that by absorbing the heat from the sun, push the hot air from the inside towards the other way and towards the outside, with the same dynamics of that happen in nature; Meanwhile the South front has two air pipes that are in a lighter colour that lead cool air from the roof to all of the ten floors of the building. Recycled wood panels, which when activated by a photovoltaic system, shadow the west front accord-

ing to the position of the sun. Every day one hundred thousands of liters of black water pass through a system of micro-filtering, from which non drinkable water is made but to be used in the cooling towers, in the irrigation system for the vertical garden, which crown the Eastern front and in the water fountains. At night the windows open automatically to let fresh air in and therefore to purify the building (they have sensors that allow them to close in case of rain or strong winds). CH2 is able to reduce from 60 per cent green house gasses, to save 85 per cent of the consumption of electricity and of 93 per cent of gas.



Sharing the Load

BY Beth Sleeman

About a month ago the Centre for Adolescent Health held a Sharing The Load forum about transition from the Royal Children's hospital to the adult medical system. It started out with Monica Hedges introducing the people that would be speaking that evening and then she herself began to talk. Monica spoke about what they do at the Centre for Adolescent Health and began a slideshow showing some of the posters around the hospital talking about transition she then proceeded to tell us about the transition process. At this point she asked our own Vassie Dandanis to come up and give her speech about her own transition experience and what it is like. Monica then proceeded with her slideshow and explaining to us that transition is something you have to think about now and not just when you turn 18 and venture out into the wide world. After that it was half way through and time for a break with some biscuits and yummy sandwiches. After this it all changed instead of going back to sit with our parents we were split up and put into a divided section of the Ella Latham theatre, the grown-ups watched the rest of the slideshow whereas us kids hooked up with Meagan Hunt and wrote a mind blowing song called '*A day in the life of us*' which at the end of I made sure I got in an advertisement for ChIPS much to Vassie's dislike of the wording. Overall it was good and very informative evening.

Transition

BY Vassie Dandanis

I am Vassie Dandanis, 20 years old, have a chronic health condition, and am in 3rd Year Arts/Community Development. I see myself as being transferred but still in transition, with strong connections to the RCH. My process has been complicated by two facts that would normally be seen as beneficial: firstly that I am able to access the private medical system, and secondly that my mum is a doctor.

Up until last year I have been at the RCH for most of my care and am now moving to see a combination of adult doctors at Monash Medical Centre and privately. My transition has been a roller coaster trying to maintain my general health and minimising associated risk factors with my condition. Transition for me means going to a new hospital, engaging with many new professionals to create a healthcare team. It has felt like the predictability and safety net has been removed and the new one is still being created.

I also feel a strong expectation to manage independently or 'self manage' my condition. It seems this expectation comes from trying to navigate the adult world, yet the skills to do so do not appear automatically. I have been working hard with family and professional support to fast-track them

Some of the skills that are expected include taking my own medication, filling prescriptions, attending medical appointments

alone and being able to ask and respond to the questions asked by the healthcare team members. I have found the health care skills checklist really helpful as it sets some tangible goals and when I refer to periodically I can see I am moving forward. However I only heard about this incidentally because of my involvement in the ChIPS Reference Group. Also, the transition website is something that I have visited at various stages of the process.

Another factor that has assisted me is a recently discovered checklist of routine checks that has been created for my particular condition. This helps me know what is happening when and be able to take control and make choices that work for me. Having a framework to monitor my progress against is really important.

A potential pit-fall is to just put things off and let myself get out of following my tests, but I do not allow that as an option. I make sure that there are consequences for me, such as if I don't get things done when I say I will then I encourage mum to step in and make me go and get things done without choice of when and where. I have discovered I find things less scary when I have more choice. I also realise that the process is more rewarding when I make things happen. I have been liberated by the fact that if I take responsibility then I have the opportunity to be proactive.

What would be really helpful is if there was some kind of a resource that outlined team members' roles and responsibilities in healthcare. This resource I would see as really helpful to focus me as a consumer but also to understand what is going on more widely. I consider my team to include me, my family, my primary health care provider, allied health and specialists.

Some of the barriers or challenges that I faced both during transition I feel could have been reduced or at least identified and managed before the issue of transition was upon me. For example I was not really anticipating transition but the process was precipitated by a time of illness when I needed to access a range of new specialists. That meant I was grappling with new health issues, uncertainties and a whole new setting without the familiarity of RCH. It was at this vulnerable point, that actually I learnt the most about 'self managing', especially with testing my own determination to be proactive with my health despite fears and unfamiliarity. It also included me searching for a GP that is not within the family as a means of providing a space and support for self management.

What has helped me is to become increasingly aware of my needs and speak up about them. I have to admit my close friends will often dare me to do things that I need to do. This may be to go for

Cont. Next Page

tests or appointments on my own, or to go back and visit the people that have made a difference and say 'goodbye and thank you'. I realise now that such closure is helpful to be able to move on, but I stumbled across that myself, without being led to that action. I feel now that it's me working with my health professionals to be proactive in my care and wellbeing.

Compared to at the Royal Children's where I could get all my

health needs met at the one place I now need to see a range of specialists who all work at different places. It can be a challenge to get all the professionals thinking and talking on the same page and also for me to understand their lingo and respond with enough detail.

Transition has felt like one step forward and three steps back, frustrating and at times feeling like being thrown from pillar to post.

The process has presented challenges to battle through and triumph over. It has felt like a rapid process of developing my own toolbox of life skills and knowledge including a greater awareness of my needs and limitations. Having now completely moved to adult healthcare, I am both grateful and frustrated at the opportunity to have such 'rite of passage' to the truly adult world.

2007 Leavers Updates

Ever wondered what life will be like after ChIPS?

We caught up with two of our old ChIPS buddies who were on reference committee last year and spent this year away from the guiding support of our beloved ChIPS program.

Thanks to Louise Pellegrino and Tamara Higgins for their wonderful insights into what life after ChIPS is actually like. We hope you guys are out there enjoying life and look forward to catching up soon.

Hi everyone,

I hope ChIPS is going great and everything you want it to be.

I have been working for the last 3 months now at Women's Golf Victoria as

the Junior Golf Coordinator. So it's my role to get more junior girls into golf, I ran a camp a month ago for 100 girls to learn golf... it was very interesting and a lot different to ChIPS camps. J Working life is good but very different, I definitely miss my sleep ins and doing random things. Well I hope everyone is enjoying themselves and making all the new members welcome.

Have a good one.

LouPy



It's been a different 8 months since leaving chips I no longer had a place to look forward to going every

month. I felt I was on my own, what was I going to do now with no more commitments, no more feeling like I belonged somewhere. I wouldn't be able to see the smile's of people who I would look at and know I was not the only one feeling ill wanting to escape. You get through it and move on, you still keep in contact with people and can always pop in to the office if you need to talk.

I'm now working part time helping people with learning problems and loving it. I feel ChIPS helped me and I now help other people with some of the skills I've learnt through ChIPS.

I do miss it and hope to come back as a volunteer one day. Tamara



ChIPS Ball

This year's ChIPS ball was my first, and I cannot wait until it's held again next year! So much fun!

After a week of being sick before the ball, it was great to frock up and have an awesome time.

All the Chippers looked glam, and are trendy dancers. Much more coordinated than I'll ever be on the dance floor.

The food was beautiful – I was lucky enough to have two desserts – lucky my dress wasn't too tight!

I am so pleased that everyone dug deep and raised so much for a worthy cause. Thank you to everyone who came along.

BY Carly Findlay

Leadership Training

BY Louise De Pino

This year's leadership was run a bit differently as Red Cross teamed up with ChIPS to run the training together. When everyone got there we were asked to buddy up and your buddy was to write your name on a tag for you as well as a drawing a symbol next to it that showed one of your favorite things you like to do. Then we all sat around in a circle and were introduced to our Red Cross leader (sorry! I can't remember her name) and she basically explained what she did and why we were all there.

Then we played a few ice breaker games and were given a handbook full of information and the itinerary for the next two days. As the day went on we discussed various things such as what is a leader and what kind of responsibilities do various leaders have and we filled out various sheets in our handbook. We were then split into groups

OMG! Its today! That all I could think of when I woke up on the Saturday 2nd August. I quickly got up and picked up my beautiful black strapless dress knee-height, with a purple bow under the bust line and a purple shawl. Finally I could relax, but not for long I had to race to the hairdresser get my hair done then race to the nail place and get my nails done and then finally I could get home relax eat! And get dressed and go via my personal limo service Mr. Taxi Man! Once we arrived all my butterflies and nerves had gone! And I could finally enjoy the evening. We sat down and our first round of drinks had come and our first course was on the way, but as always I couldn't wait to eat I was starving! The evening was just getting better when the decided to auction a packet of light and tangy chips! This went for more than what they were worth! After some more drinks and some heavy bidding they pulled out Wendy Stapleton who sung a couple of songs which also included 'these

Including 'these boots are made for walking' which all the ChIPPERS got up and danced too. After more and more silent auction bidding it was time to do the big auction the mother of all auctions! One by one someone in the room would get a smile from ear to ear as they out bet someone, all the ChIPPERS and the people surrounding me knew that I wanted the 10 KG BLOCK OF CAD-BURY CHOC. But unfortunately I was out bidden right at the end! After the choc bidding was over, Stacey and Charlotte got up and got bidden on to send two chippers to camp I was a really good idea. After that the ball ran smoothly well for me anyway! But the time the silent auction had finished I was buggered, eventually we left for me to sleep! I had a great ball. I would like to thank Jess O'Dowd and the ChIPS-In auxiliary and everyone else who helped out to make it an eventful night.



and were asked to brainstorm. By this time everyone was getting along great and were chatting and really enjoying themselves.

We were then handed out some cards that had various situations on it with answers underneath about either how you'd react or how you'd feel about it. This helped us to figure out what kind of person/leader we were. After this was done, we all got into the group of the leader we came under and talked about whether the attributes and characteristics that came under the category of that leader were true to us as people.

After this Carly made a speech about her chronic illness and how she overcame it by achieving the work position she's in today. She also gave us helpful hints and tips in how to get into the workforce. I had left early by this point

but from what I heard and also what I had read of her speech, she is very inspirational to us all.

The next day I was unable to go, so I can't tell you exactly what happened, but from what I know about the day, Di made a presentation about public speaking and gave a handout with tips on speech writing and public speaking. Also they talked about 8 week group and the responsibilities but also immense rewards you receive from it and they also discussed self-care, which is extremely important for an individual to have.

Overall I think the two day leadership training went very well, and hopefully many of the chippers there learnt new skills and tips on how to be a better leader in ChIPS, but also within their own lives and outside

Personal Story

BY Ivano Cascone

My life started in a small city called Savona in the North West coast of Italy, on the 24th of February 1985.

School in Italy as with many Italians scholars had always been very difficult. In Italy and most of Europe I guess, there is a very high expectation from teachers and society in general, instead here in Australia is whatever you can do. So after a few unfortunate events my mother decides to take to the country in which she has spent most of her life. We landed in Melbourne at 5am on the 19th of September 1999.

School was wonderful here teachers didn't expect much from me, only what I could do. However, although I desperately wanted to come here, because I had been in Australia 4 years earlier and found it wealthy and free, settling here was very difficult and lonely. This was mainly because in Italy I had the same very friends till then and am a shy boy; so I have found making friends very difficult and didn't see the few relatives I have here very often. I tried to join different groups such as the scouts because I had always like the outdoors but unfortunately didn't have much luck.

After two and a half years in

Australia, instead of seeing the fruits of being here I get my wisdom teeth taken out in a huge operation. So being stressed and having begun year 11 I fell ill with something I didn't understand yet. We all just thought it was being nostalgic of Italy and just needed some rest from school. So I quit school and went to Italy with my family during the summer; had a wonderful time seeing my friends again and going to the beach a lot.

I came back here thinking I was back on track with my health and everything, and waited till the 2003

school year started. I also changed schools because of the hope of making friends in a safer environment. The school was much more welcoming as well as the students, but found out that I didn't get over my illness, which I still didn't know what it was. Having gone to various doctors trying the usual "antidepressant" drug which made me feel even worse, we couldn't figure out what it was. So having heard of chronic fatigue I called the society and asked for a doctor they knew. They referred me to a certain Dr Anne Small, in which she diagnosed me with chronic fatigue.

"I was glad I finally had a 'label' but at the same time I was devastated because I had travelled more than 20,000km for that, instead of the promised wealth"

Like Louise at CHIPS I was glad because I finally had a "label" but at the same time I was devastated because I had travelled more than 20,000km for that, instead of the promised wealth I thought I would get. So Dr. Small gave me a medical certificate, stating that I would be away from school for a whole month in order for me to recover well enough and to make my mind whether to go on with my studies. I decided to go on

studying for my VCE; at this stage I knew I could do it over three years so I went to a careers coordinator and asked how I could do that. She was very

kind to me and said to me that I could have done it even over 10 years!!! She also helped me a lot in choosing my subjects in order to get through my VCE, which I did in 2005.

In the same year it was when I discovered about CHIPS through the school councillor. CHIPS was and still is in a lot of ways, the only place where I was fully understood and comments such as "try harder" or "you're too lazy" didn't exist at all, my eight week group wasn't a big success but I still enjoyed it and I was glad to share my stories with them although at

times I felt like it wasn't my group because I wasn't as bad physically as they were. I was 20, driving and although I liked my car it was like driving a tank called Kingswood. But still couldn't work nor study full time and achieve what I wanted to achieve so I stayed and enjoyed it.

In the last two years after

ending my VCE I was saddened that I had still not gotten over my CFS so I went back to Italy for a while and found it not to be my "home" but was happy because I could always come back. The year after I had a few "failed" jobs and a failed attempt to study I am happy because I have finally learned my limitations, am

more confident and have a better understanding about my CFS. Which is to just distress mentally and physically.

Hope you find my story as interesting as I did, because while writing this has brought back many memories which I had "put aside".

Facing a world of horror, women create beauty

Lahore, August 18, 2008 *The Age*

SAIRA Liaqat squints through her one good eye as she brushes a woman's hair. Her face, most of which the acid melted years ago, occasionally lights up with a smile. Her hands, largely undamaged, deftly handle the dark locks.

Nearby in this popular beauty salon, Urooj Akbar trims and paints fingernails. Her face, severely scarred from the blaze that burned about 70% of her body, is sombre. It's hard to tell if she's sad or if it's just the way she now looks. Ms Liaqat and Ms Akbar are among Pakistan's many female victims of arson and acid attacks. Such tales tend to involve a crazed lover and end in a life of despair and seclusion for the woman. But these two became beauticians.

The women can't escape the mirrors or pictures of glamorous models that surround them, but they consider the salon a second home and a good way to make a living. 'Every person wishes that he or she is beautiful,' Ms Liaqat, 21, said. 'But in my view, your face is not everything. Real beauty lies inside a person, not outside.' 'They do it because the world demands it,' Ms Akbar, 28, said

of clients. 'For them, it's a necessity. For me, it isn't.'

The women got into the beauty business thanks to the Depilex Smileagain Foundation, an organisation devoted to aiding women who have been burned in acid or other attacks.

About five years ago, Masarrat Misbah, head of Pakistan's well-known Depilex salon chain, was leaving work when a veiled woman approached and asked for her help. She was insistent, and soon a flustered Ms Misbah saw why. When she removed her veil, the salon chief felt faint. 'I saw a girl who had no face.'

The woman said her husband had thrown acid on her. Ms Misbah decided to place an ad to see if others needed help.

Forty-two women and girls responded. She got in touch with Smile again, an Italian non-profit organisation that provides medical services to burn victims elsewhere. She sought the help of Pakistani doctors. Perhaps the biggest challenge has been raising money, in particu-

lar to build a special hospital and refuge for burn victims in Pakistan. Her organisation has about 240 registered victims on its help list, 83 of whom are at various stages of treatment. The Human Rights Commission of Pakistan found that last year at least 33 women were burned in acid attacks, and 45 were set on fire. But many other cases go unreported out of fear.

The victims Ms Misbah has helped need, on average, 25 to 30 surgical procedures over several years, but she soon realised that wasn't enough. Some, especially those who were outcasts in their families, had to be able to support themselves. To her surprise, several told her they wanted to be beauticians.

She helped arrange for 10 women to train in a beauty course in Italy last year. Some have difficulty but others including Ms Liaqat and Ms Akbar, are making their way in the field.

**Thanks to Carly for providing us with this article.*

Leadership Training 2008

BY Tamara Myors

This years Leadership Training Program was some what different to other years, however the experience was one to remember! Unlike other Leadership Training days of the past, the 2008 program was held away from the Royal Children's Hospital and the ChIPS office. In fact it was held at the Australian Red Cross Centre, parallel to Gatehouse Street, but only a few tram stops down.

Training ran over two days – Monday the 30th of June and Tuesday the 1st of July. The days were by led by ChIPS coordinator Kristen Kappel, along with a number of CHIPERS who organised certain sections. However, Tammy Byrne from the Australian Red Cross played a large part in facilitating the Leadership Training and running the activities.

One of the initial things we were asked to do was to write down our expectations of the training and what did we want to get out of it, as later on the next day we referred back to our written goals we had set, in order to see if we had achieved them and to reflect on what we had learnt.

The mornings of both the first and second days mainly involved Tammy coordinating some fun ice breaker and warm up games, that allowed us to get to know each other and to become comfortable within the group. Those who were present were not all ChIPPERS, and therefore the games gave us the chance to learn something about one another, besides just each others names and faces.

Kristen and Davina briefly spoke about ChIPS, how it is structured and the key components involved, as we had some people in the

group who had travelled interstate and others who were relatively new to ChIPS, and therefore they may not have been aware of the five-tier model. As a group we then further discussed the idea of and philosophies about youth participation and peer support, and how the ChIPS program is based on these models and the benefits of this.

Though out the training, we listened to a number of different speakers, including Di Fincher who spoke to us about what ChIP In Auxiliary does for ChIPS and how we can help with fundraising activities, such as the Annual ChIP In Ball.

The other guest speaker was Carly Findlay, who is not a ChIPPER, but is a young adult living with a chronic condition. The Leadership Training was the first time that she had shared her life story with us and we were extremely proud of her. I felt it was very beneficial for us to hear her story, as she is only a few years older than us and is able to provide advice and answer some of our questions, drawing from her own experiences. Carly is now a mentor for the ChIPS Reference Committee and we are very luck to have her help!

Across both days, there was obviously a strong focus on leadership skills, styles, roles, responsibilities and challenges. The creative and imaginative construction activity was not only extremely fun, but once we had completed the task, we were able to reflect. We discussed whether our team demonstrated effective communicate as a group and what role we played, which also showed how leadership can have obstacles that must be overcome.

The Leadership Training facilitators were able to make the training informative and enjoyable, as they incorporated many smaller group activities, such as discussions and role plays that allowed everyone to become involved. We were also provided with some handy practical tips and helpful hints about effective communication, body language, active listening, co-facilitation, public speaking and self care. There were also a number of mind exercises that really made you think and reflect on yourself, including your strengths, weaknesses, how you interact or work with others and as a leader, what qualities you bring to the group.

Overall, everyone who participated seemed to find the two days of training both interesting and appealing in some way. I think we each learnt something either about ChIPS, about leadership or about our selves. At the conclusion of the two days, we were each awarded a Certificate of Completion of the ChIPS 2008 Leadership Training Program. The certificate is a pleasant reminder of the memorable and valuable experience, which I would highly recommend to everyone! Congratulations and thank you to everyone involved!



ChIPS High Challenge Camp 2008

The first ChIPS/ Victoria Police High Challenge camp was held on the 24th to the 26th of September. The camp was a great learning experience for all of us as it was the first camp that was attended by ChIPPERS but not run by ChIPS. The camp was a great success with ChIPPERS and Police members integrating and becoming friends.

Everyone got the opportunity to challenge themselves in one way or another and a good time was had by all.

Thank you so much to Jane and her High Challenge colleges for giving us this wonderful opportunity to express ourselves. Also thanks to the Vic Pol members who came along and Kristen for helping to organise the camp even tho she couldn't make it!

Look out for the 2008 Wrapper for a more in depth look at what happened on High Challenge Camp.

Leadership Training

BY Louise De Pino

This years leadership was run a bit differently as Red Cross teamed up with ChIPS to run the training together. When everyone got there we were asked to buddy up and your buddy was to write your name on a tag for you as well as a drawing a symbol next to it that showed one of your favorite things you like to do. Then we all sat around in a circle and were introduced to our Red Cross leader (Tammy) and she basically explained what she did and why we were all there.

Then we played a few ice breaker games and were given a handbook full of information and the itinerary for the next two days. As the day went on we discussed various things such as what is a leader and what kind of responsibilities do various leaders have and we filled out various sheets in our handbook. We were then split into groups

and were asked to brainstorm. By this time everyone was getting along great and were chatting and really enjoying themselves.

We were then handed out some cards that had various situations on it with answers underneath about either how you'd react or how you'd feel about it. This helped us to figure out what kind of person/leader we were. After this was done, we all got into the group of the leader we came under and talked about whether the attributes and characteristics that came under the category of that leader were true to us as people.

After this Carly made a speech about her chronic illness and how she overcame it by achieving the work position she's in today. She also gave us helpful hints and tips in how to get into the workforce. I had left early by this

point but from what I heard and also what I had read of her speech, she is very inspirational to us all.

The next day I was unable to go, so I can't tell you exactly what happened, but from what I know about the day, Di made a presentation about public speaking and gave a handout with tips on speech writing and public speaking. Also they talked about 8 week group and the responsibilities but also immense rewards you receive from it and they also discussed self-care, which is extremely important for an individual to have.

Overall I think the two day leadership training went very well, and hopefully many of the chippers there learnt new skills and tips on how to be a better leader in ChIPS, but also within their own lives and outside world.

Term 3 Social Continued

the dark about who was in it he shed some light on the topic and told us that is was actually him hugging his wife and then began to tell us the story of how he and his wife met which was very deep, descriptive and emotional. Once he had turned the lights back on he continued to tell us about his personal life and then we shared some lunch.

The second half of the social was the movies we ended up seeing WALL ·

E which was really funny and enjoyable and funnily enough we were all still hungry after having to lunches one at the hospital with everyone and one at Melbourne central whilst waiting an hour for our movie to start. The film itself is about a robot which is left on Earth to clean up all the rubbish humans left behind he's the only robot that has survived the 705 years since human life left Earth. Then a new robot appears called EVE who is looking



for plant life, and when a spaceship comes to take her home WALL · E has fallen in love with her that he hitchhiker's onto the ship to be with her the rest of the film you will have to find out for yourself as I am outer space, time and the film is only half way through! Go and see it!

Welcome to Our Newest ChIPPERS!

BY Louise De Pino

Hey guys

So our third term group has come to an end and I have the job of introducing to you all the awesome bunch of people I've got to know these last 8 weeks. So get ready to meet Gerry, Luke, Elena, Gemma and Caitlyn. They really are a great bunch. Each and every one of them brought so much into group. There were crazy antics, such as trying to play a trick on me with a rubber chicken (don't ask), Gerry usually liked to spice things up with her wacky ways and there was always a lot of talk about things that usually Meagan and I knew nothing about! But I think what our group was best at was going off on tangents. Seriously, I'm surprised we got anything done! We even got Meagan doing it. I think a big highlight was the song. It really represented what group was all about. I have never seen lyrics or a song flow so quickly in just an hour and it was fairly interesting when we tried to sing it as we all got 'mic shy'. But overall I think (and I hope!) everyone in group had a great time, and hopefully we will be seeing all of them around ChIPS a lot more!



WANTED WRAPPER

ARTICLES!!!

Do you have anything that you would like to write about CHIPS this year, or something that you want to tell the world about.....Well this is your **opportunity!!!** **IT CAN BE ANYTHING.....**

Photos, article, Poems, art works, personal achievements, Song Lyrics, Life stories, events, or even how CHIPS has changed your life....



WHAT DO YOU GET OUT OF IT?????

You will be in the draw to win the Liz Dixon Wrapper Award. This is an award dedicated to a very special ChIPPER who passed away in 2006 due to her chronic illness. You will also win the personal satisfaction of seeing your article published in the magazine forever.

We need all articles by the **October the 31st.**

HAVE A CERTAIN PHOTOGRAPHIC FLARE?

We also need a cover photo for the Wrapper. The requirements are that the photo must be taken by a ChIPPER, it must be of a natural occurrence (so no man made things), also we need the photo to be of the highest resolution possible, this is so we can all admire the good quality of your work.

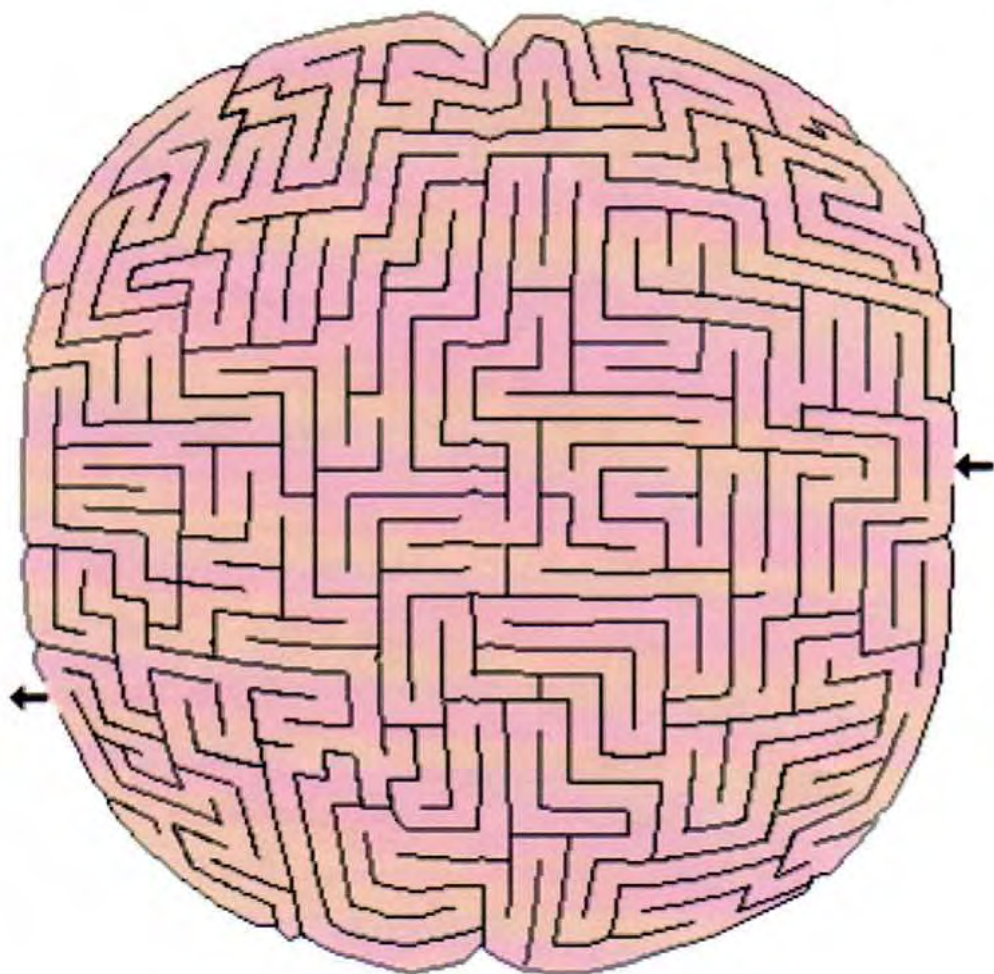
We need your photo's by the **15th of October.** Feel free to submit as many photos as you wish. The best entry will be judged and feature on the cover of the 2008 Wrapper.



Please send all the submissions to Kristen at Kristen.kappel@rch.org.au or Jordan Hammond jkham@student.monash.edu.au

Look forward reading your articles....

Fun Stuff



16. Hairstyles

FindaWord

Here's a word search to make your hair curl!

AFRO
BANGS
BEEHIVE
BLOW DRY
BOB
BOWL
BRAIDS
BRUSH
BUN
CORNROWS
CREW CUT
DREADLOCKS
FLATTOP

MOHAWK
MULLET
PAGEBOY
PIGTAILS
PLAIT
PONYTAIL
SHORT
SPIKY
SPRAY
UPDO
WAVY
WEAVE



S	F	L	A	T	T	O	P	B	K	S
I	P	A	G	E	B	O	Y	C	U	G
T	I	A	L	P	N	B	O	W	L	N
N	G	E	E	Y	T	R	O	H	S	A
H	T	V	T	V	N	U	R	B	Y	B
T	A	A	E	R	I	S	F	V	A	L
E	I	E	O	M	O	H	A	W	K	O
L	L	W	T	U	C	W	E	R	C	W
L	S	K	C	O	L	D	A	E	R	D
U	P	D	O	S	D	I	A	R	B	R
M	D	Y	A	R	P	S	P	I	K	Y

Solution: _____