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**CENTRE FOR
ADOLESCENT
HEALTH**

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Editor's CRUNCH

BY Jordan Hammond

Welcome to the second instalment of CHILL. I would like to thank everyone who has contributed in their own unique and exciting way. Congratulations must be extended to those of you who were willing to share their own personal thoughts in such detail in the last CHILL. It takes a lot of guts to put those thoughts out there for 100 or more people to read, such honesty really made the first newsletter so successful. I only hope that this one is just as such.

I've been doing a lot of 'night think' lately, which is the thinking I do in between the time I get into bed and when I fall asleep. I've been really pondering the idea of what ChIPS really means to me, with it being one of those commercial things that I could quite easily say, and have done in the past. My most common answer being "ChIPS is a haven away from the everyday hassles of being ill", which it is. The amazing this about being involved

with ChIPS is that by surrounding yourself with all these amazing people your mind is taken off certain realities. Such as being an adolescent with a chronic illness. There are no such stereotypes within ChIPS.

So what is it exactly that makes ChIPS so special to me? Honestly I didn't get that much out of my 8 week group. They were such a wonderful bunch of people that I regret not being able to see that much anymore. But the group just wasn't much of a talking group, so it was hard for me to be able to express some of the things I was experiencing, as well as understand that the other people were going through similar experiences. So I decided that as much fun as it was, there was really nothing I could do to make it more useful in terms of support. That was until I went on my first ChIPS camp.

I could have hardly expected to get as much out

of a camp as I end up with. Originally knowing very few people, the idea of taking on a three day camp was an intimidating one. However, I was soon to meet lots of people, doing lots of amazing things. These people who I was very soon to grow to love. It was so wonderful watching these people do things that they are expected not to be able to do. I decided that I had to challenge myself as well. I decided to take on the 'Leap of Faith'. For those of you who don't know what that is, it basically involves climbing up a pole and jumping out to touch a ball then free falling a few meters before you're caught by someone pulling the rope taught. It might be wise to mention here that I have a lot of trouble trusting people with my own safety, I like to always be in control and jumping off a platform and trusting someone to pull a rope was not my idea of safety! I regretted my decision

Continued next page.

Splash and Away We Go... to ChIPS Mini Olympics

BY Vassie Dandanis

The day started with a small group of ChIPers meeting at the ChIPS office before jumping aboard a Police bus to be escorted to Latrobe University Bundoora Sports Centre. To be honest I had no idea how challenging the day would be and am very sore today.

The day started with meeting our coaches at Latrobe sports centre and preparing for aqua activities. In typical Olympic fashion we were ordered to swim a warm up lap of the pool before teaming up in groups of 3 for kayaking. I'm just glad it was at a swimming pool as I felt very shaky driving that kayak!

Next challenge was to swing and drop into a deep water pit on a Tarzan rope. I opted to wear a floaty belt I was unsure of the whole thing but went back for the second time with encouragement and reminder of the wall climb at last years camp!

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immediately, but there is no turning back, I had to jump. The tears were running. There was a lot of loving encouragement from everyone and then I decided to jump. By far the worst feeling in my life, those two seconds of free fall, and although I wasn't even close to touching the ball I immediately felt achievement. I supermaned to the ground to the embraces of all. It was such a defining moment in my life, a moment when I knew I could take on what's thrown at me.

Immediately I loved everything ChIPS stands for.

Camp is such an amazing experience that no one could try to recreate. Seeing people achieve the so called 'unachievable' is an experience greater

than words could express.

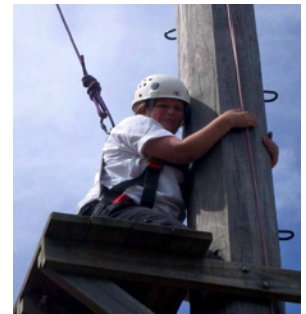
ChIPS is a sanctuary, it is a place of calm and love. There is no hate or fighting, no prejudice or disempowerment. There is only love. Love and everything that comes with it; understanding, trust, compassion, laughter, honesty. If today's society was more like the ChIPS community there would be no hate, no violence, no war, no prejudices, no crimes. People wouldn't be afraid to walk down their own street. There would be peace. The likelihood of peace occurring in the world is hardly considered possible. So for now we will just have to keep this love contained within ChIPS.

So what does ChIPS mean to me? Putting aside the fact that we are all young people coping with the difficulties of everyday life with a chronic illness. ChIPS means equality, where

we can all be one, snuggled away from the harsh cruelties of the world. A place where we can be ourselves and know that we will be loved no matter what or who we are.

They say that the bad things happen to the good people to make them stronger. I have never met stronger people in my life.

Jordan Hammond



Sub-Committee Updates

Camp

Camp Committee is cruising along very very nicely! so far we have a camp site booked, a theme sorted and insane activities organized! yep you guys are in for the best camp ever! just remember to send back any forms you may receive from us ASAP, so that you don't miss out!
cant wait to see you guys all there
Cheers
CAMP COMMITTEE!

ChIPS Connect

ChIPS connect committee, has been busy, busy. And from what it looks like the next few months will be our busiest yet. At the moment we're building up to leadership training. Last years leadership training went so well, with a great turn out, and we're hoping for the same as this time round as it'll be

quite different as we're having Red Cross run the two days with us. So the team is all working hard on making sure that leadership training will be a great success. This terms group is coming to the end of its 8 weeks and it sounds like they have been a great bunch and we will hopefully all see them at upcoming socials and events. Next term a new group will begin. Another aspect is we've now begun visits to the ward, which will hopefully recruit and help more people to realize the support and fun ChIPS offers! There are also talks being presented in the next couple of months and we have the ChIPS ball coming up which is a major fundraiser and publicity event. Basically ChIPS Connect Committee is doing its bit in trying to get the word around about ChIPS wherever we can and if any of you know of any schools or organizations that would be

interested in having a ChIPS presentation, please tell them to contact Kristen or visit the ChIPS website. Thanks =]

Socials

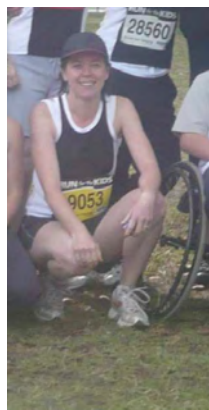
The socials committee was very proud with the success of there term two social which was at Latrobe university leisure facilities.

The social committee is now organising the term three social which is said to be bigger and better than other social. We are looking forward to finding out what it is.

Thankyou to the social committee for organising a wonderful day out for ChIPPERS for the term 2 holidays. .

Kristen's Korner

Hi ChIPPERS, families, friends, sponsors and others,



Well this photo is me at the Run for the Kids event – still smiling despite the 14km I had just run (although it took 2 mins and 3 ChIPPERS to get me up from this position!). What a great day we had, and what a fantastic achievement by the many ChIP-

PERS who were involved – either walking or running the 5.76km or the 14.14km event, or providing encouragement, food, massages and laughs for those participating. We also had family members, friends, and sponsors involved – special thanks to NetApp and Southern Precast for your contributions to the day.

Another great social event was the Term 1 Social – the Mystery Tour. The social committee did a fantastic job of organising a trip to the Victoria Police Academy where we watched a graduation, had lunch in the huge dining hall with recruits,

and had a tour of the chapel, obstacle course, firing range and mock town used for training.

By now you would have all received your invitation to apply for a place on the first ever ChIPS - High Challenge Camp. This is an amazing opportunity provided by the Victoria Police High Challenge Program to attend a Camp additional to the ChIPS one in January. We will provide medical staff and they will provide the program. There are only 15 ChIPPERS places, so get you applications in fast! Thanks Victoria Police.

ChIPS will soon have an addition to it's staffing and programs with some new funding coming our way to run a ChIPS Intensive program. This will mean that people unable to attend the 8-week group due to issues like transport or illness or work commitments, will be able to complete the 8-week group over a two-day period in school holidays. I will use this space and the website to update you all when more is known, but the

program is expected to start in early 2009.

Finally for this edition of Chill, I want to thank all the members of the ChIPS Reference Committee for the hard work they have put in so far this year. These ChIPPERS and mentors are the people who continue to bring you these newsletters, the WRAPPER, socials, Camps, the groups, and are out there advocating for young people with chronic illnesses in the community. Keep up the great work guys.

Some dates to put in your diaries:

Saturday 2nd August – ChIP In Ball

Wednesday 24th-Friday 26th September 2008 – ChIPS High Challenge Camp

Wednesday 14th-Friday 16th January 2009 - Camp

Please feel free to contact me with ideas, for support or just to chat on 9345 6616 or kristen.kappel@rch.org.au

Kristen

Our Newest ChIPPERS!

BY Davina Tribbick

Introducing: Alice, Eliza, Jess, Kaitlyn, Mitchell, Rachael and Robert: the first 8 week group of 08! Although this was my first time peer leading, I couldn't have asked for a better group to work with (and yes, I really do mean that!). Everyone brought such different personalities and experiences to the group, it was such a joy to be apart of their 8 week journey and see everyone open up more and more as the weeks went on.

Now I know 8 weeks isn't a long time to be breaking records but, yes, we managed to break 2!! The first being the longest game of pool (ever!) and the second occurred during a time when all of our creativity was running wild (music therapy session). It was during this time we managed to write the most emo song (ever!). It should be made compulsory listening to all those people out there oblivious to the nega-

tive effects of choric illness as It depicts them all so well. I think we have some naturally talented song writers!

For anyone considering peer leading a group, I'd highly recommend it. it's not only a great experience and confidence boost but it's a way to re-connect to people you can relate to and gain a new perspective on participating in the group.

Overcoming Genetic Challenges

BY Vassie Dandanis

I see myself as 'short on the outside but tall within'

I'm Vassie Dandanis and am 20 years old and I am studying Community development at Victoria University.

Many of the challenges that I face are no different to other young people living with a chronic health/genetic condition as described below. I know these challenges are lifelong. The challenges specifically to my condition include my height, knowing where I am in space, potentially being short for my age (GH injections for many years to combat this), the need to take regular medication. However I'm not scared by this as I am proactive and have regular appointments and health checks so that we know when a problem arises otherwise I just get out and live a active healthy life.

➤ Challenge number 1 - facing my fears, particularly of needles

This is so that I can access the best health care. This has meant having regular appointments, tests and daily growth hormone injections when I was younger. It was not until I had begun to move on to TLC Clinic at Monash that I realised that the tests and appointments would just go away when I left the RCH. When I was in the Day Medical Unit last year at the RCH for tests, I was really struggling when I was faced with needles. It was at this point that one of the nurses said "you know we can do something about this" I did not believe it but before my mum and I left Day medical. we had said bring it on tell us more and with that she contacted Dr Angela McKenzie who spoke to my mum and I before telling us of someone who did imagery and hypnosis and worked with children and young people who had fears. For a while these new tricks worked but I was meanwhile being more and more independent and going to Monash for my health commitments that things have since caught up on me and the old tricks that I first learnt are not working so I am now refocusing and getting some help and practice again this summer.

"It was at this point that one of the nurses said 'you know we can do something about this'"

➤ Challenge number 2 - develop my social networks

condition specific support group

I have met other girls both my age and older over the years. The older members would tell us who the best people are at that point in time. Many fellow members of Association have been good friends and given us insight of what may be to come, who the best people to see are and the opportunities of life. At first my mum was active and as I have become older I have contributed my own skills and wisdom to other individuals and families affected.

Since my family and I have been aware of life with a genetic condition I have been active in the Association and later with GSNV before branching out to other opportunities such Chronic Illness Peer Support, Rotary Youth Leadership Award, and Youth Lead run by OzGreen. I am a new committee member of GSNV and am looking forward to the challenges and achievements the year will bring. For me GSNV has been resource and a friendly smile. Whenever my group runs a workshop or event we are always benefitting from the support through accessing a library of resources for activities and information., receiving mail outs including the GSNV up-

date and support group news, and attending GSNV events where we can meet people with other health challenges and learn from there experiences.

➤ Challenge number 3 - Strive and learn skills of independence

I choose to be independent where possible and this has meant learning the Melbourne transport system to get to TAFE, socials/meetings, appt, and tests. At first I had to buddy up with a friend as I got lost at flinders street station. In 2006 I represented VTSA at Communities in Control conference as part of Leader Newspaper Scholarship.

➤ Challenge number 4 – strive to be responsible and proactive for my health care

I needed to move on to seeing a range of specialists at Monash TLC clinic end of last year when I became unwell. I very quickly became inundated with requests for tests as the doctors worked out what was going on. Since then I have had to make healthy choices and be physically active so that I better control my sugar so that I am healthy in the long term.

➤ In summary

On the outside my condition may appear **sensitive, subtle and silent** but inside it has made me a determined **survivor**.

An Average Reference Committee Meeting

Ever wondered what happens at a Reference Committee meeting?
Well here is your chance...

- Some members arrive early to have a meeting with Julie Hall in regards to the Youth Advisory Committee associated with the RCH
- Members arrive at 5:45pm to have a social catch up
- Meeting supposed to start at 6:00
- Meeting finally commences at 6:05
- Guest speakers come from the Starlight Foundation to inform us about Livewire, they're supplying pizza for dinner. (Thanks to Bella, Kylie and Belinda)
- Kristen gives an update on the goings on of ChIPS, things such as the social, Run for the Kids, ChIPS Intensive and new stalls at West-field shopping centre are discussed.
- Pizza arrives 6:45; people claim their slices, a lot of munch-

ing goes on!

- Jordan gives a thanks to everyone who contributed to the first edition of Chill
 - The various sub-committee's break off into their groups
 - Kristen runs out to get 15 cups, as we forgot to bring them!
- Sub-committee feedback begins at 7:45

- ChIPS Connect: Rich peoples talk postponed
- Publications: Term 2 Chill on way and Wrapper begun
- Socials: Term 2 social planning underway for Latrobe Swim Centre
- Camp/ChIP In: Committee heading to campsite to check it out. ChIPS Ball on August 2nd

- Meeting finishes at 8:00pm
- We clean pizza scraps off the floor

- People start saying their good-byes and heading home!

Compiled by Karen and Abbie



Personal Ad

BY Tamara Myors

My name is Tamara Myors and for those that already know me, most would be aware that I have a chronic illness, but one that is not visible from the outside. Therefore I will share my **inside** story...

In December 2001, I thought I had just survived the **hardest** year of my life, the first year of secondary school. Year seven is a challenge in itself for most **adolescents**, dealing with school, new subjects, teachers and friends, while having to keep on top of assignments and homework. Yet little did I know that the real **battle** for me was still to come.

After completing year seven, I had some tests and x-rays, but had not thought much of them, as I had not experienced any unusual **signs or symptoms**. Yet for some reason, the doctors insisted on having them, as my lack of height appeared to be a **mystery**. But I personally had learnt to accept myself as just being **short**!

For this reason, I was extremely stunned when the scans detected a growth in my brain, which had

prevented me from **growing and developing**. I had pinched myself in attempt to wake me from the nightmare – but had soon realised it was not a dream! For me, my secure world had suddenly been turned **upside down**!

So at the age of thirteen I was diagnosed with having a **cra-niopharyngioma** (cra-nio-pha-ryn-gi-oma), a benign brain tumour the size of a **golf ball** that had attached itself to my **pituitary gland**, the ‘master’ gland that controls all **hormones**. After numerous specialist appointments, more blood tests and scans, I was finally told that I required a delicate operation to remove the brain tumour.

Therefore, just **three days prior to Christmas of 2001**, I was admitted to the Royal Children’s Hospital, to go ‘under the knife’. But unfortunately the operation was fairly complicated, as the tumour had calcified and had become as hard as a **rock**. Yet it had also become **tangled** around the pituitary gland and within some vital nerves, such as those connected to the eyes. I had a large team of specialists working on me, while my parents were just beside themselves as they waited. In the end

the procedure took a total of **seventeen and a half hours**, in order to slowly remove.

Due to the difficult location of the tumour **95%** was removed. However, the pituitary gland was also

my secure world had suddenly been turned upside down!

re-moved, therefore I now live with a complex and rare chronic condition called **panhypopituitism** (pan-hy-po-pit-u-it-ism) and another long-term medical issue known as **diabetes insipidus** (in-sip-i-dus, not the same as diabetes). Both of which my family and friends have never heard of or could even completely **understand**.

Also as a result of the surgery, I have had ongoing complications including the loss of my **sense of smell** and affecting my ability to **taste**, experiencing **fatigue, anxiety** and poor **self-esteem** issues. But also my loss of some sight, leading to the development of a **visual impairment** in which glasses can not correct. The combination of my visual deterioration and absence from school, have

also had an influence on my education and an impact on my **academic performance**.

Yet now, almost six and a half years since being diagnosed, I am continuing to try and live a **'normal' life**, despite having to have **ongoing monitoring** of my chronic condition with specialist appointments, tests and daily medication. Although this does not stop me from doing anything I set my mind, heart and soul to **achieving!**

Although my life may be a bit of a

roller-coaster ride, and not always smooth sailing, I know there is light at the end of the tunnel. I now live each day to the **full** and I take every **opportunity** that comes my way! With the support of my family and friends, I have learnt to **appreciate** and **enjoy life**, and not to take it for granted!

Through my **experience** with my condition and with the **support** of ChIPS, I have now decided that I would like to take up a **career** in helping and supporting others. At present I have com-

pleted my nursing course and am working as a **Division Two Nurse**. Therefore, I am already on the way to fulfilling my career goal – to be a nurse at the **Royal Children's Hospital!**

Overall, being apart of **ChIPS** for me personally has had a significant **positive** impact to my life.

Since this **traumatic event** in my life, I now realise it is the support of people and programs such as ChIPS that has really helped to **shape** and **form** the person I am today!

Splash and Away We Go... Continued

We then launched into races through a net in the deep water pit we had to race each other across the net to the other side. As if this was not intense enough we finished with a game of water polo with most members requesting the floatation belts. I had Kristen stick to me when I had the ball so I decided to stick to her. Once fed and dry again we started playing indoor soccer I found myself yet again in opposition to Kristen and wrestling for the ball getting a few wacks on the way from people.

The last of our energy was used to climb to new heights in rock climbing however by then my muscles were aching and out of energy but amazingly some ChIPers managed to climb to the top of the rock climbing wall. The day ended with presentations and barbecue lunch before hitting the road to head back to ChIPS headquarters where many of us stopped for a pit stop, chat and chill out before heading in different directions. Many of my friends were going home to flake in front of the TV or have snooze!

Thanks Social Committee for revitalising us and our inner strength and activity. I will use this to climb to new heights and get active as you have reminded us how fun it can be!

Thanks again, Vassie

ChIPS Connect Sub-committee



Mentors

The role of the mentor in the ChIPS reference committee is a very important one. Jane Franklin, Rob Sneddon, Carly Findlay, Jessica Kate O'Dowd and Di Fincher are valued members of our communities giving up precious time, thoughts and laughs to our meetings. Without these mentors ChIPS ref committee could never function right, (or at least we wouldn't stay on track every meeting.)

We would like to congratulate to Rob Sneddon and his family, on the birth of their son Benjamin. We wish Ben lots of health and happiness throughout his life.



Socials.

Name: Jane Franklin

Occupation: Police officer with Victoria Police. Full time position within the Youth Affairs Office at the High Challenge Program. We take young people at risk from around the state, police recruits in week 1 or 2, operational police members and community members away on 3 day camps. Our aim is to build partnerships between all parties and to break down barriers/stereotyping between all parties.

How did you become involved in ChIPS? I was invited to attend the annual ChIPS camp as a volunteer in November, 2007, and attended the camp in January 2008. I was given this opportunity by a fellow colleague who drew it to my attention and I was supported by my management to attend the camp. The camp was a life changing experience and I am thankful to all at ChIPS for welcoming me into their world.

What is your happiest memory or moment? My happiest memory or moment with ChIPS would be seeing a smile on all the ChIPPERS faces at some stage throughout camp. Being able to share such moments with these incredible young people blows me away every time. Another happy moment was when I walked into my first meeting as a mentor, the reception I was given by the ChIPPERS was amazing, so warm and welcoming and again blew me away.

What do you intend to achieve as a mentor? As a mentor I want to provide a friendly smiling face, someone who is there to listen at any time, to provide some special ideas and support in ways only I can. I want to be able to share my world with the ChIPPERS but most importantly to provide assistance in any way I can.

Publications.

Name: Robert Sneddon

Occupation: Police Officer

How did you become involved in ChIPS? Through Jesse (nurse). I mentioned in passing that I would happily help out if ever I could. Fortunately for me, Jesse called on me to deliver.

What is your happiest memory or moment? I have only had a short involvement with ChIPS, but after a somewhat nervous introduction at the 2007 camp, I have thoroughly enjoyed meeting and getting to know all the Chippers. I know this is general but I can't really put down one isolated event or person, it is just a really special group of amazing and inspiring people.

What do you intend to achieve as a mentor? Wow, toughie. I hope that I can contribute to the development of ChIPS in two ways. Firstly, I hope that have the opportunity to help each and every Chippers with their personal development. Secondly, I hope that I can contribute my share in the progression and development of the ChIPS program.

ChIPS Connect.

Name: Carly Findlay

Occupation: Public Servant. I work for a large government agency doing fun things like planning events and writing newsletters and communiqués on behalf of my manager. Yes, it can be fun working for the government! Recently I ordered 450 donuts for the staff in my building, and we had morning teas on each floor – while wearing wigs! We gave prizes out to those who had the best and the worst hair styles. I was surprised about how many public servants have wigs hanging around at home!



How did you become involved in ChIPS? I wrote an article for the national workplace newsletter that goes out to 22,000 staff and received great feedback and respect from immediate colleagues and strangers. Many people wrote to me thanking me for my honesty about what it's like to live with a long term illness and the way I cope with working full time, and also the way I handle peoples' reactions to me being so visibly different. I realized I had something to contribute to society, and that my story may help other people. I asked my dermatologist at the Royal Melbourne Hospital how I can get involved in motivational speaking and with kids with illnesses, and he put me in touch with the Adolescent Health Unit at the Royal Children's Hospital. Kristen read my email and asked me if I want to be involved in ChIPS, and of course, I said yes!

What is your happiest memory or moment? When Darren Hayes (Darren Who???, I hear you ask! - He's from Savage Garden – remember that great 90s Australian duo) hugged and kissed me from the stage at Manchester Lane (a bar/music venue in Flinders Lane) last year... Or maybe the time when Darren held my hand in the second song of his album launch and took a photo of himself with my camera in 2004... It's hard to determine which event was the best.

What do you intend to achieve as a mentor? I want to meet new people and have fun. I also want to impart some knowledge and advice to the young people involved in ChIPS, and see them flourish and achieve great things in their lives.



Camp and ChIP In.

Name: Jessica Kate O'Dowd

Occupation: Nurse at Royal Children's Hospital Neonatal Intensive Care Unit

How did you become involved in ChIPS? I participated in the ChIPS program in the early days as a young person with a chronic illness. I hung around for a while (still here actually!) and participated in all five levels of the program. These days I am still enjoying being a part of the ChIPS program by being a mentor for reference group, working as a nurse on the annual camp, and working on the ChIP In committee to help raise funds for the camp and other aspects of the program.

What is your happiest memory or moment? I have a few actually, don't think I can pin it down to one.

In terms of ChIPS:

- Being a part of the first ChIPS Camp.
- This years camp, I was so proud of the camp committee that got the camp back on track and all of the ChIPPERS that participated were truly inspirational.

Outside of ChIPS: · Going to Disneyland with family (about 11 years old).

- Being at the 1995 AFL Grand Final to cheer home my beloved Blues!
- Being present for the birth of my oldest nephew – Nathan (8 years old)
- Getting my job as a nurse at Royal Children's Hospital.

**All the above were pretty happy moments but if I had to pin it down to only one I would have to say the day I came home from hospital in 2005. I had been very sick and in hospital for about 6 months and somehow I managed to survive a very serious acute episode of my illness. It was the biggest fight of my life, and my family for that matter, and even though I wasn't in great shape when I got home it was an unbelievable feeling to get back home after many days of thinking it just would not happen. This experience has led to making many more happy moments such as the day I went back to work (got told probably wouldn't be able to work again), finishing my post-graduate nursing studies in neonatal intensive care nursing that I had been part way through when I got sick etc.*

What do you intend to achieve as a mentor? To assist young people with chronic illness to develop confidence and various life skills that will help them to live their life and achieve their dreams despite having the challenge of living with a chronic illness. Helping to ensure the camp is a huge success!!!!

Name: Di Fincher

Occupation: Event Manager

How did you become involved in ChIPS? After meeting Jess O'Dowd and Bree Regester and heard all about the program

What is your happiest memory or moment? So, so many it is hard to isolate just one.

What do you intend to achieve as a mentor? To help to provide opportunities to the Chippers to assist in their transition to life outside of the ChIPS program by building on ideas, networking and problem solving.

Empowered By Becoming Involved With ChIPS.....

BY Jane Franklin

No matter where you are or what time it is, before we can go any further I ask that you find a quiet place where you are alone and where you cannot be disturbed. Turn off your mobile phone, take the phone off the hook and turn away from and ignore the TV or computer screen in front of you for the next 10 minutes. O.K., so you are sitting down in a comfy chair, have no distractions, nobody is peeking over your shoulder and you now have a huge smile on your face in anticipation of what you are about to read. Hang on tight.....here we go.....

I've been asked to write an article to be included in this ChIPS newsletter and I feel very privileged and honoured to be asked to do so. Thank you.

For those who are reading and whom I am yet to have the pleasure of meeting may I initially introduce myself. My name is Jane FRANKLIN and I am old enough to know better! I am a senior constable within the Victoria Police Force and I joined the "cops" in 2001. I am currently stationed at the Youth Advisory Office, based in the city, but more importantly I work within the High Challenge Program. The High Challenge Program involves us taking a group of at risk young people, from anywhere around the state, away on camp with 20 police recruits who are in their first week of a 20 week training program to become a member of the Victoria Police Force. On camp we also involve community leaders and operational police members from the area where the young people come from. Our camps last three days and our aim is to break down barriers and reduce stereotyping between young people and police through adventure based learning and challenge by choice activities in a safe, positive environment where we all have fun.

As a police recruit I went on a High Challenge camp myself. It was on that very camp where I made the decision that I wanted to work at High Challenge fulltime as soon as I could after graduating from the academy. I immediately became a volunteer and I finally got the full time position I dreamt of five years later. Yippee for me hey! I know I have the best job within the Victoria Police Force and I am very passionate about the work I do. I meet amazing young people, play games, swing around on high ropes and have so much fun and smile every day plus I get paid to do it. What else would you want to do?!

It was through my role as a police officer at the High Challenge Program that presented me with an opportunity to become involved with ChIPS. We were approached by a fellow colleague to assist and volunteer for the annual ChIPS camp in November, 2007. I jumped at this opportunity and at my very first camp information session I was lucky enough to meet Kristen, Jess, Lauren and Felipe. I'm sure I asked way too many questions but what an impact this meeting had on me. After a few more meetings, phone calls and emails I received confirmation that I, and two other High Chal-
staff members, had been selected to be a volunteer at the 2008 ChIPS camp. Ex-
with this news, absolutely.

The camp was amazing and a life changing experience I will never forget. Now I been on a lot of camps but never have I experienced anything so rewarding. The mitment and enthusiasm of the staff and volunteers was outstanding and the posi-
approach and unconditional peer support amongst the Chippers was something so special and something that I had not seen or experienced before. I have never so much, laughed so much, admired the efforts of others so much or enjoyed shar-
moments of achievement and experiences of others so much than what I did dur-
wonderful camp. The icing on the cake was certainly the "Warm and fuzzy"
I keep my book at work in my draw and pick it up and read at least one of the comments on a daily basis. It is a reminder to me of what life is all about and how much of a great time I had on camp.

*"a life changing
experience I will never
forget."*

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Since the ChIPS camp I have chosen to become a mentor where I am hoping to provide a pair of ears that will listen, an email address that will always reply, a phone number that is always an option, a shoulder to lean on and a smile to share with you all.

Thank you all so very much for allowing me to enter and come into the world of ChIPS. Your collective and individual warm welcome continues to inspire me on a daily basis.

Just remember....."A smile is a curve that sets everything straight".

Take care and keep on smiling.

Jane.

Environment With Ivano

Do you want to eat healthy and save the environment by eating at a restaurant? Well now you can.

A restaurant is usually a place where healthy food is no where to be seen and the waste...

Well you don't want to know... 100 Mile has looked at this from each angle and the food is as healthy as it can be. All the furniture at the restaurant is either been made from recycled materials or is good second hand furniture, including the light fittings. The floor is again from recycled materials which will last longer and it's not harmful for the environment. Also 100 mile cafe has water recycling in place in which all the water from the bathrooms sinks is then used again to flush the toilets.



The Food??? It's the best you will ever eat. This is because all the organic ingredients have been grown, produced and sold within 100 miles or 160 Km radius, from beginning to end. Most of the ingredients have been grown organically from small local or-

ganic farms, so the food tastes like it should be. The trout tastes better than salmon, the bread taste is crispy outside and soft inside as it should, even the cola they serve taste like a truly healthy and revitalizing drink.

What is the catch?? Yes unfortunately everything comes at a price (literally) and the restaurant is also a bit hard to find hidden away in a corner of Melbourne Central shopping centre. The price is a bit out of reach for the average person, in my opinion and the place is hard to find even

with the directions from the electronic directory at Melbourne central. You will find it in a corner with a small door with a small round sign saying "100 mile cafe", which if you are a passer by you will underestimate it, but don't judge a book by its cover...

To conclude I think it is very worth trying it and even if it's only healthy for the body and not the wallet, it should be an example to all restaurants as there is too much waste and restaurants sometimes using ingredient of poor quality. In regards to finding the restaurant in Melbourne central shopping centre, the easiest way to find it is to enter from the escalators at the corner of Latrobe st. and Swanston st., go all the way up and turn left and there you should see the little sign with the little door. For more information call P 9654 0808 or visit www.100milecafe.com.au Ivano Cascone

Work Experience @ ChIPS

By Gen Atkins

My day with the ChIPPERS was a busy one, but it was a great experience. When I thought about that day I thought "I'm going to be in meetings all day," and yes I was, but they were so rewarding. The important issues were discussed, but there was also time left over to hang out, laugh and eat junk food. I had so much fun and I met a lot of wonderful people. The whole day I was surrounded by smiles, and the ChIPPERS made me feel really welcome. It was really interesting talking to them; they had so many stories and so much energy. It was great to hang out with kids my own age for the day.

They were completely normal teens, but at the same time I was amazed by the ChIPPERS. They worked hard and they played hard. They organized so many activities and fundraisers, and truth be told I was a little jealous of all the fun stuff they organized for themselves. I still can't get over the fact that this organisation is run by kids for kids. Spending a day with the ChIPPERS was the best part of my work experience. I learnt so much about this amazing organisation, and I loved working there.

WILD

BY Michaela Gunn

I started WILD at the end of last year. I was so scared to go, but when I got there I was fine! I meet everyone, and realized that they were all girls, (sorry Ian!!) our group was Loren, Michaela, Jordan, Nikki, Vassie, Claire and Ian! I loved WILD even more! On our first meeting we got to know each other and prepare for our first one day trip, we all separated and broke off into little groups myself and Loren worked on the FOOD! Nikki and Vassie worked on the navigation and Jordan worked on the equipment. The time had finally come for us to leave and prepare for the one day trip which was caving!

I woke up super early the day of the caving and got all ready and headed to the office, everyone was there and we soon boarded the bus, we finally arrived at our destination, we split into two groups and the first group went caving and the second group stayed behind and got ready for lunch, the first group came out of the caves all happy and it was ready for the second group to go down, I was so scared of the dark but lucky we had lights! We went down and shortly after we came back up! We had lunch took some photos and was just about to go when a tree decides to fall over!! We had to call the SES to come but Ian and Garth (Garfield) decided that they would just cut it up! We arrived back home and I was happy to be going home!

The next meeting came and we discussed the first trip but shortly after that we got onto planning our 2 day trip, we all broke off into our groups again and shortly after we had to leave again to say bye, the time had come again to go on our 2 day trip I was so excited the first time I was going to the Werribee Gorge! Of the 2 days we climbed a massive hill which had a coke machine at the top (it's a joke, it got us to the top though) we also abseiled from a massive mountain and also toured the gorge. The dinner at night we all contributed to it and the



PASTA was so yummy!! ☺ It was soon time to leave and head home. After a time away we joined back together and talked about our past trip and started to plan, but seeing we had another session so we just mucked around! But it was the time again to say goodbye!

So the next time we met we had to plan everything and get ready! But the time had come to go on our 4 day trip! We all headed to the Office for the last time, we all said bye to our loved ones and headed of onto the bus ready for our trek around Wilsons Prom. It was pretty gorgeous, we walked about 5-6 ks on the first day, we were all so sore and tired we set our tents up and made dinner and not long after we all hit the sack. We all woke up really early the next day, had breakfast, all packed up and headed on our way, we walked down this road that we thought that no car had been down but guess what a car came beeping behind us it was pretty funny! J We finally reached our destination which was right next to the beach!! This was awesome! We dropped our stuff and went straight to the beach!

After a lot of hours swimming we went back and had dinner and went to sleep. The next morning came and we could either choose to go to somewhere secret and move during the night or we could stay the night there and walk further during the day. We all wanted a bit of a challenge so we went during the night. After dinner we were to move, I was so excited, finally after some walking and some aero plane movements we got to our destination. It was so much fun we all fell asleep and woke up to have brekkie and to get on the move HOME!!

After 3 nights we were all missing our family and just wanting to go home and sleep in a NORMAL bed! Finally we got to the bus and just all fell asleep. We got home and there were some emotional reunions with loved ones. I would like to thank Ian and Claire who keep up with such a loud group of girls.

GO WILD!

**WILD stands for Wellness Through Integrated Learning and Development, it is a program that focuses on taking adolescents associated with the RCH out into nature to provide participants with the opportunity to challenge themselves and help to promote personal growth. No one is obligated to do anything they are uncomfortable with but you are encouraged to have a go in a very friendly and caring environment. WILD is recommended to any ChIPPERS willing to have a go at something new*

If you are interested in finding out more about the WILD Program then you can head to the website at www.rch.org.au/cah/wild you can find contact details for Ian Williams, the program coordinator, on the website. Ian is willing to talk to anyone wanting to know more about the program.

ChIPS Ball Announcement





ChIP In Annual Gala Ball
The Chronic Illness Peer Support Program
Requests the pleasure of your company at our Annual Gala Ball.

*Saturday 2nd of August 2008,
6:30pm for 7:00pm 'til 1:00am*

Dinner dance featuring live performances and the sensational Jenada will head up an amazing night of entertainment, so bring along your dancing shoes.

By supporting the ChIP In Auxiliary you will help the ChIPS program to empower their young people to confront the challenges of living life with chronic illness and offer them further opportunities, encouragement and support to get on with their lives.

Please join us and dance the night away while you enjoy a spectacular dinner and have some fun with our silent auction and raffle!!

Date
Saturday 2nd August, 2008

Time
6:30pm for 7:00pm 'til 1:00am

Dress
Black tie

Venue
Clock Tower Centre, 750 Mt. Alexander Road, Moonee Ponds

Tickets
\$135 per person

RSVP
Please reply using the attached Booking Order Form by Friday, 18th July 2008

All proceeds from the ball go towards supporting the educational, recreational and social aspects of the ChIPS program.

The Chronic Illness Peer Support Program (ChIPS) focuses on the psychosocial wellbeing of young people between the ages of 12 to 25 living with chronic illness.

ChIPS is associated with the Centre for Adolescent Health through the Royal Children's Hospital.

For more information call Jessica O'Dowd on 0412 387 547.

We look forward to your support.

Any enquires and for a booking form please contact: jkham5@student.monash.edu.au

WRAPPER Articles!

Want to get some of your thoughts and ideas published in this years WRAPPER? Well this is your chance! The Publications team are now taking submissions. Artworks, poems, song lyrics, cover photography, stories, personal adventures and ideas about how ChIPS has been a benefit to you are all welcome!

Be creative and send us in something! This is a great opportunity to have your work admired by a wide audience!

In memory of a very special ChIPPER, Liz Dixon, the Liz Dixon Wrapper Award for Creative Arts will be awarded to the ChIPS member with the most creative submission to the magazine.

*Send all submissions to Kristen or Jordan via e-mail, see below for details, with the title 'Wrapper' in the subject line or post your submission into ChIPS HQ.

Kristen Kappel: kristen.kappel@rch.org.au

Or

Jordan Hammond: jkham5@student.monash.edu.au

ChIPS Publications

Center for Adolescent Health



Fun Stuff

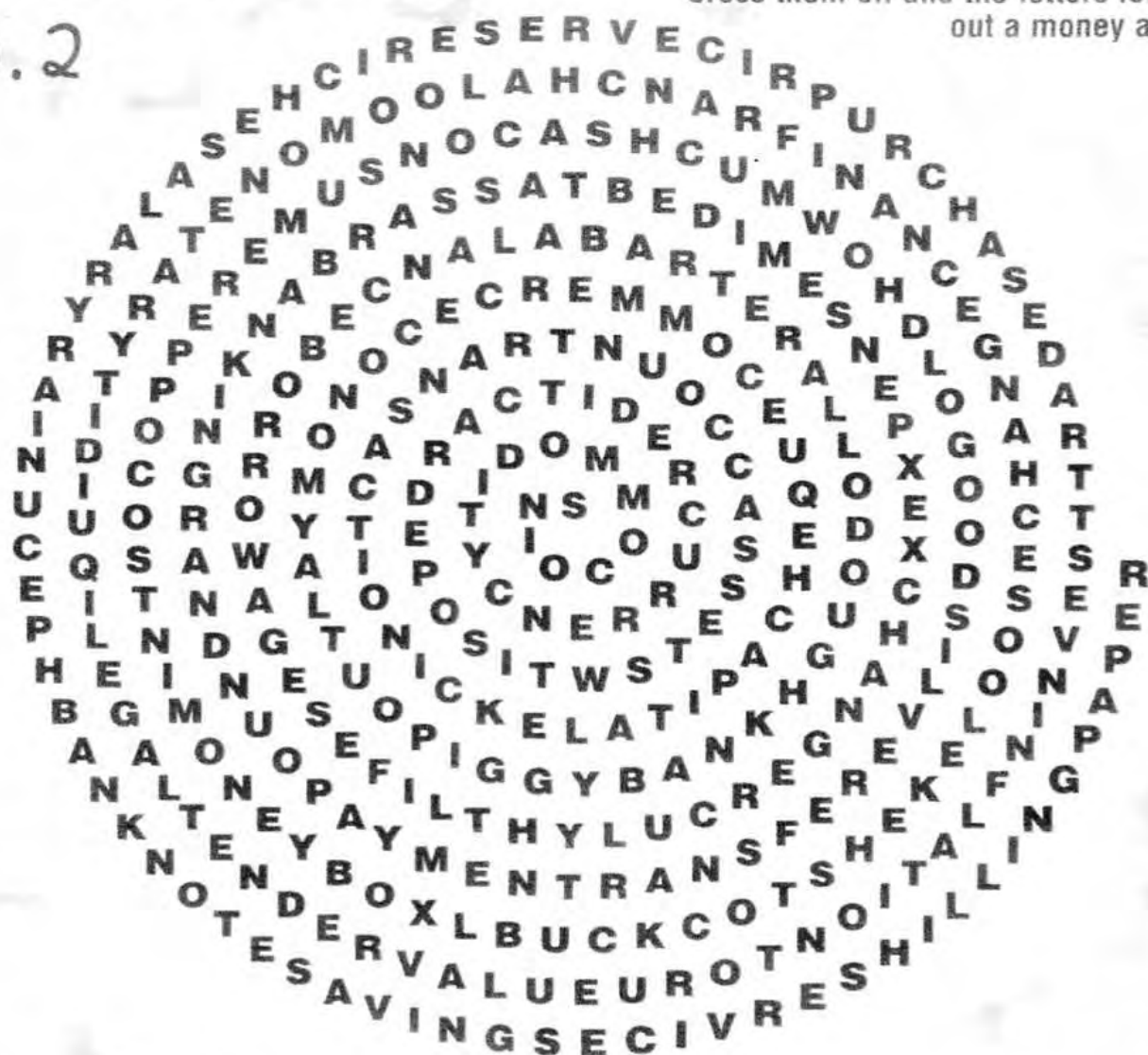
Tracker

No. 2

BIG SPENDER

Track down all the money words as they spiral backwards and forwards through the maze.

Cross them off and the letters left spell out a money answer.



ACCOUNT
ASSETS
BALANCE
BANKING
BANKNOTES
BARTER
BORROW
BRASS
BUCK
CAPITAL
CASH
CHEQUE
COINS
COMMODITY

CONSUMER
COPPER
COST
CREDIT CARD
CURRENCY
DEBT
DEPOSIT
DIME
DOLLAR
DOUGH
E-COMMERCE
ECONOMY
EURO
EXCHANGE

EXPENSE
FILTHY LUCRE
FINANCE
FRANC
GOLD
GOODS
GRAND
HOW MUCH
INFLATION
INVEST
LEGAL TENDER
LIQUIDITY
LOOSE CHANGE
MINT

MONETARY
MONEY BOX
MOOLAH
NICKEL
OUTLAY
PAPER
PAYMENT
PECUNIARY
PIGGY BANK
POUND
PRICE
PURCHASE
RESERVE
RICHES

SALARY
SAVINGS
SERVICES
SHEKEL
SHILLING
SILVER
STOCK
TRADE
TRANSACTION
TRANSFER
VALUE
WAGES

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