

The Gardenpath

Our New President...

After serving over a year as a director, we are pleased to announce the appointment of Noelle Martin as the new Chair of the Hope's Garden Board of Directors.

Noelle's clinical background is a definite asset in this new role. She is a registered dietician with a tremendous amount of experience helping those suffering from eating disorders. Besides her private practice, Noelle helps students through services offered at the University of Western Ontario.

"I am excited about my new role with the Hope's Board and look forward to working with my fellow board members over the next year to increase the awareness about Hope's Garden within the city of London, as well as to move forward with potential partnerships with other organizations." - Noelle Martin, RD

Open Art Studio is Back

Programming during the summer can be tricky. People are out of their routines, away on holidays, or taking it easy on those blistering hot afternoons (or as the case is this year, staying out of the rain!). And so we are making it easy to sneak in a group! The Open Art Studio (formally the Irene Dewdney Open Art Studio) is back with Registered Art Therapist Gill Yealand at the helm once again, Mondays from 6pm-7:30 pm (holidays excluded).

The drop in format means there is no registration required. Participants can come as often as what fits into their schedules.

Art is a very gentle way of exploring the underlying issues of an eating disorder. And no artistic experience is required! (It really isn't about the finished piece! It's what comes up while you are getting there.) Open to everyone 14 years of age or older it is the perfect solution to changing summer schedules, whether you are 16 or 60!

Full programming can be seen at www.hopesgarden.org. Look for some really exciting new programs coming in September!

Passing the Torch

In 1993, Dr. Kathy Berg was part of a group of professionals in London who rallied together to address the serious issue of the lack of services for those suffering from eating disorders in our community. They formed the EDAL (Eating Disorders Association of London) and worked tirelessly over the next few years, opening Hope's Garden in 2002.

Over the years, Kathy has ran groups, lectures, wrote grants, helped with fundraisers, sat on various and numerous committees, held the position of president and most recently past president on the Board of Directors.

As of our Annual General Meeting in June, Kathy's presence on the Board of Directors and at Hope's Garden will be missed greatly, but we are excited for her, and proud to know her, as she continues down her path, even if it is leading out of the Garden.

Kathy is shifting her focus to professional development. Her experience and knowledge in the treatment of eating disorders needs to be passed on to others and we applaud her vision of what is possible in the battle against these illnesses.

So thank you Kathy; You are, and always will be, Hope's Garden's caretaker.

"The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul. Show me your garden and I shall tell you what you are." - Alfred Austin

Beginning this September, Dr. Berg will be offering study groups on eating disorders for professionals currently involved in the treatment of eating disorders. For more information, contact Dr. Berg directly at 519.434.0431 or kberg@rogers.com.

For more information on programs at Hope's Garden, please call us at 519.434.7721, or visit our website www.hopesgarden.org Groups and Workshops are free to all participants.



Celebrate Every Body Fashion Show – a Red Shoe Event

On May 7th, it was a sea of red shoes at the Hellenic Centre as Hope's Garden held its 3rd annual Celebrate Every Body Fashion Show. Building on a story Dr. Kathy Berg shared at last year's event this year's show was "A Red Shoe Event." Last year, Kathy had been dared to wear red shoes by Hope's Garden's Executive Director Karen McGregor. Kathy purchased some red shoes and went in search of some matching earrings. The young sales woman in the accessories store asked Kathy why she was looking for red earrings. When Kathy told her the young woman replied, "I wish I could wear red shoes." Kathy asked her why she couldn't. The woman replied, "Oh, I couldn't...I'm not brave enough."

Her words speak to the unhealthy sociocultural pressures to be extremely thin and perfectly proportioned. These unreasonable demands contribute to low self esteem, poor body image and the development of eating disorders.

Remember Dorothy's red slippers in the Wizard of Oz and the Hans Christian Andersen classic fairy tale "The Red Shoes"? Red Shoes symbolize a return to the self and so this year's show became a Red Shoe Event with guests encouraged to wear red shoes and join us in Celebrating Every Body!

Krista Snaden (the person who started it all 3 years ago when she completed her Fanshawe college co-op placement at Hope's Garden) and Cheryl-Lynn Stickwood coordinated fashions from Channer's, Donna's in Lambeth, The Bay Masonville, Joga, Fisher & Co., The Frilly Lizard, and Moores' Clothing for Men. Lighting and audio from dS Audio, put the finishing touches on the show which was enjoyed by over 200 guests who supported the event.

As is tradition, models were friends and volunteers of Hope's Garden. This year's line up included Mark LaPointe from EZ Rock 97.5, Marie Tukara from Siskinds (Siskinds contributing an event sponsorship of \$3000), David Patchell-Evans from GoodLife Fitness with his daughter Tygre, Donnafaye Milton from Brescia, and Christina Nurse from the London Public Library, to name a few. For the first time, the show featured a children's and a men's segment! Few will forget Mark LaPointe strutting down the runway in a pair of ladies' red Mary Jane pumps, or Patch from GoodLife doing push ups at the bidding of our Emcee Catherine McCutcheon, from EZ Rock 97.5. Catherine did an amazing job, as usual, as she and Stephanie Vivier poked fun at their coworker, Mark.

Wonderful silent auction and draw items were generously donated by the community. Tickets to The Wizard of Oz from The Grand Theatre, a pair of red shoes from JAS shoes and a \$100 gift certificate from Zen Gardens made up the "A Night Out in Your Ruby Shoes" auction item, and Karin King Carpenter hand painted her famous sunflowers on large terra cotta pots for another.

Guests took home a Celebrate Every Body tote Bag filled with gifts from companies such as Cheyenne Beauty Salon, GoodLife Fitness, and the piece de resistance - A RED SHOE TAPE DISPENSER from Scotch Brand and 3M Canada!

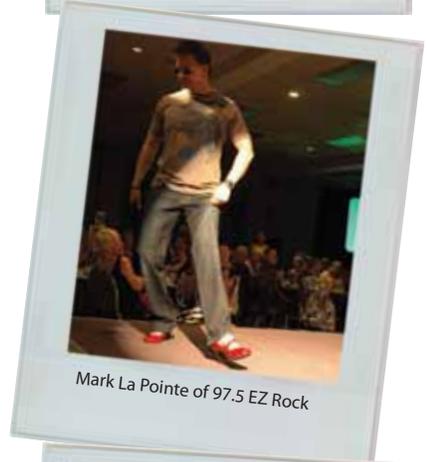
Charles Dorner stole the show with his heartfelt performance of his song, Hope in a Garden. A song he specifically wrote for the event to create awareness about both Hope's Garden and Eating Disorders.

Overall the night raised \$23,000 for Hope's Garden. We would like to thank all those who supported the event by volunteering, sponsoring, donating, and attending the event! From guests' comments it was clearly a fun and memorable evening. We can't wait until next year!

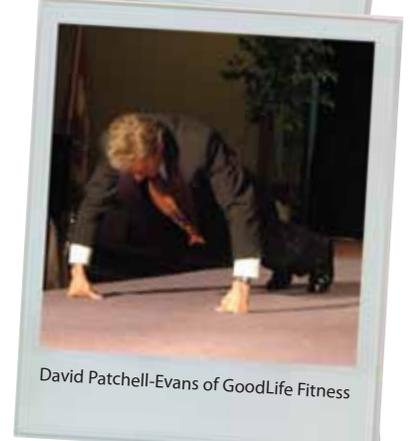
If you would like to be contacted concerning the 2010 event (planning committee, donating a raffle or auction item, reserving your table of tickets,) please contact ash@hopesgarden.org.



Sandra Burns, fashion show committee & Karen McGregor of Hope's Garden



Mark La Pointe of 97.5 EZ Rock



David Patchell-Evans of GoodLife Fitness



Noelle Martin of Hope's Garden & Mary Lou Brady of Siskinds



The Summer Self Esteem Challenge!

Why do so many of us struggle with swimsuit season? When we should be enjoying the best time of the year, often we are so focused on how we look we miss out on the fun.

Quiz:

If you were sitting on a towel or blanket at the beach and your friends asked if you wanted to take a walk along the water would you...

- a) Grab your shades and race them to the shoreline?
- b) Slip into your pretty sarong that you feel great in?
- c) Stay back, sitting on your blanket, making up some excuse like you'll watch everyone's purses for them because you feel too self conscious walking in your bathing suit in front of all those strangers?

Be honest. This question is a real life story someone once told me. When they chose C, their friend very wisely replied, "Are you planning on watching your whole life from a blanket?"

Don't be sidelined this summer! Get off the blanket and get in the game!

Every girl, no matter what shape or size, deserves to be confident in her own skin. How can you make a difference for yourself and others? Take the Summer Self Esteem Challenge as posted on www.girlswithdreams.com.

1. Next time you are in your swimsuit and you begin to look at your friends and start comparing (out loud or in your head) who has the cutest butt or great legs or flattest stomach, STOP. STOP the talk and replace it with a compliment.
2. Every time you find yourself thinking badly about the way you look or jealous of someone else, you agree to give yourself one compliment and one to at least two friends.
3. Pick one way you agree to eat healthier. (Eating healthy does not mean restricting calories or labeling foods good or bad. It may be choosing water over soda, eating more fruits or veggies, get the idea?)
4. Pick one form of exercise to do everyday. It's summer, so hopefully this won't be too hard...swim, bike, walk, run, roller blade, etc... but do it because it is fun, not because you want to burn calories.

Making healthy choices around food and exercise is a great way to practice self – care. And the more you do it, the better you feel, inside and out. Paying attention to your body will tell you much more than the number on the scale.



Pick a bathing suit you feel good in. Sometimes we choose a size that is too small because we are caught up on the number on the tag, even though clothing sizes can change from brand to brand, from cut to cut. Tags are on the inside remember – no one sees them anyway! And you can even cut the tag out. Focus on being comfortable in what you choose, and what you feel good in, not the number on the tag.

