

In this issue:

- Updates
- Fundraiser
- Special Thanks
- Tara Levis
- Summer Camp
- Support group
- Scholarship

- To Volunteer
- Links
- Why it Matters
- How to Donate
- Donation Form

SAVE THE DATE

Annual Fundraiser

April 30, 2010

Location:

The Rocky Mountaineer
Station

Vancouver, BC

This newsletter arose out of the desire to provide support for individuals suffering with eating disorders and those that care about them. We hope you will find the information helpful and enjoy reading about the strides being made by the foundation.



What’s New?

Woodstone Inn, Galiano



Woodstone Inn
Galiano Island, British Columbia

This year has been one of enormous strides for the Looking Glass Foundation. On May 29th we became the proud owners of the Woodstone Inn, a charming two story country inn located on Galiano Island. The eight thousand square foot house sits on ten acres of gardens, forests and boasts a natural beauty that only the Gulf Islands can offer. It is a home to offer healing and hope for those who suffer with an eating disorder.

Throughout the year the award winning ad campaign created for the foundation by DDB Canada drew numerous awards from across Canada and the world. The ad campaign enabled us to reach out to those that suffer with eating disorders and to their friends and families that love them. It allowed us to help start erasing the stigma that causes so many to suffer in silence.

Although the campaign created awareness it also introduced us to many who had lost their loved ones. We learned of a woman who lost her 50 year old niece, a young woman whose male friend committed suicide after years of bulimia, the city workers who had just lost one of their own to anorexia and we were introduced to a mother who lost her child. They didn’t reach out to us in sadness they reached out in gratitude, thanking us for creating awareness that gave a voice to those who could no longer speak.

Now we ask you to join us in raising the awareness and the funds necessary to open our doors in spring. With your donations we will continue to be a strong committed voice for those that suffer with eating disorders in our province and country. Please give.....

A special thanks to those in our community

October 21, was “A Night to Remember” at the Mosquito Creek Bar & Grill. The beer, burger and Adam Woodall Band were great, the Canucks won and the event raised \$5000. Thanks to a wonderful group of volunteers.

Proving it only "gets better from here", Catherine Bowers celebrated "50" and the release of her debut EP, "No It Aint' Over Yet" and a full length CD, "Going to the Good Side". The concert, followed by a dessert reception, featured the vocal stylings of Dani Fuentes, Katherine Borthwick, Karolyn Volbek, Elizabeth Phillips. Catherine and her guests raised \$3900 for the Looking Glass Foundation.

Are 12 and 13 year olds capable of making a difference?

Judging by the thoughtful and careful planning of Vancouver Talmud Torah's seventh grade students, our future is in very good hands. This year the Looking Glass was the proud recipient of \$600 from the MVP program. The Grade 7 students allocated \$18000 to charities throughout the world. Fulfilling the mitzvah (commandment) of tikkun olam (repair of the world.) A very special thank you to Abee Pinsky-Haiduga for choosing our charity.



The 16th Annual Seymour Charity Invitational Tournament held Thursday July 9th, saw the course “Putt...ing on the Ritz”! A full field of golfers enjoyed a wonderful day for friendly competition and fund raising. We offer a sincere thank you to the men and women of Seymour Golf Club who throughout the year hosted numerous events and raised

\$36000 for the foundation.

Tara Levis



Tara arriving in Maple Ridge after cycling from Prince George
www.rally4recovery.com

“I’m ending the summer feeling more grounded and hopeful for my own future and the future of those still struggling with this devastating disease. Over the course of six weeks, I have witnessed a willingness to open a dialogue around challenging stigma around mental illness and eating disorders, and I have experienced the remarkable ability of communities to rally around each other in an effort to evoke social change. I will no longer remain passive and silent, since I now know that that is what kept me so sick in the past. Through speaking my truth, I will help myself and others find the only path worth taking – life.”

On Tuesday, August 18th the Looking Glass Foundation welcomed Tara Levis to Maple Ridge. Tara, a survivor of anorexia and bulimia and a third year social work student from the UNBC recently lost a friend to complications from her long battle with anorexia nervosa. In response to this tragedy and in an effort to increase public awareness of eating disorders as serious issues that affect today's youth, Tara rode her bike from Prince George to Maple Ridge. With little rest she continued on to volunteer at The Looking Glass Foundation’s annual summer camp.

Thank you to the following

The Vancouver Foundation
Children's Miracle Foundation
Christmas Family Ball Society
CIBC World Markets
Deloitte and Touche
Dove Foundation
White House Designs
Face the World Foundation
Douglas E Bolton, Goodmans
Maria Davidson, Goodmans
Andrew Young, HeddenChong
Margot Innes
Seymour Ladies Women's Golf
Mills Basics
Scotia Bank
JK Models
The Greygates Foundation
And to all families and friends
who continue to support the
Looking Glass Foundation.

LINKS TO CHECK OUT

National Eating Disorders
Information Centre
www.nedic.ca

National Eating Disorders
Association
www.nationaleatingdisorders.org

Something Fishy
www.something-fishy.org

Thrive Eating Disorders Service
www.thrivebc.com

F.E.A.S.T
www.feast-ed.org

The Girls at Summer Camp

Once again with financial support from the Provincial Health Services Authority and generous personal donations we were able to offer respite to families and a camp experience for our young people. The camp reaches out to communities throughout the province and this year we had more campers than ever taking part in the week's fun and learning. Over the years, your generosity has allowed us to build on the success of the early camps and refine the programming. This in turn allows us to better assist our campers so they can gather their courage and take the steps they need to seek help when they return home. The feedback we have received has been very positive and we are already planning for next year.



What the girls had to say about camp...

"I have so much gratitude. I was able to rediscover who I am, laugh at myself & connect with my soul. I'll leave with inner peace & hope rather than helplessness. Thank you from the bottom of my heart"

"Thank you so much! This week has been amazing. I have learned so much about myself by pushing the limits. I would recommend this camp to anyone struggling with an eating disorder"

"Thank you so much for organizing this camp! I had a blast☺ I've learnt things that I will take with me forever☺ Thanks."

"Making new friends and new experiences and most significantly the healing process will be my most fond memories of camp"

Scholarship Program

The foundation believes it is important that everyone has the opportunity to pursue their academic goals free from the emotional and financial barriers that make it difficult. In April of 2007 The Foundation established a yearly \$1000 scholarship to be awarded yearly to a deserving individual who has been afflicted by an eating disorder and would like to attend a post secondary educational program.

2009 Zornista Kanesteva

To Volunteer

Volunteers are always needed. Please email us at info@lookingglassbc.com to find out how you can help.



Support Groups

The Looking Glass Foundation proudly sponsors groups for adolescents aged 17 and older struggling with disordered eating. Your generous donations allow us to offer these sessions to any who seek support regardless of their ability to pay.

For more information please contact Psychologist Dr Daryl Ternowski 604-219-0381 in Vancouver or Charmaine Hutchinson charmainegroups@live.com in Langley.

Questions can also be answered through our "Ask an Expert" link on our web-site
www.lookingglassbc.com/askanexpert.php

Why it Matters

Eating disorders can affect girls and boys, women and men, people of all races and backgrounds. But because of the stigma or misperceptions, some people may not get the help they need. Mental health experts say it is important for people to understand what eating disorders are and what they are not. Eating disorders are not a silly desire to be thin, a figment of one's imagination, or a failing.

"The most important thing to recognize is that these are real disorders that require treatment," says Dr. Thomas Insel, the director of the National Institute of Mental Health (NIMH).

Eating disorders are serious, even life-threatening, medical illnesses that have biological and psychological causes. They are treatable. Recovery is possible

How to Donate

We would like to extend a warm thank you to the generous donors who continue to support the Looking Glass Foundation and its goals. With the residential treatment facility nearing its opening and the ongoing programs we offer, the foundation is in desperate need of funds. We ask you to be a part of this ground breaking effort by making a donation and supporting those that are afflicted with eating disorders. To see how you make a difference please visit our website

www.lookingglassbc.ca

Looking Glass Donation Form

Name: _____

Address: _____

City: _____ Postal Code _____ Province: _____

Email: _____ Phone: _____ Work Phone: _____

I have enclosed my gift of \$ _____

Cheque Visa Mastercard

Card # _____ Exp: ____/____ Name on Card: _____

Signature _____

To make your secure donation online, visit www.lookingglassbc.com/donate.php

Mail to:

Looking Glass Foundation for Eating Disorders
9504 Erickson Dr. Burnaby BC V3J 1M9

Email: info@lookingglassbc.com

CRA: 863814042 RR0001

Thank you. Every gift makes a difference.