



BEREAVED FAMILIES OF ONTARIO-DURHAM REGION

NEWSLETTER

"Bereaved helping the bereaved learn to live with grief"

ISSUE 3

www.bfodurham.net

2019

2019 RIDE TO REMEMBER FUNDRAISER

CALENDAR OF EVENTS

The Ride to Remember in support of Bereaved Families of Ontario – Durham was fortunate to have another beautiful day to ride the north Durham countryside to promote awareness for such a worthy program.

To begin the day, we gathered at Canadian Tire in Uxbridge to register and enjoy refreshments supplied by Tim Horton's. It all started off pretty wet this year, but after the first hour or so, we all managed to dodge storm clouds to enjoy once again a splendid outing. Despite initially poor weather, those who elected not to ride (wet rides aren't everybody's cup of tea), were with us in spirit and their contributions to our cause are appreciated nonetheless. We were pleased to have the participation of Uxbridge Fire Department as well as Durham Regional Police to control intersections as the ride got underway. Our lunch stop was a relaxing setting as we watched the boats on Cameron Lake. An outdoor patio gives riders a chance to mingle and catch up with so many people that have been participating year after year. Along with the returning riders, we always have some new people joining us and quite often with a reason to be involved. After lunch we enjoyed a scenic route back to Foxbridge Golf Course in Uxbridge. Food, entertainment and a chance to bid on some great silent auction items completed the day. A strong BFO-Durham presence gave comfort to our sponsors and participants that they were participating in a great cause.

It is amazing that we have a group of sponsors who have been supporting our fundraiser annually. This year we were able to gain the support of some new sponsors. It is the dedicated work of Donna Sherrard and Lorne Johannessen which makes this possible. Many thanks for the time and effort to make this a special day.

You don't have to ride to be a part of this event so plan on coming out and attending the **AFTER RIDE** for an enjoyable evening next year!

"IF YOU LISTEN TO THE WIND YOU CAN STILL HEAR THEM PLAY!"

BFO-DURHAM BUTTERFLY FUNDRAISER



BFO- D IS PLEASED TO ANNOUNCE ITS NEW FUNDRAISER!

Each butterfly will be personalized with your child's name, birth and angel years, and will be mounted on a special board in the hallway of our new offices.

What a unique way to memorialize your child!

PLEASE CONTACT THE BFO-D OFFICE FOR MORE INFORMATION!



OCTOBER 2019

Infant Loss Drop-In
Monday 7th, 7-9 p.m.

Evening Drop-In
Wednesday 9th, 7-9 p.m.

THANKSGIVING - office closed
Monday 14th

POKER NIGHT—BFO OFFICE
Saturday 19th, 5:30 p.m.

Afternoon Drop-In
Monday 21st, 1-3 p.m.

Evening Drop-In
Thursday 24th, 7-9 p.m.

Reconnect Drop-in
Monday 28th, 7-9 p.m.

NOVEMBER 2019

Infant Loss Drop-In
Monday 4th, 7-9 p.m.

Evening Drop-In
Wednesday 13th, 7-9 p.m.

Afternoon Drop-In
Monday 18th, 1-3 p.m.

Reconnect Drop-in
Monday 25th, 7-9 p.m.

Evening Drop-In
Wednesday 27th, 7-9 p.m.

ANGEL TREE OF LIGHT
Thursday 28th, 7:30-9 p.m.

**SEE PAGE 4 FOR DECEMBER AND JANUARY CALENDAR DATES)*

NEWSLETTER CORNER

As some of you know, I came to BFO-D as a bereaved aunt to support my sister, Louise O'Donnell, in her grief journey after the loss of her son, Kevin.

This issue of the BFO-D newsletter is the last one I am writing. I have been doing this since January 2011 and it is now time for me to step back and let someone else take this on. I have enjoyed this challenge and also serving as a Board member, a position I am resigning from as well. My aim is to remain a BFO-D member and still participate in the various future fundraisers.

I have met and made a lot of friends in the 18 years I have been volunteering at BFO-D and now it is time for me to focus my energy in another direction. I have joined Therapeutic Paws Canada along with our newest fur baby, Fibby where I hope to make a difference by providing both comfort and humour in others' lives.

I leave you with this message: *"UNITY IS STRENGTH... WHEN THERE IS TEAMWORK AND COLLABORATION, WONDERFUL THINGS CAN BE ACHIEVED"*. Thank you for letting me be a small part of this much needed organization. I benefited greatly from this experience. I wish BFO-D and all its members all the best in their future fundraisers and other endeavours.

~ Micheline Ball

SIGN UP TO VOLUNTEER—MAKE A DIFFERENCE!

THE FOLLOWING VOLUNTEERS CONTINUE TO SUPPORT BFO-DURHAM ON A DAILY BASIS

ONE-ON-ONE AND GROUP SUPPORT FACILITATORS - Jane Carter, Charlotte Brisco, Magda Zoelman, Sharon Sears, Nichole Dickhoff, Denise Love, Jackie Foster, Denise Robinson, Angela White, Yvette Byrne-Menard, Louise O'Donnell, Lisa Fogg, Rebecca Alley-Wilson, Donna Dickison, Vicki Davis, Gary Goswell, Chris Garvey, Wayne Wanamaker, Sherry Lancaster, Sherry Mitchell, Penny-Claire Tilley, Joe Tilley, Andrea Onley, Jonathan Onley, Greg Wright, Brad Brown, Karen Beckett, Kelly Fitzpatrick, Rocco Granato, Kathie Hill, Lorraine Kingsley, Evelyn Rudd, Kirsty Sinclair, Linda Wiseman, Debby Kelly, Wendy Topham, Leta Fitzgerald, Coleen McKeown, Linda Watson, Megan Muir, Adele Davidson, Eric Davidson, Ken New, Marjorie Whitehouse, Elizabeth Davidson, Karen Fish, Tanya Fowler-MacLeod, Lauren Keeping, Vanessa Longhurst, Kelly Nimec, Karin New, Aimee Pepper, Anna Quattrocchi and Cora Silininkas.

LIBRARIAN - Denise Love

OFFICE VOLUNTEERS - Denise Love, Marlene Charewicz, Bev Campbell, Vanessa Longhurst

ANNIVERSARY LETTERS - Office Volunteers

WEB SITE - Ronda Evans, Linda Watson, Adele Davidson

NEWSLETTER - Contents provided by BFO-D staff

MOTHERS' RETREAT - Susan Hendricks and Joyce MacIntyre

BFO-DURHAM BOARD OF DIRECTORS - Gary Goswell, Marian Rehr, Wayne Wanamaker, Sharon Sears, Chris Garvey, Kirsty Sinclair, Micheline Ball

HONORARY BFO-DURHAM BOARD DIRECTOR - Margaret Fortune

**"Unity is strength...
when there is
teamwork and collaboration,
wonderful things
can be achieved."
- Mattie J.T. Stepanek**

FROM THE DESK OF YOUR EXECUTIVE DIRECTOR

Dear Friends

Our cooler weather brings about changes, as new seasons do. For Bereaved Parents, our emotions swing from wonderful fall memories to that painful longing for those we've lost to enjoy it all with us.

Bereaved Families of Ontario – Durham Region has been organizing new groups with 3 mom's groups starting in September. We are almost finished our Facilitator Training for eleven new facilitators. We will be organizing groups for January for moms, dads and infant loss. If you would like to be part of these groups, please call me at 905-579-4293 to register.

Our butterfly wall is filling up. If you would like your child's name placed on a decorative butterfly, please call the office or drop by any time.

We have some wonderful upcoming fundraisers at BFO-D, so please take time to view them.

I am looking forward once again to the Angels' Tree of Light, that special night where together, we are all reminded that we are not alone on this journey. Please join us on Thursday, November 28th for what promises once again to be a wonderful evening. It's another one of those times where we have the opportunity to meet other bereaved parents and share stories of our children. All are welcome!

Whether you have recently suffered the loss of a loved one, or have missed the joy of their company for many years, please know that we are here to support you through this upcoming, difficult season. In December we will be holding our regular drop-ins as well as our unique "Getting Through the Holidays" which will be held on Wednesday, December 11th.

Until next time, may the love in your hearts and the fond memories of those you have lost help you through these difficult times.

~ Jane Carter

THE ANGELS' TREE OF LIGHT MEMORIAL SERVICE

The holiday season can be a difficult time for families who have lost a loved one. Once again this year, we will decorate a tree with clear lights with Angels in your children's memories. Your loved one's name is written on a ribbon attached to the Angel and will also be displayed on a plaque beside the tree. To ensure the name of your Angel is listed in the Program, your order must be received in the BFO-D office by November 12th. Additional angels may also be purchased by the same date. A copy of the order form is included with this Newsletter.

Angels must be taken with you after the service which will be held on November 28th, from 7:30–9 pm at the Durham District School Board, 400 Taunton Road East, Whitby. If you have purchased an Angel but are unable to attend, you can pick it up at a later date at the BFO-D Office.

If anyone is interested in donating to the Angels' Tree of Lights Ceremony in memory of their child, whether for printing costs, refreshments or miscellaneous expenses, this would be very much appreciated and would be acknowledged in the Ceremony program.

YOUR FEED-BACK IS VERY IMPORTANT TO US!

THANK YOU TO THE MANY WHO HAVE CONTRIBUTED TO THIS ISSUE. PLEASE CONTINUE TO SUPPORT THIS NEWSLETTER, WHICH IS A VOICE FOR THE BEREAVED. WE ENDEAVOUR TO KEEP YOU AS UP TO DATE AS POSSIBLE WITH ALL ON-GOING INFORMATION AND WOULD LIKE YOUR HELP; SHARE YOUR THOUGHTS, IDEAS OR REQUESTS THROUGH THIS VENUE. RECOMMEND A BOOK AND WRITE WHAT YOU LIKE ABOUT IT. SHARE YOUR STORY, SUBMIT A POEM, OR TELL OF THINGS THAT HAVE HELPED YOU ALONG YOUR GRIEF JOURNEY. WE THANK YOU IN ADVANCE FOR GETTING INVOLVED!

BFO-D CHILDREN'S PROGRAM

Bereaved Families of Ontario-Durham Region held its first children's program this past spring. This was for children who had lost a sibling. The children were aged 6-12 years. We had 9 children participate, they were split into 2 groups, 6-8 year olds in one group and 9-12 year olds in the other group. We found it was better to split siblings up so they could each be open about their feelings. This program runs a minimum of 6 weeks and a maximum of 8 weeks. It all depends on the children and their progress throughout the program. When the children were in their groups we had the parents stay with a facilitator so they were aware of what the children were discussing and they got to bond and share their feelings/concerns with each other. Having the parents stay was important.

The children were all very nervous to start, but after the first 2 weeks they became very comfortable with each other and became very open about their feelings and just knowing they weren't alone with what they are going through. It was a very successful program and we already have another children's program ready to start in October with 10 children already enrolled. This time, it's for all significant losses, most have lost a parent. There will also be another children's program early next year. BFO-Durham is fortunate enough to have great facilitators who all have a background in working with children. If you would like to register your child for the January session, please call us at 905-579-4293.

Thank you to Kelly Fitzpatrick and Rocco Granato for donating the funds as well as organizing the program for us to be able to get this up and running. This was possible through their efforts in honouring their daughter, Racquel, with fundraising events, Racquel's Chair and a dinner dance "A Rose Given To Her".

MATEO'S TESTIMONY OF CHILDREN'S GROUP

The day Anthony died was the day our family chain broke. My husband, his little brother (Mateo), and myself disappeared in our grief. It took us a long time to navigate back to each other. We watched Mateo pretend that everything was OK and he tried to take care of himself, despite the fact that he could not articulate his emotional turbulence. He felt alone and isolated. Little did he know, we struggled with the identical conflict.

The BFO sibling group was an incredible experience for Mateo. Initially, he felt "what's the point. Nobody will get me"; however, as each week progressed, he was overwhelmed and relieved that he was not alone. He noted that each sibling disclosed their story, gave each other permission to cry, learned how to define his emotions, anger, and moreover, disappointment. He did not feel isolated anymore.

BFO-D has supported and helped my family to link together and face this painful reality.

BFO-DURHAM WOULD LIKE TO CONGRATULATE

Heather and Shawna on the safe arrival of their daughter, Everly Nicole Butler, on June 21, 2019.

EUCHRE TOURNAMENT FUNDRAISER

Announcing the long-awaited Progressive Euchre Tournament date! On January 25, 2020, at the new BFO-D office, we will hold this 10 table fun event! \$20/person entrance fee with prizes, the best and worst hands, food and drink to keep you interested and an entertaining evening to keep your mind distracted during the ever dreary winter blahs!

Please call the office to volunteer, even the smallest amount of time. There are many varied jobs and putting yourself out there is a great way to help the healing.

~ Namaste "Denise Love"

BFO-DURHAM "BOOK CLUB"

"THE PREREQUISITE TO TRUE FREEDOM IS TO DECIDE THAT YOU DO NOT WANT TO SUFFER ANYMORE"

"Do you want to be happy from this point forward for the rest of your life, regardless of what happens?" Welcome to "THE UNTETHERED SOUL" by Michael Singer. I would like to gather this fall to discuss the gifts and guidance found in "THE UNTETHERED SOUL".

The days I am offering are every 2nd Monday night at 7:30 - 9:00 pm and/or every 2nd Saturday afternoon from 1:00 - 2:30 pm.

An unconditional commitment to be happy no matter what, creates a truly spiritual path. As a bereaved mother, I am committed to awakening in honour of my son Spencer and to Me. Please let me know if you are interested in either days.

~ Love Penny-Claire

FACILITATOR TRAINING 2019

On behalf of Bereaved Families of Ontario-Durham Region we would like to congratulate and welcome our new facilitators. These ladies have just completed a five-week program under the leadership of Gary Goswell, Louise O'Donnell and Jane Carter.

Please welcome Elizabeth Davidson, Karen Fish, Tanya Fowler-MacLeod, Lauren Keeping, Vanessa Longhurst, Kelly Nimec, Karin New, Aimee Pepper, Anna Quattrocchi and Cora Silininkas.

DANIELLE'S GIFT BAGS—A LITTLE SOMETHING FOR MOMS



My name is Karen Beckett and I lost my beautiful daughter, Danielle Thompson, suddenly and tragically August 24, 2014, exactly one week before her 25th birthday. In that instant my life as I knew it would never be the same. My heart shattered into a million pieces and I became a bereaved mother.

As any mom who has lost a child can tell you, a bereaved mother walks one of the hardest, most heartbreaking roads anyone will ever have to walk. It is one full of unimaginable loss and such an indescribable grief. A bereaved mother may sometimes find it difficult to take care of herself, especially in the early days when her grief is so raw. She can experience incredible anxiety, sleeplessness, and a lack of energy. This I know all too well.

Six months after I lost Danielle, I attended a "mothers' group" offered at BFO-D and it truly was a turning point for me in my grief. I made lifelong friends that are still a big support to me now and I know they always will be. There is a sisterhood among bereaved mothers and in some small way I wanted to try and help my sisters in grief.

"Even as I rocked on my knees, howling, I detected soft breathing behind the roaring. I leaned in, listened. It was the murmuring of ten million mothers, backward and forward in time and right now, who had lost children. They were lifting me, holding me. They had woven a net of their broken hearts, and they were keeping me safe there. I realized that one day I would take my rightful place as a link in this web, and I would hold my sister-mothers when their children died. For now my only task was to grieve and be cradled in their love." ~ Excerpt from *CARAVAN OF NO DESPAIR*

In Danielle's memory, I will be donating gift bags full of various comfort and self-care items to moms who are attending a "mothers' group" for the very first time. The bags will contain calming essential oil, a homemade remembrance candle, as well as ingredients for a natural rejuvenating spa bath. These items are meant to help relax, calm, and bring some comfort to a grieving mother's soul. It will also feature the book **"YOU ARE THE MOTHER OF ALL MOTHERS"**, a beautiful gift book to uplift the hearts and souls of bereaved mothers, no matter the age or cause of death, no matter the story.

I have received incredibly positive feedback from my family and friends. I had so many people generously give money towards the costs of the bags. Together we raised enough money to cover the cost of 20 gift bags with enough left over to be able to make a donation to BFO-D as well. Everyone wanted to help, not only because they love Danielle and they wanted to support me, but because they have seen what I go through on a daily basis and they also wanted to do something to help the moms who are grieving so profoundly. I am so grateful to be able to give these gifts to the moms who need them the most. As I put each bag together, I thought of my beautiful daughter and I hoped she was smiling as she dances among the butterflies.

UPCOMING EVENTS

A MESSAGE FROM THE BOARD OF DIRECTORS

DECEMBER 2019

Infant Loss Drop-In
Monday 2nd 7-9 p.m.

Evening Drop-In
Wednesday 11th, 7-9 p.m.
GETTING THROUGH THE HOLIDAYS

Afternoon Drop-In
Monday 16th, 1-3 p.m.

Office Closed
December 23rd—January 3rd

JANUARY 2020

Infant Loss Drop-In
Monday 6th, 7-9 p.m.

Evening Drop-In
Wednesday 8th, 7-9 p.m.

Afternoon Drop-In
Thursday 20th, 1-3 p.m.

Evening Drop-In
Thursday 23rd, 7-9 p.m.

Reconnect Drop-In
Monday 27th, 7-9 p.m.



2019 BRUNCH WITH SANTA

Bereaved Families of Ontario-Durham Region invites you to attend their annual Brunch with Santa to be held this year on Sunday, December 8th from 10 a.m. to 12:30 p.m. Please join us at Harmony Creek Community Centre, 15 Harmony Road North, (north east corner of Highway 2 and Harmony Rd. N.) Oshawa, for a Pancake Brunch, games and activities, special entertainment, a visit with Santa and a gift for each child.

Please RSVP to the Facebook event page (*2019 Brunch with Santa* hosted by BFO-Durham) or send us an email at bfodurham@bellnet.ca - Cost is \$8/adult and \$5/child.



We look forward to seeing you again this year. Please note that this Brunch is open to all adults and children, and is not restricted to our members.

MARK THESE DATES ON YOUR CALENDAR



COMPASSIONATE FRIENDS "WORLD WIDE CANDLE LIGHTING—DECEMBER 8TH"



SAVE THE DATE!

STUGS and WINKS: THE SECRET LIFE OF THE BEREAVED MOTHER

21ST ANNUAL RETREAT WEEKEND FOR BEREAVED MOTHERS
MARCH 6 – 8, 2020
VILLA ST. JOSEPH, COBOURG



Grief is a mystery unto itself- not something to avoid or to understand – but to go within, to evolve through and with. The secret life of the bereaved mother is the journey of coming to know that STUGS and WINKS are not two separate experiences, but one.

Would you like to learn more? Intrigued by STUGS and WINKS? Consider joining Susan Hendricks and Joyce MacIntyre at the 21st Annual Retreat Weekend for Bereaved Mothers to explore this unique aspect of the grief journey. Mark your calendars and watch for further updates.

2019 SUMMER BEACH DANCE FUNDRAISER

On June 8, 2019 BFO-D held another successful “Beach Dance” at the Harmony Community Centre. It was a fun-filled night where family and friends danced to the music of DJ Steve Meeks. There were many winners of the numerous raffle and silent auction gifts. We had a booze basket, joker poker, 50/50 draw, and two Toonie Toss games, one for a Texas Mickey and the other for a Coach Purse.

A big thank you to our Dance Committee for all their hard work selling tickets, obtaining prizes and helping out at the dance. Members involved were Chris and Suzanne Garvey, Wayne Wanamaker, Kirsty Bradshaw, Bev Campbell, Marlene Charewicz, Sharon Sears, Lisa Fogg and Jane Carter. Thank you also to our wonderful bartenders who always come out and support BFO-Durham.

A special thank you to Chris Garvey and Wayne Wanamaker who were our MCs for the night and who also provided lots of entertainment! Big thanks to Kirsty Bradshaw for speaking from her heart about her son Kyle.

We would like to thank all our sponsors who generously donated prizes to make our “Beach Dance” a great success. VIA RAIL again this year generously donated a \$500 travel voucher and Dave Fletcher was the highest bidder.

We are planning another dance next year but will hold it in the spring in hopes of attracting all the cottage goers! Please join us on Saturday, May 2nd, 2020 for our “SPRING FLING”.

2019 LAUREN WRIGHT CO-ED SLOW PITCH TOURNAMENT FUNDRAISER

The 3rd annual Lauren Wright Slo-Pitch Tournament was held on Sunday, June 19. Eleven teams registered this year, an increase from ten teams in each of the previous two years. This year \$5,275.00 was raised between team registration fees, corporate sponsorship, BBQ, a “toonie roll” game, t-shirt sales and the silent auction. This marks an increase of almost \$250.00 from the previous year. Proceeds were divided equally between Kids Help Phone and Bereaved Families of Ontario-Durham Region. The money raised this year brings the total since inception to \$13,495.00 - \$6,748.00 of which has been given to BFO-D.

Once again this year, Lauren provided us with a beautiful, sunny day at Lakefront West Diamonds in Oshawa. With 11 teams playing, we were able to utilize 5 of the 8 diamonds at the park, with each team of 12-15 players playing either 3 or 4 games in a round-robin format, each game lasting 1 hour and 15 minutes. There was a good mixture of teams from actual slo-pitch teams which play in local leagues right down to teams that were created just for this tournament, a few of them comprised of friends that either went to school with and/or played softball and hockey with Lauren when they were teenagers.

A special thank you to the businesses who donated items for the silent auction and those who donated \$200 to be “Diamond Sponsors”. These were - The Crooked Uncle, Scott Marrison (Certified Financial Planner), Bob’s Towing, D. G. Biddle & Associates, and Axis Family Footcare.

We’ve spoken with Kid’s Help Phone and they’re considering putting a team in the tournament next year. As a challenge to our BFO-D family, we would love to see a team comprised of family and friends representing BFO-D at next year’s tournament. If anyone is interested in putting together a team for next year, please don’t hesitate to contact me at wright2greg@rogers.com

CELEBRATING THE MUSIC OF ARETHA FRANKLIN

On Saturday September 14, 70 people sat down to dinner and a show celebrating the music of Aretha Franklin. This was held at the Simcoe Jazz & Blues Club just two doors down from the BFO-D office. Everyone present enjoyed a wonderful dinner and socializing.

Then came the show, and what a show it was. The three female singers- Quisha Wint, Cheryl Lescom and Chuckee Zehr were backed by a 5 piece band. They covered songs that spanned Aretha Franklin's amazing career. Such hits as Think, Chain of Fools, Bridge Over Trouble Waters, Respect, A Natural Woman, etc. Each song just got better than the last song. All the performances were outstanding.

During the intermission our MC Wayne Wanamaker auctioned off a poster of the evening's show that was autographed by all the performers. We also held a 50/50 draw. All in all, it was wonderful evening enjoyed by everyone there.

Stay tuned for the next event. Thoughts are already being given to another similar event next spring.

BFO-D SECOND GARAGE SALE

We had many items remaining from the last Garage Sale in the spring so it was decided we would try one last time. Thank you to our dedicated volunteers who spent Saturday, August 24th here at BFO-D to sell the remaining items. Our volunteers for this event were Gary Goswell, Caroline Goswell, Vanessa Longhurst, Wendy Topham, Liz Davidson, Adele Davidson, Bev Campbell, Kelly Nemic and Jane Carter. Thank you to the Davidson Family for providing all the beverages for the day.

Our total was approximately \$1,600.00 for the two events.

"A ROSE GIVEN TO HER" DINNER/DANCE

For the past 4 years, Rocco, Kelly and Ross Granato have held their annual event, "A Rose Given To Her" dinner/dance, in memory of their daughter and sister, Racquel Granato.

This year, Racquel's event is at the Jubilee Pavilion in Oshawa on Saturday, November 2nd. Doors open at 6:00 p.m. and dinner will be served at 7:30 p.m. Tickets for Racquel's event, are \$40.00 and this includes your dinner, a dance performance, live entertainment, dancing and numerous chances for door prizes and the grand prize draw.

The proceeds from "A Rose Given to Her", help fund our kids program at BFO-D in memory of Racquel. If you would like to attend Racquel's event this year, please e-transfer to: rockkel@hotmail.com; or contact the BFO-office.

BFO-D ON-GOING FUNDRAISERS

QUILT RAFFLE

Tickets are priced at \$5 each or 5 tickets for \$20

The draw will take place on Sunday March 1st 2020 during the Walk to Remember

Tickets are available at the office (348 Simcoe St N, Oshawa)

All proceeds go to help fund BFO Durham Region



The quilt was kindly donated by "The Toronto Modern Quilt Guild"



Made by Wowica

BFO Durham



unity

Fundraising Bracelets for
BFO Durham Region

There are 4 colours to choose from at a price of just \$3 each



Sponsored by the Davidson Family
In loving memory of Violet (Babe) Davidson

POKER NIGHT FUNDRAISER



Bereaved Families
~Durham Region~

"proudly serving the community for 25 years"

948 Simcoe Street North, Oshawa, Ontario, L1G 4W2

FUNdraising

Poker Night

Saturday October 19th 2019

Doors open 5.15pm

Game starts 6pm

(max duration 3hrs inc 30 min Pizza break)

Maximum 3 tables (8 players per table – each table has their own winners 1st-3rd)

Entry fee is \$30 inc pizza, soft drink & snack

Re-buys @ \$20 before the break

Add-ons @ \$20 after the break

OR come for the social/pizza for just \$10

At least 50% of the profits go to BFO Durham

Please register by Friday 18th with Adele by email to glasscup_19@hotmail.com

BFO-D PHOTO GALLERY

LAUREN WRIGHT CO-ED SLOW PITCH BASEBALL TOURNAMENT



2019 FACILITATOR TRAINING



2019 BRENT FOSTER RIDE TO REMEMBER



2019 SUMMER BEACH DANCE CN AUCTION



ARETHA FRANKLIN FUN MUSIC NIGHT FUNDRAISER



2019 BFO-D OPEN HOUSE



DONATIONS

IN LOVING MEMORY OF

BRENT FOSTER

Through the Ride to Remember

LAUREN BUCKLEY

Through the Lauren Buckley Golf Tournament

BLAKE GARVEY

Through Bike, Blade or Board for Blake

LAURA VANHAVERBEKE

From Vince and Susan Hendricks

LAUREN WRIGHT

Through the Lauren Wright Co-Ed Slo-Pitch Tournament

ANTHONY QUATTROCCHI

From Family Donations

PAULINA MOREINO

From All Occasion Card Sales

VIOLET DAVIDSON

From Bracelet Sales

BEN NYLAND

From Vince and Susan Hendricks

SPECIAL RECOGNITION DONATIONS

Susan Hendricks—In honour of her Birthday through Facebook

RONA, Uxbridge—chosen charity of the month of September

CONDOLENCES

BFO-DURHAM WOULD LIKE TO SEND THEIR DEEPEST CONDOLENCES TO:

The family of Ben Nyland, on the loss of their dad/grandpa. Ben was an active member of BFO-D for many years.

James and Elise Vanhaverbeke, on the loss of their mother/mother-in-law, Laura Vanhaverbeke.

Beth Bryan, on the loss of her mother, Mary Hicks.

Jane Carter, on the loss of her brother, Bill Snell.



BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

948 Simcoe Street North, 2nd Floor, Oshawa L1G 4W2

Tel: 905-579-4293 / Fax: 905-579-7403 / Toll Free: 800-387-4870

E-mail: bfodurham@bellnet.ca / Web Site: www.bfodurham.net

Charitable Registration #861619880RR0001

OFFICE HOURS

MONDAY TO THURSDAY — 10 A.M. TO 3 P.M. , CLOSED FRIDAY

OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

OCTOBER

| | | | |
|------------------------|------------------|------------------------|------------------|
| John Daniel Harvey | October 1, 1998 | Dove Lancaster | October 16, 2002 |
| Matthew Gregory Hickey | October 2, 1996 | Nicole Wannamaker | October 16, 2009 |
| Victoria Krol | October 2, 2014 | Curtis MacKinnon | October 16, 2009 |
| Maggie Claire Mcregor | October 2, 2015 | Shane Rodgers | October 16, 2014 |
| Caitlin Taylor | October 2, 2016 | Rebecca Rodriquez | October 17, 2013 |
| James Kingslley | October 3, 2015 | Gary Bambrough | October 18, 2008 |
| Amy Huart | October 3, 2017 | David Cecil McNeil | October 20, 2013 |
| Christopher Gillmore | October 5, 2014 | Brock Cody Kelly | October 23, 2014 |
| Philip Brown | October 6, 2002 | Adam Strecke | October 24, 2016 |
| Shannon Palin | October 6, 2018 | Nicholas Storms | October 25, 2004 |
| Henry Vandergaast | October 7, 2012 | Sarah Zwolinski | October 25, 2007 |
| Journey Halupa | October 7, 2014 | Derek Lyall | October 26, 1996 |
| Ryleigh Kizigenza | October 7, 2018 | Calvin Burton | October 26, 2006 |
| Brent Heasman | October 8, 1996 | Pat Gostlin | October 26, 2008 |
| Heather Joan Butcher | October 8, 2002 | Bryan Frank | October 28, 2000 |
| Amos Williams | October 8, 2006 | Christopher Shannon | October 28, 2008 |
| Cynthia Louise Amos | October 8, 2014 | Brittany Locke | October 28, 2018 |
| Rita Stone | October 8, 2014 | Logan Jeffrey Barkwell | October 29, 2001 |
| Spencer Tillapaugh | October 8, 2014 | Amber Young | October 29, 2008 |
| Joseph Glode | October 9, 1994 | Karla Walton | October 29, 2012 |
| Lori Webb | October 9, 2013 | Journey Stickney | October 29, 2013 |
| Colleen Jenish | October 9, 2018 | Isa Nilsson-Byberg | October 30, 2010 |
| Gibson Maidansky | October 11, 2010 | Nicholas ((Nick) King | October 30, 2012 |
| Joseph Trail | October 13, 2006 | Tara Ross | October 30, 2012 |
| Maria MacStravick | October 14, 2012 | Lee Mitchell Service | October 31, 1999 |
| Leonard Arp | October 15, 2009 | Patrick M. Beauregard | October 31, 2003 |
| Lara Vandelangeryt | October 15, 2013 | Megan Grace Burchowyc | October 31, 2002 |
| Beverley Ewell | October 15, 2017 | | |

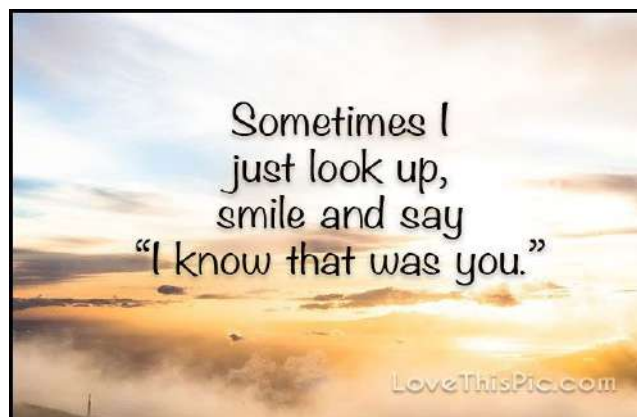


OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

NOVEMBER

| | | | |
|-----------------------------|-------------------|-------------------------|-------------------|
| Scot J. Mailer | November 1, 1986 | Theresa Michelle North | November 16, 1995 |
| Messiah Jackson-MacDonald | November 1, 2009 | Tyron Bracken | November 17, 2010 |
| Liam Alexander Jan Meerdink | November 2, 2008 | Charlotte Hannon | November 17, 2002 |
| David Michael McCluskey | November 3, 1995 | Jailene Bonnick | November 18, 2005 |
| Megan Lynn Craig | November 4, 1996 | Jackson Nimec | November 18, 2016 |
| Grace Johnson | November 4, 1996 | Erin Gladwell | November 19, 2000 |
| Kali Johnson | November 4, 1996 | Pauline Larocque | November 19, 2010 |
| Amir Ghane | November 5, 2003 | Glen Allan Rowe | November 21, 1991 |
| Brook Lynn Rankin | November 5, 2011 | Kyle Sinclair | November 21, 2014 |
| Christine Lee Ouderkirk | November 7, 1998 | Austin Hill | November 22, 2015 |
| Abigail Watts | November 7, 2005 | Cody Ladd | November 22, 2015 |
| John Camilleri | November 7, 2012 | Michael James Dunne | November 24, 1993 |
| Kenton Carnegie | November 8, 2005 | Ricky Otter | November 24, 2003 |
| Raquel Granato | November 8, 2014 | Joel Fletcher | November 24, 2011 |
| Stacey Rinaldi | November 8, 2017 | Robert Jones | November 24, 2012 |
| Tiffani Arscott | November 9, 2015 | Kylie Mawby | November 24, 2012 |
| Neil Brown | November 9, 2016 | Jim Robbins | November 25, 2001 |
| Anthony Karson Grant | November 10, 1998 | Pierce LoveGordon | November 25, 2006 |
| Justin Russell | November 10, 2016 | Andrew Bond | November 27, 2006 |
| Nathan Michael Fohshow | November 11, 2004 | Brandon Michael Argante | November 27, 2013 |
| Simon Maddocks | November 11, 2009 | Kyle Christopher Fair | November 28, 1993 |
| Ricky Otter | November 12, 2003 | David Preston | November 28, 2004 |
| Connie Nock | November 12, 2010 | Marley Grace Silcox | November 28, 2008 |
| Carter David Dickhoff | November 12, 2008 | Tiffany Atto | November 28, 2017 |
| Murray Charland | November 13, 2003 | Leigh Anne Donavan | November 29, 2001 |
| Nicole Oultram | November 13, 2012 | Tanya Lynn Lebrun | November 29, 2010 |
| Ricky Otter | November 14, 2003 | Sarah Lynn Hearn | November 29, 2012 |
| Hannah Larocque | November 14, 2007 | Kyle Sinclair | November 29, 2014 |
| Joshua Larocque | November 14, 2007 | Vanessa Pritchard | November 29, 2014 |
| Jeffrey Moore | November 15, 2010 | Roberta Eileen Campbell | November 30, 1952 |
| Cody Gould | November 15, 1988 | Sylvia Ann Crowley | November 30, 1989 |



OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

DECEMBER

| | | | |
|---------------------------|-------------------|------------------------------|-------------------|
| Scotty Pennachio | December 1, 1980 | Violet Davidson | December 17, 2016 |
| Payton Joan Beaulieu | December 1, 2005 | Sarah Dorrian | December 18, 1999 |
| Trevor David Hunter | December 1, 2009 | Alleya Wilson | December 18, 2009 |
| Grace Anne-Marie Beaulieu | December 2, 2005 | Rebecca Anne Leslie Sears | December 19, 1995 |
| Rachel Nicole Davidson | December 2, 1998 | Brad R. Thomas | December 19, 1996 |
| Madeleine Petrielli | December 2, 2016 | Jason Maxwell Normoyle | December 19, 2002 |
| Lauren Buckley | December 2, 2018 | Dawn Lent | December 19, 2007 |
| Andrew Joseph Weaver | December 3, 1999 | Caitlin Meneely | December 19, 2017 |
| Connor Campbell | December 3, 2010 | Daniel Frost | December 19, 2015 |
| Nolan Michael McNeil | December 4, 2011 | Amanda Maja Vidulich | December 20, 2007 |
| Dan Phelan | December 5, 1975 | Tanya Fellows-Karstulovich | December 20, 2012 |
| Grace Fryszacki | December 5, 2014 | Chantal Dupuis | December 20, 2016 |
| Thomas Timothy Morrison | December 6, 2013 | Christophe Webber | December 20, 2018 |
| Derek Penny | December 7, 2001 | Drake Farrell | December 21, 2009 |
| Emma Skinner | December 7, 2007 | Tristan Dixon | December 21, 2014 |
| Debbie Meyers | December 7, 2012 | Kaiden Burroughs | December 22, 2015 |
| Johnny Bloye | December 7, 2014 | Emily L. Mackie | December 22, 1992 |
| Nicholas Beatty | December 9, 2001 | Keila Kizigenza | December 22, 2013 |
| Connor Fox | December 10, 2010 | Trevor Kereluk | December 22, 2016 |
| Scott Mackenzie | December 10, 2017 | Iain Stirling | December 23, 2004 |
| Mark Heggum | December 12, 1987 | Brenda Jo-Ann Perks | December 24, 1990 |
| Frank Fililo | December 12, 2012 | Thomas Donovan | December 24, 2003 |
| Jonathan Gayle | December 12, 2018 | Brittany Mabee-Wilson | December 24, 2007 |
| Mason Stamp | December 13, 2014 | Danny Kent | December 24, 2012 |
| Jeffrey Johnston | December 13, 2017 | Christopher Thiele | December 26, 2018 |
| Michelle Lynn Andrey | December 15, 1990 | Brent James | December 27, 2018 |
| Simon Mitchell | December 15, 1992 | Christy Zwaigenbaum | December 28, 1978 |
| Johnny Pegg | December 15, 2009 | Colleen Garry | December 28, 2008 |
| David Michael Hannah | December 15, 2000 | Kimberly Margaret Hryniw | December 29, 1997 |
| Victoria Newsham-Goulding | December 15, 2000 | Candi Brake | December 29, 2016 |
| Luc Breau | December 16, 2010 | Susan Josephine Nyland-Davey | December 30, 1995 |
| Ian Morton | December 16, 2014 | Amelia Linda Kent | December 30, 2009 |
| Gavin Daley | December 17, 2015 | | |



OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

JANUARY

| | | | |
|------------------------|------------------|------------------------------|------------------|
| Shelley Nadine Taylor | January 1, 1994 | Jonathan Domenic Volpe | January 15, 1995 |
| Ricky Van Den Oetelaar | January 1, 2006 | Breanna Cousins | January 15, 2002 |
| Lisa Lebitka | January 1, 2012 | Daniel Torreblanca | January 15, 2013 |
| Jacoub Favila | January 1, 2013 | Sara Ann Madore | January 17, 2003 |
| Jamie Woods | January 1, 2014 | Austin Blake Madore | January 17, 2003 |
| Christopher Thompson | January 2, 1988 | Storm Gary Patrick Coad | January 18, 1997 |
| Vanessa Larocque | January 2, 2009 | Nathan Michael Pennington | January 18, 2010 |
| Kyle Joseph Miller | January 2, 2009 | Christopher Amos | January 18, 2012 |
| Madison Sevana Boyd | January 2, 2012 | Layla Giberson | January 18, 2013 |
| Kayla Vanderwalker | January 3, 2018 | Shanice Clark | January 18, 2015 |
| Victoria Thompson | January 4, 2005 | Thomas King | January 18, 2016 |
| Jose Eduardo Navas | January 4, 2011 | Stephanie Joanna Coleman | January 19, 1996 |
| Tianna Vieira | January 5, 2010 | Morgan Fitzgerald | January 19, 2007 |
| Chantel Gauthier | January 6, 1994 | Quinton Aquilina | January 20, 2019 |
| Ashley Pittens | January 6, 2001 | Alexsandra Kellie-Ann Hewitt | January 21, 1995 |
| Michael Upshaw | January 6, 2002 | Alexander Cade | January 22, 2004 |
| Rayman Imran | January 7, 2008 | Bill Robins | January 22, 2016 |
| Derek Spicher | January 7, 2013 | Antonio Thomas Cacciatore | January 23, 2010 |
| Alastair Lahtinen | January 8, 2010 | Vanessa Robyn Rivard | January 24, 2007 |
| Jackson Bonchek | January 8, 2018 | Kelly Spencer | January 25, 2012 |
| David Norrish | January 9, 2015 | Blake Hoo | January 25, 2016 |
| Dominik Prusinski | January 9, 2017 | Graham Charles Clarke | January 26, 2007 |
| Stephen John Duthie | January 10, 2010 | Jeffrey Warne | January 26, 2008 |
| Duane MacIntyre | January 11, 1992 | David Matthew Gilbert | January 27, 2008 |
| Ron Davis | January 11, 2007 | Eran Town | January 28, 2005 |
| Brandon Tyler Baron | January 12, 1992 | Branden Christopher Viarruel | January 29, 2009 |
| Neil Warren Hembling | January 12, 2000 | Wayne Edwards | January 29, 2009 |
| Eerik Percival | January 13, 2002 | David Stacey | January 29, 2015 |
| Owen Alexander Leitch | January 13, 2017 | Angela Worona | January 31, 1995 |
| Khristian Robinson | January 14, 2008 | Jorja Gorham | January 31, 2018 |
| Ricky Black | January 14, 1991 | | |

