



BEREAVED FAMILIES OF ONTARIO
DURHAM REGION

NEWSLETTER

“BEREAVED, HELPING THE BEREAVED LEARN TO LIVE WITH GRIEF”

ISSUE 1

www.bfodurham.net

January 2020

ANGELS' TREE OF LIGHT CEREMONY

On Thursday, November 28th BFO Durham Region held its annual Angels' Tree of Light ceremony at the Durham District School Board. A large crowd were in attendance. This year, the angel chosen featured a white angel silhouette. The tree looked so beautiful, adorned with over 600 angels and white lights. Each angel had the name of a loved one handwritten on gold ribbon. Each one represented a loved one sadly missed by their families and friends throughout the year but especially now during the holiday season.

Jane Carter (Executive Director, BFO Durham) welcomed everyone to the ceremony with soothing words as this can be a difficult time, especially for those experiencing a loss for the first time. She was ably assisted by Gary Goswell (Chair, Board of Directors, BFO Durham).

Opening Remarks were given by Rev. Maureen McLellan. Her gentle words gave advice, encouragement and support to the audience. She shared experiences of loss and spoke with empathy.

This year, the tree was dedicated by Wayne Wanamaker in memory of his son, David Wanamaker. Wayne spoke eloquently about his grief journey following the loss of David. He spoke of his first Christmas without his son and of the comfort gained from the tremendous feeling of love when he attended his first Angels' Tree ceremony. He encouraged us all to seek out the positives in the darkest of our experiences.

Nicole and Tony Cacciatore along with their children, Max, Elio and Giorgia had the honour of lighting our tree this year, in memory of their son and brother, Antonio.

As the lights in the auditorium dimmed, only the tree shone out in the darkness. There was a moment of silence for reflection.

Following the reflection, there was a musical tribute to the “angels”. Linda Daniluk performed, “Live On”, followed by a performance of “Rainbow” by Lauren Rohrbach. Both songs were sung in memory of Andrew and Rebecca Sears and David Sears.

Both performances were very moving and received much deserved applause from the audience.

Finally, the ceremony concluded with the Responsive Reading led by Nancy Raby and Sharon Sears in memory of their children, Melissa Raby and Andrew and Rebecca Sears.

Continued on page 2

JANUARY 2020

Infant Loss Drop-In

Monday 6th, 7-9 p.m.

Evening Drop-In

Wednesday 8th, 7-9 p.m.

Afternoon Drop-In

Monday 20th, 1-3 p.m.

Evening Drop-In

Thursday 23rd, 7-9 p.m.

EUCHRE Fundraising Tournament

Saturday 25th, 7.30 p.m.

Re-Connect Drop-In

Monday 27th, 7-9 p.m.

Registration for Mother's Retreat Closes

January 31st, 2020

FEBRUARY 2020

Infant Loss Drop-In

Monday 3rd, 7-9 p.m.

Adult Sibling Loss Drop-In

Tuesday 4th, 7-9 p.m.

Afternoon Drop-In

Monday 10th, 1-3 p.m.

Evening Drop-In

Tuesday 11th, 7-9 p.m.

FAMILY DAY - OFFICE CLOSED

Monday 17th

Reconnect Drop-In

Monday 24th, 7-9 p.m.

Evening Drop-In

Thursday 27th, 7-9 p.m.

Calendar continued on page 18

ANGELS TREE OF LIGHT CEREMONY

Continued from page 1

After the ceremony, there was an opportunity to mingle and share stories over light refreshments.

This special evening could not have taken place without the hard work and dedication of the following people: Angel Tree Committee: Caroline Goswell (Chair), Beth Bryan, Bev Campbell, Jane Carter, Marlene Charewicz, Anita Fellows, Karen Fish, Vanessa Longhurst, Sharon Sears, Kirsty Sinclair, Joyce Smith, Linda Watson and Magda Zoelman. Also, a big thank you to all our young (and young at heart!) volunteers who help the night before with set up and all the hard work before, during and after the ceremony.



A special thanks to the office volunteers, Bev Campbell, Marlene Charewicz, Karen Fish, Vanessa Longhurst and Linda Watson for the countless hours spent taking calls for Angel donations and all the necessary paperwork associated with this event.

Many thanks to John McManus for the soothing strains of guitar music prior to the ceremony and thanks also to Tara Rekker-Geisbrecht for providing the beautiful poinsettias in memory of her son, Aiden.

Finally, thanks to the following who contribute to the success of this event:

Durham District School Board

Minute Man Press (Whitby)

M&M Meat Shops (Joyce & Paul Smith)

McDonalds Whitby (Marlene MacKinnon)

Park Plastic Products Inc. (Moe Aftab, Sales Manager)

This annual ceremony is very special to all of us at BFO Durham. We hope it provided comfort and support to all who attended.



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Registration

All "Walk to Remember" participants must read, complete and sign the registration form. A parent or guardian must sign the registration on behalf of walkers under the age of 18 years.

Before the Walk

Obtain pledges from sponsors of your choosing (i.e. family, friends, neighbours, teachers, etc.) Collect each pledge at the time you recruit the sponsor. Be sure to tell your sponsor that an official tax receipt will be given for pledges of \$25 or more.

Cheques should be made payable to:
Bereaved Families of Ontario –
Durham Region.

How Your Donations Benefit the Community

- ❖ Support Groups for Grieving Parents
- ❖ Monthly Support Evenings
- ❖ One on One Support
- ❖ Telephone Support
- ❖ Growing through Grief
- ❖ Infant Loss Support Groups
- ❖ Children's Group

A Walk to Remember

What is the "Walk to Remember?"



The Walk to Remember is an annual major fundraising event for the Bereaved Families of Ontario, which is sponsored by businesses in our community. The pledges solicited and collected by participants fund and ensure program stability.

This is not a walk-a-thon in the traditional sense, but rather a gathering of families and friends to commemorate their loss together in a happy environment. There is live entertainment, special performances, refreshments and much more activities for the entire family.

The Durham Region event will be held on Sunday March 1st, at the Whitby Mall in Whitby. All walkers register with their pledge sheets and may sign the "Wall of Memories" banner adding a poem, photograph or other written message in their loved one's memory.

We are grateful to all of our sponsors and walkers who make this a memorable event and great success each year. We thank you in advance for your generous support.

Bereaved Families of Ontario Durham Region

Phone: 905-579-4293
Fax: 905-579-7403
Email: bfodurham@bellnet.ca
www.bfodurham.net

Charitable # 861619880RR0001

Bereaved Families of Ontario Durham Region



WALK TO REMEMBER 2020

SUNDAY

MARCH 1st, 2020

REGISTRATION: 9:15 a.m.

WALK: 10 a.m. – 11 a.m.

A FUNDRAISING WALK IN WHITBY MALL

1615 Dundas St. E Whitby, ON

*Pledges raised will solely
support*

***Bereaved Families of
Ontario
Durham Region***



Bereaved Families of Ontario-Durham Region



7:30 Saturday January 25, 2020

BFO Office
18 MCC Street
Oshawa, Ont

SOLD OUT

\$20.00 per person entry

CASH prizes for 1st, 2nd, 3rd, 4th and low score

Snacks & refreshments provided

Join us for a fun night of competitive fellowship!!

Seats limited- reserve your seat now.

“THE WILLINGNESS TO VOLUNTEER IS A SELFLESS ACT”

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, Bev Campbell, 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 – Adele Davidson

MOTHERS’ RETREAT - Susan Hendricks and Joyce MacIntyre

BFO DURHAM BOARD OF DIRECTORS - Gary Goswell, Marian Rehr, Wayne Wanamaker, Sharon Sears, Chris Garvey, Kirsty Sinclair & Bev Campbell

HONORARY BFO DURHAM BOARD DIRECTOR - Margaret Fortune



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
(948 Simcoe St N, Oshawa)

**All proceeds go to help fund
BFO Durham Region**

FROM THE DESK OF YOUR EXECUTIVE DIRECTOR

Dear Friends:

We have been at our new location on 948 Simcoe St. North for just over a year now. This splendid new space was primarily driven by a pronounced increase in BFO services required. What soon followed was a newly established Children’s Program for ages six through twelve, one that we’re both proud and delighted to be a part of here at Bereaved Families.

We are currently arranging schedules for a number of longstanding support groups to be re-incorporated in our brand new year. Both our Mother’s Group and Father’s Group will soon be underway, as will the new Children’s Group. If you would like to sign up for any of these programs, please contact the office anytime over the next few weeks.

Our “Reconnect Drop-Ins” are still the last Monday of each month - these are open to anyone who has participated in a 10-12 week group.

We are busy arranging our 2020 Walk to Remember, scheduled for Sunday March 1st at the Whitby Mall. If you are able to help us out with planning or by donating a prize for this event, it would be greatly appreciated.

Please view our upcoming fundraisers in the newsletter and feel free to contact me for further details.

In closing I would like to wish everyone a healthy and peaceful New Year,

Jane Carter



“We live within the circle, the circle of life and the circle of death. We move within the memory of the past while moving toward the future. We bathe in the light of the rising Sun and dream by the light of Grandmother Moon. We learn, we laugh, we celebrate, we mourn. We stand in the center. Above and below to the right of us, to the left of us, in front of us and behind us, we remember, we connect, and we let go of what holds us back. Everything that the world does is done in a circle.”

- Julie Tumamait, Chumash elder and story teller Ways of Council

WHO?

This retreat is a joint undertaking of BFO – Durham and the Villa St. Joseph, Cobourg.

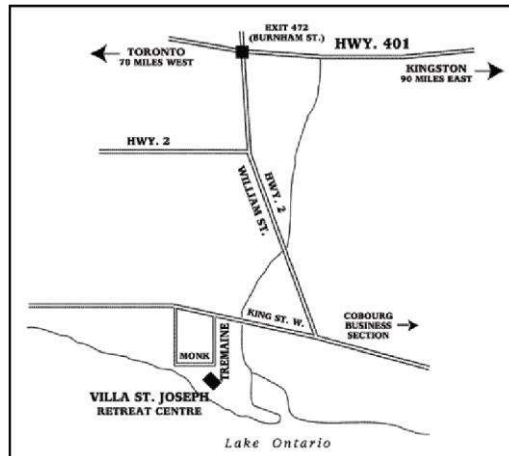
Now in its 21st year, the weekend is facilitated by Susan Hendricks and Joyce MacIntyre, bereaved mothers with special training and education in psychology and group process. The theme is different each year.

Susan and Joyce met each other in 1992 when they attended a BFO support group in Toronto following the death of their children, Kristina and Duane. Since then, their friendship has embraced a shared vocation where they companion other bereaved mothers toward a place of peace and understanding. Though she moved to Manitoba eleven years ago, Susan remains a lay associate of the Peterborough Neighbourhood of the Sisters of St. Joseph of Canada and is a co-founder of BFO - Durham. Joyce, who fought to regain her Native status, is a published poet and artist who offers her special talents back to both her Native and bereavement communities. Joyce resides in Stouffville, ON.

WHERE?

Villa St. Joseph, Cobourg, ON

Check Google map for more detailed directions.



Villa St. Joseph Retreat Centre is located at 445 Monk Street in Cobourg, Ontario. By car take exit 472 (Burnham St.) from Highway 401 (Highway of Heroes). Follow William Street to King Street West. Turn right on King Street West and left on Tremaine to Monk Street.

21st Annual Retreat for Bereaved Mothers

Villa St. Joseph
Cobourg, ON

March 6 – 8, 2020



STUGS and WINKS:

the secret life of the bereaved mother

a weekend retreat co-sponsored by
BFO – Durham Region
&
Villa St. Joseph

OUR THEME: STUGS and WINKS?

Grief is a mystery unto itself– not something to avoid or to understand – but to go within, to evolve through and with. So much of our process in the early days of grief is simply learning to function again, to carry on despite our loss and pain. At some point, we learn to cope and that life continues but will never be the same.

Yet on certain days when all is seemingly going well, we may be suddenly overwhelmed by a STUG moment (Sudden Temporary Upsurge of Grief) and are catapulted back to those overwhelming feelings of grief that marked our early days as bereaved mothers. At others, there is a WINK, one of those coincidences or signs that our loved one is with us and we are united again in that eternal connection with our child and the mystery of the universe.

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.

RETREAT DETAILS

This weekend of ritual, candle lighting in memory of our children, meditation, workshops and group discussion sessions focuses on our personal, psychological and spiritual growth.

Enhanced by the peace and quiet of the Villa St. Joseph and its welcoming Sisters, this is a weekend where all may enter the quiet and holy space within our awareness of how the loss of our children has impacted our lives as women and mothers, and reconnect with the Seed of Life that rests in all of Creation.

A retreat requires some quiet introspection as we ponder and welcome in the presence of our Angels within what seems to have become an empty world. We learn more about ourselves and the grief process by sharing with others. The shared meals, music and laughter also create a sense of community that often continues long after the retreat is over.

The Bereaved Mothers' Retreat weekend is part of BFO's aftercare programming for those who have already completed a support group. Because of the possible intensity of a weekend retreat experience, it is advised that participants be *at least* three years into the bereavement process.

Running from Friday evening at 7 pm until just after lunch on Sunday, the retreat is designed to deepen psychological, spiritual and personal understanding of how our child's death may have an ongoing impact on our lives

What do I bring with me?

- Bring comfortable shoes or slippers, warm, casual clothing, personal toilet articles, soap, etc.
- Bedding and towels are provided. For the ultimate spa experience, bring your own bath sized towel.
- A framed photo of your child to be displayed during our prayer services
- A journal and pen if you are a note-taker
- A **small** contribution to our communal snack table for the Saturday Evening Gathering in the Lounge

The Retreat Centre is a smoke and water bottle free environment. Also, please avoid perfumes.

To find out more, telephone Joyce MacIntyre at (905) 642-8771 or email susan.hendricks@ymail.com

Further details will be sent to you once your registration for the retreat has been confirmed.

Registration deadline: January 31st, 2020.

Space is limited to a maximum of 13 bereaved mothers.
Participation will be confirmed when payment is received.

Due to high demand, please complete and submit your registration form as soon as possible. Your cheques will be returned to you if you register too late to be included in the participant list.



REGISTRATION FORM

Please detach this registration form section and forward with your deposit cheques to:

Joyce MacIntyre
111 Vanzant Court
Stouffville, ON L4A 4Z2

ABOUT ME:

Name: _____

Address: _____

Phone: _____

Email: _____

Any special dietary restrictions? Yes No

Please indicate: _____

ABOUT MY CHLD:

Child's Name: _____

Birth Date: _____

Death Date: _____

PAYMENT INFORMATION:

Costs are separated into a residence fee payable to the Villa St. Joseph and a programme fee payable to Joyce MacIntyre.

Residence Fee: \$160
Programme Fee: \$110

Note: A deposit cheque of \$60 is required for the Villa St. Joseph and the entire programme fee is due to Joyce MacIntyre upon registration. The remaining residence fee of \$100 is paid on the Friday evening upon arrival at the Villa St. Joseph.

Cancellation fees of \$60 apply for both residence and programme.

SANTA BRUNCH 2019



BFO Durham Brunch with Santa 2019

Another Holiday season began with a fabulous event full of family, fun & celebration! On Sunday December 8th, the Brunch with Santa was held at Harmony Creek Community Centre in Oshawa. A record number of families were treated to a delicious pancake brunch, games, crafts, cookie decorating, a jumpy castle, and special guests Belle, and Spiderman.

When Santa arrived he made time to speak to each child, and even had a small pre-Christmas gift for each of them. HO HO HO!

A massive thank-you goes out to everyone that helped out with the planning of this event, and to all of Santa's Elves who made the event a success. Thank you also to all the members who donated unwrapped gifts for our Santa Brunch!

Happy New Year from the BFO Brunch with Santa committee! Wishing you all the best in 2020

I love you neither
with my heart
Nor with my
mind.

My heart might
stop
My mind can
forget.

I love you with my
soul because
My soul never
stops
Or forgets.

- Rumi

A MESSAGE FROM YOUR EDITOR

Hello everyone, my name is Adele Davidson; and it is my honour to be your new editor.

I would like to thank our previous editor Micheline Ball for all her hard work in the past.

As you are probably aware, the newsletter is published three times per year (January, May & September). It is our goal to provide you with a calendar of upcoming events, articles on past events, notifications of fundraising events, messages from the board, acknowledgements of achievements; sponsors; donors and of course Angel dates. Quotes, verses and graphics will also be part of the content.

We would love to include items from our members and you can submit them any time to the office or directly to myself glasscup_19@hotmail.com

((Hugs))
Adele



RONA Donation & The Ride to Remember

A big thank you to Rona Uxbridge for selecting Bereaved Families of Ontario – Durham Region as their charity of choice last September.

The Ride to Remember organizers were instrumental in Rona’s selection of our charity and we at BFO-D thank you.

Through the generous donations from the Rona Uxbridge staff, the Uxbridge community, Contractors and Rona Canada they raised \$7937.00.

Thank you to all those wonderful employees at Rona Uxbridge for this huge donation.

This brings the Ride to Remember total donation for 2019 to \$22,657!!

Their grand total to date from Ride To Remember is \$127,657.00



Thank You

DONATIONS IN LOVING MEMORY OF

BLAKE GARVEY

Janice and David Young

RACQUEL GRANATO

Through "A Rose Given to Her"

VIOLET DAVIDSON

From Bracelet Sales

DAVID STACEY

Through Super Dave Stacey Golf Tournament

DANIEL MELANSON

Through Alert Fire Company Fund

AL KOVACH

Dana Kovach

ERIN REED

Through Memorial Golf Tournament

HEATHER BUTCHER

Joan and Gord Pearson

SPECIAL RECOGNITION DONATIONS

CHRISTOPHER SHANNON Through Shandex

Bequest from the Estate of Alma Thomas

100 Men Oshawa

Liz Davidson – In honour of her birthday through facebook, in memory of her sister Violet Davidson

William F. Hayball Charitable Foundation



Bereaved Families of Ontario-Durham Region



7:30 Saturday March 21, 2020

BFO Office

948 Simcoe Street

Oshawa, Ont

\$20.00 per person entry

CASH prizes for 1st, 2nd, 3rd, and low score

Snacks & refreshments provided

Join us for a fun night of competitive fellowship!!

Seats limited- reserve your seat now.

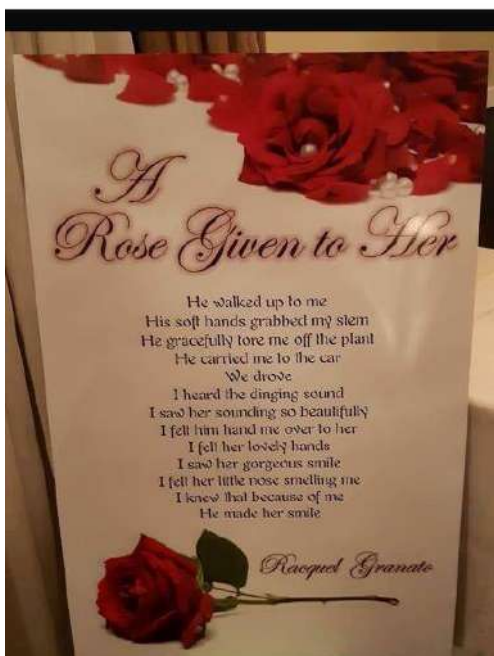
A Rose Given To Her Gala in Memory of Racquel Granato



On November 2nd, 2019, we held our fifth annual fundraiser "A ROSE GIVEN TO HER" in honour of our daughter Racquel Granato who passed suddenly due to an unknown heart condition at the age of 14. It was held at The Jubilee Pavilion in Oshawa this year and we have had a tremendous amount of positive feedback regarding the food, the prizes, the raffles and as a very special honour to Racquel, 14 of her dance friends performed a beautiful dance. We are so honoured to have raised funds for the BFO-D Children's program with the support of our family and friends and look forward to continuing keeping Racquel's spirit alive while supporting BFO every year.



Rocco, Kelly and Ross





BFO Durham

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

FUNdraising

Poker Night



Saturday April 18th 2020

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/pay in advance at the office by Friday 17th
(open to non-BFO members too)



BIKE, BLADE, BOARD 4 BLAKE

In our 4th year Bike Blade Board 4 Blake was successful in raising over \$8,000 for a total of \$35,000 over four years! The event was intended to help raise awareness of mental health and addiction in our community and also an opportunity to raise awareness of the support and services available at BFO. The money raised was divided between Bereaved Families of Ontario, Durham and Durham Mental Health Services.

Bike Blade Board 4 Blake was held in memory of our eighteen year old son, Blake Garvey, who we lost on February 21st 2013 to the disease of addiction. He was a fun-loving young man who enjoyed skateboarding and often had a contagious smirk on his face. He was always happy and made others happy to be around him. We know he would be proud that so many friends and family supported this event in his honour and we know he was there with us.

The walk, run, bike, blade or board event was held on September 29th, 2019 at East Beach Park in Bowmanville. In addition to the walk/run, we had a BBQ, guest speakers, a silent auction, a raffle table, and door prizes. We had some great donated prizes that many participants were determined to win. We had a great day with fantastic turnout and many comments that the event was enjoyable and generated such positive energy. It was truly a memorable event that allows us to keep Blake's memory alive.

We are grateful to the many sponsors and event participants in helping to raise funds and awareness about mental health and addiction and also support services available for those of us on this never ending journey of child loss. Chris has a tattoo with a picture of Blake that says "No Blame, No Shame, Just Love," a message that perfectly captures the spirit of this event. Hopefully you can join us next year!

Chris and Suzanne Garvey



Calling All Knitters!!



Starting Tuesday 28th January 2020

@ the Office

Knitting group for beginners at BFO with Laraine

Tuesdays from 1-3

Bring your own supplies

Refreshments provided

(please contact the office for more info)

QUILT RAFFLE



LAST CHANCE TO BUY TICKETS

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

(948 Simcoe St N, Oshawa)

All proceeds go to help fund

BFO Durham Region

Save the Date!

Bereaved Families of Ontario, Durham Region invites you to our....



Dance

Saturday, May 2nd, 2020 7:30 PM – 1:00 AM

Harmony Creek Community Centre

Tickets are \$25

DJ · Door Prizes · Games · Buffet · Silent Auction

All proceeds will go towards Bereaved Families of Ontario, Durham Region. We hope to see you there!

CO-OP DURHAM COLLEGE STUDENT

Hi everyone! My name is Catalina Salas and I'm a second-year Public Relations student at Durham College. I'm thrilled to be part of Bereaved Families of Ontario- Durham Region and I'm so thankful to have the opportunity to complete my non-profit placement here.

During the upcoming weeks, I will be working on the "Walk to Remember" event which will take place at the Whitby Mall on Sunday, March 1. Some of the objectives of the walk are to raise funds for BFO-Durham, to bring awareness to the organization, to get the community involved, and to honour the memory of loved ones who have passed away.

Out of all non-profit organizations in Durham Region, BFO- Durham was the one that truly touched my heart. Unfortunately, when I was a kid my baby brother passed away. My mom was never the same, she spent years battling depression while trying to raise me, and she never got any help. I always wished she could have had the opportunity to be part of an organization that could have provided her the support she needed. The reason why I chose to represent BFO - Durham is because I believe that grieving parents like my mom need a safe place where they can feel supported.

I would like to thank Jane Carter for giving me the opportunity to work and to be part of BFO- Durham.

I look forward to getting to know everyone who is part of this amazing organization.

Thank you!

Catalina Salas

Butterfly Memorial

Every butterfly is individually handcrafted by local artist Yvan Leclerc

Your Butterfly can be purchased for

\$100

Includes an engraved plaque with the first and last name and years

For every butterfly purchased \$60 will go to Bereaved Families of Ontario (Durham Region)

A charitable donation receipt will be provided.



ANGELS TREE OF LIGHT DEDICATION

November 28, 2019

Hello and welcome. Like most everyone in this room I too have an angel on this beautiful tree before us. My son David. David was 24 and the youngest of my 3 children. Sept 25, 2012 It was sudden and unexpected. David and I had what I liked to call an oil and water relationship. I would give him my words of advice based on my life experiences and he would call me a bubble burster. I think it was because we were so much alike that we were this way.

David was diagnosed with Addison's disease, the failure of the Adrenal Gland when he was 19. He was on various meds to control the chemical balances in his system. We were never told that he could pass from this, but he did. What made it even harder to deal with was that David passed 4 days before his sister's wedding. We had the funeral on Friday and went right into the wedding rehearsal Friday evening. I still don't know how we did it but we did. We had to. We had the wedding on Saturday and it was a beautiful day. It wasn't easy but we did it.

I honestly don't remember much about that first Christmas without David. I liken it to wandering through a fog. I do know that I took a picture of David with me to my sister's. I wanted him to be part of the family gathering in any way possible. I don't think the rest of my family understood what I was trying to do but that's ok. I don't expect anyone to understand what we go through unless you too have lost a child.

I attended my first BFO Angel Tree the following November and all I remember is the huge amount of love and emotion that was in this room. I truly didn't feel alone in my grief. There is just something so comforting about being with friends that truly understand, members of the club that no one wants to belong to.

Grief is the last act of love we must give to those we loved. Where there is deep grief, there is great love.

I was speaking with a therapist shortly after losing David and she described to me that my grief was like a boulder, sitting on my back and shoulders, making it hard for me to move, to breathe, to function. She explained to me that as I moved forward with my grief, there was no telling how long this would take, the boulder will get smaller, until it is small enough to hold in my hand and place in my pocket. I can take it out, hold it in my hand, think of David, shed a tear or two, maybe even a smile. Then I can put it back in my pocket and carry on with my day. This is my David stone that I have carried with me every day for 7 years now. There are some days that I can't take my hand off my David stone. Most days I can take my hand in and out of my pocket, feel my David stone and even smile at its unwavering presence. I've accepted this stone as my own, crossing my hands over it, saying "mine" as children do.

I cry for the life you lived and the one you didn't

As easy as it is to find the negatives in what I have gone through, I found a positive through all of this. About 6 months before David passed, he was so tired of being sick and not getting any better that I felt he had given up. David lived in Niagara with his mother and I lived here in Oshawa. I started going to Niagara one night a week to spend time with David. I did this every week for 6 months. We would go out for a burger, a couple of beers, maybe shoot some pool or see a movie or just hang out. I truly believe that he enjoyed these times as much as I did. What it taught me is to not put off spending time with someone you care about. You might not get another chance. I have no regrets. I've shared this story with others, and it made them stop and think about their own children and family. That alone gives me comfort.

My friend and brother from another mother Stevie wrote a song in the year after David died called David's Song. In it he and I are sitting in Harry's Hideaway talking about old friends, fast cars and the girls that got away. Why he left and I decided to stay. He spoke of how my life had been consumed by the death of my son David. He talked of another David who walked through the shadow of the valley of death and that I must honour my David and walk with the living. That is what David would want, time spent with family. There's a powerful message in this song and a positive message too.

As we approach the Christmas season take the time to spend with family and friends and enjoy that time. And most of all take time to remember those not with us for they are with us in our hearts.

I am honoured on behalf of all here tonight to dedicate these angels to the loving memory of those we miss so dearly at this time of year.

Thank you.

Wayne Wanamaker

Event Calendar continued

MARCH 2020

WALK TO REMEMBER

Sunday 1st, 9:15-11.30 a.m.

Infant Loss Drop-In

Monday 2nd, 7-9 p.m.

Stugs & Winks (Mother's Retreat)

Friday 6th – Sunday 8th,

Evening Drop-In

Wednesday 11th, 7-9 p.m.

Afternoon Drop-In

Monday 16th, 1-3 p.m.

EUCHRE Fundraising Tournament

Saturday 21st, 7.30 p.m.

Evening Drop-In

Thursday 26th, 7-9 p.m.

Reconnect Drop-In

Monday 30th, 7-9 p.m.

APRIL 2020

Infant Loss Drop-In

Monday 6th, 7-9 p.m.

Evening Drop-In

Wednesday 8th, 7-9 p.m.

EASTER MONDAY – OFFICE CLOSED

Monday 13th

POKER Fundraising

Saturday 18th, 5p.m.

Afternoon Drop-In

Monday 20th, 1-3 p.m.

Evening Drop-In

Thursday 23rd, 7-9 p.m.

Reconnect Drop-In

Monday 27th, 7-9 p.m.

[Calendar continued on page 20](#)

In loving memory of their daughter Violet (Babe) Davidson, the Davidson family are pleased to announce that the Fundraising Bracelets for BFO Durham Region are available at the office. There are 4 colours to choose from at a price of just \$3 each



Project 51



BFO-Durham in conjunction with WoWiCa (Adele and Eric Davidson) have released a game for apple and android phones that combine an opportunity to donate to BFO-D while receiving a fun match three game for your apple/android phone or iPad/ tablet.

BFO-D will receive a guaranteed minimum of 51% from each and every download (also including, if you decide to do them - in-app purchases - i.e. buy extra diamonds).

Family and friends can all share in the fun of playing a game, while helping BFO-D to continue their work in the community. As the game is available across the globe, relatives and friends abroad can also download the game and support BFO-D.

For iPhone/iPad the game can be downloaded from the apple store by searching for bfo durham.

For android phones/tablets the game can be downloaded from Google play by searching for bfo durham.

CONDOLENCES

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

Jackie Foster, on the loss her mom, Beverley Kerrigan. We will certainly miss her smiling face at the Ride to Remember

YOUR FEED-BACK IS VERY IMPORTANT!!

PLEASE CONSIDER CONTRIBUTING TO 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!

100 Men Oshawa



Event Calendar continued

MAY 2020

Spring Fling

Saturday 2nd, 7.30pm-1am.

Infant Loss Drop-In

Monday 4th, 7-9 p.m.

Afternoon Drop-In

Monday 11th, 1-3 p.m.

Evening Drop-In

Wednesday 13th, 7-9 p.m.

Victoria Day - Office Closed

Monday 18th

Reconnect Drop-In

Monday 25th, 7-9 p.m.

Evening Drop-In

Thursday 28th, 7-9 p.m.

FUTURE FUNDRAISERS -SAVE THESE DATES!

EUCHRE Fundraiser – JANUARY 25, 2020

WALK TO REMEMBER—MARCH 1, 2020

DRAW for QUILT – March 1, 2020

EUCHRE Fundraiser – MARCH 21, 2020

POKER Fundraiser – APRIL 18, 2020

SPRING FLING—MAY 2, 2020

LAUREN WRIGHT MEMORIAL BALL TOURNAMENT—JUNE 14, 2020

RIDE TO REMEMBER—JULY 2020

BIKE, BLADE, BOARD 4 BLAKE—SEPTEMBER 2020

POKER Fundraiser – OCTOBER 17, 2020

ANGELS TREE OF LIGHT CEREMONY—NOVEMBER 26, 2020

100 Men Oshawa

A big thank you to the 100 Men Oshawa for selecting Bereaved Families of Ontario – Durham Region as their charity of choice at their recent meeting in November.

Chris Garvey represented us at that meeting with his heartfelt speech about our organization and his son Blake.

100 Men Oshawa donated \$11,300 to Bereaved Families of Ontario – Durham Region.

Thank you 100 Men Oshawa and Chris Garvey.

BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

948 Simcoe Street North, 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 4 P.M. , CLOSED FRIDAY

FEBRUARY

Chantal Richard	February 1, 2011
Thalia Tunzi	February 1, 2007
Patricia Bercik	February 2, 2011
Alicia Dionne	February 2, 2002
Krista Shea	February 2, 2002
Kyle Smith	February 2, 2013
Anita Saunders	February 3, 2002
Kevin Ricketts	February 3, 2004
David Troy	February 3, 2016
Bradley Shearer	February 4, 1995
Shawn Cooper	February 4, 2002
Sean Chilton	February 4, 2013
Wesley O'Brien	February 4, 2019
Christopher Coates	February 5, 1997
Rebecca Hardy	February 5, 2006
Ethan Witte	February 5, 2010
Christopher Mackenzie	February 5, 2017
Brock VanDen Oetelaar	February 6, 1966
Everett Ryan Martin	February 7, 2012
Bradley Baker	February 7, 2014
Ryan Brown	February 7, 2018
Aiden Hamilton Valiantis	February 8, 2009
Connor Derek William Gilmore	February 8, 2009
Ryan Thiessen	February 8, 2018
Emma-Lee Mathieu	February 9, 2000
Hope Kai Pollari	February 9, 2017
Michael Sutton	February 10, 2019
Jane Jillian Lucy Eady	February 11, 2010
Sha-Awn (Shay) Marcano	February 11, 2016
Isaiah Sarpong	February 11, 2017
Lyndzey Kiera Short	February 12, 2000
Danny Mclean	February 12, 2011
Carly Francis MacKinnon	February 13, 1995
Owen Puchala	February 13, 2006
Joe Kennedy	February 13, 2008
Jacob Albert Hicks	February 13, 2012
Pamela Swaga	February 13, 2012
Alex Schneider	February 13, 2013
Alexis Stata	February 14, 2017
Walter Kranc	February 14, 2011
Christine Harrison	February 15, 2000
Madeleine Dutkiewicz	February 15, 2002

Deborah Anne Halliday	February 16, 1992
Marc Andre Pineault	February 16, 1995
Kioni Venus Delores Heath-John	February 16, 2017
John Harvey	February 19, 2011
Leah Page Speare	February 19, 2000
Sydney Douglas	February 20, 2017
Andrew Richard Sears	February 21, 1994
Renee James	February 21, 2002
Blake Garvey	February 21, 2013
Sloane Pasher	February 21, 2018
Jaydon McKeown	February 22, 2009
Santina Pistritto	February 22, 1994
Paula Marie Smith	February 23, 1994
Tyler Miller	February 23, 1997
John Sasseville	February 23, 2001
Trevor Lee Corby	February 23, 2003
Amy Leigh McLennon	February 23, 2006
Andrew Phillip Connolly	February 23, 2007
Tim McCabe	February 24, 2003
Emily Jane MacPhail	February 24, 2009
Kassandra Finbow	February 24, 2017
Jeffrey Hustins	February 27, 2005
Gabriel Therrien	February 27, 2015
Mathew Borg	February 28, 2011
Paulina Mary Moreino	February 28, 1991
Curtis Heasman	February 28, 1997
Trinity Weeks	February 28, 2007
Bennett Pistritto	February 28, 2015



"The song is ended, but the melody lingers on..."

MARCH

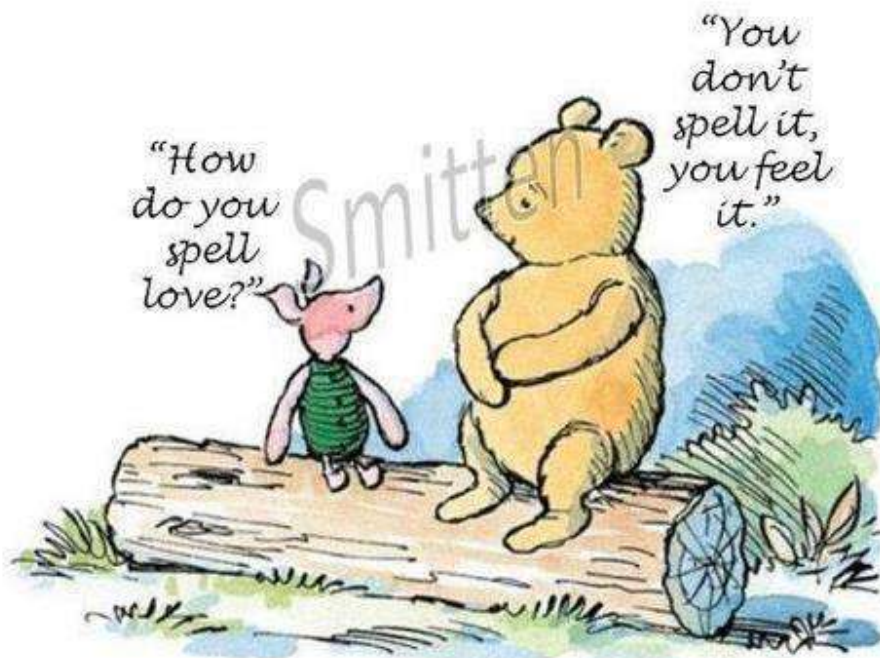
Meena Valliappan	March 1, 2002	Kathleen Una Hutchings	March 18, 1994
Melissa Neault	March 1, 2006	Tara Lyver	March 18, 2001
Laura Morrison	March 2, 2001	Caleb Nykolaichuk	March 18, 2016
Susan Taylor	March 2, 2007	Paige Matthews	March 19, 1998
Heather Wilkinson	March 2, 2012	Michael Schomodji	March 19, 1999
Kaelyn Emily Wind	March 2, 2013	Sharon Rose Gilliland	March 19, 2002
Shayne Clench	March 3, 2014	Angel Cervantes	March 19, 2005
Joshowa Miranda	March 3, 2011	James Warner	March 19, 2008
Jack Thomas Woskosky	March 3, 2015	Sean DeSilva	March 19, 2011
Xaviar Bain	March 3, 2019	Vaughn Heasman	March 20, 1989
Debra Lundrigan	March 4, 2009	Kainam Burbage	March 20, 2014
David Stewart	March 4, 2011	Brian Elliott	March 20, 2014
Zackery Will	March 4, 2018	Aiden Connor Rekker	March 21, 2008
Jamie T. Lomax	March 5, 1993	James Higgins	March 21, 2009
Patrick Rosos	March 5, 2016	Jeremiah Thompson	March 21, 2010
Andrew Gendron	March 5, 2016	Mary Melnychuk	March 22, 2011
Melissa Margaret Raby	March 5, 1998	Brayden Nicholas Allan	March 23, 2007
Daryl Convery	March 6, 1996	Juston Baron	March 24, 2010
Katharine Suzanne Bruce	March 7, 1996	Kevin Allan Hale	March 24, 1996
Geordi Elizabeth Maybury	March 8, 1995	William Floyd	March 24, 2001
Andrew Brooks	March 9, 2010	Alannah Warren	March 24, 2005
Emily Brunton	March 9, 2011	Owen James Scott	March 24, 2007
Jada Jeanine Herod	March 9, 2010	Lachlan Graham	March 24, 2018
Tyler Murray	March 11, 2006	Bronwen Gwyneth Persaud	March 25, 1995
Kiera Kelly	March 11, 2015	Nicholas Short	March 26, 2007
Andrew Kelly	March 11, 2019	Jason Power	March 26, 2019
Jessica Crawford	March 12, 2009	Juliette Francis	March 27, 2011
Nick Spencer	March 12, 2017	Demetrius Alexander Jones	March 27, 2008
Daniel John Dorrian	March 13, 1992	Michael McArthur	March 28, 2013
Stefan Feurstein	March 13, 1984	Elisabeth Tucker	March 30, 1993
Colton Jacob Stockdale	March 13, 2012	Russell Eric Maccoomb	March 30, 1995
Grace Bowen	March 13, 2015	Michael McDonald	March 30, 2010
Stephanie Ramadeen	March 14, 2002	Maya Susanna Bradley	March 30, 2012
Heather Neatt	March 14, 2003	Kristina Nicole Hendricks	March 31, 1991
Vicki Stergianis	March 14, 2017	Jerry R. Lomax	March 31, 1992
		Steven Matthews	March 31, 2019



APRIL

Kristopher Miller	April 1, 2016
Dante Keiller	April 2, 2009
Hayden Sally Barbara Shelley	April 2, 2009
Justin Cain	April 2, 2015
Jack Harvey	April 2, 2019
Laura Kalinski	April 3, 1995
Jill Topham	April 3, 2016
Kasiah Faith Grell	April 4, 2010
Mitchell Crandall	April 6, 2000
Richard Fujita	April 8, 2004
Maureen Ann Thomas	April 8, 2006
Daphne Ann Cox	April 8, 2009
Jason "Brent" Waterman	April 8, 2012
Chantal Chartrand	April 8, 2018
Joshua Richard Lloyd Tyrrell	April 9, 1992
Jeff Diluciano	April 9, 1995
Ethan Craig	April 9, 2007
Jayna Dosaj-Attard	April 9, 2013
Brett William Young	April 10, 1995
Harrison Cowan	April 10, 2014
Hayley Manchen	April 10, 2019
Chantal Haywood	April 11, 2017
Hunter Gallant	April 12, 2019
Penny Brooks	April 13, 1984
Martin Michael Rehr	April 13, 1990
Ryan Hicks	April 13, 2009
Deacon Douglas Hunter	April 13, 2011
Kimberly Van Den Oetelaar	April 14, 1986
Aahithyan Pratheep	April 14, 2018
Karl Frederick Wiener	April 15, 1996

David Kelly	April 16, 2005
Claudia Sierra	April 17, 2010
Lily Szekeres	April 17, 2012
Kyle Hineman	April 17, 2017
Jacob Purdy Murchison	April 19, 2009
Grayson St. John	April 19, 2015
Chad Sutcliffe	April 19, 2015
Michael Douglas Meagher	April 20, 2002
Austin McKinnon	April 20, 2019
Joel Newby	April 21, 2018
Jordan Eva Menard	April 23, 2001
Aurora Teagan Doiron	April 23, 2008
Michael Harte	April 23, 2015
Gordon McDougall	April 25, 2011
Kenneth James Vanhaverbeke	April 27, 1993
Avery Butler	April 28, 2005
Benjamin Twiddy	April 29, 2012
Holly Harrison	April 29, 2012
Adam Johnson	April 30, 2016



MAY

Crawford Wheller	May 1, 2002
Victoria Chenier	May 1, 2018
Lisa Ford	May 2, 2002
Joshua Liscio	May 2, 2008
Stephen Cochrane	May 3, 2003
Jeffrey Jones	May 3, 2016
Julie Helen Pasko	May 6, 1995
Brittany Miller	May 6, 2005
Nicholas Mitchell Williams	May 6, 2011
Ewelina Sobala-Kouri	May 7, 2017
Benjamin Tucker DeBaie	May 8, 2001
Jasmine Stephan-Martin	May 8, 2011
Taylor Andrews	May 8, 2012
David Rines	May 9, 2010
Brianne Wraight	May 9, 2010
Patrick Bujold	May 9, 2012
Michael Thomas Lynch	May 10, 2002
Curtis Wahl	May 10, 2005
Lukas James Anderson	May 10, 2007
Austin Poulakis	May 10, 2019
Michelle Richard	May 11, 2000
Ian Thomas Deatcher	May 11, 2002
Robin John Williams	May 12, 1992
T.J. Stutt	May 12, 2004
Landon Murchison	May 12, 2006
Karsten Bibb	May 12, 2011
Gregory Edward Timmins	May 14, 1996
Robert Muir	May 14, 2014
Finnigan McCarron	May 15, 2015
Jade Roworth	May 15, 2016
Bradley Wiseman	May 15, 2014

Paul A.J. Gordon	May 16, 1990
Erin Reed	May 16, 2008
Jeffery Paul Baran-Lalonde	May 16, 2011
Wyatt Celsie-Swanton	May 16, 2009
Leia Mary-Rose Wilde	May 16, 2017
Rayna Simms	May 17, 2005
Jonathon Campbell	May 17, 2011
Daniel Haze	May 18, 2016
Baby Girl Papadopoulos	May 18, 2014
Maria Laura Pistritto	May 18, 2017
Lynne-Marie Gordon	May 19, 1991
Dylan Matchett	May 19, 2017
Kevin James Charewicz	May 20, 1998
Kevin Gregory O'Donnell	May 20, 1999
Hope & Desire Cockburn	May 20, 2005
Owen Walter Stinson-Collins	May 20, 2010
Elizabeth MacGregor	May 20, 2012
Michael Scott	May 20, 2015
Karen Cobham	May 20, 2014
Johnny Lucchetta	May 21, 2006
Cody DeNoble	May 21, 2010
Mary Ann Daniels	May 21, 2014
Gregory Brian Judzentis	May 22, 1985
Shawna Spindler	May 22, 1997
Damon Fewer	May 22, 2007
Kaleb Hunt	May 22, 2011
Dana Watson	May 22, 2013
Remianne Wabie Evans	May 24, 1994
Blake Gill	May 24, 2003
William Taggart	May 25, 2005
Taylor Venters	May 25, 2010
Amber Finn	May 26, 2002
Teegan Herold	May 26, 2013
Lauren Wright	May 28, 2014
Merrick Chue	May 28, 2016
Dylan Guiotto	May 28, 2017
Andrea Sullivan- Martin	May 29, 1994
Colin McMillan Wilson	May 29, 2002
Steven Devecseri	May 29, 2006
Tyler Davis	May 29, 2011
Crystal Dunstall	May 29, 2018
Alison Millar	May 30, 2005
Ryan New	May 30, 2015
Ken Ford	May 31, 2011
Austin Taylor	May 31, 2019

