



BEREAVED FAMILIES OF ONTARIO  
DURHAM REGION

# NEWSLETTER

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

ISSUE 3

www.bfodurham.net

September 2020

## The Board of Directors' Corner

### The challenges of Covid -19

On March 17<sup>th</sup> BFO Durham board of directors had to make the difficult decision to close the office and suspend all in person programs. Fortunately, a children’s support group had just finished but two mother’s groups and a father’s group, and an infant loss group had to stop midway. We were able to continue all our scheduled drop in’s online using Zoom. Jane remained on duty in the office and also working from home to answer calls and manage any other affairs.

Upcoming fundraisers also had to be cancelled. April’s planned “Spring Fling” dinner dance was postponed to October but is now cancelled altogether as it will not be possible to hold it at that time either. The Lauren Wright softball tournament and the Bike, Blade and Board for Blake fundraiser also had to be cancelled. The “Ride to Remember” switched to an online silent auction and donation appeal, the actual motorbike ride was cancelled. As you can imagine, this caused a major drop in expected income. Some of our members raised funds by making masks and holding birthday fundraisers on Facebook. Normally we do not receive any government funding but we did qualify for the covid-19 wage support subsidy. This has helped to offset some of the lost revenue.

The early months of shutdown were very difficult for our members, especially newly bereaved parents who were desperate to come to the office and meet in person with Jane or one of our facilitators. Of course, we had to follow the public health guidelines. As soon as each phase of loosening restrictions went into effect, we put in place our Covid-19 protocols to allow people back into the office. Eventually, with phase 3, we were able to continue our previously suspended groups and start new ones for those parents and children on our waiting list.

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### SEPTEMBER 2020

**LABOUR DAY** September 7<sup>th</sup>—Office closed  
**Sibling Loss** Drop-In: **ZOOM** Tues, 8<sup>th</sup>—7-9 p.m.  
Evening **Drop-In** Wednesday 9<sup>th</sup>, 7-9 p.m.

**Infant Loss** Drop-In: **ZOOM** Monday 14<sup>th</sup>, 7-9 p.m.  
Afternoon Drop-In: **ZOOM** Wednesday 16<sup>th</sup>, 1-3 p.m.

Afternoon **Drop-In** Monday 21<sup>st</sup>, 1-3 p.m.  
Evening **Drop-In** Thursday 24<sup>th</sup>, 7-9 p.m.  
**A Rose Given to Her** - Gala Saturday 26<sup>th</sup>

**Reconnect Drop-In:** Monday 28<sup>th</sup>, 7-9 p.m.  
Afternoon **Drop-In:** **ZOOM** Wednesday 30<sup>th</sup>, 1-3 p.m.

### OCTOBER 2020

**Infant Loss** Drop-In: **ZOOM** Monday 5<sup>th</sup>, 7-9 p.m.  
Evening **Drop-In** Monday 5<sup>th</sup>, 7-9 p.m.

**Thanksgiving** Monday 12<sup>th</sup> October Office Closed  
**Sibling Loss** Drop-In: **ZOOM** Tuesday, 13<sup>th</sup>—7-9 p.m.  
Afternoon **Drop-In:** **ZOOM** Wednesday 14<sup>th</sup>, 1-3 p.m.

Afternoon **Drop-In:** Wednesday 19<sup>th</sup>, 1-3 p.m.  
Evening **Drop-In** Wednesday 19<sup>th</sup>, 7-9 p.m.

**Reconnect** Drop-In: **ZOOM** Monday 26<sup>th</sup>, 7-9 p.m.  
Afternoon **Drop-In:** **ZOOM** Wednesday 28<sup>th</sup>, 1-3 p.m.

### NOVEMBER 2020

**Infant Loss** Drop-In: **ZOOM** Monday 2<sup>nd</sup>, 7-9 p.m.  
Evening **Drop-In** Monday 2<sup>nd</sup>, 7-9 p.m.

**Sibling Loss** Drop-In: **ZOOM** Tuesday, 10<sup>th</sup>—7-9 p.m.  
Afternoon **Drop-In:** **ZOOM** Wednesday 11<sup>th</sup>, 1-3 p.m.

Afternoon **Drop-In:** Monday 16<sup>th</sup>, 1-3 p.m.  
Evening **Drop-In** Monday 16<sup>th</sup>, 7-9 p.m.

Evening **Drop-In** Monday 23<sup>rd</sup>, 7-9 p.m.  
Afternoon **Drop-In:** Wednesday 25<sup>th</sup>, 1-3 p.m.  
**Angel Tree of Light Ceremony** : 7.30 p.m.  
(Details to follow)

**Reconnect Drop-In:** Monday 30<sup>th</sup>, 7-9 p.m.

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**"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, Tammy Johnson, Gary Goswell, Caroline 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, Karen Fish

**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

**DECEMBER 2020**

**Infant Loss** Drop-In: **ZOOM** Monday 7th, 7-9 p.m.  
**Sibling Loss** Drop-In: **ZOOM** Tuesday, 8th—7-9 p.m.

Afternoon **Drop-In:** Monday 14th, 1-3 p.m.  
**Reconnect** Drop-In: **ZOOM** Monday 14th, 7-9 p.m.  
**Getting Through the Holidays** Drop-In  
Wednesday 16<sup>th</sup> 7-9 p.m.

**OFFICE CLOSED**  
**Dec 21<sup>st</sup> – Jan 4<sup>th</sup>**

**JANUARY 2021**

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

**Sibling Loss** Drop-In: **ZOOM** Tuesday, 12th—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** Thursday 28th, 7-9 p.m.

**A MESSAGE FROM YOUR EDITOR**

Hello everyone,  
I’m still sending you all my virtual ((Hugs)) we are still restricted in physical contact due to Covid-19.  
We have been blessed with a lovely summer, and our circle of contacts got to the grand total of 10 people – it was so lovely being able to hug family that didn’t live with us ☺  
We still cannot forecast the time when the restrictions will end, so, unfortunately, our fundraising dance has had to be postponed yet again. As soon as the restrictions are fully lifted we will re-schedule the dance and give you all plenty of notice for the date (we are hoping this will be spring 2021).  
We have a mixture of in-person and virtual (ZOOM) meetings on the schedule now, so please check the calendar and our website

We would love to include items (photos or articles) from our members and you can submit them any time to the office or directly to myself [glasscup\\_19@hotmail.com](mailto:glasscup_19@hotmail.com)

((Hugs))  
*Adele*

"In the English language there are orphans and widows, but there is no word for the parents who lose a child."

**The challenges of Covid -19** (Continued)

Using the large open area at the back of the office we are able to have a circle of 10 chairs all spaced 6ft apart. We ask our visitors to remain masked until seated. It is not the ideal format for group work but at least everyone is together in person. The beautiful cozy group rooms can only be used for 1 on 1 meetings while social distancing rules are in effect. We can now also hold in person drop in's and we continue to hold virtual ones via Zoom.

The next fundraiser and support program is the Angels' Tree of Light. We had hoped to make this year's event extra special as it will be our 25<sup>th</sup> year of having a memorial tree. Beautiful, silver coloured angels will adorn the tree this year. Sadly, we will not be able to hold the event at the Durham District school board headquarters. With inside social gatherings limited to a maximum of only 50 persons we have decided to film the event without a live audience. More details are available in this newsletter. We are hoping that our members will support this event as they have done in the past.

Changes in BFO Durham's banking is in progress to help with acquiring funds. We are looking to set up e-transfer and monthly pre-authorised donation ability. More details are in this newsletter.

Despite all the challenges from the pandemic we continue to provide support as best we can. Tragically, our services are still very much in demand. In the coming months two Mother's groups, a Father's group and a Children's group will be starting. All our regular drop ins will continue on Zoom and in person. Jane will be in the office to meet with anyone who needs to talk or visit for some quiet time.

At BFO Durham we realise that so many are suffering economic hardship during these difficult days. Any support you are able to spare will be greatly appreciated and help us continue to offer all our programs free of charge.

Stay safe everyone,

Gary Goswell, Board Chair BFO Durham region

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## BFO Santa Brunch 2020

Unfortunately, due to the ongoing COVID-19 restrictions, we are unable to hold our annual Santa Brunch this year.

## ANGELS' TREE OF LIGHT 2020



This year marks the 25<sup>th</sup> anniversary of BFO-Durham's Angels' Tree of Light. We had plans to make this year's ceremony a very special event. Covid-19 restrictions have made it necessary to rethink those plans, however, we will still proceed with the ceremony in a different format.

Our Angels this year are a beautiful, silvery filigree design with silver ribbons for your loved one's name. This year's ceremony will take place at a new location, without an audience. The ceremony will follow our usual program with a welcome from Jane Carter (Executive Director), Opening Remarks, Dedication & Tree Lighting. We will also have musical performances and our special memorial reading.

We will be making a short film of our 2020 Angels' Tree with a brief history of our Angels' Tree since the beginning. The film will be available for viewing on the BFO-Durham website on Thursday, Nov 26<sup>th</sup>.

Please support this event by making a donation for these beautiful Angels which are yours to keep after the event. See Angel Order Form for details.

### Help raise funds for BFO Durham AND keep yourself, children & anyone you know safe with our **Facemasks**

A huge THANK-YOU to BFO members Caroline Goswell and Anna Moreino for taking time to make adult and children sized facemasks to help us raise funds and keep each other safe, and to Cindy Serensits for donating some of the fabric used to make the masks.

The masks are available at the office for a small donation.





## 'Danielle's gift bags'



My name is Karen Beckett and I lost my beautiful daughter, Danielle, 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 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 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. This year I am happy to announce I will be collaborating with a fellow bereaved mama and owner of Spirit Wear Jewelry, a lovely shop on Etsy, who will make beautiful hand crafted bracelets. They will be designed with chakra beads to help bring balance and grounding as well as essential oil diffusing beads. I will also include some lavender oil for the relaxing benefits from this essential oil.

I have donated over a hundred bags to mamas over the last few years. 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. 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 think of my beautiful daughter and I hoped she is smiling as she dances among the butterflies.

## FROM THE DESK OF YOUR EXECUTIVE DIRECTOR

Dear Friends:

I hope you are all well and safe. For those reading this newsletter please know you are never alone even during these times of isolation.

It is hard to believe that we have been navigating through a global pandemic for six months. Here at Bereaved Families of Ontario – Durham Region, we are doing our best to continue to support families in our community while adhering to the COVID-19 restrictions. Due to the impact of COVID-19, we were forced to close our doors in March and cancel all three existing groups as well as drop-ins. We were able to transition over to Zoom drop-ins, which has worked very well. Of course, it wasn't the same as being able to see everyone in person. I would like to thank all the dedicated facilitators who stepped up to offer support to our community through Zoom on numerous occasions. Now that we are in Stage 3, we have opened our doors as well as continue our drop-ins on Zoom. We completed our previous groups and have started new ones as well. We are fortunate to have the large space at the back of our premises where we can safely have 10 people, six feet apart.

As we have always done, we will all get through this together.

This fall, we will have a new mom's group, as well as a new dad's group beginning. The children's program will commence after Thanksgiving. We now know that if we face another shut down, we will be able to transition to Zoom, seamlessly.

We will also continue new groups for moms, dads and children in the new year. Please contact the office at 905-579-4293 if you would like to join any of these groups.

I am looking forward once again to the Angels' Tree of Light which will be different this year, but nonetheless it is a tradition that is very dear to my heart. It is our 25th anniversary of the Angels' Tree of Light and you will be able to view it on our website. We will make it very easy and safe for you to obtain your angel.

We will again have our special drop-in, "Getting Through the Holidays". Please pre-register for this drop-in. Until next time, please stay safe and know that Bereaved Families of Ontario – Durham Region is here to support you through these uncertain times.

Jane Carter

# BFO Durham ONLINE Silent Auction 2020

For the first time, our annual Fundraising Dance (with raffles and silent auction) has had to be cancelled. With social gatherings off the table for this year a few of our members felt there had to be some way to assist because the tragedy of loss does not stop just because there is a pandemic.

Thankfully, even with the economic challenges of the shutdown, our sponsors came through and provided items for our first ever online auction. It does not match the exhilaration of spending an enjoyable evening with our BFO-Durham friends as we enjoy dancing, eating good food, and eagerly checking the silent auction lists to see how we stand, but we hope that this Online Silent Auction will allow us to raise some much needed funds to help BFO Durham be there for those in need.

*We can't emphasize enough our appreciation for the dedication of our sponsors as well as the individual donations under such difficult circumstances. With businesses shut down and a lack of a clear path forward it speaks to the quality of people we are so lucky to have in our community.*

**Our auction will go live at 6pm on Saturday October 3<sup>rd</sup> and will be available until 5pm on Sunday October 18<sup>th</sup> 2020.**

The link to our auction site is: [www.32auctions.com/BFO-Online-Auction-2020](http://www.32auctions.com/BFO-Online-Auction-2020) and we will have the items for auction available for viewing by Saturday 26<sup>th</sup> September.

## Note from the Treasurer:

BFO-Durham has received several requests to donate by pre-authorized payments from a bank account, on a monthly basis. We have contacted our financial institution but it would be too costly to establish and maintain this service without multiple contributors. If you are interested in donating in this way, please contact our office. If there is sufficient interest, we will make this option available.

However, if you prefer to donate on a regular monthly basis via credit card, we can accept a letter authorizing us to charge your credit card monthly on a set day. Your instruction will be in place until you decide to cancel the arrangement.

E transfer payments are now accepted. The payment should be directed to: [bfodurham@bellnet.ca](mailto:bfodurham@bellnet.ca)

No password is necessary.

On-line donations can also be made through Paypal and Canada Helps.

We have a link to Canada Helps on our website.

As always, cash and cheques are accepted at our office and at our Fundraising events

We greatly appreciate all your support.

Thank you.

**Marian Rehr**  
Treasurer.

## CONDOLENCES

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

Kirsty Bradshaw, on the loss her step-son Evan Sinclair.

Caroline and Gary Goswell on the loss of Gary's brother, Martin Goswell.

Jane Carter on the loss of her father-in law, Howard Carter.

Mary Gallelo, on the loss of her husband, John Gallelo



### Our Special 25<sup>th</sup> Anniversary "Silver" Angel

An order form is within this newsletter and has also been mailed to all members.

To ensure your Angel's name appears in the program and on the Plaque **your order (and donation) must be received at our office by October 28th.**



## Bereaved Families of Ontario - Durham Region.

### 1 Million Meter Row Challenge.

Around the middle of July this year, BFO Durham member Eric Davidson decided he needed to make some life changes, and hopefully at the same time, be able to raise some much needed funds to benefit BFO-D. He vowed to start living a fitter, healthier life, and announced his decision on Facebook

*"I am performing a 1 million meter row challenge to raise money for BFO – Durham, to be completed by 24th December 2020 (Approx. 22 weeks) averaging 45,000 meters (42,195 is a marathon) per week to meet this challenge. I started 8 weeks ago and I am currently at 458,102 meters (updated as 13-Sep). As FB only allow charity challenges for 3 month, I will not be putting up a donate button till 1st Oct.*

*BFO – Durham supports hundreds of families struggling to cope with the loss of a loved one, without any government support. If you could sponsor me for \$1, \$2, \$10 or more per 100,000 meters it would be greatly appreciated and 100% of all money raised will be going to a great cause.*

*Week 8 - Rowed 458,102 541,993 to go.*

*Week 7 - Rowed 381,905 618,095 to go*

*Week 6 - Rowed 302,583 697,417 to go*

*Week 5 - Rowed 258,443 741,557 to go*

*Week 4 - Rowed 211,565 788,435 to go.*

*Week 3 - Rowed 154,565 845,435 to go."*

Once the donate button is available, you can choose to make a one-time sponsorship/donation, you can check back each Sunday night and sponsor Eric as he works (rows) his way to his million meter goal and/or award (sponsor) him when he has met his goal (just before Christmas)



## **DONATIONS IN LOVING MEMORY OF**

VIOLET DAVIDSON	From Adele Davidson
RUTH HARRISON	From: Jamie Megit
NANCY SQVARD	From Fritz and Cathy Weiner
BRENT FOSTER	Through the Ride to Remember
DUANE MACINTYRE	From: Joyce MacIntyre
CRAIG BEERS	From: Bonnie Lane
LYDIA GRACE CONTE	From: Monica
GIL CLAREY	From: Arlene Reed
DOROTHY DAVIS	From: Murray Davis
JOHN GALLELLO	From: Vince and Susan Hendricks

## **SPECIAL RECOGNITION DONATIONS**

Beth Conte: In honour of her daughter Lydia Grace Conte on Facebook

Adele Davidson: In honour of her daughter Violet Davidson on Facebook

Anna Moreino: In honour of her daughter Paulina Moreino on Facebook

Lindsay Smith & Wendy Star through buyselllovedurham

COSTCO OSHAWA

# Ride To Remember Brent Foster Memorial Ride 2020



So much has changed recently with the Covid 19 pandemic challenging our daily routines and sense of normal. This is nothing new for those familiar with BFO where a new normal is what the programs and facilitators are assisting those dealing with loss, try to achieve.

For the first time in 10 years the Ride to Remember had to be cancelled. Our regular attendees are a hearty bunch who have come out year after year even in inclement weather to help raise funds and bring awareness to such a worthwhile organization as BFO. But with social gatherings off the table for this year the organizers of Ride to Remember felt there had to be some way to assist because the tragedy of loss does not stop just because there is a pandemic.

Thankfully, even with the economic challenges of the shutdown, our sponsors came through and provided items for our first ever online auction. It does not match the exhilaration of hearing 100 motorcycles fire up all at once but the enthusiasm of our participants enjoying a little distraction from the day to day challenges of Covid allowed us to raise some much needed funds to help BFO Durham be there for those in need. On September 12<sup>th</sup>, Brent Foster's birthday, a donation of \$7100 was presented by Ride to Remember organizers Donna and Lorne to Jane of BFO.

*We can't emphasize enough our appreciation for the dedication of our sponsors as well as the individual donations under such difficult circumstances. With businesses shut down and a lack of a clear path forward at that time it speaks to the quality of people we are so lucky to have in our community.*

We are looking forward to being able to stage our 10<sup>th</sup> anniversary Ride to Remember next July. And just a reminder – you don't have to Ride, to Remember – all are welcome. Hope to see you there.



The **memorial butterflies** sold by BFO Durham Region are now available to order in an **outdoor version**. Each butterfly will come mounted on a metal spike along with a plaque with the name and dates of your loved one. They can be purchased for the same price as those on our memorial wall in the BFO Durham Office \$100.

(A tax receipt for \$60 will be issued for each purchase)

To place your order please call Bereaved Families of Ontario at 905-579-4293

## 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.





## How to set up for a Free ZOOM Meeting

ZOOM is VERY easy to use

For our BFO meetings, there will be a link provided that you just click and voila you are there. Make sure you have your audio on (so everyone can hear you), you do NOT have to connect a video if you don't want to be seen – but let's face it... we want to see and hear each other during this stressful time.

Create your FREE account: <https://zoom.us/freesignup/>

### Do you need an account to use Zoom?

A Zoom account is not required if you are strictly joining Zoom Meetings as a participant. If someone invites you to their meeting, you can join as a participant without creating an account. However, if the host has restricted joining meetings using [authentication profiles](#), then the participant will need a Zoom account to access the meeting

A Zoom account is only required if you need to create your own meetings and send invitations to participants. Having a Zoom account allows you to create your own [Instant Meetings or Schedule Meetings](#). An account also allows you to access your personal settings, where you can [update your profile](#) or [upgrade your plan](#) at any time.

### How do I signup for Zoom?

You can sign up for a free Zoom account at [zoom.us/signup](https://zoom.us/signup).

### How much does Zoom cost?

A basic Zoom license is **free**. [Learn more about available Zoom plans and pricing.](#)

### Joining a Meeting

#### How do I join a Zoom meeting?

You can join a meeting by clicking the [meeting link](#) or going to [join.zoom.us](https://join.zoom.us) and entering in the meeting ID. [Learn more about joining a meeting.](#)

#### How do I join computer/device audio?

On most devices, you can join computer/device audio by clicking Join Audio, Join with Computer Audio, or Audio to access the audio settings. [Learn more about connecting your audio.](#)

#### Can I Use Bluetooth Headset?

Yes, as long as the Bluetooth device is compatible with the computer or mobile device that you are using.

#### Do I have to have a webcam to join on Zoom?

While you are not required to have a webcam to join a Zoom Meeting or Webinar, you will not be able to transmit video of yourself. You will continue to be able to listen and speak during the meeting, share your screen, and view the webcam video of other participants.

## ***Calling All Knitters!!***



*Once the quarantine is over!!*

***Knitting group for beginners at BFO with Laraine***

*Will resume Tuesdays from 1-3p.m.*

**Bring your own supplies**

*(Please contact the office for more info)*



**BEREAVED FAMILIES OF ONTARIO-DURHAM REGION**  
**948 Simcoe Street North, Oshawa, ON L1G 4W2**

**THURSDAY, NOVEMBER 26<sup>TH</sup>, 2020**

*The Angels' Tree of Light Memorial Service*

The holiday season can be a difficult time for families who have lost a loved one. This is our **25<sup>th</sup> Memorial Service**. To commemorate this, we will decorate the tree with Silver Angels and clear lights, in our loved ones' memory. Your loved one's name will be written on an Angel and will be displayed on a plaque beside the tree. **To ensure the name of your Angel is listed in the Programme, your order and donation must be received at our office by October 28th.**

Unfortunately, due to Covid 19 restrictions, we are unable to hold our live ceremony this year. We will be filming our Memorial Service and posting the film on the BFO Durham website on **Thursday, November 26th**. The Programme will also be available on the website for downloading & printing.

Angels will be available at the BFO-Durham Region office for pickup starting **Monday, November 30th**.

Phone: 905-579-4293 Toll Free: 1-800-387-4870 Fax: 905-579-7403

Email: [bfodurham@bellnet.ca](mailto:bfodurham@bellnet.ca)

Website: [www.bfodurham.net](http://www.bfodurham.net)

**NAME OF LOVED ONE:** .....

*Please print name as you wish it to appear on the angel and plaque*

If you wish to purchase additional angel(s), please list below:

.....  
 .....

**MY NAME IS:** .....

Address: .....

Town/City: ..... Prov: ..... Postal Code: .....

Phone: ..... Email: .....

**MY DONATION IS:** \$ 25.00.....  
 \$ 50.00 .....  
 \$ 75.00 .....  
 \$100.00 .....  
 Other \$.....

**PAYABLE BY:** .....Cheque to BFO-Durham Region  
 ..... VISA  
 ..... Mastercard  
 ..... Interac (at office only)  
 ..... E-Transfer (to [bfodurham@bellnet.ca](mailto:bfodurham@bellnet.ca) )

Credit Card #: .....

(Minimum Credit Card Donation is \$25.00)

Expiry Date: Year \_\_\_\_\_ Month \_\_\_\_\_



# BLANKET DRAW

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

The draw will take place on Thursday September 2nd 2021  
(this is to enable plenty of time/opportunity to raise funds)

Tickets are available at the office (948 Simcoe St N, Oshawa) or  
by email/e-transfer to Adele Davidson ([glasscup\\_19@hotmail.com](mailto:glasscup_19@hotmail.com)) –  
please provide Name & Contact phone number so we can complete the draw ticket on your behalf.

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



The blanket has been hand-knitted and kindly donated by Adele Davidson  
It is **XL-KingSize** – measuring **118"**(9ft 10") x **106"**(8ft 10") (5 panels x 4 panels)

## Adult (18+) Sibling Loss

Hello Everyone,

I wanted to take the time to introduce myself to you all and reach out to all other siblings who may be looking for support and guidance. I facilitate the adult sibling loss (18+) drop-ins.

Throughout my grief journey, the biggest issue I noticed was to try and find a connection and network with other surviving siblings who would know exactly how I felt after losing my youngest sister. I didn't like the feeling of being alone and not having someone I could reach out to and talk about different topics of grief with a sibling loss. When I first found BFO, there was a drop-in group for sibling loss, however, it would be a few months apart, but to me, it didn't matter because it still gave me a chance to hopefully meet others and be able to chat for that 2-hours, about anything that was bothering me at the time. Topics such as; birthdays, anniversaries, my story, my relationship with other family members, where I saw my future going, etc.

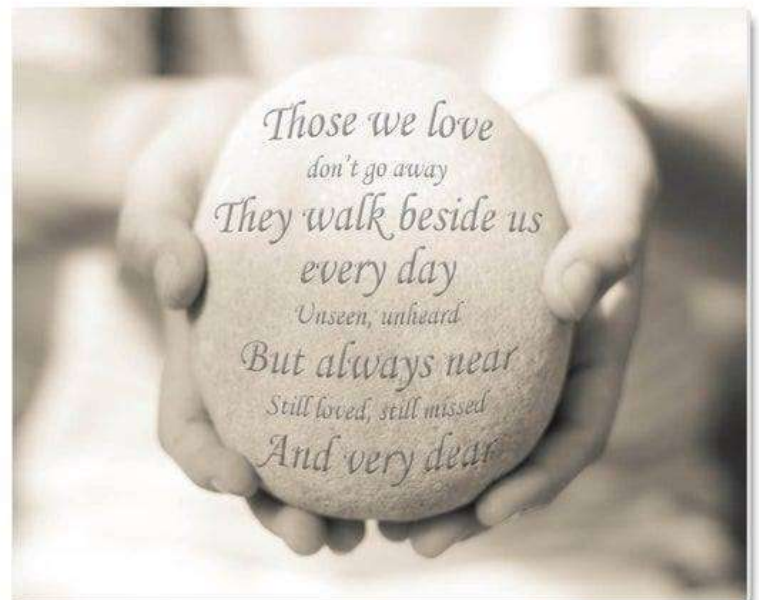
These were the reasons why I knew when I felt ready, I wanted to give back to BFO and support other adult siblings and become a facilitator to provide my experience in grief and what strategies and tactics I've used to overcome difficulties.

During this quarantine time, there is a virtual zoom drop-in style meeting(2<sup>nd</sup> Tuesday of each month 7pm-9pm). Once the restrictions have lifted, there will be a regular monthly in-person drop-in style meeting.

As a facilitator, I am always available to do one-on-one sessions as well for those who may want to start with something more intimate. I hope that during these times, you stay healthy and safe and know that here at BFO, we are a family, and you are not alone.

Kindest Regards

Elizabeth Davidson





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



**MARK THESE DATES ON YOUR CALENDAR:**



**Baby Loss Awareness Week**  
culminates with the global "Wave of Light" on  
**15th October at 7pm,**  
which is also recognised as  
*International Pregnancy & Infant Loss Remembrance Day.*



**TCF "Worldwide Candle Lighting Day"**  
(December 13<sup>th</sup> 2020 7pm)

## 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!

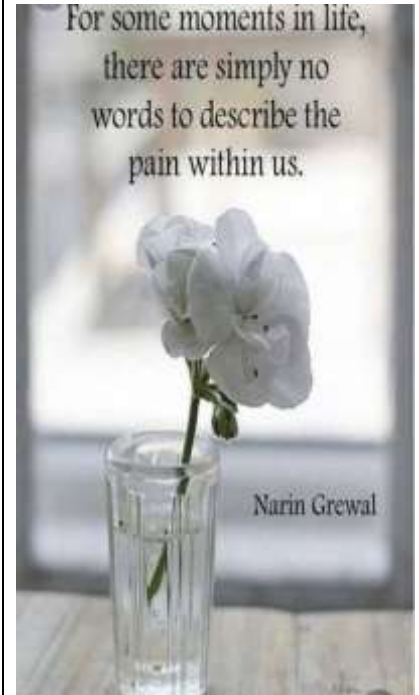
### IMPORTANT NOTE TO ALL MEMBERS

During these uncertain times of the Covid-19 pandemic, please take a moment to **regularly check our Website (<https://www.bfodurham.net/>) and Facebook page (<https://www.facebook.com/region.bfodurham>) for updates and schedules.**

Whilst we are offering the virtual drop-ins, and yes, you are welcome to come and go as you need, PLEASE try to arrive (log-in) to the meeting at the scheduled starting time. This is especially important for the regular virtual drop-ins as, after maybe a 5 minute wait, those present in the meeting will be starting their stories and getting into the flow of the meeting.

One of the hardest things to deal with during the quarantine, is the lack of someone to talk to, especially if we're wanting to talk about our child or our feelings. Whilst the Zoom virtual meetings don't allow us to hug each other, it is the best option for knowing there will be empathetic ears to listen to you. You can even attend the virtual meetings just to listen to others - active participation is not needed. It has been suggested that you might want to have a stuffed toy with you – that way, when you want to hug or be hugged, you can hug your stuffy 😊

Jane is collating a list of emails to send out the Zoom meeting invites. If you would like to be included on this list, please email the office or message Jane/the office on Facebook. By creating this separate list it saves unnecessary bulk emails being sent out.



### FUTURE FUNDRAISERS -SAVE THESE DATES!

**ANGELS TREE OF LIGHT CEREMONY—NOVEMBER 26, 2020**

### Euchre & Poker Fundraising Events

**POSTPONED**  
until further notice due to Covid restrictions

### 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](mailto:bfodurham@bellnet.ca) / Web Site: [www.bfodurham.net](http://www.bfodurham.net)  
Charitable Registration #861619880RR0001

#### OFFICE HOURS

MONDAY TO THURSDAY — 10 A.M. TO 4 P.M. , CLOSED FRIDAY

**SEPTEMBER**

Kelli Mitchell	September 1, 1996	Sean McAvoy	September 16, 2005
Jesse Lennox	September 1, 2014	James Jackson	September 16, 2016
Adrienne Ferguson-Keller	September 2, 1992	Kelly G. Lomax	September 17, 1992
Amanda Ruby Mayock	September 2, 2005	Jake Vanzeyl	September 18, 1998
Jamie Lee Wiznuk	September 2, 2009	Ryan William Sutherland	September 18, 2009
Ronald Pogue	September 2, 2012	Michael Crover	September 19, 1998
Randi Walker	September 2, 2018	Kelly Darby	September 19, 1999
Jayla DeSouza	September 3, 2009	Terah Elaine Dawkins	September 19, 2010
Alliyah Beckles	September 3, 2010	David James Muir	September 19, 2015
Michael Christopher Noseworthy	September 4, 2003	Paul Turansky	September 19, 2005
Cooper Martyn Streeter	September 4, 2019	Andreas Bollmann	September 19, 2011
Steven Cuddy	September 5, 2016	Alicia Mariah Kaas	September 19, 2019
Mark Forgette	September 5, 2006	Jake Gericke	September 20, 2011
Charlotte Mazzotta	September 6, 2012	Darren O'Neil	September 20, 2011
Omar Ryan Sadler	September 7, 1996	Curtis Bjerring	September 21, 2013
David Logan	September 7, 2010	Tyler Hanson	September 21, 2015
Kyleigh Noland	September 8, 2012	Julie Carter	September 22, 2000
Sarah Onley	September 8, 2015	Brian English	September 22, 2002
Ashley DeJong	September 9, 2002	Jacquelyn Mason	September 23, 2011
Natasha Foote	September 9, 2008	Kerri-Lyn Adams	September 24, 2011
Hope Skarlatakis	September 9, 2010	Chris Taylor	September 24, 2018
Leo Atkinson	September 10, 2003	Cynthia Vincent	September 24, 2018
Todd Skinner	September 10, 2013	David Wanamaker	September 25, 2012
Kyle Daniels	September 10, 2015	Mike Maher	September 26, 2009
Darrion Moffatt	September 10, 2018	Rylee David O'Brien	September 27, 2011
Cody James	September 10, 2018	Levi Allen	September 28, 2009
Brody James Prebble-Cooper	September 11, 2006	Lauren Allen	September 28, 2009
Laura Catherine Pellegrino	September 13, 1990	Ashley Hamilton	September 28, 2012
Karen Lato	September 13, 1992	Cassandra Kumarsingh	September 29, 2006
Sabina Silininkas-Rowsell	September 13, 2017	Noah John Anderson	September 29, 2008
Bryan Douglas Gordon	September 14, 2007	Andrea Nott	September 30, 2002
Sara Snow	September 15, 2014		
Timothy Lee	September 15, 2018		





**OCTOBER**

John Daniel Harvey October 1, 1998  
 Matthew Gregory Hickey October 2, 1996  
 Victoria Krol October 2, 2014  
 Caitlin Taylor October 2, 2016  
 James Kingsley October 3, 2015  
 Amy Huart October 3, 2017  
 Happy Bawa October 3, 2019  
 Hope Bawa October 3, 2019  
 Christopher Gillmore October 5, 2014  
 Rachel Lakodaris October 5, 2018  
 Philip Brown October 6, 2002  
 Shannon Palin October 6, 2018  
 Henry Vandergaast October 7, 2012  
 Journey Halupa October 7, 2014  
 Ryleigh Kizigenza October 7, 2018  
 Brent Heasman October 8, 1996  
 Heather Joan Butcher October 8, 2002  
 Amos Williams October 8, 2006  
 Cynthia Lousie Amos October 8, 2014  
 Rita Stone October 8, 2014  
 Spencer Tillapaugh October 8, 2014  
 Maggie Claire McGregor October 2, 2015  
 Joseph Glode October 9, 1994  
 Lori Webb October 9, 2013  
 Colleen Jenish October 9, 2018  
 Gibson Maidansky October 11 2010  
 Joseph Trail October 13, 2006  
 Maria MacStravick October 14, 2012  
 Leonard Arp October 15, 2009  
 Lara Vandelangeryt October 15, 2013  
 Beverley Ewell October 15, 2017

Dove Lancaster October 16 2002  
 Curtis MacKinnon October 16, 2009  
 Nicole Wannamaker October 16, 2009  
 Shane Rodgers October 16, 2014  
 Rebecca Rodriguez October 17, 2013  
 Gary Bambrough October 18, 2008  
 David Cecil McNeil October 20, 2013  
 Justin Lidstone October 22, 2017  
 Brock Cody Kelly October 23, 2014  
 Adam Strecke October 24, 2016  
 Nicholas Storms October 25, 2004  
 Sarah Zwolinski October 25, 2007  
 Derek Lyall October 26, 1996  
 Calvin Burton October 26, 2006  
 Pat Gostlin October 26, 2008  
 Ben Macnab October 27, 2019  
 Bryan Frank October 28, 2000  
 Christopher Shannon October 28, 2008  
 Brittany Locke October 28, 2018  
 Logan Jeffrey Barkwell October 29, 2001  
 Karla Walton October 29, 2012  
 Journey Stickney October 29, 2013  
 Nicholas King October 29, 2013  
 Amber Young October 29, 2008  
 Isa Nilsson-Byberg October 30, 2010  
 Nicholas (Nick) King October 30, 2012  
 Tara Ross October 30, 2012  
 Lee Mitchell Service October 31, 1999  
 Patrick M. Beauregard October 31,2003  
 Megan Grace Burchowycz October 31, 2002  
 Cameron Hicks October 31, 2014  
 Kalli Stevens October 31, 2017

**MY CHILD DID EXIST**

I've lost a child, I hear myself say,  
 And the person I'm talking to just turns away.  
 Now why did I tell them, I don't understand.  
 It wasn't for sympathy or to get a helping hand.  
 I just want them to know I've lost something dear,  
 I want them to know my child was here.  
 My child left something behind which no one can see,  
 So, if I've upset you, I'm sorry as can be.  
 You'll have to forgive me, I could not resist.  
 I just want you to know that my child did exist.

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	Kyle Sinclair	November 21, 2014
Brook Lynn Rankin	November 5, 2011	Glen Allan Rowe	November 21, 1991
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	Andrew MacMain Jr.	November 22, 2019
Kenton Carnegie	November 8, 2005	Michael James Dunne	November 24, 1993
Racquel Granato	November 8, 2014	Joel Fletcher	November 24, 2011
Stacey Rinaldi	November 8, 2017	Robert Jones	November 24, 2012
Tiffani Arscott	November 9, 2015	Ricky Otter	November 24, 2003
Neil Brown	November 9, 2016	Kylie Mawby	November 24, 2012
Anthony Karson Grant	November 10, 1998	Pierce LoveGordon	November 25, 2006
Justin Russell	November 10, 2016	Jim Robbins	November 25, 2001
Nathan Michael Fohshow	November 11, 2004	Andrew Bond	November 27, 2006
Simon Maddocks	November 11, 2009	Brandon Michael Argante	November 27, 2013
Freddie Bernales	November 11, 2016	Kyle Christopher Fair	November 28, 1993
Connie Nock	November 12, 2010	David Preston	November 28, 2004
Carter David Dickhoff	November 12, 2008	Marley Grace Silcox	November 28, 2008
Murray Charland	November 13, 2003	Tiffany Atto	November 28, 2017
Nicole Oultram	November 13, 2012	Leigh Anne Donavan	November 29, 2001
Hannah Larocque	November 14, 2007	Sarah Lynn Hearn	November 29, 2012
Joshua Larocque	November 14, 2007	Tanya Lynn Lebrun	November 29, 2010
Ricky Otter	November 14, 2003	Vanessa Pritchard	November 29, 2014
Michael MacIntosh	November 15, 2007	Roberta Eileen Campbell	November 30, 1952
Jeffrey Moore	November 15, 2010	Sylvia Ann Crowley	November 30, 1989
Cody Gould	November 15, 1988		



**DECEMBER**

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

**When a child dies, a parent is still tied to that child. Souls, tied together across universes. It doesn't matter the age when they passed. It doesn't matter how long ago it happened. It doesn't matter— none of it. Their souls are forever tied.**

**That's the love of a parent. That's the love that is more powerful than death. That's the heart that breaks and keeps breaking until their arms are filled again. It knows no discrimination based off of age, health, or time, it just is, and it always will be. Their souls are forever tied, and there's nothing that can break them.**

**That's the beauty of unconditional love.**

JANUARY

Shelley Nadine Taylor	January 1, 1994	Sara Ann Madore	January 17, 2003
Ricky Van Den Oetelaar	January 1, 2006	Austin Blake Madore	January 17, 2003
Lisa Lebitka	January 1, 2012	Storm Gary Patrick Coad	January 18, 1997
Jacoub Favila	January 1, 2013	Nathan Michael Pennington	January 18, 2010
Jamie Woods	January 1, 2014	Christopher Amos	January 18, 2012
Madison Sevana Boyd	January 2, 2012	Layla Giberson	January 18, 2013
Christopher Thompson	January 2, 1988	Thomas King	January 18, 2016
Vanessa Larocque	January 2, 2009	Stephanie Joanna Coleman	January 19, 1996
Kyle Joseph Miller	January 2, 2009	Morgan Fitzgerald	January 19, 2007
Madison Sevana Boyd	January 2, 2012	Quinton Aquilina	January 20, 2019
Kayla Vandewalker	January 3, 2018	Alexsandra Kellie-Ann Hewitt	January 21, 1995
Victoria Thompson	January 4, 2005	Alexander Cade	January 22, 2004
Jose Eduardo Navas	January 4, 2011	Bill Robbins	January 22, 2016
Tianna Vieira	January 5, 2010	Antonio Thomas Cacciatore	January 23, 2010
Chantel Gauthier	January 6, 1994	Vanessa Robyn Rivard	January 24, 2007
Ashley Pittens	January 6, 2001	Daisy Woodworth	January 24, 2018
Michael Upshaw	January 6, 2002	Kelly Spencer	January 25, 2012
Rayam Imran	January 7, 2008	Blake Hoo	January 25, 2016
Derek Spicher	January 7, 2013	Graham Charles Clarke	January 26, 2007
Alastair Lahtinen	January 8, 2010	Jeffrey Warne	January 26, 2008
Jackson Bonchek	January 8, 2018	Justin Serensits	January 26, 2019
David Norrish	January 9, 2015	Jodie Dicks	January 26, 2020
Dominik Prusinski	January 9, 2017	David Matthew Gilbert	January 27, 2008
Stephen John Duthie	January 10, 2010	Eran Town	January 28, 2005
Duane MacIntyre	January 11, 1992	Branden Christopher Viarruel	January 29, 2009
Ron Davis	January 11, 2007	Wayne Edwards	January 29, 2009
Brandon Tyler Baron	January 12, 1992	David Stacey	January 29, 2015
Neil Warren Hembling	January 12, 2000	Angela Worona	January 31, 1995
Eerik Percival	January 13, 2002	Jorja Gorham	January 31, 2018
Owen Alexander Leitch	January 13, 2017		
Khristian Robinson	January 14, 2008		
Ricky Black	January 14, 1991		
Daniel Torreblanca	January 15, 2013		
Jonathan Domenic Volpe	January 15, 1995		
Breanna Cousins	January 15, 2002		

In this new year I  
 promise to keep your  
 memory alive by:  
 Speaking your name.  
 Telling your story.  
 Loving you.