



BEREAVED FAMILIES OF ONTARIO
DURHAM REGION

NEWSLETTER

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

ISSUE 3

www.bfodurham.net

September 2023

A MESSAGE FROM YOUR EDITOR

Hello everyone,
I hope you have all been safe and well during our lovely summer.

Our fundraising events are an essential part of operations for us all here at BFO Durham, and with that in mind, I would like to highlight a couple of our upcoming events:

1. BFO-Durham’s 30th Anniversary Dance – October 14th
2. Paint & Donate –Nov 12th – a fun, creative, social afternoon right here at our BFO offices
3. Angels’ Tree Ceremony – Nov 23rd new regular venue - Monsignor Paul Dwyer Catholic High School, 700 Stevenson Rd N, Oshawa, ON L1J 5P5.
4. Our Santa Brunch –December 3rd – new venue: - The Oshawa Navy Club, 320 Viola Ave, Oshawa, L1H 3A8,

More information for these and other events can be found within this newsletter.

You will also find the “Angel” order form in this newsletter for you to print out, or you can collect a copy from the office.

Please check the calendar in this issue and on our website for up to date meetings/drop-ins.

We would love to include items (photos or articles) from our members and you can submit them any time to the office (bfodurham@bellnet.ca) or directly to myself glasscup_19@hotmail.com



Adele

OCTOBER 2023

Infant Loss Drop-In: **ZOOM** Monday 2nd, 7-9 p.m.
Evening **Drop-In** Wednesday 4th, 7-9 p.m.
Suicide Loss Drop-In Thursday 5th, 7-9pm

Thanksgiving Monday 9th October **Office Closed**
Sibling Loss Drop-In: **ZOOM** Tuesday, 10th—7-8 p.m.
30th Anniversary Dance, @ Club Carib,
600 Wentworth St E, Oshawa, ON L1H 3V9,
Saturday 14th, 7.30 p.m.- 1.am

Afternoon **Drop-In**: Monday 16th, 1-3 p.m.
Addiction Loss Drop-In Monday 16th, 7-9p.m.
Evening **Drop-In** Thursday 19th, 7-9 p.m.

Reconnect Drop-In: Monday 30th, 7-9 p.m.

NOVEMBER 2023

Suicide Loss Drop-In Thursday 2nd, 7-9pm

Infant Loss Drop-In: **ZOOM** Monday 6th, 7-9 p.m.
Evening **Drop-In** Thursday 9th, 7-9 p.m.

Paint & Donate FUNdraiser –Sunday 12th 1-4pm
Addiction Loss Drop-In Monday 13th, 7-9p.m
Sibling Loss Drop-In: **ZOOM** Tuesday, 14th—7-8p.m

Afternoon **Drop-In**: Monday 20th, 1-3 p.m.
Evening **Drop-In**: Wednesday 22nd, 7-9 p.m.

Angels’ Tree of Light Ceremony:
Thursday 23rd 7.30 p.m.

@
Monsignor Paul Dwyer Catholic High School
700 Stevenson Rd N, Oshawa, ON L1J 5P5

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

Continued on page 2

“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, Sharon Sears, Denise Love, Angela White, Denise Robinson, Yvette Byrne–Menard, Donna Dickson, Chris Garvey, Rebecca Alley-Wilson, Tammy Horton, Gary Goswell, Caroline Goswell, 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, Kirsty Sinclair, Linda Haines, Debby Kelly, Wendy Topham, Linda Watson, Megan Muir, Ken New, Karin New, Karen Fish, Marjorie Whitehouse, Bev Campbell, Adele, Eric & Elizabeth Davidson, Tanya Fowler-MacLeod, Aimee Pepper, Vanessa Longhurst, Anna Quattrocchi, Cora Silininkas, Jenn Carter, Neil Anderson, Randy Boissoin, Brian Evans, Regan Kelly, Cathy Kelly, Mike Kelly, Cindy Serensits, Chantelle Gaudette, Lindsay Barakett, Kelly Edmonds, Irene Fife, Doug Hardy, Dianna Harrison, Beth Jenish, Lexi Marges, Deborah Nanton, Charlene Betty and Andrew VanDorsseLaer.

LIBRARIAN - Denise Love

OFFICE VOLUNTEERS - Denise Love, Marlene Charewicz, Bev Campbell, Vanessa Longhurst, Karen Fish & Beth Conte

ANNIVERSARY LETTERS - Office Volunteers

WEB SITE - Ronda Evans, Adele Davidson

NEWSLETTER – Adele Davidson

MOTHERS’ RETREAT - Susan Hendricks and Joyce MacIntyre

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

HONORARY BFO DURHAM BOARD DIRECTOR - Margaret Fortune

DECEMBER 2023

Santa Brunch -The Oshawa Navy Club –
320 Viola Ave, Oshawa, L1H 3A8
Sunday 10th, 10a.m.-12:30p.m

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

Afternoon **Drop-In**: Monday 11th, 1-3 p.m.
Addiction Loss Drop-In Monday 11th, 7-9p.m

Sibling Loss Drop-In: **ZOOM** Tuesday, 12th 7-8 p.m.
Getting Through the Holidays Drop-In
Thursday 14th 7-9 p.m.

OFFICE CLOSED

From Dec 18th 2023 until Jan 2nd 2024
=====

JANUARY 2024

Infant Loss Drop-In: **ZOOM** Monday 1st, 7-9 p.m.
Suicide Loss Drop-In Thursday 4th, 7-9pm

Addiction Loss Drop-In Monday 8th, 7-9p.m
Sibling Loss Drop-In: **ZOOM** Tuesday, 9th 7-8 p.m.
Evening Drop-In Thursday 11th, 7-9 p.m.

Afternoon **Drop-In**: Monday 15th, 1-3 p.m.

Evening **Drop-In** Thursday 25th, 7-9 p.m.

Reconnect Drop-In: Monday 29th 7-9 p.m.
=====

Adult (18+) Sibling Loss

We continue to try to reach out to all adult (18+) siblings who may be looking for support and guidance. Every 2nd Tuesday of the month, we hold a Zoom drop-in between 7 and 8pm. Please contact the office to ensure you are on the zoom invite list.

This is the one place where siblings can feel free to express their emotions knowing that everyone present can empathise with them, and maybe offer advice or ideas that can help.

CONDOLENCES

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

The Kingsley family on the loss of their Mother, Lorraine Kingsley.

The Munshaw family on the loss of their Dad, Bob Munshaw.

Donovan and Charlene Betty on the loss of his/her Father/Father-in-law Ludlow Betty.

Paint & Donate!

Fundraising afternoon brought to you by Bereaved Families of Ontario – Durham Region

~~Saturday September 16th~~ **Sunday November 12th** 1:00 – 4:00pm

BFO Office – 948 Simcoe St. N

Door Prizes • Penny Table • Snacks available for purchase

\$45 per person which includes all your paint supplies, professional paint instructor and your masterpiece to bring home!

For more information or to purchase tickets please call or email

Anna – 905.706.0842

annatudino43@hotmail.com

Please note reservations will ONLY be confirmed with payment, no refunds

The Dash Poem

I read of a man who stood to speak at the funeral of a friend
He referred to the dates on her tombstone from the beginning to the end.
He noted that first came her date of birth and spoke the following date
with tears,
But he said what mattered most of all was the dash between those years
For that dash represents all the time that she spent alive on earth.
And now only those who loved her know what that little line is worth.
For it matters not how much we own; the cars, the house, the cash,
What matters is how we live and love and how we spend our dash.
So think about this long and hard. Are there things you'd like to
change?
For you never know how much time is left, that can still be rearranged.
If we could just slow down enough to consider what 's true and real
And always try to understand the way other people feel.
And be less quick to anger, and show appreciation more
And love the people in our lives like we've never loved before.
If we treat each other with respect, and more often wear a smile
Remembering that this special dash might only last a little while.
So, when your eulogy is being read with your life's actions to rehash
Would you be proud of things they say about how you spend your dash?

By Linda Ellis

Lauren Wright Slo-Pitch Tournament 2023

The 4th Annual Lauren Wright Co-Ed Slo-Pitch tournament was held on Sunday June 11, 2023 in memory of our daughter Lauren who we lost on May 28, 2014 to suicide.

Lauren was an avid softball and hockey player, playing both sports at the rep level. It just seemed natural to us to start this tournament a few years ago in Lauren's memory to help out important charities in our community and as a bonus it allows us a way to reconnect with our friends, family, and Lauren's friends. This year we were finally able to get back to the tournament after a break due to Covid.

Funds raised by the tournament benefit two charities: Bereaved Families Ontario (Durham Region) and Kid's Help Phone. These two charities are both extremely important in our community. BFO was instrumental in helping us get through the grief of losing Lauren and Kid's Help Phone is crucial in our community to help kids (and they now help adults as well, there is no age limit) who are struggling, unfortunately more important now than ever.

The last tournament, prior to Covid, we hosted 11 teams. Some were put together by friends, family and co-workers specifically for the tournament along with some teams that play weekly in local leagues. That was our best year financially up to that date, raising \$5274.29.

Well, we just blew that away! We only had 5 teams this year but due to tremendous response via cash and product donations from the local business community along with the players and many spectators jumping on the raffle table and silent auction table we were able to raise a whopping \$7413.08 to divide between the two charities.

A big thank you to everyone that attended and we hope to see you out again next year!

Greg Wright and Lisa Walker





To Lorraine Kingsley from your Angel Sisters;

We met Lorraine during woman's group at BFOD in April 2016. Lorraine had lost her son James in 2015. We were all hurting and lost, but somehow, we found strength in each other. Though our women's group facilitated by BFO formally ended in 2016 we have been getting together regularly ever since, talking about our kids, our lives and just helping each other along the way.

We (eight of us) call our group the Angel Mom's and sisters.

Unfortunately, in April of 2022 Lorraine was diagnosed with cancer and was taken by the disease this May (2023) leaving a hole in our group. Every person in a group has different qualities and Lorraine was the quiet one, with a strong internal will, soft spoken, a good listener and a lovely unique laugh!.

Since they were born, Lorraine has had a deep love for her 3 children. She was a single parent and carried the extra weight of two children with serious health issues on her own. Consistent visits to Toronto Sick Kids Hospital was a regular occurrence.

Lorraine was very dedicated to her children and she worked tirelessly to provide for them as best she could in every area of their lives. This became wholly apparent when we heard the stories of them growing up. She included them in almost all of her adventures and tried her best to support them. She was a hard working mom; catching a bus/train into Toronto at 4 am, to get to Billy Bishop Airport where she was a shuttle bus driver. It is quite a picture to imagine the very petite Lorraine deftly moving a large shuttle bus through the downtown Toronto traffic all day, and yet she did it admirably. This past year she was so proud of her oldest son Rob and was thrilled at his recent marriage! Lorraine had a big heart which included a love of animals. For Lorraine her cats were truly her babies as well.

Lorraine showed so much love for us "Angel Moms". She just loved our get togethers. At a cottage weekend she was so giddy taking many photos with her new selfie stick. That weekend especially her laugh was contagious. We were always impressed with Lorraine's ability to seek out her favourite celebrities when they were on any kind of promotional tour. She'd manage to get her photo taken with them and often an autograph as well. Perhaps these celebrity tours would attract many fans, but we will always think of it as uniquely Lorraine.

We miss you Lorraine. You brought joy and love into our lives.

Love from Karin, Adrianna, Kirsty, Kathie, Debbie, Maureen, Kelly



DONATIONS IN LOVING MEMORY OF

RYAN BROWN

From: Debra Brown

SEAN JENSEN

From: Mary-Ann Gilbert

VIOLET DAVIDSON

From: Adele Davidson on Adele's Birthday

MASON EVANS

From: Brian Evans

LYDIA GRACE CONTE

From: Beth Conte's Birthday on Facebook

RYAN NEW

From: Karin and Ken New

DONOVAN BETTY JR.

From: Charlene Betty's Birthday on Facebook

MARIA PISTRILLO

From: Connie Pistrillo

ERIN REED

From: Arlene and Jim Reed

KELLY GREEN

From: Heather Green

CONNOR SCULLY

From: Wendy and Rory Scully

DIANE BIRD

From: Deb Miller

DAVID WANAMAKER

From: Heidi Kudlak on David's Birthday

BIRTH ANNOUNCEMENT

BFO-DURHAM WOULD LIKE TO SEND CONGRATULATIONS TO:

Lissa and Steven Gallant on the birth of their son Tristan. A little brother for Cooper, Hunter and Baby G

Save the Date!

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

30th Anniversary



Dance!

Live Entertainment : Two for the Show

Saturday, October 14th, 2023

7:30 PM – 1:00 AM

Club Caribe, Oshawa

Tickets are \$30

Raffle Table · Door Prizes · Games · Buffet · Silent Auction

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



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

THURSDAY, NOVEMBER 23rd, 2023 @ 7.30pm

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 we will decorate the tree with Angels and clear lights, in our loved ones' memory. Your loved one's name will be written on an Angel and will also be displayed on a plaque beside the tree.

We have a **NEW VENUE** for this year:- **Monsignor Paul Dwyer Catholic High School, 700 Stevenson Rd N, Oshawa, ON L1J 5P5**

Please complete this form and drop it off or email to our office.

To ensure the name of your Angel is listed in the Programme, your order and donation must be received at our office by November 1st, 2023

Angels may be taken with you after the service. Angels not taken will be available at the BFO-Durham Region office for pickup from **Monday, November 27th**.

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

Email: bfodurham@bellnet.ca Website: 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)

Credit Card #:
 (Minimum Credit Card Donation is \$25.00)

Expiry Date: Year _____ Month _____

Dear Friends of BFO-Durham - This is the Story behind the Monkey Business Workshop

This endeavor is in memory of my son, Shane Reymes, who sadly passed away in April of 2022 at the young age of 46.

My son Shane was given a sock monkey for his first birthday by his Aunt. That monkey went everywhere with him throughout his life. Here is a picture of Shane as a small boy with his Aunt and his brand-new monkey.

As the years went by and after it being dragged around everywhere, it started to wear and fray so I had to re-cover it. With the assurance from me that his real monkey was underneath the new repair sock, he enjoyed years and years of continued friendship with his monkey. Even as an adult his monkey could always be found somewhere, such as on a dresser or shelf or sometimes even on his bed.



So, this past Christmas I decided that I would start making monkeys in memory and in honour of Shane's beautiful life with ALL monies raised going to charity in his name. The specific charity for this part of the project will go to BFO-Durham.

I found BFO-D after my son passed away and participated in the Mother's group. The people at BFO-D are such wonderful people and the cause is so needed at a time when the suffering of profound grief is so unbearable. This is a small way that I can give back to those who helped me so much in those early days and who continue to do so today.


I have made a collection of 52 monkey styles that are available for sale. Each one is "one of a kind" however if what you choose has already been purchased, I will re-make any one of them to resemble, as closely as possible, to your choice including the fabrics and accessories. Special requests are available within reason. **You can request the PDF catalogue by emailing or calling me directly.**

So, may I encourage you to think about participating in this project by buying one or more monkeys? They are recommended for age 4+ and that includes adults! These monkeys would be perfect to give as gifts or to sit on your bookshelf, in your office or in another special place.

Here is a little information about each monkey:

- The monkeys and outfits are hand made in Canada by me (Marlene, Shane's Mom) and made with much love.

-Each monkey is approximately 18" – 22" in height depending on the design.

-each monkey has inserted into it, one rose quartz crystal to represent the monkey's heart. The rose quartz crystal is typically known as a healing crystal and is the stone of universal love. These rose quartz crystals come from a big collection of gemstones and crystals that belonged to Shane. 

-to make ordering easier, each monkey has been named by immediate family and all have a special meaning to us. However, please feel free to re-name your monkey to whatever you would like once you receive it.

-all appendages are double, or triple sewn for secure attachment.

-the eyes are triple sewn and glued for secure attachment.

-each monkey is hand washable - lay flat to dry, as indicated on the sewn-on label.

-all proceeds from the sale of the monkeys will go to BFO-D. I am contributing the cost of all the material and my time to the cause.

Thank you for your generous support of this project. If you request a catalogue, please feel free to pass it on to anyone whom you think would like a very special monkey for a very special cause!

With many thanks,

Marlene St.John and all of Shane's family

Email: monkeybusinessworkshop2022@gmail.com

Phone: 416-529-2565



BFO Durham Annual Family Picnic and Butterfly Release 2023



BFO DURHAM FAMILY PICNIC

Despite the weatherman, the annual BFO-Durham Family picnic was a beautiful day. The original date ended up to be rainy and windy, so we moved it to the next day. It was a special time to meet new and old families and share stories in the beautiful surroundings.

We started off with a delicious BBQ of hamburgers, hot dogs, yummy salads and drinks for all. We also had popcorn and candy floss for everyone to enjoy.

There were activities for the children, a bouncy castle, photo booth, nail care and face painting. BFO-D purchased a button machine so the people who brought photos could have a button made.

Live music was provided by Riley Wheeler and Adam Till for everyone's enjoyment.

Again we had special visitors pop by during the afternoon, Disney Princesses, Cinderella and Anna and our favourite super heroes, Spiderman and Superman.

The highlight of the afternoon was our painted lady butterfly release which had to be done earlier than expected because of the extreme heat. We had over 70 beautiful butterflies released which was truly an amazing sight.

Many thanks to Lindsay Barakett and Andrew VanDorsselaer for hosting our BFO-D picnic once again. A big thank you to the picnic committee chaired by Gary Goswell and the committee members, Caroline Goswell, Lindsay Barakett, Joanne Lucas, Anna Quattrocchi, Sharon Sears and Jane Carter, Thank you to all the volunteers who helped out at the activities as well.

We hope that all of you who attended our annual BFO-D picnic enjoyed their afternoon and we certainly look forward to next year.





*Bereaved Families of Ontario Durham
invites you to...*

BRUNCH WITH SANTA

Sunday December 3rd

10:00am – 12:30pm

\$10/Adult. \$5/Child

The Oshawa Navy Club
320 Viola Ave., Oshawa

Pancake Brunch, Games & Activities, special
entertainment, visit with Santa & gift for each child.

Please RSVP to 905-579-4293 with Santa (hosted by
BFO Durham) or send an email to
bfodurham@bellnet.ca

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.



THE REALITY OF LOSS

Here's what I most want you to know: this really is as bad as you think.

No matter what anyone else says, this sucks. What has happened cannot be made right. What is lost cannot be restored. There is no beauty here, inside this central fact.

Acknowledgment is everything.

You're in pain. It can't be made better.

The reality of grief is far different from what others see from the outside. There is pain in this world that you can't be cheered out of.

You don't need solutions. You don't need to move on from your grief. You need someone to see your grief, to acknowledge it. You need someone to hold your hands while you stand there in blinking horror, staring at the hole that was your life.

Some things cannot be fixed. They can only be carried.

—Megan Devine, first page of "It's OK That You're Not OK"

SPECIAL BIRTHDAY DONATIONS:

VIOLET LOUISE DAVIDSON
From: The Davidson family

CORPORATE DONATIONS

RANDY REID – INVESTORS GROUP

DURHAM REGIONAL POLIC ASSOCIATION INC. – CHARITY COMMITTEE

TOWN OF PICKERING – PAY IT FORWARD TEAM

ARBOR MEMORIAL INC. – RANDY LING MOUNT LAWN FUNERAL HOME

REKKER’S GARDEN CENTRE

DURHAM DISTRICT SCHOOL BOARD STAFF ASSOCIATION

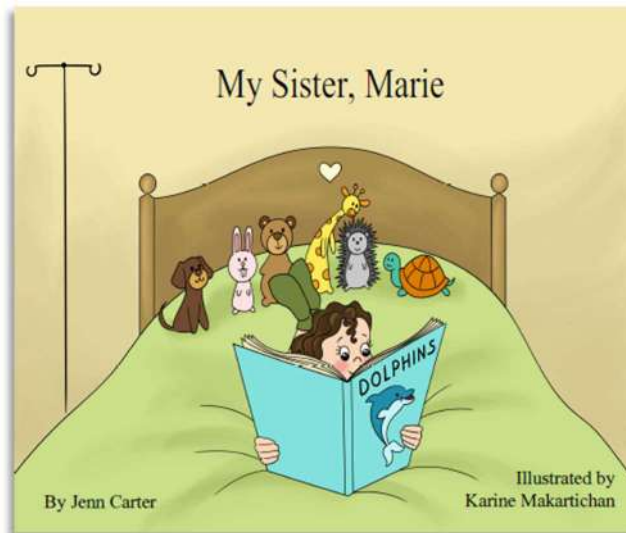
In loving memory of their daughter Violet (Babe) Davidson,
the Davidson family are pleased to announce
that the Fundraising Bracelets for
BFO Durham Region
are available at the office.

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



“My Sister, Marie”

A children’s book on sibling loss



Jenn Carter, a volunteer and sibling loss facilitator at Bereaved Families of Ontario – Durham Region, has written a children’s book on the experience of losing a sibling. Jenn attended and greatly benefited from the sibling loss support group at BFO Durham when she was a preteen, after the loss of her older sister Julie.

This book touches on the lived experience of losing a sibling at a young age, and the emotions, events and feelings that come along with this difficult time as a family.

“My Sister, Marie” is available for pick-up at the BFO Durham office, for a minimum donation of \$20 (can be paid by cash or via e-transfer to bfodurham@bellnet.ca).



In loving memory of Julie Marie Carter –
the funniest, bravest person you could ever meet.

Golf Tournament!

Bereaved Families of Ontario, Durham Region is hosting our first annual golf tournament. Come join us on Sept.10/23 at Quarry Lion Golf Resort.



Sunday, September 10th, 2023
Shotgun start at 12:30PM



Quarry Lion Golf Resort
3705 Regional Road 57
Bowmanville

Tickets are \$100

and includes the use of a golf cart, and BBQ after the tournament

Prizes for longest drive and closest to the pin (men & women)

Putting contest • 50/50 Draw • Silent Auction

All proceeds will go towards Bereaved Families of Ontario, Durham Region. Please call the office to book soon as space is limited. We hope to see you there!

FROM THE DESK OF YOUR EXECUTIVE DIRECTOR

Dear Friends:

I hope this newsletter finds you all well. I am happy to announce that all the renovations in the lower level are now complete and we have started to enjoy the added space. Our Children's group has used the space as have the euchre fundraisers and volunteer luncheon. Thank you to the families who have donated money to complete the basement. Our plaque with your child's/children's name on it is an added touch to the basement.

We have a busy fall planned here at BFO-D. We have two mom's groups and two dad's groups starting in September and our Children's group is almost full for the fall session.

Many events are being planned by our dedicated volunteers this fall. If you have any spare time we always welcome new volunteers. This fall we have our first annual golf tournament on September 10th. Also in September is our Euchre Tournament on Saturday September 23rd. BFO-D is celebrating our **30th Anniversary** with a fall dance. Don't miss this memorable night! Two for the Show will be our entertainment and music for this great event. The dance is Saturday October 14, 2023. Our November calendar is also full with a Paint and Donate afternoon on Sunday November 12, 2023. Anna Moreino is working hard to make this a real fun afternoon. She has chosen a butterfly to paint!! Our annual BFO Angel Tree of Lights will be at the same location as last year, Monsignor Paul Dwyer Catholic High School on Thursday November 23rd. We will close this year with our annual Santa Brunch on December 3rd. Please see the attached flyer for times and location.

In closing I would like to thank our Board of Directors for all their hard work in making BFO-D run so smoothly. We are also very fortunate to have such dedicated volunteers to continue to support our programs and our fundraisers.

Stay well and stay safe everyone.

Yours truly,

Jane Carter



This

**Bereaved Families of Ontario-Durham
Region**



7:30 Saturday September 23rd, 2023

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!!

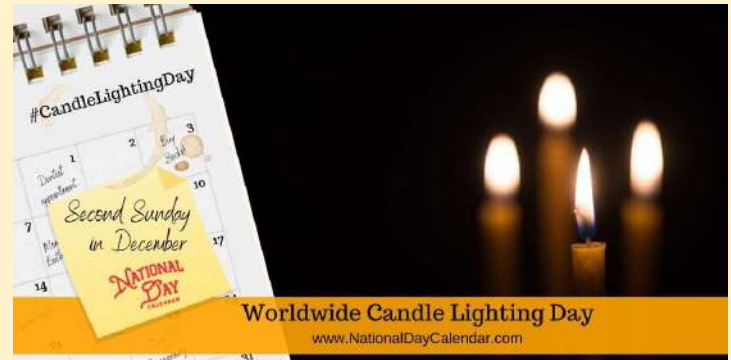
Seats limited- reserve your seat now.

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.
<https://babyloss-awareness.org/wave-of-light/>



TCF "Worldwide Candle Lighting Day" (December 10th 2023 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!

SAVE THE DATE

Golf Tournament – September 10th
Euchre Night – September 23rd
Fall Dance 14th October
Paint & Donate – November 12th
Angels' Tree of Light Ceremony – 23rd November
Santa Brunch 10th December
Office Closed 18th December till 2nd January 2023

ONGOING FUNDRAISERS

Handcrafted Cards
BFO Bracelets
Wall /Outdoor Metal Butterfly

BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

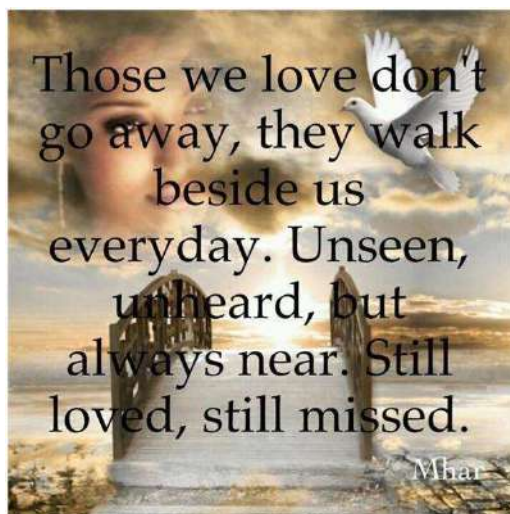
948 Simcoe Street North, Oshawa L1G 4W2
Tel: 905-579-4293 / Fax: 905-579-7403 / Toll Free: 800-387-4870
E-mail: bfodurham@bellnet.ca / Web Site: www.bfodurham.net
Charitable Registration #861619880RR001

OFFICE HOURS

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

OCTOBER

John Daniel Harvey	October 1, 1998	Dove Lancaster	October 16 2002
Matthew Gregory Hickey	October 2, 1996	Curtis MacKinnon	October 16, 2009
Victoria Krol	October 2, 2014	Nicole Wannamaker	October 16, 2009
Caitlin Taylor	October 2, 2016	Shane Rodgers	October 16, 2014
James Kingsley	October 3, 2015	Ryan Brown	October 16, 2022
Amy Huart	October 3, 2017	Rebecca Rodriguez	October 17, 2013
Happy Bawa	October 3, 2019	Gary Bambrough	October 18, 2008
Hope Bawa	October 3, 2019	David Cecil McNeil	October 20, 2013
Christopher Gillmore	October 5, 2014	Justin Lidstone	October 22, 2017
Rachel Lakodaris	October 5, 2018	Brock Cody Kelly	October 23, 2014
Tyler Bennett	October 5, 2020	Adam Strecke	October 24, 2016
Philip Brown	October 6, 2002	Nicholas Storms	October 25, 2004
Shannon Palin	October 6, 2018	Sarah Zwolinski	October 25, 2007
Henry Vandergaast	October 7, 2012	Derek Lyall	October 26, 1996
Journey Halupa	October 7, 2014	Calvin Burton	October 26, 2006
Ryleigh Kizigenza	October 7, 2018	Pat Gostlin	October 26, 2008
Brent Heasman	October 8, 1996	Ben Macnab	October 27, 2019
Heather Joan Butcher	October 8, 2002	Bryan Frank	October 28, 2000
Amos Williams	October 8, 2006	Christopher Shannon	October 28, 2008
Cynthia Lousie 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	Karla Walton	October 29, 2012
Maggie Claire McGregor	October 2, 2015	Journey Stickney	October 29, 2013
Joseph Glode	October 9, 1994	Nicholas King	October 29, 2013
Lauren Carr	October 9, 2011	Amber Young	October 29, 2008
Lori Webb	October 9, 2013	Isa Nilsson-Byberg	October 30, 2010
Colleen Jenish	October 9, 2018	Nicholas (Nick) King	October 30, 2012
Gibson Maidansky	October 11 2010	Tara Ross	October 30, 2012
Joseph Trail	October 13, 2006	Lee Mitchell Service	October 31, 1999
Maria MacStravick	October 14, 2012	Patrick M. Beauregard	October 31, 2003
Tammy Cicerella	October 14, 2021	Megan Grace Burchowycz	October 31, 2002
Leonard Arp	October 15, 2009	Cameron Hicks	October 31, 2014
Lara Vandelangeryt	October 15, 2013	Kalli Stevens	October 31, 2017
Beverley Ewell	October 15, 2017	Solange Brown	October 31, 2021



NOVEMBER

Rori Hashe	November 2017	Theresa Michelle North	November 16, 1995
Scot J. Mailer	November 1, 1986	Tyron Bracken	November 17, 2010
Messiah Jackson-MacDonald	November 1, 2009	Charlotte Hannon	November 17, 2002
Hayden Carson	November 1, 2021	Jailene Bonnick	November 18, 2005
Liam Alexander Jan Meerdink	November 2, 2008	Jackson Nimec	November 18, 2016
David Michael McCluskey	November 3, 1995	Erin Gladwell	November 19, 2000
Megan Lynn Craig	November 4, 1996	Pauline Larocque	November 19, 2010
Grace Johnson	November 4, 1996	Brandon Dey	November 20, 2021
Kali Johnson	November 4, 1996	Kyle Sinclair	November 21, 2014
Jeffrey Cylkowski	November 4, 2020	Glen Allan Rowe	November 21, 1991
Amir Ghane	November 5, 2003	Austin Hill	November 22, 2015
Brook Lynn Rankin	November 5, 2011	Cody Ladd	November 22, 2015
Christine Lee Ouderkirk	November 7, 1998	Andrew MacMain Jr.	November 22, 2019
Abigail Watts	November 7, 2005	Kimberly Ann Langlois	November 22, 2022
John Camilleri	November 7, 2012	Michael James Dunne	November 24, 1993
Kenton Carnegie	November 8, 2005	Joel Fletcher	November 24, 2011
Racquel Granato	November 8, 2014	Robert Jones	November 24, 2012
Stacey Rinaldi	November 8, 2017	Ricky Otter	November 24, 2003
Tiffani Arscott	November 9, 2015	Kylie Mawby	November 24, 2012
Neil Brown	November 9, 2016	Pierce LoveGordon	November 25, 2006
Anthony Karson Grant	November 10, 1998	Jim Robbins	November 25, 2001
Justin Russell	November 10, 2016	Nicholas Suvaltas	November 26, 2019
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 Donovan	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	Justin Blight	November 29, 2020
Jeffrey Moore	November 15, 2010	Roberta Eileen Campbell	November 30, 1952
Cody Gould	November 15, 1988	Sylvia Ann Crowley	November 30, 1989



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	Steven Luscombe	December 17, 2022
Justin Gomes	December 1, 2021	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 19, 2017
Dan Phelan	December 5, 1975	Chantell Lutchman	December 19, 2022
Grace Frysztaski	December 5, 2014	Jay Hepditch	December 19, 2022
Nick Raines	December 5, 2021	Amanda Maja Vidulich	December 20, 2007
Thomas Timothy Morrison	December 6, 2013	Tanya Fellows-Karstulovich	December 20, 2012
Debbie Meyers	December 7, 2012	Chantal Dupuis	December 20, 2016
Derek Penny	December 7, 2001	Christopher Webber	December 20, 2018
Emma Skinner	December 7, 2007	Tristan Dixon	December 21, 2014
Johnny Bloye	December 7, 2014	Drake Farrell	December 21, 2009
Colin Mitchell	December 7, 2021	Wyatt Carr	December 21, 2021
Nicholas Beatty	December 9, 2001	Christopher Hughes	December 21, 2022
Kyrsten Sujanzsky	December 9, 2021	Kaiden Burroughs	December 22, 2015
Connor Fox	December 10, 2010	Emily L. Mackie	December 22, 1992
Scott Mackenzie	December 10, 2017	Trevor Kereluk	December 22, 2016
Michael Johnson	December 11, 2021	Keila Kizigenza	December 22, 2013
Mark Heggum	December 12, 1987	Sheldeen Schoberg-Wilson	December 22, 2020
Frank Fililo	December 12, 2012	Iain Stirling	December 23, 2004
Jonathan Gayle	December 12, 2018	Christian Gray	December 23, 2022
Derek Masterson	December 12, 2021	Thomas Donovan	December 24, 2003
Mason Stamp	December 13, 2014	Brenda Jo-Ann Perks	December 24, 1990
Jeffrey Johnston	December 13, 2017	Brittany Mabee-Wilson	December 24, 2007
Michelle Lynn Andrey	December 15, 1990	Danny Kent	December 24, 2012
Simon Mitchell	December 15, 1992	Christopher Thiele	December 26, 2018
Johnny Pegg	December 15, 2009	Brent James	December 27, 2018
David Michael Hannah	December 15, 2000	Colleen Garry	December 28, 2008
Victoria Newsham-Goulding	December 15, 2000	Christy Zwaigenbaum	December 28, 1978
Luc Breau	December 16, 2010	Kimberly Margaret Elizabeth Hryniw	December 29, 1997
Ian Morton	December 16, 2014	Esa Jadoon	December 29, 2016
Noah Daly	December 16, 2022	Candi Brake	December 29, 2016
		Susan Josephine Nyland-Davey	December 30, 1995
		Amelia Linda Elms	December 30, 2009
		Benjamin Stone	December 31, 2022



JANUARY

Shelley Nadine Taylor	January 1, 1994	Daniel Torreblanca	January 15, 2013
Ricky Van Den Oetelaar	January 1, 2006	Jonathan Domenic Volpe	January 15, 1995
Lisa Lebitka	January 1, 2012	Breanna Cousins	January 15, 2002
Jacoub Favila	January 1, 2013	Adan Akey	January 16, 2022
Jamie Woods	January 1, 2014	Sara Ann Madore	January 17, 2003
Luke Parkinson	January 1, 2023	Austin Blake Madore	January 17, 2003
Madison Sevana Boyd	January 2, 2012	Storm Gary Patrick Coad	January 18, 1997
Christopher Thompson	January 2, 1988	Nathan Michael Pennington	January 18, 2010
Vanessa Larocque	January 2, 2009	Christopher Amos	January 18, 2012
Kyle Joseph Miller	January 2, 2009	Layla Giberson	January 18, 2013
Madison Sevana Boyd	January 2, 2012	Thomas King	January 18, 2016
Kayla Vandewalker	January 3, 2018	Stephanie Joanna Coleman	January 19, 1996
Victoria Thompson	January 4, 2005	Morgan Fitzgerald	January 19, 2007
Jose Eduardo Navas	January 4, 2011	Quinton Aquilina	January 20, 2019
Tianna Vieira	January 5, 2010	Alexsandra Kellie-Ann Hewitt	January 21, 1995
Chantel Gauthier	January 6, 1994	Alexander Cade	January 22, 2004
Ashley Pittens	January 6, 2001	Bill Robbins	January 22, 2016
Michael Upshaw	January 6, 2002	Antonio Thomas Cacciatore	January 23, 2010
Rayman Imran	January 7, 2008	Vanessa Robyn Rivard	January 24, 2007
Derek Spicher	January 7, 2013	Daisy Woodworth	January 24, 2018
Jessica-Renee Solickram	January 7, 2018	Kelly Spencer	January 25, 2012
Alastair Lahtinen	January 8, 2010	Blake Hoo	January 25, 2016
Jackson Bonchek	January 8, 2018	Thomas Burns	January 25, 2021
Craig Hodgson	January 8, 2023	Graham Charles Clarke	January 26, 2007
David Norrish	January 9, 2015	Jeffrey Warne	January 26, 2008
Dominik Prusinski	January 9, 2017	Justin Serensits	January 26, 2019
Stephen John Duthie	January 10, 2010	Jodie Dicks	January 26, 2020
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 Hastings	January 29, 2009
Eerik Percival	January 13, 2002	David Stacey	January 29, 2015
Owen Alexander Leaitch	January 13, 2017	Angela Worona	January 31, 1995
Khristian Robinson	January 14, 2008	Jorja Gorham	January 31, 2018
Ricky Black	January 14, 1991		

