



NEWSLETTER

"Bereaved helping the bereaved learn to live with grief"

ISSUE 4

www.bfodurham.net

2013

BFO-DURHAM MARKS ITS 20TH ANNIVERSARY WITH A GALA DINNER/DANCE

CALENDAR OF EVENTS



On behalf of the Board of Directors of Bereaved Families of Ontario Durham Chapter, we invite you, your family and friends to join us on October 19th at Tosca Banquet Hall for our Gala Dinner / Dance to commemorate the anniversary of BFO-Durham's inception. We hope to see you there!! Seats are limited, so contact the office soon in order to ensure that tickets are still available.

As previously stated, BFO-Durham will mark its 20th Anniversary this October. When 4 bereaved mothers got together in 1993 and discussed the need for a Bereaved Families of Ontario Durham Region Chapter, they were apprehensive but determined. They started with a single phone in the home of Susan Hendricks in Newcastle, with a \$100 budget. Their first task was to put together a Family Support Night and inform the community that they could provide support to families who had lost a child through death. This organization has grown very quickly which is sad when one thinks of the reason behind it.

However, we are very thankful that for 20 years we have been able to provide support to bereaved parents and have been able to give them hope and support them in their grief, by putting them in touch with bereaved parents who were a bit further along in their journey and who could assure them that one can learn to live with the overwhelming grief.

JOIN US WITH YOUR FAMILY AND FRIENDS AND MAKE THIS EVENT A SUCCESS!!



2013 ANGEL TREE OF LIGHTS CEREMONY

THE ANGEL TREE OF LIGHTS CEREMONY WILL BE HELD

NOVEMBER 28TH 2013 FROM 7:30 - 9:00 P.M.

AT THE DURHAM DISTRICT SCHOOL BOARD

400 TAUNTON ROAD EAST, WHITBY



OCTOBER 2013

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

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

Thanksgiving—Office Closed
Monday 14th

20TH ANNIVERSARY GALA
Saturday 19th, 6:00 p.m.

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

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

Reconnect Drop-In for I/L
Monday 28th, 7-9 p.m.

NOVEMBER 2013

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

Evening Drop-In
Wednesday 6th, 7-9 p.m.

Afternoon Drop-In
Monday 11th, 1-3 p.m.

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

Reconnect Drop-In for O/C
Monday 18th, 7-9 p.m.

THE ANGEL TREE OF LIGHTS
Wednesday 28th, 7:30-9 p.m.

(SEE PAGE 4 FOR DECEMBER AND JANUARY CALENDAR DATES)

A MESSAGE FROM YOUR EDITOR



IS FALL REALLY JUST AROUND THE CORNER?

Here we go again, that downward spiral into Fall that every bereaved parent dreads. For as sure as you turn the calendar page to October, there is Thanksgiving, followed by Halloween and then Christmas. Halloween is a favourite holiday for most children, but it can be hard for bereaved parents, especially if there are siblings young enough to get excited about dressing up and shelling out. This was my nephew Kevin's favourite time of year. He would go to bed listening to his "spooky" music and dress up every chance he had, from Halloween to Christmas.

As you contemplate this time of year without your child, take care of yourself. Don't be afraid to tell those closest to you what you need in order to get through this time. We at BFO-D are here if you need us. Call or drop in; there is always someone available to talk to you. Check the Calendar of Events for our afternoon or evening drop-ins.

On a different note, BFO-Durham received a substantial amount of money from the three fundraisers held over the last 3 months. We thank the organizers and their committees for their continued support and hard work. We could not be operational without your help. Again, thank you.

Coming up in October is the 20th Anniversary Gala Dinner / Dance on the 19th, and we hope you will be able to join us.

Our yearly event, the Angel Tree of Lights Ceremony will be held this year on November 28th, and we look forward to seeing you.

~ MICHELINE BALL

VOLUNTEERS ARE LOVE IN MOTION!

WE OFTEN TAKE FOR GRANTED THE VERY THINGS THAT MOST DESERVE OUR GRATITUDE

~Cynthia Ozick

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

ONE-ON-ONE AND GROUP SUPPORT FACILITATORS - Jane Carter, Charlotte McMorro, Margaret Fortune, Magda Zoelman, Joan Pearson, Nichole Dickhoff, Denise Love, Jackie Foster, Denise Robinson, Angela White, Cheryl Clarke, Michelle Murray, Colleen Timmins, Stephanie Agelopoulos, Joyce Foreman, Louise O'Donnell, Lisa Pennington, Rebecca Alley-Wilson, Denise Calbery, Donna Christie, Vicki Davis D'Abreau, Sherene Donovan, Jennifer Carter and Kevin Goswell

LIBRARIAN - Denise Love, Assistants — Alexis LoveGordon, Debbie Brown

OFFICE VOLUNTEERS - Denise Love, Marlene Charewicz, Bev Campbell, Angela White, Debbie Brown, Wendy Marshall

ANNIVERSARY LETTERS - Joan Pearson

WEB SITE - Ronda Evans, Micheline Ball

NEWSLETTER - Micheline Ball

BFO-DURHAM BOARD OF DIRECTORS - Gary Goswell, Cheryl Cullis, Louise O'Donnell, Marian Rehr, Margaret Fortune, Jane Carter, Micheline Ball



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!

REFLECTIONS FROM YOUR EXECUTIVE DIRECTOR

Nicholas Sparks wrote "*WHAT IT'S LIKE TO BE A PARENT: IT'S ONE OF THE HARDEST THINGS YOU'LL EVER DO BUT IN EXCHANGE IT TEACHES YOU THE MEANING OF UNCONDITIONAL LOVE*".

We know the meaning of this phrase so very well, because we have endured the hardest part of being a parent and that is the loss of a child. The love we experience is truly unconditional as it continues even when our children are no longer with us. Others may view us as strong, being able to continue with our everyday lives as we do but it is that unconditional love between ourselves and all our children that we hold so dear to our heart that keeps us going.

Nevertheless, as the holidays roll around, it can be extremely hard to move forward for it is a time of togetherness with family and friends. By virtue of that alone, it is naturally more difficult for us as bereaved parents. Many of us wish that we could forget the holidays altogether because it is just too hard when we are not surrounded by everyone we love. And yet, it is this togetherness that also allows us to celebrate the holiday spirit as well as providing an opportunity to remember and share moments from the lives of our children. Those memories are what continue to keep us connected, sharing stories that make us smile, because yes, it is okay to smile even around the holidays when things seem extremely hard to manage.

The Angel Tree Light allows us to do just that, to talk with other bereaved parents and families, sharing stories of our beloved children, taken too early from us and feeling the comfort of knowing that you are not alone when struggling with the pressure of the holidays along with the deepened grief it may bring. This year, on Thursday November 28th, we will again be coming together to light the Angel Tree of Lights and even though as bereaved parents we have experienced the hardest thing, the loss of a child, let the unconditional love within your heart remind you on that night and all nights to come that you are never alone on your path and that Bereaved Families of Ontario Durham Region is here to support you in any way that we can.

Thinking of you,
Sharon Sears

GRIEVING THROUGH ART

Grieving can be expressed in many ways. However, if you are not good at expressing your emotions verbally, you can express them creatively. Art projects including drawing, painting, sculpting and photography can all be used to express your grief and to draw out emotions that you cannot find the right words to express.

Grieving Through Painting

Painting is one of the best ways to express your grief because it is such a free form art medium. While you can create shapes, people and other recognizable objects if you want to, it can be very freeing to work with abstract themes. You can use a variety of paint mediums when creating your grief painting. You can use oil paints, acrylic paints, finger painters, tempera paint or even edible paints made from food items like pudding. The paint that you select for your project will depend on what is available in your area, which type of paint you are most comfortable working with and which paint fits your art skill level.

Grieving Through Drawing

If you enjoy drawing then express your grief with a grief drawing. In your drawing composition you can create a picture that represents the person you lost, it can represent your idea of the afterlife or it can even be a self portrait of your grief experience. You can use a lot of different things as models for your drawing. You can use old photographs of the person who passed away, you can use a mirror to capture your own image and you can use photographs from magazines and books.

Grieving Through Sculpture

Sculpture is another free form art medium that works well for grieving art projects. For this project you will want to use clay to create an abstract or realistic sculpture that illustrates how you are feeling. If you are working on a model figure, you can use wire to create the base shape of the body and then fill the frame in with clay. You can find clay, sculpting tools and other sculpting tools at a local art supply or craft store.

Grieving Through Photography

If you don't have skills in painting, drawing or sculpture, then try your hand at photography. Grief photography can be very healing as it allows you to document the scenes from your grieving period.

Eisia R. Sebastian

UPCOMING EVENTS

DECEMBER 2013

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

Evening Drop-In
Wednesday 11th, 7-9 p.m.

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

Reconnect Drop-In for I/L
Monday 16th, 7-9 p.m.

Evening Drop-In
Coping with the holidays
Thursday 18th, 7-9 p.m.

Christmas Holidays—closed
December 23rd to January 2nd

JANUARY 2014

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

Evening Drop-In
Wednesday 11th, 7-9 p.m.

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

Evening Drop-In
Thursday 26th, 7-9 p.m.

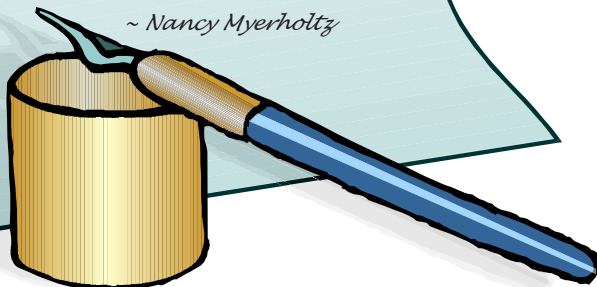
Reconnect Drop-In for O/C
Monday 30th, 7-9 p.m.

THE BOARD OF DIRECTORS' CORNER

The Gift of Someone Who Listens

*Those of us who have traveled a while
Along this path called grief
Need to stop and remember that mile,
That first mile of no relief.
It wasn't the person with answers
Who told us of ways to deal.
It wasn't the one who talked and talked
That helped us start to heal.
Think of the friends who quietly sat
And held our hands in theirs.
The ones who let us talk and talk
And hugged away our tears.
We need to always remember
That more than the words we speak,
It's the gift of someone who listens
That most of us desperately seek.*

~ Nancy Myerholtz



THANKSGIVING

You may ask, "What do I have to be thankful for now that my child is dead?" After the death of a child, where is the joy in a day off from work? What pleasure can we derive from sitting around a table when someone is missing, and an uttered prayer of thanksgiving echoes hollow in our hearts?

Maybe we have been concentrating on the loss which has brought the overwhelming sorrow of death, and have forgotten the complete joy of life. When I remember laughing brown eyes, a mischievous grin, a scraped knee that Mommy could fix, a new word learned, even the memory of the realization that I had a baby boy, I have a great deal to be thankful for. I had 1 1/2 years of a dream come true, and I'm truly thankful I had my child. Sure, the agony of grief, the anguish of losing my precious child to death, the torture of wanting to see that child grow and mature and the pain of never knowing, rips me up. There is no Thanksgiving in entertaining these thoughts, so this month I am going to concentrate on the Living of my child, The Life that brought me so much joy.

In this I am thankful that Evan was born, thankful that he lived, thankful that even for those short 30 months, I lived them too. Even so, as he lived once, I live now and want a productive life. I am thankful I have come that far in my grief work to know I want to live and remember the good times without sorrow. And I am thankful for my husband who stood by me during the rough times; the husband who is the father of the child of our love. In him I have found my child, in our marriage I have found love, and that love taught us how to love that child.



~ Excerpt from Edie Kaplan

INSPIRATIONAL CORNER BY JOYCE SCHNEIDER

In Loving Memory

It was a perfect afternoon for a walk. And I was intrigued by the text message I'd received earlier that June week from my sister Nancy inviting me to meet her the following Saturday up in Gravenhurst near her home. "And bring your walking shoes" she said. "I've got something to show you."

Nancy and I have more in common than our love for hiking. We are both high school teachers, lovers of books and gardens, intrepid canoe paddling partners and interior park campers. We are close in age, and look enough alike that strangers often identify us as sisters, although Nancy is quick to inform them that she's known as "the good-looking one"!

She was also the ever-faithful one during my son David's illness. Through frequent visits, surprise presents and long phone conversations, she supported me so that I could support David. She was with us when he died, that late June evening fifteen years ago.

Fifteen years. I reflected on that passage of time as I drove up to Gravenhurst to meet her for our outing. Anniversary time was upon me again, and this time it was a big one. It is natural for people to assume that, after fifteen years, the sting has gone out of my grief. I've been carrying it long enough; surely its weight feels less overwhelming, its grip less tight. And it is also natural that, after so long, few people remember the anniversary of David's passing, or his birthday. For a blessedly long time after his death, many in my circle would reach out in a special way in June to remind me that they wouldn't forget him. Understandably, those gestures have become less frequent. Yet I still find myself drawing sustenance from them even now.

We had a lovely lunch overlooking Lake Muskoka, after which Nancy led the way along the shore to a rocky peninsula crisscrossed with footpaths leading into the shelter of such trees as will grow on such outcroppings. Always intrigued by the sight of a meandering path, I followed where she led. Presently, we came upon a lovely, rustic wooden arbour leading to an equally lovely gazebo. As we approached, Nancy explained that a local couple who had lost two children had built it, and had dedicated it to the memory of children everywhere who had died. They offered it as a resting and remembering place for the fellow bereaved.

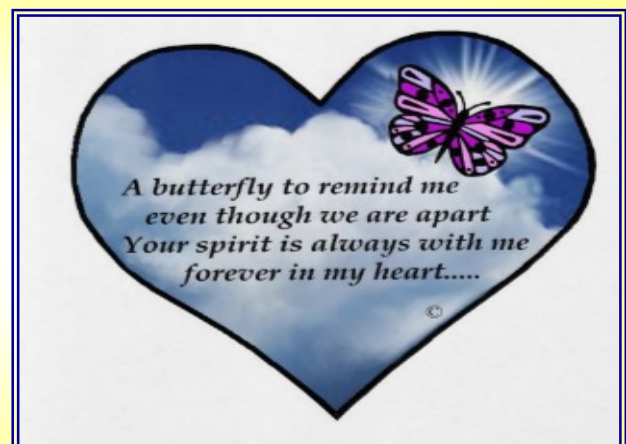
As we sat and breathed in the peace of these surroundings, I noticed for the first time that the slanted rafters of the gazebo were lined with tiny plaques engraved with names and dates. Over the years, people had added plaques with the names of children they wished to remember. From the vantage point of a comfortable seat, one could look up and read these many, many plaques displayed on the rafters.

I didn't notice it at first, but as my eyes scanned the rows of plaques, I finally came upon that which my dear sister had invited me all this way to see. There it was; a plaque with David's name and dates, a reminder that he is remembered, and will be forever. Nancy had had it placed there in his memory, which she has cherished all these many years.

Such moments are rare for me these days, yet maybe they are made even more precious that way. There is permanence to the form of this memorial that I find deeply comforting. And I'm sure it will continue to provide comfort as another fifteen years passes...and another...

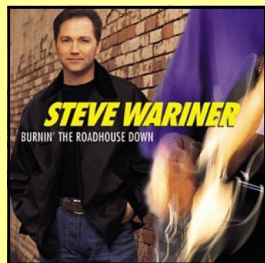
Joyce Schneider is a bereaved mother who lost her son, David, in 1998 to Non-Hodgkins Lymphoma. She has been a member of BFO-Durham for the past 14 years, has facilitated support groups, one-on-ones and is a past Director of the Board.

REMEMBERING THOSE WE LOVE



"MUSIC TO SOOTHE YOUR SOUL"

STEVE WARINER - "HOLES IN THE FLOOR OF HEAVEN"



One day shy of eight years old
Grandma passed away
I was a broken hearted little boy
blowing out that birthday cake

How I cried when the sky let go
with a cold and lonesome rain
Momma smiled said don't be sad child
Grandma's watchin you today

'Cause there's holes in the floor of Heaven
and her tears are pourin' down
that's how you know she's watchin'
wishin' she could be here now
And sometimes if you're lonely
just remember she can see
there's holes in the floor of Heaven
and she's watchin' over you and me

Seasons come and seasons go
nothin' stays the same
I grew up fell in love
met a girl who took my name

Year by year we made a life
in this sleepy little town
I thought we'd grow old together
Lord I sure do miss her now

Well my little girl is twenty-three
I walk her down the aisle
it's a shame her mom can't be here now
to see her lovely smile

They throw the rice
I catch her eye
as the rain starts comin' down
she takes my hand says daddy don't be sad
'cause I know momma's watchin' now

Watchin' over you and me
Watchin' over you and me

RASCAL FLATTS - "WHY"



It must've been in a place so dark you
couldn't feel the light
Reachin' for you through that stormy
cloud
Now here we are gathered in our little
hometown
This can't be the way you meant to
draw a crowd

Oh, why? That's what I keep askin'
Was there anything I could have said or done?
Oh, I had no clue you were masking
A troubled soul, God only knows what went wrong
And why you'd leave the stage in the middle of a song

Now in my mind I keep you frozen as a seventeen year old
Roundin' third to score the winning run
You always played with passion no matter what the game
When you took the stage, you shined just like the sun

Oh, why? That's what I keep askin'
And was there anything I could have said or done?
Oh, I had no clue you were masking
A troubled soul, oh, God only knows what went wrong
And why you'd leave the stage in the middle of a song

Now the oak trees are sayin' in the early autumn breeze
The golden sun is shining on my face
The tangled thoughts I hear a mockingbird sing
This old world really ain't that bad a place

Oh, why? There's no comprehendin'
And who am I to try to judge or explain?
Oh, but I do have one burning question
Who told you life wasn't worth the fight?
They were wrong, they lied, and now you're gone, and we cried

'Cause it's not like you to walk away in the middle of a song
Your beautiful song, your absolutely beautiful song.

WEB SITE FUNDRAISER

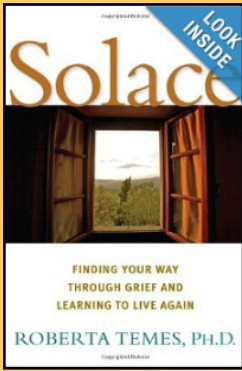
Special Day Anniversary / Birthday

If you would like to honour your child on his/her Anniversary or Birthday

Send in a photograph and dates
Which we will post on our Web Site for a month in the "In Memory" page
For a minimum donation of \$20.00

Please contact the office for more info - 905-579-4293

BOOKS IN REVIEW



SOLACE: FINDING YOUR WAY THROUGH GRIEF AND LEARNING TO LIVE AGAIN can give you confidence in yourself to handle the loss, cope, and move forward with time. The author, Roberta Temes, Ph.D., is a psychologist who studied death, dying and bereavement.

Grief is a normal emotional response to loss, and *Solace* is filled with examples and quotes from people with diverse stories to tell about their loss. The universal experience is generally sadness, loss and eventually, needing to pick up and move on.

The author's take on the emotional aspects of grieving might be recognized as similar to the feelings we all experience during other major life stress, including despair, aimlessness, and apathy. "You may wonder: Where is my enthusiasm, my drive, my passion for life?" Don't worry, she assures, your true personality will return; you just need some time.

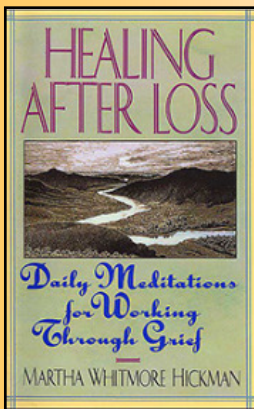
SOLACE includes many ideas to help you get back on track, including finding ways to talk about your loss and grief, and taking care of yourself physically. As time passes, working, socializing as therapy as well as external support groups and bereavement groups offer further comfort.

"Lack of contact with friends and acquaintances is a predictor of difficulty in bereavement. There are probably folks who don't want to intrude in your life at this time and are deliberately staying away. If you're feeling isolated, then it's wise to get in touch with these folks who are being too polite ... Adopt a new social policy and say "yes" whenever you are invited anywhere."

SOLACE includes interesting passages on how others cope with grief, including Dr. Joyce Brothers, Helen Hayes and Rose Fitzgerald Kennedy. There is a common link in all the different ways of grieving, even though the process is so very different for each person, and for specific circumstances and relationships. *Solace* gives the mourner a way to determine how they want to enter into the journey through grief.

Most of this is well known but surely of comfort to a person experiencing a tough loss for the first time. *SOLACE* is comforting to read, reminding us about rituals and remembering, so you always have the opportunity to engage with loved ones and remember the person you lost.

HEALING AFTER LOSS: DAILY MEDITATIONS FOR WORKING THROUGH GRIEF



We all know that our grief doesn't evaporate after a few days and weeks, even though some of our friendships do. This book was my constant and faithful companion during the first and second years of grieving. I liked it so much I bought copies for several friends who were also grieving.

HEALING AFTER LOSS is divided into 365 daily readings. Each reading starts with a short quotation followed by several paragraphs exploring the topic. At the end of each reading is a thought to carry us forward for the day. The quotations range from Sophocles to Shakespeare to Sinatra. Or they could be a stanza of a poem or a verse from the Bible. One of my favourites was written by Dag Hammarskjöld: "Life only demands from you the strength you possess. Only one feat is possible—not to have run away." After the intervening paragraphs, the author stated the thought for the day as: "I will not further burden myself by trying to fit some image of a 'model griever.' The strength I have is the strength to be myself."

Martha Whitmore Hickman is no stranger to grief, having lost her 16 year old daughter to an equestrian accident while on a family vacation. Her daily reflections of the pain of losing a loved one validated my feelings without rushing me to be "over it." They also brought hope because I knew I was sharing the path with someone who had already walked down it herself.

Although I read the book sequentially, there is no reason it cannot be read randomly. Each page is helpful in dealing with some aspect of grief. It is also meaningful to anyone who has lost a loved one regardless of the relationship or manner of death.

WORLD WIDE CANDLE LIGHTING



MARK YOUR CALENDAR FOR THE COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING which unites family and friends around the globe in lighting candles for one hour to honour and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, hundreds of thousands of persons commemorate and honour the memory of all children gone too soon.

The 16th TCF Worldwide Candle Lighting continues to grow and spread love and unity as more and more bereaved families learn of it and its significance in honouring the memories of the sons, daughters, brothers and sisters, and grandchildren who left too soon.

The event grows larger every year thanks to the many people who see the need for services where none have existed. And as the word continues to spread to more of the bereaved who wish to celebrate lives gone too soon by lighting candles in their home, quietly, perhaps just with friends and family.

The Worldwide Candle Lighting gives bereaved families everywhere the opportunity to remember their child(ren) . . . *that their light may always shine!*

~ Excerpt from *Compassionate Friends Newsletter*

GRIEVING IN PAIRS

How many times have people said, "Well, thank God you have each other". How many times have you felt "each other" to be entirely inadequate at meeting your needs?

Alarming statistics are available telling us of the rocky road parents encounter in their marriage after the death of a child. We sometimes see in ourselves a touchiness or quickness to become irritated that wasn't there before. It always seems that my "bad" day is my wife's "good" day, or the day she wakes up crying was the day I had planned on playing tennis.

Or sometimes, even more difficult, we both have a bad day and find no help from the other in pulling things back together. How can one person hold up another when he is himself face down in the mud?

Every person grieves differently. This is a rule that even applies within a family. And the needs of every individual are different. While you may need to talk and talk and talk, your spouse may need some time alone to reflect inwardly.

You have both been through the worst experience of your life. And while at times you can face recovery as a team, sometimes you must develop the patience to be able to wait out certain needs alone or with someone else. Realize that no matter how it is shown, your partner hurts, too.

~ Gerry Hunt, White River Junction, VT

BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

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Charitable Registration #861619880RR0001

OFFICE HOURS

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

DONATIONS

IN LOVING MEMORY OF

Ellen Edith Goswell
Mother of BFO-Durham Chairperson Gary Goswell
from Susan and Vince Hendricks

Kevin Charewicz
from Helen Lovisek

David Seeley
father of Nichole Dickhoff

Two BFO-Durham members have passed away

Karen Witte
And
Ebba Anrep North

Our thoughts are with you and your family

YOUR UNITED WAY DONATIONS THROUGH YOUR WORK PLACE CAN BE DIRECTED TO BFO-DURHAM

REFLECTIONS

THE CANDLE DOES NOT SUFFER ~ Helen Duke Fike

The span between life and death
can be as quick and sudden
As a puff of wind
That blows out a candle,
But the candle does not suffer
After darkness comes.
It is the person lefts in the dark room
who gropes and stumbles

LIGHT A CANDLE ~ Author Unknown

Light a candle, see it glow, watch it dance,
when you feel low, think of me, think of light,
I'll always be here, day or night,
a candle flickers, out of sight,
but in your heart, I still burn bright,
think not of sadness, that I'm not near,
think of gladness, and joyous cheer,
I have not left, I am not gone,
I'm here to stay my little one,
so when you light a candle and you see it glow
and you watch it dance in your heart you'll know
that I would never leave you
even when you feel so blue
I'm sitting up and am watching over you.



JUST THOSE FEW WEEKS ~ Susan Erlin

For those few weeks I had you to myself and that seems too short of time to be changed so profoundly.

In those few weeks I came to know you... and to love you. You came to trust me with your life. Oh, what a life I had planned for you.

Just those few weeks when I lost you, I lost a lifetime of hopes, plans, dreams and aspirations... A slice of my future simply vanished overnight.

Just those few weeks wasn't enough time to convince others how special and important you were. How odd, a truly unique person has recently died and no one is mourning the passing.

Just a mere few weeks and no "normal" person would cry all night over a tiny, unfinished baby or get depressed and withdraw day after endless day. No one would, so why am I?

You were just those few weeks my little one. You darted in and out of my life too quickly. But it seems that's all the time you needed to make my life so much richer and give me a small glimpse of eternity.

OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

OCTOBER

John Daniel Harvey	October 1, 1998	Gary Bambrough	October 18, 2008
Matthew Gregory Hickey	October 2, 1996	Isa Nilsson-Byberg	October 20, 2010
Philip Brown	October 6, 2002	Nicholas Storms	October 25, 2004
Henry VAndergaast	October 7, 2012	Sarah Zwolinski	October 25, 2007
Brent Heasman	October 8, 1996	Derek Lyall	October 26, 1996
Heather Joan Butcher	October 8, 2002	Calvin Burton	October 26, 2006
Amos Williams	October 8, 2006	Pat Gostlin	October 26, 2008
Joseph Glode	October 9, 1994	Bryan Frank	October 28, 2000
Joseph Trail	October 13, 2006	Christopher Shannon	October 28, 2008
Maria MacStravick	October 14, 2012	Logan Jeffrey Barkwell	October 29, 2001
Leonard Arp	October 15, 2009	Tara Ross	October 30, 2012
Dove Lancaster	October 16, 2002	Lee Mitchell Service	October 31, 1999
Curtis MacKinnon	October 16, 2009	Patrick M. Beauregard	October 31, 2003
Nicole Wannamaker	October 16, 2009	Megan Grace Burchowycz	October 31, 2002

NOVEMBER

Scot J. Mailer	November 1, 2006	Jeffrey Moore	November 15, 2010
Messiah Jackson-MacDonald	November 1, 2009	Cody Gould	November 15, 1988
Liam Alexander Jan Meerdink	November 2, 2008	Theresa Michelle North	November 16, 1995
David Michael McCluskey	November 3, 1995	Tyron Bracken	November 17, 2010
Megan Lynn Craig	November 4, 1996	Charlotte Hannon	November 17, 2002
Grace Johnson	November 4, 1996	Jailene Bonnick	November 18, 2005
Kali Johnson	November 4, 1996	Erin Gladwell	November 19, 2000
Amir Ghane	November 5, 2003	Pauline Larocque	November 19, 2010
Brook Lynn Rankin	November 5, 2011	Glen Allan Rowe	November 21, 1991
Christine Lee Ouder Kirk	November 7, 1998	Michael James Dunne	November 24, 1993
Abigail Watts	November 7, 2005	Joel Fletcher	November 24, 2011
John Camilleri	November 7, 2012	Robert Jones	November 24, 2012
Kenton Carnegie	November 8, 2005	Pierce Love Gordon	November 25, 2006
Anthony Karson Grant	November 10, 1998	Andrew Bond	November 27, 2006
Nathan Michael Fohshow	November 11, 2004	Kyle Christopher Fair	November 28, 1993
Simon Maddocks	November 11, 2009	David Preston	November 28, 2004
Connie Nock	November 12, 2010	Marley Grace Silcox	November 28, 2008
Carter David Dickhoff	November 12, 2008	Leigh Anne Donovan	November 29, 2001
Murray Charland	November 13, 2003	Sarah Lynn Hearn	November 29, 2012
Nicole Oultram	November 13, 2012	Roberta Eileen Campbell	November 30, 1952
Hannah Larocque	November 14, 2007	Sylvia Ann Crowley	November 30, 1989
Joshua Larocque	November 14, 2007		



*If there ever comes a day
when we can't be together,
keep me in your heart,
I'll stay there forever.*

OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

DECEMBER

Trevor David Hunter	December 1, 2009	Alleya Alley-Wilson	December 18, 2009
Payton Joan Beaulieu	December 1, 2005	Rebecca Anne Leslie Sears	December 19, 1995
Grace Anne-Marie Beaulieu	December 2, 2005	Brad R. Thomas	December 19, 1996
Rachel Nicole Davidson	December 2, 1998	Sarah Dorrian	December 19, 1999
Andrew Joseph Weaver	December 3, 1999	Jason Maxwell Normoyle	December 19, 2002
Dan Phelan	December 5, 1975	Dawn Lent	December 19, 2007
Derek Penny	December 7, 2001	Amanda Maja Vidulich	December 20, 2007
Emma Skinner	December 7, 2007	Drake Farrell	December 21, 2009
Nicholas Beatty	December 9, 2001	Emily L. Mackie	December 22, 1992
Connor Fox	December 10, 2010	Iain Stirling	December 23, 2004
Michelle Lynn Andrey	December 15, 1999	Brenda Jo-Ann Perks	December 24, 1990
Simon Mitchell	December 15, 1992	Brittany Mabee-Wilson	December 24, 2007
Johnny Pegg	December 15, 2009	Colleen Gary	December 28, 2008
David Michael Hannah	December 15, 2000	Kimberly Margaret Hryniw	December 29, 1997
Luc Breau	December 16, 2010	Susan Josephine Nyland-Davey	December 30, 1995

JANUARY

Shelley Nadine Taylor	January 1, 1995	Jonathan Domenic Volpe	January 15, 1995
Ricky Van Den Oetelaar	January 1, 2006	Breanna Cousins	January 15, 2002
Lisa Lebitka	January 1, 2012	Daniel Torreblanca	January 15, 2013
Christopher Thompson	January 2, 1988	Sara Ann Madore	January 17, 2003
Vanessa Larocque	January 2, 2009	Austin Blake Madore	January 17, 2003
Kyle Joseph Miller	January 2, 2009	Storm Gary Patrick Coad	January 18, 2007
Madison Sevana Boyd	January 2, 2012	Nathan Michael Pennington	January 18, 2010
Victoria Thompson	January 4, 2005	Christopher Amos	January 18, 2012
Jose Eduardo Navas	January 4, 2011	Layla Giberson	January 18, 2013
Tianna Vieira	January 5, 2010	Stephanie Joanna Coleman	January 19, 1996
Chantel Gauthier	January 6, 1994	Alexsandra Kellie-Ann Hewitt	January 21, 1995
Ashley Pittens	January 6, 2001	Alexander Cade	January 22, 2004
Michael Upshaw	January 6, 2002	Antonio Thomas Cacciatore	January 23, 2010
Rayam Imran	January 7, 2008	Vanessa Robyn Rivard	January 24, 2007
Derek Spicer	January 7, 2013	Kelly Spencer	January 25, 2012
Alastair Lahtinen	January 8, 2010	Graham Charles Clarke	January 26, 2007
Stephen John Duthie	January 10, 2013	Jeffrey Warne	January 26, 2008
Duane MacIntyre	January 11, 1992	David Matthew Gilbert	January 27, 2008
Ron Davis	January 11, 2007	Eran Town	January 28, 2005
Brandon Tyler Baron	January 12, 1992	Branden Christopher Viarruel	January 29, 2009
Neil Warren Hembling	January 12, 2000	Wayne Edwards	January 29, 2009
Eerik Percival	January 13, 2002	Angela Worona	January 31, 1995
Khristian Robinson	January 14, 2008		

