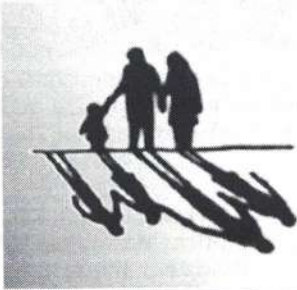


BEREAVED FAMILIES OF ONTARIO-DURHAM REGION



NEWSLETTER

"Bereaved helping the bereaved learn to live with grief"

ISSUE ~~4~~ 3

www.bfodurham.net

2014

THE RIDE TO REMEMBER

The Fourth Annual Ride to Remember in support of BFO-Durham took place on July 30th. The most successful ride to date raised \$13,500, for a total contribution of approximately \$38,000 since its inception. We are proud to contribute financially but the ride is so much more than that. Inspired by the loss of our son Brent, we wanted to bring attention to a good organization as well as create new memories with loved ones lost in a positive atmosphere. The feedback from everyone involved indicates that we have created a unique avenue to take time out to remember and raise awareness for BFO-D.

This year we were pleased to have Sharon Sears' daughter Lauren, accompanied by her father Rick on guitar, take part in providing entertainment with a heartfelt rendition of Miranda Lambert's "Over You" being the highlight of her set. The personal connection of the people involved is what makes it special.

The day started at Tim Horton's Uxbridge with complimentary refreshments and registration, then at 11 a.m. 65 bikes roared to life in a salute to those remembered, our special guests for the day. Upon departure, Durham Regional Police controlled the intersections to ensure a smooth exit from town leading to the riders enjoying a 200 km relaxing scenic ride with stops in Fenelon Falls and Lindsay to stretch and socialize. OPP were instrumental in allowing us to stay together as a group by assisting with a very busy intersection at Highways 7 and 35. Upon returning to Uxbridge we were joined by family, friends and supporters at Clem's for dinner, entertainment, a silent auction and raffles where all involved had a chance to mingle and remember.

Many thanks must go to Ride organizers Lorne Johannessen and Donna Sherrard who dedicate so much time and effort to make this event a success, but more importantly are so supportive of those having to deal with such a daunting challenge as moving forward and keeping a loved one lost in their lives. Special People!

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

~ Brian and Jackie Foster

(see page 8 for photo album)



THE ANGELS' TREE OF LIGHTS CEREMONY

WILL BE HELD ON

NOVEMBER 27TH FROM 7:30-9 P.M.

AT THE

DURHAM DISTRICT SCHOOL BOARD

400 TAUNTON ROAD EAST, WHITBY

CALENDAR OF EVENTS

OCTOBER 2014

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

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

Thanksgiving - office closed
Monday 13th

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

Adult Sibling Loss Drop-In
Tuesday 21st, 7-9 p.m.

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

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

NOVEMBER 2014

Infant Loss Drop-In
Monday 3rd, 7-9 p.m.

Evening Drop-In
Wednesday 12th, 7-9 p.m.

Afternoon Drop-In
Monday 17th, 1-3 p.m.

Evening Drop-In
Thursday 20th, 7-9 p.m.

Reconnect Drop-In for I/L
Monday 24th, 7-9 p.m.

ANGEL TREE OF LIGHTS
Thursday 27th, 7:30-9 p.m.

(MORE INFORMATION ON WEB SITE)

(SEE PAGE 4 FOR DECEMBER AND JANUARY CALENDAR DATES)

REFLECTIONS FROM YOUR EXECUTIVE DIRECTOR

Changing seasons can be very hard on bereaved parents. They bring back difficult memories whether it is going back to school, Thanksgiving get-togethers and Halloween festivities or for some the most difficult, the upcoming holiday season.

As a newly bereaved parent, you are going through this for the first time. Without our children, as we are still struggling to put one foot forward, we think: how will we manage to get through the holidays without them? Some of our parents who have been on their journey a little longer have built in new traditions and different ways to cope. One of our family traditions is BFO-Durham's Angels Tree of Lights. It provides a time when many of our BFO families gather to remember their children and loved ones. Angels are placed on the tree with their names in loving memory so we all can share knowing we are not alone during this very difficult time. The annual Angel Tree of Lights Ceremony this year is November 27th at the Durham District School Board. You can find all of the information in this newsletter and on the website at www.bfodurham.net

Another way which has been helpful with coping during these difficult periods is connecting with other bereaved parents. Sharing stories of our children can bring a sense of comfort for some, as it helps in keeping the memories alive. During the upcoming months, I hope you attend some of the drop-ins and on December 10th, our special "Getting through the Holidays" drop-in, where we can share different ideas to assist with how to manage the holidays and support each other through this very emotional time.

Thinking of you,

Sharon Sears.

Deep in December.....

| was beginning to do better, | thought | was doing better, but a few days ago, the holidays hit me.....

~ Quote from Healing after Loss

2015 MOTHERS' RETREAT

LONG AGO - BUT NEVER FAR AWAY

Parents who have been bereaved for more than ten years are likely re-engaging in life in a positive way but the sense of loss never leaves us. New issues or even old ones we thought were dealt with may emerge as life offers us new situations and challenges.

Not much has been written about the long-term bereaved parent and those of us with questions may not find them in the books we read. We are sensing there may be a need for some mothers in our BFO - Durham community to get together and identify common issues facing them as long term bereaved parents. Not only will this provide individual support, but what we learn may help other members as they continue their journey through grief. **FOR THIS REASON, THE 2015 MOTHERS' RETREAT WILL FOCUS ON THOSE WHO HAVE BEEN BEREAVED FOR QUITE SOME TIME. TO QUALIFY TO ATTEND, YOU MUST HAVE BEEN BEREAVED FOR OVER 10 YEARS.**

The retreat will be held May 1-3rd, 2015, once again at the Villa St. Joseph in Cobourg, Ontario. The program and focus for our discussions will reflect the needs of the participants and will be determined ahead of time by polling those who are attending. Those who qualify will receive a letter of invitation from the office.

If you are interested in attending the retreat, please contact Susan Hendricks at 204-488-8334 or susan.hendricks@ymail.com.

INSPIRATIONAL CORNER BY JOYCE SCHNEIDER

RENOVATION

Paintbrush in hand, I stood in the middle of the now empty bedroom; David's room. Four walls and a carpet. That was it. I had taken out every object, had taken down every picture, had cleaned out the closet.

And it had only taken me twelve years.

For the first months after David's death, his room still had his smell, his energy. I would go and lie down on his bed with my grieving heart heaving within, and inhale him. I would go through his drawers and make little discoveries; a sample of his handwriting on a note, a drawing he had doodled on a scrap of paper, a raspberry jam stain that never did come out of those Spiderman pajamas. But after opening the drawers and cupboards, I would close them up again with nothing disturbed, so that I could re-create the comforting ritual the next time.

In the very beginning, I could trick myself into thinking that when he came home from his "trip", he would be pleased to see his room waiting for him, his treasures unmoved, just as he had left them. But as the months passed without his return, the room took on a shrine-like quality; still gone, but still here. I tried to seal in his imprint, as if with Saran Wrap, but it was no good.

The room just felt stagnant and musty, in need of a good cleaning. Over the years, I tidied and straightened the room, as more and more of the family things got stored in the closet; off-season objects like winter boots, sweaters and coats. Eventually, I claimed a corner for my meditation practice, a writing desk with room for a little altar.

The next step involved supplementing the usual cleaning with a toss-out session of objects I no longer wanted or needed to keep. The more time passed, the less David's possessions seemed "charged" with his presence. Painful? At times, but I felt that I was in discussion with him the whole time about what should go, what should stay, and what should be given away. David always liked to share.

Finally, the day came twelve years later when I decided to evacuate the whole room, clean into the deep corners where stale energy collected like dust, and refresh the space. Strangely, it felt like refreshing my relationship with him as well. We chose a new paint colour, a new carpet, and decided on the objects that would go back into the room. As it turned out, I found myself reclaiming more and more of the room for myself, my books, sewing machine, craft supplies, and writing accouterments. All the surfaces got a good cleaning, and the top shelves continue to hold David's old drawing books.

And in a place of honour, in a Tupperware bin, are his personal effects, including a sample of his handwriting on a note, a drawing he had doodled on a scrap of paper, and a raspberry jam stain that never did come out of those Spiderman pajamas.

~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 16 years, has facilitated support groups, one-on-ones and is a past Director of the Board.

MARK THESE DATES ON YOUR CALENDAR

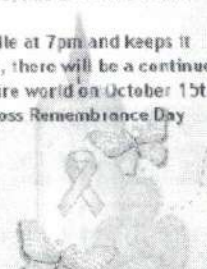
Wave of Light for October 15th

Everyone is invited to light a candle on October 15th at 7pm in ALL Time Zones. ALL Over The World


If everyone lights a candle at 7pm and keeps it burning for at least one hour, there will be a continuous **WAVE OF LIGHT** over the entire world on October 15th.

Pregnancy and Infant Loss Remembrance Day

*This Candle Burns
In Loving Memory of
Our Babies*



© www.october15th.com




The Compassionate Friends
Supporting Family After a Child Dies

Light a candle for all children who have died

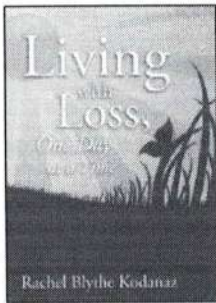
Worldwide Candle Lighting®

... that their light may always shine.

**Sunday, December 14, 2014
7 PM Around the Globe**

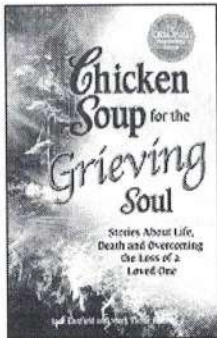


BOOKS IN REVIEW — "COPING WITH YOUR GRIEF"



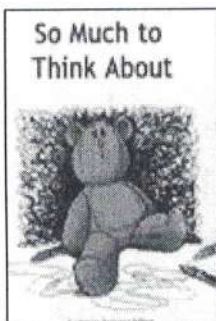
LIVING WITH LOSS, ONE DAY AT A TIME PROVIDES 365 LESSONS AND THOUGHTS TO GET YOUR DAY STARTED.

Each day focuses on life rather than death, embracing and remembering the happy and healthy days of loved ones while incorporating the loss into daily lives. These lessons and thoughts provide hope, optimism, coaching, introspection, self-discovery and renewal.



CHICKEN SOUP FOR THE GRIEVING SOUL

Individual people deal with grief in their own ways and within their own time, but the guidance and support they receive from others is what helps them through it. One of the key messages of *Chicken Soup for the Grieving Soul* is that togetherness and sharing are the keys to moving on. In these stories people share their experiences with coping and they share deep memories. Each one has found that putting thoughts and feelings into words is not only cathartic, it allows them to reconnect with their loved one and others. Words of encouragement are plentiful in this edition and they go straight to the heart. Chapters encompass the complete grieving experience and include: Final Gifts, the Power of Support, Coping and Healing, Those We Will Miss, Special Moments, Insights and Lessons, and Living Again.



SO MUCH TO THINK ABOUT—AN ACTIVITY BOOK

This soft cover book is designed to help children think about, play about, and talk about their feelings when dealing with the death of someone they care about.

SANTA BRUNCH

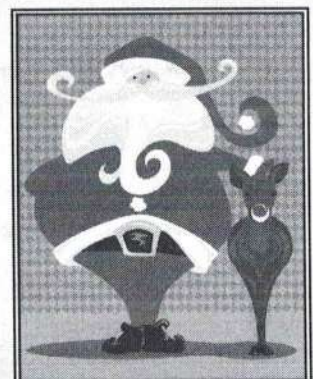
This year's Santa Brunch will be held
On December 7th, starting at 10 a.m

At the Oshawa Curling Club
226 Bond Street East, Oshawa
with brunch, games and activities

gift from Santa for each child and a raffle

Tickets can be purchased through the BFO-D Office

Check our website www.bfodurham.net for more information



DONATIONS

IN LOVING MEMORY OF

BRENT FOSTER

Through the Ride to Remember

Jeffrey Warne

Through the Run to Remember

Dr. Beant Singh Mhar

Friends, Susan and Vincent Hendricks

FRANCIS MARY REID

Niece Marlene Charewicz



PLEASE CONSIDER DIRECTING YOUR UNITED WAY
DONATIONS TO BFO-DURHAM THROUGH YOUR WORK PLACE

ADULT SIBLING DROP-IN

AN ADULT SIBLING DROP-IN FOR MEMBERS 18 YEARS OF AGE AND OVER IS SCHEDULED FOR OCTOBER 21ST, 7-9 P.M. IN THE BFO-D OFFICE. OUR HOPE IS TO HOLD MORE OF THESE DROP-INS IN THE FUTURE, SO PLEASE CHECK OUR WEB SITE FOR MORE INFORMATION.

HELPING A GRIEVING FAMILY COPE WITH THE HOLIDAYS

Ways for family and friends to help the grieving family during the holidays:

1. Write down memories, especially funny stories, of the child to give the family. Try to get others who knew the child to write a story and then make a scrapbook for the family that can be added to in the future.
2. Encourage the family to talk about the child, and understand that some tears may fall - a tribute to the child who died.
3. Share photos or videos of the child with the family that they may not have seen before.
4. "Adopt a child" for the holidays by giving gifts in remembrance of the child who died.
5. If you send a card, make certain to mention that you're thinking of the child (by name), even if it's been many years since the child died.
6. Give the family an ornament that in some way will remind them of the child.
7. Give the family time and space so they can handle the holidays in a manner that works for them.
8. Make a donation to a favourite charity in honour of the child.
9. Support the family by attending the "Tree of Lights Ceremony".

OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

DECEMBER

Scotty Pennachio	December 1, 1980	Luc Breau	December 16, 2010
Payton Joan Beaulieu	December 1, 2005	Sarah Dorrian	December 18, 1999
Trevor David Hunter	December 1, 2009	Alleya Alley-Wilson	December 18, 2009
Grace Anne-Marie Beaulieu	December 2, 2005	Rebecca Anne Leslie Sears	December 19, 1995
Rachel Nicole Davidson	December 2, 1998	Brad R. Thomas	December 19, 1996
Andrew Joseph Weaver	December 3, 1999	Sarah Dorrian	December 19, 1999
Connor Campbell	December 3, 2010	Jason Maxwell Normoyle	December 19, 2002
Nolan Michael McNeil	December 4, 2007	Dawn Lent	December 19, 2007
Dan Phelan	December 5, 1975	Amanda Maja Vidulich	December 20, 2007
Thomas Timothy Morrison	December 6, 2013	Tanya Fellows-Karstulovich	December 20, 2012
Debbie Meyers	December 7, 2012	Drake Farrell	December 21, 2009
Derek Penny	December 7, 2001	Emily L. Mackie	December 22, 1992
Emma Skinner	December 7, 2007	Iain Stirling	December 23, 2004
Nicholas Beatty	December 9, 2001	Brenda Jo-Ann Perks	December 24, 1990
Connor Fox	December 10, 2010	Brittany Mabee-Wilson	December 24, 2007
Mark Heggum	December 12, 1987	Danny Kent	December 24, 2012
Frank Fililio	December 12, 2012	Colleen Gary	December 28, 2008
Michelle Lynn Andrey	December 15, 1990	Kimberly Margaret Hryniw	December 29, 1997
Simon Mitchell	December 15, 1992	Susan Josephine Nyland-Davey	December 30, 1995
Johnny Pegg	December 15, 2009	Amelia Linda Kent	December 30, 2009
David Michael Hannah	December 15, 2000		

"THERE ARE NO GOODBIES FOR US. WHEREVER YOU ARE, YOU WILL ALWAYS BE IN MY HEART"

JANUARY

Shelley Nadine Taylor	January 1, 1994	Erik Percival	January 13, 2002
Ricky Van Den Oetelaar	January 1, 2006	Khristian Robinson	January 14, 2008
Lisa Lebitka	January 1, 2012	Jonathan Domenic Volpe	January 15, 1995
Jacoub Favila	January 1, 2013	Breanna Cousins	January 15, 2002
Jamie Woods	January 1, 2014	Daniel Torreblanca	January 15, 2013
Christopher Thompson	January 2, 1988	Sara Ann Madore	January 17, 2003
Rayman Imran	January 2, 2008	Austin Blake Madore	January 17, 2003
Vanessa Larocque	January 2, 2009	Storm Gary Patrick Coad	January 18, 1997
Kyle Joseph Miller	January 2, 2009	Nathan Michael Pennington	January 18, 2010
Madison Sevana Boyd	January 2, 2012	Christopher Amos	January 18, 2012
Victoria Thompson	January 4, 2005	Layla Giberson	January 18, 2013
Jose Eduardo Navas	January 4, 2011	Stephanie Joanna Coleman	January 19, 1996
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	Antonio Thomas Cacciatore	January 23, 2010
Michael Upshaw	January 6, 2002	Vanessa Robyn Rivard	January 24, 2007
Rayman Imran	January 7, 2008	Kelly Spencer	January 25, 2012
Derek Spicher	January 7, 2013	Graham Charles Clarke	January 26, 2007
Alastair Lahtinen	January 8, 2010	Jeffrey Warne	January 26, 2008
Stephen John Duthie	January 10, 2010	David Matthew Gilbert	January 27, 2008
Duane MacIntyre	January 11, 1992	Eran Town	January 28, 2005
Ron Davis	January 11, 2007	Branden Christopher Viarruel	January 29, 2009
Brandon Tyler Baron	January 12, 1992	Wayne Edwards	January 29, 2009
Neil Warren Hembling	January 12, 2000	Angela Worona	January 31, 1995