



BEREAVED FAMILIES OF ONTARIO-DURHAM REGION

SUMMER BULLETIN

"Bereaved helping the bereaved learn to live with grief"

ISSUE 3

www.bfodurham.net

2013

SUCCESSFUL FUNDRAISERS

Again this year, our Volunteers have not let us down and have successfully organized several fundraisers, with all proceeds donated to BFO-Durham. Special thanks to Denise Robinson and her committee members for organizing **THE 5TH ANNUAL RUN TO REMEMBER** which was held in Pickering in May in memory of her son Jeffrey Warne, raising \$9,000, which brings the funds raised since the inception of **TEAM JEFF** to \$38,000; **BEACH NIGHT DINNER AND DANCE**, organized by Jennifer Carter and committee was held for a third year and again was quite successful, raising approximately \$5,000.

Coming up is the last summer fundraiser, the **3RD ANNUAL BRENT FOSTER MEMORIAL RIDE TO REMEMBER** which will be held on July 31st. The ride is limited to 50 motorcycles so don't delay, register early! If you don't ride, you can still join this fundraiser for dinner after the ride where door prizes, silent auctions and entertainment will be provided. This year, dinner will be at Clem's in Uxbridge and all funds raised will be donated to BFO-Durham, so please e-mail ride.to.remember.brent@gmail.com to register or for more information.

This year commemorates the 20th anniversary of BFO-Durham's inception. A special **GALA DINNER / DANCE** is being planned and will take place on October 19th; please mark this date on your calendar. We look forward to seeing you, your family and your friends at this special event.

Keeping the office opened and providing our members with Drop-Ins, Support Groups and Training could not be possible without all our volunteers; so once again, to everyone and for everything you do to support this great organization, the Board Members and Staff of BFO-Durham



~ Micheline Ball, Editor

"SPECIAL EVENT" ANNOUNCEMENTS



BEREAVED FAMILIES OF ONTARIO - DURHAM REGION

ARE PLEASED TO INVITE YOU TO THEIR

20TH ANNIVERSARY GALA DINNER DANCE

OCTOBER 19, 2013

TOSCA BANQUET HALL

800 CHAMPLAIN AVENUE, OSHAWA

COCKTAILS - 6 PM

DINNER - 7 PM

CASH BAR

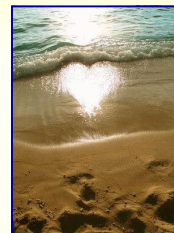
JOIN US AS WE MARK 20 YEARS OF SERVICE TO OUR COMMUNITY AND ACKNOWLEDGE THE FRIENDS AND FAMILY WHO SUPPORT US IN THIS JOURNEY WE ARE PLEASED TO EXTEND THIS INVITATION TO YOUR FAMILY AND FRIENDS

TICKETS \$50.00 PER PERSON - AVAILABLE FOR PURCHASE THROUGH THE BFO-DURHAM OFFICE BEFORE OCTOBER 1, WHILE QUANTITIES LAST

15TH ANNUAL RETREAT FOR BEREAVED MOTHERS

FEBRUARY 7-9, 2014

Villa St. Joseph
Cobourg, Ontario



CHOOSING HOPE:

EMBRACING LIFE AFTER THE LOSS OF A CHILD

A weekend retreat co-sponsored by
BFO - Durham Region and Villa St. Joseph
(See Brochure at www.bfodurham.net for full information)

"VOLUNTEERING IS AN EXPERIENCE YOU WILL NEVER FORGET"

WE WOULD LIKE TO THANK THE FOLLOWING VOLUNTEERS FOR THEIR CONTINUED SUPPORT.

ONE-ON-ONE AND GROUP SUPPORT FACILITATORS – Jane Carter, Charlotte McMorrow, Margaret Fortune, Magda Zoelman, Joan Pearson, Nichole Dickhoff, Denise Love, Jackie Foster, Denise Robinson, Angela White, Cheryl Clarke, Jan Mclean, Kathryn Holden, Colleen Timmins, Yvette Byrne-Menard, Louise O'Donnell, Lisa Pennington, Rebecca Alley-Wilson, Denise Calbery, Kimberly Mohns, Lisa Fogg, Jennifer Carter and Kevin Goswell

LIBRARIAN – Denise Love, **ASSISTANT LIBRARIAN** - Alexis LoveGordon

FUNDRAISING – Denise Robinson and committee members, Jane and Jennifer Carter and Beach Dance Committee

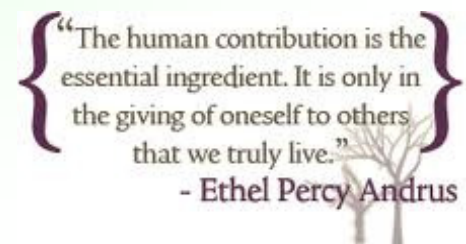
OFFICE VOLUNTEERS – Denise Love, Marlene Charewicz, Bev Campbell, Angela White, Debbie Brown

ANNIVERSARY LETTERS – Joan Pearson

WEB SITE – Ronda Evans, Micheline Ball

NEWSLETTER – Micheline Ball

BOARD MEMBERS - Gary Goswell, Louise O'Donnell, Cheryl Cullis, Marian Rehr, Jane Carter, Margaret Fortune, Micheline Ball



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

Where has the time gone! With August just around the corner, it's hard to believe that summer is almost over. Despite the crazy weather this summer has brought, we have had some wonderful events, all of which were very successful and brought out many members of BFO-Durham, as well as family and friends.

The "5th Annual Run to Remember" in memory of Jeffrey Warne was a day filled with sunshine, laughter and exercise. I would like to thank all of Jeffrey's family, friends and the organizers and sponsors of the Run to Remember. As they stopped to remember a son, brother, grandson and friend, they put on an outstanding event with all the proceeds going to BFO-Durham.

Our annual "BFO Beach Dance" was also a huge success, with over 120 members, friends and family gathering at Heydenshore Pavilion for a night of games, prizes and, of course, lots of dancing. Big thanks to the dedication of our Dance committee and the generous sponsors who donated prizes.

Our next event, which will be held on this coming Wednesday, July 31st, is the "3rd Annual Ride to Remember" in memory of Brent Foster. All proceeds from this event will be donated to BFO-Durham. Last year's event was absolutely spectacular; it was quite a sight to see all the motorcycle riders dressed in their orange shirts having a blast!

If you are not a rider, you can join everyone after the ride, at Clem's Restaurant in Uxbridge, for dinner and lots of fun while remembering all our children. A special thank you goes out to Brent's family and friends who have organized this very special event again this year.

In closing, I would like to thank all our volunteers and members who support Bereaved Families of Ontario-Durham Region. Your continuous support in memory of your children does not go unnoticed and helps to make BFO-Durham the wonderful organization it has become. I want to let you all know that I am thinking of you because although the sun may be shining and the weather may be warm, your grief may be weighing heavily on your heart.

~ Sharon Sears

INSPIRATIONAL CORNER

TRANSCENDENCE

May sorrow show me the way to compassion;
May I come to recognize the gift of a child's death by opening my ear to compassion;
May I realize grace in the midst of suffering;
May this experience in some way be a blessing for me;
May loving kindness sustain me;
May love fill and heal my body and mind;
May I be peaceful and let go of expectations;
May I find peace and strength that I may use my resources to help others;
May I receive the love and compassion of others;
May all those who are grieving be released from their suffering;
May I offer love, knowing that I cannot control the course of life, suffering, or death;
May I let go of guilt and resentment;
May I forgive myself for not meeting my child's needs;
May I accept my human limitations with compassion;
May I be open to the true nature of life;
May I be open to the unknown as I let go of the known;
May I offer gratitude to those around me;
May I be grateful for this life.

~ Roshi Halifax

LIBRARY

THE FOLLOWING MEMBERS DONATED BOOKS IN LOVING MEMORY OF THEIR LOVED ONES

Melissa Raby
Love Mom and Dad, Nancy and David Raby

Paul Anthony Jones and Demetrius Alexander Jones
Love Mom, Vicki Jones



IF YOU WOULD LIKE TO DONATE A BOOK IN MEMORY OF YOUR LOVED ONE, PLEASE DROP IT OFF AT OUR OFFICE DURING BUSINESS HOURS.

LOOK FOR A LIBRARY BOOK REVIEW IN THE SEPTEMBER NEWSLETTER; WE AIM TO PROVIDE THIS SERVICE IN THE NEWSLETTER ON A REGULAR BASIS.

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 WELCOME 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, YOUR SONG OR TELL OF THINGS THAT HAVE HELPED YOU ALONG YOUR GRIEF JOURNEY. WE WELCOME ALL SUBMISSIONS AND THANK YOU IN ADVANCE FOR GETTING INVOLVED!

DONATIONS

IN LOVING MEMORY OF

My Daughter, Karyn Chase

It is 3 years since you went away, leaving me alone on that terrible day.

But I know you are with me every day, wiping all my tears away.

I love you so much,

Broken hearted Mum, Eileen Bagley

Ted Barnoski

from Susan and Vince Hendricks

Gursharan Kaur Mehar

from Susan and Vince Hendricks

Eric Bosco

from Jim and Marlene Charewicz

My son, Kyle Gage Lamb

Love Mom KarrieLynn Dymond



WE NEED YOUR FEED-BACK

TO ALL OUR MEMBERS: Would you rather receive a hard copy or e-mail copy of BFO-Durham's Newsletter? It has been brought to our attention that some members would rather receive the Newsletter by mail.

Mailing out the Newsletter 4 times a year is costly. In order to make a decision whether to accommodate those who would like to receive the Newsletter by mail, we are proposing a yearly subscription fee of \$20.00 for 4 issues, to cover the printing and mailing costs. This subscription would begin with the January 2014 Newsletter.

Would you please take the time to send us your feed-back by e-mail so that we can decide whether to institute a mailing service to better serve you.

BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

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E-mail: bfodurham@bellnet.ca

CHARITABLE REGISTRATION #86169880RR0001

OFFICE HOURS — MONDAY TO THURSDAY 10 A.M. TO 3 P.M. AND CLOSED FRIDAY

POEMS TO REFLECT ON

Ask My Dad How He Is

My Dad, he tells a lot of lies, he never did before.
But from now until he dies; he'll tell a whole lot more.

Ask my Dad how he is, and because he can't explain,
He will tell a little lie, because he can't describe the pain.

Ask my Dad how he is, and he'll say "I'm alright".
If that's the truth, then tell me; why does he cry each night?

Ask my Dad how he is, he seems to cope so well.
He didn't have a choice you see, nor the strength to yell.

Ask my Dad how he is, "I'm fine, I'm well, I'm coping."
For God's sake Dad, just tell the truth.
Just say your heart is broken.

He'll love me all his life, I loved him all of mine.
But if you ask him how he is, he'll lie and say he's fine.

I am here in Heaven. I cannot hug from here.
If he lies to you, don't listen. Hug him and hold him near.

On the day we meet again, we'll smile and I'll be bold.
I'll say "You're lucky to get in here, Dad, with all the lies you told!"



"You never know how

STRONG

you are until being strong
is the only choice you have."

- Unknown

I'M SENDING A DOVE TO HEAVEN
WITH A PARCEL ON ITS WINGS,
BE CAREFUL WHEN YOU OPEN IT
IT'S FULL OF BEAUTIFUL THINGS.
INSIDE ARE A MILLION KISSES
WRAPPED UP IN A MILLION HUGS,
TO SAY HOW MUCH I MISS YOU
AND TO SEND YOU ALL MY LOVE.

I HOLD YOU CLOSE WITHIN MY HEART
AND THERE YOU WILL REMAIN,
TO WALK WITH ME THROUGHOUT MY LIFE
UNTIL I SEE YOU AGAIN.

UNKNOWN

**Grief tries to isolate me
Make me believe I am alone
Your arms gently hold me
I know you hear every groan**

**I feel your presence daily
Am filled fully with your love
As you gently guide me
From you home up above**

**The things I do, the things I say
Couldn't be done without you
You are my guiding star
My compass, loyal and true**

**The path is hard to follow
My feet unsteady and unsure
Your voice gently whispers
"Keep going, you can endure"**

~Tanya Lord

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*Your spirit is free but I'll
keep you alive in my heart
forever ♥*



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