



NEWSLETTER

"Bereaved helping the bereaved learn to live with grief"

ISSUE 1

www.bfodurham.net

2013

THE ANGELS' TREE OF LIGHT GATHERS US TOGETHER

On November 29, 2012, a large crowd gathered at the Durham District Board of Education building for our annual Angels' Tree of Light Ceremony. And once again the angels and clear lights, in their splendour, adorned our tree in memory of our loved ones. This year the Angels were purchased. The Goswell Family made a contribution towards the printing cost of the programmes in memory their daughter/sister, Kelly Eileen Goswell. John and Magda Zoelman made a contribution towards the refreshments in memory of their son Dennis John Zoelman, as well as Paul and Joyce Smith in memory of their daughter Paula Marie Smith.

Sharon Sears welcomed all who were present. We were honoured to have Lori Bain give the opening remarks. Nichole Dickhoff who spoke graciously from her heart dedicated our tree this year in memory of her son Carter David Dickhoff. Angela White and April White led the assembly in memory of her daughter and her niece Christina Grace Glover, in a moving responsive reading. The honour of lighting the tree this year was given to Sherry, Derek and Faith Warren in memory of their daughter and sister Alannah Lee Marie Warren. Again this year, Sabrina Moreino sang for us. Throughout the evening, Tom Wilson softly played guitar music. Light refreshments served after the ceremony provided an opportunity for all to mingle and share in their stories of grief and renewing life.

Thanks to Durham District Board of Education, M&M Meat Shops (Michelle Taylor, Joyce and Paul Smith), for their continued support in our evening.

A very special thank you to everyone who assisted the Committee at various times, Yvette Byrne-Menard, Bev Campbell, Jenn Carter, Marlene Charewicz, Joyce Foreman, Caroline Goswell, Nichole Dickhoff, Bonnie Lane, Ria Nyland, Nancy Raby, Joyce Smith, Angela White, Magda Zoelman, Cam Young, Sharon Sears (Staff Support), and our many volunteers who worked in the background at the event. Thanks to everyone who helped out before, during and after the event with our tree and food preparations.

This ceremony is truly a special event for all of us at BFO-Durham Region.

Jane Carter, Chair.

20TH ANNIVERSARY DINNER/DANCE

We are looking for a venue for
BFO-Durham's 20th Anniversary Dinner/Dance,
tentatively scheduled for October 19th, 2013.

If you or family/friends have any contacts or know of any suitable,
reasonably priced venues, please contact Sharon at the BFO-D Office.

Thank you.

UPCOMING EVENTS

FEBRUARY 2013

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

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

Family Day—Office Closed
Monday 18th

Afternoon Drop-In
Monday 25th, 1-3 p.m.

Reconnect Drop-In for I/L
Monday 25th, 7-9 p.m.

Evening Drop-In
Thursday 28th, 7-9 p.m.

MARCH 2013

Walk to Remember
March 3rd, 9:15 a.m.

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

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

Afternoon Drop-In
Monday 18th, 1-3 p.m.

Reconnect Drop-In for O/C
Monday 25th, 7-9 p.m.

Evening Drop-In
Thursday 28th, 7-9 p.m.

Good Friday—Office Closed
Friday 29th

(SEE PAGE 4 FOR APRIL AND
MAY CALENDAR DATES)

A MESSAGE FROM YOUR EDITOR

Hello again, I hope the holiday season did not impact on you detrimentally and I wish you peace in 2013.

As a parent, we all feel like we are supposed to be perfect, acting as providers, protectors and in control. When a parent loses a child, many times they feel like a failure, as if they could have controlled the situation. The loss is unimaginable to those who have not been through it.

When a child dies, parents begin a long process of bereavement, which includes denial, numbness and shock. As these emotions wear off, guilt, anger, despair and sadness set in. This is known as grief. Unfortunately, many times this grief becomes overwhelming. We, at BFO-Durham are here to offer you support and compassion. Remember that you are not alone in your grief journey. Asking for help when grief overwhelms you is not a sign of weakness. It is a sign of courage and strength.

Thomas Jefferson once said: *"Who better to so softly bind the wound of one than he who has suffered the wound himself?"*

The single most important factor in healing is having the support of other people. Even if you aren't comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. Sharing your loss makes the burden of grief easier to carry. Wherever the support comes from, accept it and do not grieve alone. Connecting with others will help you heal. If you need to talk to someone, please contact us or attend a drop-in. There is someone at BFO-Durham for you. A calendar of events is posted in this Newsletter and on our Web Site; we offer both day and evening drop-ins. If you are not ready to attend a drop-in, we can arrange a "one-on-one" meeting with one of our experienced facilitators.

Our yearly "Walk to Remember" offers a physical outlet for your grief. Won't you please join us on March 3rd at Five Points Mall in Oshawa? We welcome you and your family, and look forward to spending time with you in a relaxed environment. We hope to see you there.

~ Micheline Ball

YOU TOO CAN VOLUNTEER AND HELP A SPECIAL CAUSE

"VOLUNTEERING CAN BE AN EXCITING, GROWING, ENJOYABLE EXPERIENCE. IT IS TRULY GRATIFYING TO SERVE A CAUSE, PRACTICE ONE'S IDEALS, WORK WITH PEOPLE, SOLVE PROBLEMS, SEE BENEFITS AND KNOW ONE HAD A HAND IN THEM."

~ Harriet Naylor

WE ACKNOWLEDGE AND THANK THE FOLLOWING VOLUNTEERS; WITHOUT THEM, WE COULD NOT CONTINUE TO PROVIDE YOU WITH OUR MOST NEEDED SERVICES.

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, Michelle Murray, Colleen Timmins, Stephanie Agelopoulos, Joyce Foreman, Louise O'Donnell, Lisa Pennington, Rebecca Alley-Wilson, Denise Calbery

LIBRARIAN - Denise Love (Assistant—Alexis LoveGordon)

OFFICE VOLUNTEERS - Denise Love, Marlene Charewicz, Bev Campbell, Angela White

ANNIVERSARY LETTERS - Joan Pearson

WEB SITE - Ronda Evans, Micheline Ball

NEWSLETTER - Micheline Ball

SPECIAL THANKS TO

THE ANGEL TREE COMMITTEE with Jane Carter as Chair, and committee members, Caroline Goswell, Marlene Charewicz, Joyce Foreman, Bonnie Lane, Ria Nyland, Angie White, Nancy Raby, Joyce Smith, Nichole Dickhoff, Bev Campbell, Magda Zoelman. Many thanks to all the volunteers who helped during the event.

Nichole Dickhoff for organizing the SANTA BRUNCH, and to the following who helped at this event, The Dickhoff Family, Dave and Sharon Seeley, the LoveGordon Family, Andrea and Courtney Berkuta, Micheala Fraser, Erik and Cathy Dickhoff, Denise, her husband and children.

REFLECTIONS FROM YOUR EXECUTIVE DIRECTOR

A New Year for most people means a new beginning, resolutions and goals we hope to achieve throughout the year. On the other hand, I often found the New Year to be difficult. While most people were off celebrating the promise of an exciting new year, all I could think about was this would just be another year without my son and daughter. I have come to look at the New Year a little differently than I did before and being a part of Bereaved Families of Ontario Durham Region has given me the strength to do so. They have given me a way to honour my children throughout the year, like being a part of BFO-Durham's annual "Walk to Remember".

The walk takes place on Sunday March 3, 2013 and is an event where all come together to honour their children and loved ones. It is an event that I look forward to each year. It is a time where I can proudly speak the names of my children, exchange stories with others, and connect with other families within BFO-Durham.

Last year BFO-Durham added a Reconnect drop-in to their drop-ins. This was formed to allow all parents who have already participated in a group to come together and discuss changes in their lives, as well as express what has helped them on their grief journey. This gives parents who may have been away from Bereaved Families for awhile the opportunity to connect again with other parents. At this drop-in parents can find joy in sharing memories of their children and comfort in knowing they are never alone in their grief.

There are two drop-ins currently available, an Infant Loss Reconnect and Child Loss Reconnect. The next Infant Loss Reconnect is February 25th and the next Child Loss Reconnect is March 25th. For subsequent drop-ins, please check the website for dates and times.

I look forward to connecting with you at the Walk and other events throughout the year.

Please Take Care.

~ Sharon Sears

BFO-DURHAM WELCOMES THIS YEAR'S CO-OP STUDENT

By way of introduction, my name is Kailee Somers and I am in my final year of the Public Relations program at Durham College. I have a personal connection to the Durham Chapter of Bereaved Families of Ontario and that is why I wanted to do my intern placement here.

On July 23, 2000 my uncle Don Gainer and my cousin Bryan tragically lost their lives when a drunk driver collided with their vehicle. Bryan was only 11 years old. My aunt, Eva Gainer, was left in critical condition. Her physical injuries were slow to heal, but nothing compared to the healing her heart would have to undergo.

I am thankful that BFO-Durham was available to support her through her losses, offering her the counseling and guidance that we as family members were unable to provide. It is a truly unique support system as those who have experienced a loss come forward to support other bereaved individuals. I feel honoured to be able to complete my not-for-profit placement at BFO-Durham and am grateful for the opportunity to give back to an organization which has helped so many through their darkest days.

I will be working primarily on the upcoming "Walk to Remember" to be held this year on March 3. I look forward to the Walk and the opportunity it allows us to connect and share in the memories of our loved ones. I want to thank Sharon Sears for welcoming me with open arms and I look forward to working in the office and meeting many of you.

~ Kailee Somers

UPCOMING FUNDRAISERS

MARCH 3/13

**9:15 A.M.
REGISTRATION**

**THE WALK TO REMEMBER
(FIVE POINTS MALL, RITSON ROAD NORTH, OSHAWA)**

"FOR IT IS IN GIVING THAT WE RECEIVE"

~ Francis of Assisi

UPCOMING EVENTS

A NOTE FROM YOUR BOARD OF DIRECTORS

APRIL 2013

Infant Loss Drop-In
Monday 1st, 7-9 p.m.

Evening Drop-In
Wednesday 10th, 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 for O/C
Monday 29th, 7-9 p.m.

MAY 2013

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

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

Evening Drop-In
Thursday 23rd, 7-9 p.m.

Afternoon Drop-In
Monday 27th, 1-3 p.m.

Reconnect Drop-In for O/C
Monday 27th, 7-9 p.m.

First of all we wish our members and readers a peaceful 2013.

As bereaved parents we are always relieved when the Christmas holidays are behind us as it a stressful time. Even after 22 years I still miss my child dreadfully amidst all the festivities and I know you feel the same.

Now a new year is here and we are commemorating BFO-Durham's 20th anniversary. To call it a celebration would not be the right word. But we want to do something in memory of all our children.

Through some coincidences, members of the Board came across a worthwhile project. It is called "OPERATIONSMILE". Doctors and nurses give their time and operate on children in third world countries. These children were born with cleft palates and are shunned in their communities. They are not allowed to go to school and have to hide their faces when outside their home. The operations are mostly simple and provide the children with a new life and chance to receive education. There is no charge for the patients; doctors and nurses volunteer their time, sometimes several weeks. But of course there are some costs involved.

Our vice-chair Louise O'Donnell works for a company who is sponsoring a group next month. There is a dire need for children's toothbrushes, as hygiene before and after any operation is critical. Your Board has decided to make a donation to purchase toothbrushes.

This anniversary project will be to raise funds so a few small children can be given a new start in life, in memory of our children. If you would like to participate, please indicate "OPERATIONSMILE" on your donation and the name of your child. We will issue a charitable receipt and forward the funds to "OPERATIONSMILE".

Spring will be here soon and to see some green and new growth again will hopefully lift your spirit and assist you in coping with your grief.

Marian Rehr, Director

WEB SITE FUNDRAISER REMINDER

Special Day Anniversary / Birthday

Honour your Child on his/her Anniversary or Birthday

Send in a photograph and dates

which will be posted on our Web Site monthly

In the "In Memory" page

Minimum donation is \$20.00

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

"We are grieving. We are not contagious. We are not sad all the time. We laugh. We smile.

We cry. We weep for being happy. We live. We talk. We feel.

We come from every background. We are sad, we lost a baby. We are..."

~Jennifer Davis

INSPIRATIONAL CORNER BY JOYCE SCHNEIDER

SCENE OF THE CRIME / SACRED SPACE

On Friday December 21st, four short weeks ago, on the day marking the end of the Mayan calendar, I sat in the chapel of the high school where I teach, with a handful of my colleagues. We had met by agreement to do a ritual to remember the six adults – like us – and the twenty children – like ours – who had been gunned down in their school just one week earlier in Newtown Connecticut. We lit candles and shared tears, prayers, and thoughts on forgiveness. One colleague described how she had sat inside a closet in her house with her iPad, and had read the small bio of each and every child, praying over each name. Sitting in the closet.

As a bereaved mother, I found myself gutted by the faces of those children. I had an inkling of the kind of courage it would take their parents to tend to their broken hearts while trying to provide something of a Christmas for their remaining children. And as a teacher, I was later relieved to learn that the survivors would not be required to return to that same space to resume their studies.

These days, I am observing with interest the discussions around what to do with Sandy Hook Elementary School. Apparently some say it should be torn down; others suggest renovations with the "scene of the crime" discreetly removed, like the library of Columbine High School in Colorado. And I wonder if there is any way to truly reclaim the space, to renovate, reframe and redeem.

I am reminded of the project I undertook a few summers ago to redecorate and repurpose my son David's room, twelve years after his death. I had been in no hurry to address the issues of the empty room, content to let it stay until the energy in it grew stale and stagnant, as if holding an endless tableau of tragedy. Eventually, however, the very neglect of the room began to weigh upon me, and I took to doing my morning meditation there. In the end, I did over the room to serve as a sacred space, a private retreat for reflection and contemplation. With new life breathed into it, I believe it holds the best of David's vibrational energy while allowing me to feel like I belong there as well.

It would seem that part of the journey of grieving is re-negotiating with the physical spaces around us that bear a painful association, an imprint. I found healing in the reclamation of David's space, and I fervently hope that the survivors of the Newtown tragedy may find a way to lay flowers on the physical imprint of their loss.

Any space – even a closet where one cowers from the hand of violence – can be a chapel, a monument, a sacred space.

~ 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.

2012 TREASURER'S REPORT

2012 is behind us and we would like to take this opportunity to thank you all for your support during the past year. Our organization does not receive any government funding and our financing depends solely on the contributions of and fundraising by our members, their family and friends. Again, we are very thankful for the support we have received, which keeps our organization going.

"The Walk to Remember" and "The Angels' Tree of Light Ceremony" are our largest source of income and we are very pleased with the results. The Moreino family organized a lovely Valentine dance, Jennifer Carter and family put on a beach themed dance and both dances raised a great amount of fun and funds. Denise Robinson organized the now annual "Run to Remember" in May in memory of son Jeffrey Warne, and the Foster family had great success with "The Ride to Remember" in memory of son Brent Foster. These events also raised a remarkable amount of money. "Brunch with Santa" organized by Nichole Dickhoff, with the help of many volunteers, was very well attended; Colonel R.S. McLaughlin Armoury was the free venue and will once again be available for 2013.

We would also like to thank our members who donate through payroll deductions and members who send us a donation on a regular basis.

Our annual financial report should be available in the early spring; please contact the office if you would like a copy. Information about us is also available on www.cra.arc.qc.ca. If you require any other information, please contact the office at 905-579-4293; our hours of operation are Monday to Thursday, 10 a.m. to 4 p.m.

~Marian Rehr, Treasurer

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 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!

BFO-DURHAM IN SERVICE SINCE 1993

TO ALL OUR MEMBERS

As previously stated in this newsletter, BFO-Durham will mark its 20th anniversary this Fall. When 3 bereaved mothers and I got together in 1993 and discussed the need for a Bereaved Families of Ontario Durham Region Chapter, we were apprehensive but determined. We started with a single phone in the home of Susan Hendricks in Newcastle, with a \$100 budget. Our first task was to put together a Family Support Night and inform the community that we could provide support to families who had lost a child through death. Our organization grew very quickly which is sad when one thinks of the reason behind us.

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.

An anniversary is usually celebrated, but I do not think we should use that word in our case. But we do want to recognize the fact that we have come such a long way and have been able to support so many bereaved families. We marked our 10th anniversary with a nice dinner, our 15th by planting a tree in memory of all our children. What to do for our 20th? Some preliminary plans for a dinner are underway, but we are also looking for something unique, something really fitting. Please give this some thought and send us feed-back with something you think will touch everyone.

Thank you.

~ Marian Rehr, Director

PHOTO GALLERY

BRUNCH WITH SANTA



ANGELS' TREE OF LIGHTS COMMITTEE MEMBERS AND TREE OF LIGHT



BFO-DURHAM RUN TO REMEMBER

The 5th Annual Run to Remember in memory of Jeffrey Warne will take place Sunday May 26th.

This year's walk/run/bicycle will be held on the shores of Lake Ontario in the City of Pickering. The route will consist of a 3 km venture through the scenic Petticoat Conservation Area beginning and ending at Jeff's commemorative bench on the Waterfront Trail.

The route will be a fun, manageable course designed for all fitness levels and age groups. Following the event, there will be a barbeque and prizes. Fundraising is encouraged and corporate sponsorships are most welcome.

All proceeds from this event will benefit BFO-Durham. Entry fee and start times to be determined.

For more information, please contact :

Denise Robinson at 416-209-0476 or sportingimages09@rogers.com.

VOLUNTEER HOURS

WE WELCOME ALL VOLUNTEERS. ANY STUDENT REQUIRING VOLUNTEER HOURS CAN CONTACT THE BFO-DURHAM OFFICE. PLEASE LEAVE YOUR NAME AND CONTACT INFORMATION AND SOMEONE WILL GET BACK TO YOU.

MY OLD FRIEND GRIEF

My old friend Grief is back. He comes to visit me once in a while to remind me that I am still a broken man. Surely, there has been much healing since my son died six years ago and surely, I have adjusted to a world without him. However, the truth is we never completely heal and we never totally adjust. Such is the nature of the loss that no matter how much life has been experienced, the heart of the bereaved will never be the same. It is as though a part of us dies with the person we lose through death.

And so my old friend Grief drops in to say "Hello". Sometimes he enters through the door of my memory. I will hear a song or smell a fragrance. I will look at a picture and I will remember how it used to be. Sometimes it brings a smile to my face... and sometimes a tear.

One may say that remembrance is unhealthy ... that we should not dwell on thoughts that make us sad. Yet the opposite is true. Grief revisited is grief acknowledged and grief confronted is grief resolved. But if grief is resolved, why do we feel a sense of loss when we least expect it? Because healing does not mean forgetting, and moving on with life does not mean that we do not take part of our lost love with us. Of course, the intensity of the pain decreases over time if we allow grief to visit from time to time.

Sometimes my old friend Grief sneaks up on me. It is as though the ones we have lost are determined not to be forgotten. My old friend Grief does not get in the way of living. He just wants to come along and chat sometimes. Grief has taught me a few things about living I would not have learned on my own. He has taught me that if I try to deny the reality of loss, I end up having to deny life altogether. Old Grief has taught me that I can survive great loss and although my world is different, it is still my world and I must live in it.

My old friend Grief has taught me that the loss of a loved one does not mean the permanence of death. My friend will be back repeatedly to remind me to confront my new reality and to gain through loss and pain.

~ Adolfo Quesda, Colorado

COPING WITH GRIEF: WINTER BLUES

When the weather gets colder and the days get shorter, we often find ourselves feeling low. Some people call this the Winter Blues. When you are grieving, those blues can feel overwhelming. Grief itself is hard to cope with and cold winds and longer nights can make those feelings seem more intense. Here are a few ideas that may help you cope with the Winter Blues:

- Winter only lasts a few months. Use this time to reflect on your relationship with the person who died. Sometimes in our efforts to deny our loss, we rob ourselves of precious memories.
- Reach out to friends or family when you can. Often our isolation is worse because we do not allow ourselves time with others. You are not alone. There are many other people going through a similar experience. Although your relationship with your loved one is special, other people can understand. Take the risk to ask someone over for coffee or tea. Share with them.
- Take time to look through picture albums. Gather family to share stories. Make a new tradition during the dreary months of winter for family to gather for an evening of remembering. The holidays are over and the pressure is off. Maybe other people are feeling the same way and are afraid to talk about it.
- Try a grief support group. Sometimes all we need is to know other people hear us and understand. A group can help you to know you are normal.
- Read ... favourite stories, comedies, novels, or information about grief to understand your own reactions better. Somehow reading about such topics helps us know we are not alone. You can look for grief materials in your local library, church or local chapter.
- Take good care of yourself. Eat right, rest and pamper your body. This goes for any season. Your body is under a tremendous amount of stress in adjusting to your loss.
- Since grief affects us physically, paying attention to our bodies is important. Whether you prefer to do things alone or with others, physical activity helps. Taking a walk, doing simple aerobics, indoor swimming, playing racquetball or other activities can help you keep your body ready for the continued adjustment to loss. Feeling better physically can make a difference.
- If you feel sad and need to cry, know that is a normal reaction. You are not weak if you need to show your emotions.
- Write a letter to your loved one. Sometimes we need to communicate with them. Going to the cemetery is okay and normal. If the weather prevents that, a letter can be very helpful.

Remember that you will survive this loss. The pain and ache can seem like it will last forever. The intensity will lessen in time, although you will always remember your loved one. Time does not necessarily "heal" all wounds, but it can help us adjust to the change. Take it minute by minute ... then day by day.

~ Excerpt from TCF Newsletter, Pittsburgh, PA

BRUNCH WITH SANTA

THE BFO-DURHAM BRUNCH WITH SANTA WAS AN OVERWHELMING SUCCESS! The event was held on December 2nd, 2012 at the Colonel R.S. McLaughlin Armoury in Oshawa. Santa arrived just in time to have a visit with each child. Everyone enjoyed the pancake breakfast, crafts, games and cookie decorating. Many thanks to everyone who attended the festivities. Stay tuned for information regarding the 2013 Brunch with Santa.

Thank you so much to all the wonderful volunteers who donated their time and pancake making skills... We couldn't have done it without you!

~ Nichole Dickhoff



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

We received the sad news that Pete Macdonell passed away on January 16, 2013. Pete's wife Karen came to BFO-Durham after their daughter Laura passed away in a tragic accident. Karen was in one of our first mother's groups, facilitated by Susan Hendricks and Marian Rehr. Karen stayed in touch with the other mothers for years and was involved in our Angel's Tree of Light during the first years.

We knew Pete as a gentle man and good friend. We wish Karen and her daughters Corinne and Christine much strength in the coming days and months.

IN LOVING MEMORY OF

Doug Dowden
From Susan and Vince Hendricks

Ricky Barkey
From Ken and Micheline Ball

Daughter Melissa Neault
From Debbie Neault

Husband Greg and Son Christopher Shannon
From Christine Shannon

POEMS TO REFLECT ON

THEY SAY THERE IS A REASON

They say there is a reason,
They say that time will heal,
But neither time nor reason,
Will change the way I feel.

For no one knows the heartache,
That lies behind our smiles,
No one knows how many times,
We have broken down and cried.

We want to tell you something,
So there won't be any doubt,
You're so wonderful to think of,
But so hard to be without.

WHEN YOU FEEL LONELY

When a person you love passes away
Look to the night sky on a clear day.

The star that to you, appears to be bright,
Will be your loved one,
Looking upon you during the night.

The lights of heaven are what shows through
As your loved one watches all that you do.

When you feel lonely for the one that you love,
Look to the Heavens in the night sky above.

~ Author Unknown

"And when the night is cloudy, there is still a light that shines on me.
Shine until tomorrow, let it be." -The Beatles

OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

FEBRUARY

Chantal Richard	February 1, 2011	Joe Kennedy	February 13, 2008
Thalia Tunzi	February 1, 2007	Jacob Albert Hicks	February 13, 2012
Patricia Bercik	February 2, 2011	Pamela Swaga	February 13, 2012
Alicia Dionne	February 2, 2002	Walter Kranc	February 14, 2011
Krista Shea	February 2, 2002	Christine Harrison	February 15, 2000
Anita Saunders	February 3, 2002	Madeleine Dutkiewicz	February 15, 2002
Kevin Ricketts	February 3, 2004	Deborah Anne Halliday	February 16, 1992
Bradley Shearer	February 4, 1995	Marc Andre Pineault	February 16, 1995
Shawn Cooper	February 4, 2002	John Harvey	February 19, 2011
Christopher Coates	February 5, 1997	Leah Page Speare	February 19, 2000
Rebecca Hardy	February 5, 2006	Andrew Richard Sears	February 21, 1994
Ethan Witte	February 5, 2010	Renee James	February 21, 2002
Brock VanDen Oetelaar	February 6, 1966	Paula Marie Smith	February 23, 1994
Everett Ryan Martin	February 7, 2012	John Sasseville	February 23, 2001
Aiden Hamilton Valiantis	February 8, 2009	Trevor Lee Corby	February 23, 2003
Connor Derek William Gilmore	February 8, 2009	Amy Leigh McLennon	February 23, 2006
Emma-Lee Mathieu	February 9, 2000	Andrew Phillip Connolly	February 23, 2007
Jane Jillian Lucy Eady	February 11, 2010	Tim McCabe	February 24, 2003
Lyndzey Kiera Short	February 12, 2000	Emily Jane MacPhail	February 24, 2009
Danny Mclean	February 12, 2011	Jeffrey Hustins	February 27, 2005
Carly Francis MacKinnon	February 13, 1995	Paulina Mary Moreino	February 28, 1991
Owen Puchala	February 13, 2006	Curtis Heasman	February 28, 1997

MARCH

Meena Valliappan	March 1, 1992	Michael Schomodji	March 19, 1999
Melissa Neault	March 1, 2006	Sharon Rose Gilliland	March 19, 2002
Laura Morrison	March 2, 2001	Angel Cervantes	March 19, 2005
Heather Wilkinson	March 2, 2012	James Warner	March 19, 2008
Joshowa Miranda	March 3, 2011	Sean DeSilva	March 19, 2011
Debra Lundrigan	March 4, 2009	Vaughn Heasman	March 20, 1989
David Stewart	March 4, 2011	Aiden Connor Rekker	March 21, 2008
Jamie T. Lomax	March 5, 1993	James Higgins	March 21, 2009
Melissa Margaret Raby	March 5, 1998	Mary Melnychuk	March 22, 2011
Daryl Convery	March 6, 1996	Brayden Nicholas Allan	March 23, 2007
Katharine Suzanne Bruce	March 7, 1996	Kevin Allan Hale	March 24, 1996
Geordi Elizabeth Maybury	March 8, 1995	William Floyd	March 24, 2001
Andrew Brooks	March 9, 2010	Alannah Warren	March 24, 2004
Emily Brunton	March 9, 2011	Owen James Scott	March 24, 2007
Jada Jeanine Herod	March 9, 2010	Bronwen Gwyneth Persaud	March 25, 1995
Tyler Murray	March 11, 2006	Nicholas Short	March 26, 2007
Jessica Crawford	March 12, 2009	Demetrius Alexander Jones	March 27, 2008
Daniel John Dorrian	March 13, 1992	Elisabeth Tucker	March 30, 1993
Colton Jacob Stockdale	March 13, 2012	Russell Eric Maccoomb	March 30, 1995
Stephanie Ramadeen	March 14, 2002	Michael McDonald	March 30, 2010
Heather Neat	March 14, 2003	Maya Susanna Bradley	March 30, 2012
Kathleen Una Hutchings	March 18, 1994	Kristina Nicole Hendricks	March 31, 1991
Tara Lyver	March 18, 2001	Jerry R. Lomax	March 31, 1992
Paige Matthews	March 19, 1998		

OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

APRIL

Dante Keiller	April 2, 2009	Kimberly Van Den Oetelaar	April 14, 1986
Hayden Sally Barbara Shelley	April 2, 2009	Karl Frederick Wiener	April 15, 1996
Laura Kalinski	April 3, 1995	David Kelly	April 16, 2005
Kasiah Faith Grell	April 4, 2010	Claudia Sierra	April 17, 2010
Mitchell Crandall	April 6, 2000	Lily Szekeres	April 17, 2012
Richard Fujita	April 8, 2004	Jacob Purdy Murchison	April 19, 2009
Maureen Ann Thomas	April 8, 2006	Michael Douglas Meagher	April 20, 2002
Daphne Ann Cox	April 8, 2009	Jordan Eva Menard	April 23, 2001
Joshua Richard Lloyd Tyrrell	April 9, 1992	Aurora Teagan Doiron	April 23, 2008
Jeff Diluciano	April 9, 1995	Gordon McDougall	April 25, 2011
Ethan Craig	April 9, 2007	Kenneth James Vanhaverbeke	April 27, 1993
Brett William Young	April 10, 1995	Avery Butler	April 28, 2005
Martin Michael Rehr	April 13, 1990	Benjamin Twiddy	April 29, 2012
Ryan Hicks	April 13, 2009	Holly Harrison	April 29, 2012
Deacon Douglas Hunter	April 13, 2011		

MAY

Crawford Wheller	May 1, 2002	Rayna Simms	May 17, 2005
Lisa Ford	May 2, 2002	Jonathon Campbell	May 17, 2011
Joshua Liscio	May 2, 2008	Lynne-Marie Gordon	May 19, 1991
Stephen Cochrane	May 3, 2003	Kevin James Charewicz	May 20, 1998
Julie Helen Pasko	May 6, 1995	Kevin Gregory O'Donnell	May 20, 1999
Brittany Miller	May 6, 2005	Hope & Desire Cockburn	May 20, 2005
Nicholas Mitchell Williams	May 6, 2011	Owen Walter Stinson-Collins	May 20, 2010
Benjamin Tucker DeBaie	May 8, 2001	Johnny Lucchetta	May 21, 2006
Jasmine Stephan-Martin	May 8, 2011	Cody DeNoble	May 21, 2010
David Rines	May 9, 2010	Gregory Brian Judzentis	May 22, 1985
Patrick Bujold	May 9, 2012	Shawna Spindler	May 22, 1997
Michael Thomas Lynch	May 10, 2002	Damon Fewer	May 22, 2007
Curtis Wahl	May 10, 2005	Remianne Wabie	May 24, 1994
Lukas James Anderson	May 10, 2007	Blake Gill	May 24, 2003
Michelle Richard	May 11, 2000	William Taggart	May 25, 2005
Ian Thomas Deatcher	May 11, 2002	Taylor Venters	May 25, 2010
Robin John Williams	May 12, 1992	Amber Finn	May 26, 2002
T.J. Stutt	May 12, 2004	Andrea Sullivan- Martin	May 29, 1994
Landon Murchison	May 12, 2006	Colin McMillan	May 29, 2002
Gregory Edward Timmins	May 14, 1996	Steven Devecseri	May 29, 2006
Paul A.J. Gordon	May 16, 1990	Tyler Davis	May 29, 2011
Erin Reed	May 16, 2008	Alison Millar	May 30, 2005
Jeffery Paul Baran-Lalonde	May 16, 2011	Ken Ford	May 31, 2011
Wyatt Celsie-Swanton	May 16, 2009		

A HAPPY MEMORY IS A FORGOTTEN PLACE FOR "UNFORGOTTEN TREASURES"

