



BEREAVED FAMILIES OF ONTARIO-DURHAM REGION

NEWSLETTER

"Bereaved helping the bereaved learn to live with grief"

ISSUE 1

www.bfodurham.net

2014

ANOTHER SUCCESSFUL FUNDRAISING YEAR AT BFO-DURHAM

CALENDAR OF EVENTS

"THE DIFFERENCE BETWEEN THE IMPOSSIBLE AND THE POSSIBLE LIES IN A PERSON'S DETERMINATION"
~Tommy Lasorda

The above quote really captivates the true meaning of fundraising. Without our members, volunteers, families and friends, BFO-Durham would not be where it is today, still offering drop-ins, one-on-one, closed group programs and an extensive library, for free.

As a Board Member and the Editor of this newsletter, I am happy to report that 2013 was a most successful year for Fundraising ventures. Thank you to all who gave of their time. We would like to thank all who attended the 20th Anniversary Gala Dinner/Dance, making this milestone a great success.

Plans are already underway for the Walk to Remember to be held on March 2nd at Five Points Mall. If you would like to contribute to this worthy cause, please contact the office with your ideas for this great fundraiser (please see page 4 for more details). If you have any other fundraising ideas, please don't hesitate to let us know. We welcome all suggestions.

~ Micheline Ball, Editor

2013 ANGEL TREE OF LIGHTS CEREMONY

On Thursday, November 28, 2013 a large crowd gathered at the Durham District Board of Education building for our annual Angels' Tree of Light Ceremony. Once again, the angels and clear lights adorned our tree in their splendour, in memory of our loved ones. The Dutkiewich Family made a contribution towards the printing cost of the programs in memory of their daughter, Madeleine Dutkiewich. Magda and John Zoelman contributed towards refreshments in memory of their son, Dennis John Zoelman, as did Joyce and Paul Smith in memory of their daughter, Paula Marie Smith.

BFO-Durham's Executive Director, Sharon Sears welcomed all. We were once again honoured to have Michael Bishop give the opening remarks. Angela White gave a heartwarming dedication in memory of her daughter, Christina Grace Glover and her sister, Christina Marie White. Jane Carter and Bonnie Lane led the responsive reading in memory of David and Julie Carter and Craig Beers. The honour of lighting the tree this year was given to Rebecca Alley-Wilson and family in memory of their daughter and sister, Alleya Wilson. Lauren Sears sang beautifully, performing a song by Miranda Lambert. Throughout the evening, Fred Cacciotti 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.

Thank you to the Durham District Board of Education and M&M Meat Shops (Michelle Taylor, Joyce and Paul Smith) for their continued support of our evening. A very special thank you to everyone who served on the Committee: Angela White (Co-Chair), Marlene Charewicz, Joyce Smith, Jane Carter, Caroline Goswell, Bonnie Lane, Magda Zoelman, Nancy Raby, Joyce Foreman, Jennifer Martin, Sharon Sears (staff support), and our many volunteers working 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 yearly event for everyone at BFO-Durham.

Bev Campbell, Chair

FEBRUARY 2014

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

CANCELLED
Evening Drop-In
Wednesday 12th

FAMILY DAY - OFFICE CLOSED
Monday 17th

Afternoon Drop-In
Monday 24th, 1-3 p.m.

Reconnect Drop-In for O/C
Monday 24th, 7-9 p.m.

Evening Drop-In
Thursday 27, 7-9 p.m.

MARCH 2014

"WALK TO REMEMBER"
Sunday 2nd, 9:15-11 a.m.

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

CANCELLED
Evening Drop-In
Wednesday 12th

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

Evening Drop-In
Thursday 27th, 7-9 p.m.

Reconnect Drop-In for I/L
Monday 31st, 7-9 p.m.

(SEE PAGE 4 FOR APRIL AND MAY
CALENDAR DATES)

A MESSAGE FROM YOUR EDITOR

NEW YEAR'S WISHES FOR BEREAVED PARENTS ~ as written by John, Danielle Marie's Daddy

"To the newly bereaved: We wish you patience - patience with yourselves in the painful weeks, months, even years ahead.

To the bereaved sibling: We wish you and your parents a new understanding of each other's needs and the beginnings of good communication.

To those who are single parents: We wish you the inner resources we know you will need to cope, often alone with your loss.

To those experiencing marital difficulties after the death of your child: We wish you a special willingness and ability to communicate with each other.

To those who have suffered the death of more than one child: We wish you the endurance you will need to fight your way back to a meaningful life once again.

To those of you who have experienced the death of an only child or of all your children: We offer you our eternal gratitude for serving as such an inspiration to the rest of us.

To those of you who are plagued with guilt: We wish you the reassurances that you did the very best you could under the circumstances, and that your child knew that.

To those of you who are deeply depressed: We wish you the first steps out of the "Valley of the Shadow".

To all fathers and those of you unable to cry: We wish you healing tears and the ability to express your grief.

To those of you who are exhausted from grieving: We wish you the strength to face just one more hour, just one more day.

To all others with special needs that we have not mentioned: We wish you the understanding you need and the assurance that you are loved."

As the Editor of this newsletter, the above wishes reflect my heartfelt sentiments for you in this New Year. ~ Micheline Ball

"START WHERE YOU ARE; USE WHAT YOU HAVE; DO WHAT YOU CAN!"

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, Jan Mclean, Kathryn Holden, Yvette Bryne-Menard, Colleen Timmins, , Joyce Foreman, Louise O'Donnell, Lisa Fogg, Rebecca Alley-Wilson, Kimberley Mohns, Denise Calbery, Donna Christie, Vicki Davis D'Abreau, Sherene Donovan, Gary Gosswell, 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

NEWSLETTER - Micheline Ball

MOTHERS` RETREAT - Susan Hendricks and Joyce MacIntyre

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

“ AS WE LET OUR OWN LIGHT SHINE,
WE UNCONSCIOUSLY GIVE OTHER
PEOPLE PERMISSION TO DO THE
SAME. - NELSON MANDELA ”

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

“WALK TOGETHER”

The holidays have come and gone and with the much colder weather, including the rare ice storm experience, it has been difficult to get outside to keep busy with our normal routines or activities. With the unpredictable weather and feeling somewhat restricted to our homes to keep warm, some of us might have felt more alone with our grief and missing our children even more during this winter season. For the few times that we managed to get outside to shovel the driveway or take a short walk around the neighborhood, the common conversation with our neighbors was often the icy cold weather and wishing for spring to come faster than ever this year. I know for myself that spring can't come fast enough, as I think most of us are looking forward to seeing the snow disappear and the new grass and tulips poking their heads up from the ground to indicate warmer weather is on its way.

Spring is also a special time on my calendar for a number of reasons, one of which of course is the “Walk to Remember”. The walk is a special day where I can reconnect with our BFO-Durham families and also see them connecting with each other, sharing pictures and stories about their children as they walk together for a common cause. I enjoy seeing the kick-off at the beginning of the walk with families taking part in carrying the large BFO-Durham banner around the first lap of the walk, the banner that is normally in our office displaying beautiful pictures of our families' special angels. It is a day where our families can walk together with a common understanding and objective to ensure that their loved ones are not forgotten and that their lives continue to be celebrated. It's also a day where often new friends are made, those who have just heard of BFO-Durham and are reaching out for support.

I look forward to seeing all of our families who have participated in the Walk to Remember in prior years and also those who will be experiencing it for the first time. As we all wish for spring to come quickly this year, and look forward to warmer weather, I hope that you still continue to find time for yourself to reflect on those memories that bring warmth and peace to your hearts, and encouragement to get you through each day knowing that you are not alone in your journey.

Thinking of you always, Sharon.

FUNDRAISING AT THE WALK TO REMEMBER 2014

BEREAVED FAMILIES OF ONTARIO-DURHAM REGION

**JOIN US FOR OUR ANNUAL “WALK TO REMEMBER”, AN OPPORTUNITY FOR FAMILIES
TO CONNECT, SHARE AND SUPPORT ONE ANOTHER AS WE WALK IN MEMORY OF OUR CHILDREN**

Sunday, March 2, 2014

9:15 am - Registration

10:00 am - 11:00 am - Walk

Five Points Mall - 285 Taunton Road E., Oshawa

This event involves live entertainment, special performances and refreshments
Join us in a brighter light as we gather and commemorate

ALL MONIES RAISED WILL GO TOWARDS PROGRAMMING COSTS

“LOCKED IN OUR HEARTS, YOU WILL ALWAYS BE LOVED AND REMEMBERED”

HOW CAN YOU TAKE PART?

Registration and pledge forms are available at the BFO office
We kindly ask that walkers bring two photos of their loved ones
One to create buttons or lanyards that will be worn for the event
The other to be placed on the Wall of Memories banner
After the event, the banner will be proudly displayed in the office

*** IF YOU ARE INTERESTED IN VOLUNTEERING, PLEASE CONTACT US! ***

UPCOMING EVENTS

THE BOARD OF DIRECTORS' CORNER

APRIL 2014

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

CANCELLED

Evening Drop-In—Wednesday 9th

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

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

Reconnect Drop-In for O/C
Monday 28th, 7-9 p.m.

MAY 2014

Infant Loss Drop-In
Monday 5th, 7-9 p.m.

Evening Drop-In
Wednesday 14th, 7-9 p.m.

VICTORIA DAY—OFFICE CLOSED
Monday May 19th

Evening Drop-In
Monday 22nd, 7-9 p.m.

Afternoon Drop-In
Monday 26th, 1-3 p.m.

Reconnect Drop-In for I/L
Monday 27th, 7-9 p.m.

**JEFFREY WARNE—SIXTH ANNUAL
RUN TO REMEMBER**
Sunday May 25th

The month January rolled around again and we all received many Happy New Year wishes for the year 2014. Personally, I have come to the conclusion that a Happy New Year wish does not guarantee a happy year and have become kind of allergic to it.

For us the year 1990 brought many Happy New Year wishes in January. Little did we know then that 1990 was not going to be a happy year. It was the year that our child died unexpectedly and suddenly.

I think of our members who also looked forward to a happy New Year in a January month and then lost a child suddenly through an accident or through an illness which destroyed the life of a child; parents who looked forward to the birth of a child during that year and a miscarriage happened instead; or the baby died at birth or would only live for a short time.

At the end of that year we look back and acknowledge that the year was the opposite of happy. And we dread the same old wishes again a few weeks later.

I regret that this is not a very positive New Year reflection.

We are however grateful that our organization offers hope to bereaved parents. We are entering our 21st year of offering one-on-one and group support and a safe place to talk about our child, our grief and how the child's death affects our lives in all aspects. We are grateful for the ongoing support by our volunteers.

We will all be here for you in 2014 and can only hope that our support in helping you learn to live with the grief will be beneficial.

Wishing you a peaceful 2014, filled with loving memories.

~ Marian Rehr

COMFORTING WORDS

I wish for you comfort on difficult days,

Smiles when sadness intrudes,

Rainbows to follow the clouds,

Laughter to kiss your lips,

Sunset to warm your heart,

Gentle hugs when spirits sag,

Friendships to brighten your being,

Beauty for your eyes to see,

Confidence for when in doubt,

Faith so that you can believe,

Patience to accept the truth,

And love to complete your life.

~ Author unknown

SOME OF THE MOST COMFORTING WORDS IN THE UNIVERSE ARE "ME TOO". THAT MOMENT WHEN YOU FIND OUT THAT YOUR STRUGGLE IS ALSO SOMEONE ELSE'S STRUGGLE, THAT YOU ARE NOT ALONE AND THAT OTHERS HAVE BEEN DOWN THE SAME ROAD.

~ Author unknown

Love lives forever.

It never dies.



We carry it
with us always
in our heart.

INSPIRATIONAL CORNER BY *JOYCE SCHNEIDER*

COMMON LANGUAGE

Pure delight resounded in my son David's voice as he dribbled the basketball – slowly, awkwardly, but surely – toward the hoop net on top of the tall plastic pole.

We were visiting old friends whose boys, Matthew and Peter were the same age as our own children. David, between chemo treatments and bald as a bullet, was enjoying the return of long awaited energy by playing a pick-up game of basketball with his sister Mary and their friends on the paved driveway. The brothers encouraged him on with shouts and cheers as we lounged with their parents Suzanne and Brian on nearby Muskoka chairs, digesting our annual Labour Day barbecue feast and luxuriating in what passed for a normal day.

"He's looking good today, Joyce." Suzanne said. "He sure does", I agreed. "Like a kid, not a cancer kid". "Exactly".

Presently our conversation was interrupted by the boys and Mary charging over to us, their game having wound up. "Mom!" Matthew said, "David says he's hungry again! Can we order pizza?"

We adults looked at each other, mouths agape with surprise. Not even an hour had passed since our rising from our feast. And more significantly, David, who had been eating very poorly since finishing chemo, was suddenly admitting to a healthy appetite, hard-earned, no doubt, by the exercise and fun of the game. It was all so irregular, yet wonderfully so.

Suzanne didn't miss a beat. "Of course we can! If that's what David wants, why not?"

Twenty minutes later, we all found ourselves tucking into a huge hot pizza, celebrating life itself and the fact that sometimes, after a sumptuous steak barbecue, you've just got to have pizza.

That was to be David's last Labour Day.

Sixteen years later, only two weeks ago, Michael and I shared yet another soulful evening with these dear old friends. Their boys and our Mary are grown and gone now, and David, of course, is just gone.

But during our evening of conversation, Suzanne and Brian were describing how they had passed one evening during the recent Christmas holidays with their own children, eating and celebrating as befits the season. "We had a fantastic meal", Suzanne shared, "but around midnight we found ourselves hungry again, so we pulled a total David Schneider maneuver!"

We knew exactly what she meant. The story of the impromptu pizza party had become legend in their household. Over the years, each pizza craving had offered them the opportunity to remember David and the simple magic of that afternoon.

Even so, I felt my throat tighten at the recollection. Regret? I wondered. Envy over the fact that they still had their children around them at Christmas? No. Gratitude. Gratitude for our shared memories, our common language, and most of all, for the fact that they remembered. With every late-night pizza, they remembered.

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

WELCOME TO OUR CO-OP STUDENT

By way of introduction, my name is Leah Mirowski and I am in my final year of the Public Relations program at Durham College. I came across Bereaved Families of Ontario, Durham Region in the summer of last year while I was researching different opportunities for my not-for-profit placement. I was immensely taken back by the stories I read of bereaved parents on the BFO-Durham website. Reading about their journeys, and the willpower that these individuals possess to grow through their grief, made me want to do my placement with this organization. I wanted to make a difference for those who weren't given a choice on change. I am so grateful for the opportunity to do my placement with BFO-Durham and am honored that I will be able to give back to an organization which has helped so many cope when it didn't seem possible.

My main focus will be working on the upcoming "Walk to Remember" on March 2, 2014. I am very excited to be working on this fundraiser and being able to connect with participants in memory of their loved ones. I'd like to thank Sharon Sears for welcoming me in wholeheartedly and I am looking forward to working with everyone in the office.

~ Leah Mirowski

"MUSIC TO SOOTHE YOUR SOUL"



A PICTURE OF ME WITHOUT YOU

by Lorrie Morgan

Imagine a world where no music was playing
And think of a Church with nobody praying
Have you ever looked up at a sky with no blue
Then you've seen a picture of me without you

Have you walked in a garden where nothing was growing
Or stood by a river where nothing was flowing
If you've seen a red rose unknissed by the dew
Then you've seen a picture of me without you

Can you picture Heaven with no angels singing
Or a quiet Sunday morning with no Church bells ringing
If you've watched as the heart of a child breaks in two
Then you've seen a picture of me without you

Can you picture Heaven with no angels singing
Or a quiet Sunday morning with no Church bells ringing
If you've watched as the heart of a child breaks in two
Then you've seen a picture of me without you
Then you've seen a picture of me without you

JEFFREY WARNE: SIXTH ANNUAL RUN TO REMEMBER

Jeff came from a family of athletes and grew up playing both hockey and soccer, always with the number 11 on his jersey. On January 27th 2008, Jeff was suddenly taken away from us in a violent act. This was more than the loss of a young life. It was the loss of a son, brother and truly loved friend.

The reason for our participation on that weekend is to raise funds for The Bereaved Families of Ontario-Durham Region, a service which provides compassionate non-denominational mutual aid support for families and individuals who have lost a significant child to death. Their strong community spirit mirrors the commitment made by their volunteers and staff. Trained volunteers, who are themselves bereaved, facilitate their programs. BFO-Durham has truly helped Jeff's family in coping with the loss of Jeff.

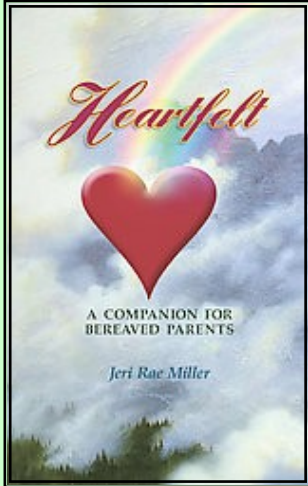
Our fundraising goal when running the 6th Annual Run to Remember is to raise \$11,000 (in honour of Jeff's lucky number 11) to be donated to BFO-Durham Region.

The money raised will tremendously aid the organization in continuing to help families, as it has Jeff's family. Your support both financially and emotionally will truly bless each of us and commemorate Jeff as he looks down on us.

This event is open to anyone wishing to participate whether you are a runner or a walker, a friend of Jeff's or a compassionate heart looking for a cause; anyone is more than welcome to join us to remember Jeff and support this great organization.

FROM THE BOTTOM OF OUR HEARTS, WE THANK YOU FOR YOUR SUPPORT AND DONATIONS!

BOOKS IN REVIEW

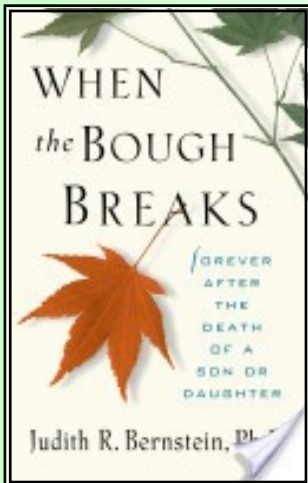


HEARTFELT: A COMPANION FOR BEREAVED PARENTS BY JERI RAE MILLER

In 1976, Jeri Rae Miller's seven-year-old son, Christian, was killed in an automobile accident. After more than a year of agonizing grief, Ms. Miller created the Heartfelt Support Group to help other bereaved parents.

Based on the knowledge she developed while counselling thousands of bereaved parents during the group's twenty-one years of operation, she wrote *HEARTFELT* in hope of reaching out to grieving families and helping them survive the greatest loss of all. *HEARTFELT* is a beacon of hope and a road map for recovery. Not a lengthy psychological treatise, it is intentionally concise for ease of reference, walking the reader through the stages of grief in chapters that can be read and read in minutes.

Although it focuses on parental grief, the insight it offers will help and comfort all who mourn the loss of any loved one, assuring them that, while their lives have changed forever, they will survive and smile again.



WHEN THE BOUGH BREAKS BY JUDITH R. BERNSTEIN

When the Bough Breaks is unique in that it is a study of what happens to people in the aftermath of the trauma of intense grief. Do they forget their children and if so at what year? Do they move on, get over, or accept the deaths? If so, how did they do so? To answer these questions, the author interviewed parents whose children had died in the time range from five years to thirty-seven years prior, with ten years being the average. Their stories are shared throughout the book.

The book is divided into two parts; The Way through Mourning which discusses Grief, Factors that Shape Mourning, and the Nature of the Death. Part Two looks at The Rest of Our Lives: Altered Perspectives, Mourning in Marriages, Family Relationships, Social Relationships, and Religion and Spirituality.

The author states the premise of the book in this way, "Our attitudes toward life change dramatically following a trauma. We don't get over a trauma; we adapt our way of thinking and feeling about the world as a consequence." It is the author's belief that the course of healing involves integrating that trauma, not overcoming it. People don't recover; they adapt. They alter their values, attitudes, perceptions, relationships and beliefs, with the result that they are substantially different from the people they once were.



WRAP MYSELF IN A RAINBOW BY PAUL ALEXANDER

Paul Alexander has created a wonderfully unique healing package entitled *WRAP MYSELF IN A RAINBOW*. The first piece is a workbook that utilizes thoughtful reflections, life review questions and meditation techniques that help guide readers to a healing space.

When a person faces grief and loss, strength can often be gained by embracing the memories and gifts that deceased loved ones have shared. Paul uses the colors of the rainbow as a guidepost for capturing the purpose and meaning of relationships as well as a map for doing the hard, yet necessary, work that grief requires.

To go along with this workbook, Paul offers a guided meditation on cassette or CD that helps the listener face the complexities of loss. Side two includes powerful performances of songs such as, *Over the Rainbow* and *Rainbow Connection* as well as Paul's original *Wrap Myself in a Rainbow* and *Bring Rainbows to the Children*.

SIX "Ts" OF GRIEF RECOVERY

TIME - How long depends upon the individual; no one can accurately predict. Well meaning friends and relatives may erroneously tell you, "It's been XX months, you should be over it now". You may be tempted to set those same expectations for yourself. Take the time to grieve now, not later. Unless you experience the pain and learn to live with it, unresolved grief will continue to come back when you least expect it in many other forms such as anger, guilt or depression. You'll know when you have recovered when perhaps one morning you wake up and realize that choking lump in your throat has gone and you have begun to resume control of your life.

TEARS - Allow yourself to cry; the tears are healing. Let them flow for their cleansing value; they carry away waste chemicals that have built up in your body. If you cannot do so in public or at work, find a safe place such as a bereavement outreach or self-help network that can understand your tears. It's amazing the volume of tears and what brings them on (it's not always an obvious reminder of your loved one)! Remember to drink more water; tears tend to dehydrate you.

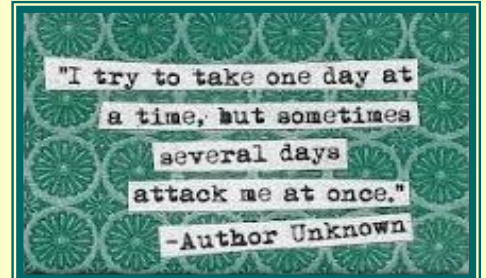
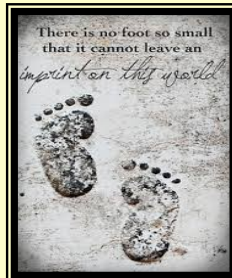
TALK - Talk about your memories of your loved one and the details of their dying. Find understanding listeners. Talking helps to finalize their death and to dispel the myth that they will be back. Sometimes friends and relatives fear to mention the deceased thinking it will make you cry. Assure them that you want to talk because it will help you recover. You must trust in yourself that you will recover from this grief.

TOUCH - You miss those hugs and touches from your loved one. Sometimes soon after their death, you build up a defensive shell around yourself. You may feel like a robot or a zombie. Allow yourself to be pampered, hugged and cosseted. If you're all alone without any family, make arrangements with a friend to give you a "healing hug" if you look or feel like you need it. Bereaved children need lots of hugs to reassure them of your continuing love.

TRUST - You must trust in yourself that you will recover from this grief. You may have begun to question your trust in your religion. The anger you feel about your loved one leaving so many details for you to deal with may cause you to doubt your trust in yourself. It is a growing and learning experience to rediscover you as an individual.

TOIL - Each person grieves in their own way that is right for them. Other words for toil are tiring work, drudgery, hard struggle, a laborious effort, strenuous fatiguing labour, to achieve a task despite the difficulties. Recognize that grief recovery is all this and more, but it's worth the effort. You will need to get more rest and eat healthily and regularly to renew your body for this work you must do.

Author Unknown ~ from www.friendsforsurvival.org



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

MARIA (RIA) JOHANNA NYLAND OCTOBER 30, 1935 TO JANUARY 1, 2014 – BFO-Durham lost a longstanding and faithful member when Ria joined her beloved daughter, Susi, in death on January 1st, 2014. Susi's angel day had been just the day before. Those who have participated in the Angels' Tree of Light treasure fondly handmade angels lovingly crafted by Ria Nyland and her husband, Ben, in memory of their daughter, Susi. Ria was born on October 30, 1934 in Holland. As a child, she attended boarding school with her sisters and following graduation, worked in a bank. Her parents made the decision to emigrate to Canada and though young, Ria was enjoying her life in Holland and would have preferred to stay there. The family arrived in Canada at Christmas 1954 and settled in the Scarborough area. Ria soon translated her skills into employment and took a position with one of Canada's banking institutions. Young and innocent, she and Ben became acquainted in 1955 through a mutual friend. A year or so later, they met up again at a Dutch community picnic and married on August 17, 1957. When no children came along after a while, they adopted baby Susi who had been born December 25, 1961; later Ted and Jackie joined their family as well. Ria and Ben were married for 57 years, celebrating their 50th wedding anniversary with an Alaskan cruise. They delighted in their grandchildren Shaunna, Jessica and Emily-Sue. Ria was a member of one of the first support groups offered by BFO-Durham. Creating the angels was a huge part of her life; in fact, she would start planning for the next year's angel the day after the Angel Tree was dismantled. Sadly, she suffered from dementia for a short time in her later years and could not continue with her work. Her husband, Ben, cared for her lovingly with the assistance of home care but after a fall, she went to live at a nursing home in September 2013. All of the nine angels she made were on display at her funeral. The family honoured Ria and BFO by designating BFO-Durham as their charity of choice for memorial donations. Those of us who knew Ria, and those who knew her only through the angels she made, will miss her deeply. Dear Ria -

"MAY ANGELS LEAD YOU IN"

~ Susan Hendricks and Magda Zoelman

AND

Brother ANDREW SEARS, sister REBECCA SEARS, and best friend MELISSA RABY

Love Jennifer and Michael Miniota

Daughter PAT GOSTLIN

Love mother Henrietta Torok

Daughter SHARON ROSE GILLILAND

Love mom and dad Bruce and Yvonne Gilliland

Son DUANE MACINTYRE

Love mom and dad Joyce and Bernard MacIntyre

BFO-D Member and Friend RIA NYLAND

Cathy and Fritz Wiener, Susan and Vince Hendricks, Janet Casey, John and Magda Zoelman, Jane Carter, Joan Martin, Ronny Merkac, Gwen J. Taylor, Ken and Louise O'Donnell, Dean and Diane Andrey, Jozef and Sonja Sanders, Corner Family, Anne Lord, Bill and Joyce Foreman, Debbie Merkac Robinson, Marlene Charewicz

CYRIL ROBINSON

Father of Denise Robinson

OUR THOUGHTS ARE WITH YOU AND YOUR FAMILIES

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

OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

FEBRUARY

Chantal Richard	February 1, 2011	Jacob Albert Hicks	February 13, 2012
Thalia Tunzi	February 1, 2007	Pamela Swaga	February 13, 2012
Patricia Bercik	February 2, 2011	Walter Kranc	February 14, 2011
Alicia Dionne	February 2, 2002	Christine Harrison	February 15, 2000
Krista Shea	February 2, 2002	Madeleine Dutkiewicz	February 15, 2002
Anita Saunders	February 3, 2002	Deborah Anne Halliday	February 16, 1992
Kevin Ricketts	February 3, 2004	Marc Andre Pineault	February 16, 1995
Bradley Shearer	February 4, 1995	John Harvey	February 19, 2011
Shawn Cooper	February 4, 2002	Leah Page Speare	February 19, 2000
Christopher Coates	February 5, 1997	Andrew Richard Sears	February 21, 1994
Rebecca Hardy	February 5, 2006	Renee James	February 21, 2002
Ethan Witte	February 5, 2010	Blake Garvey	February 21, 2013
Brock VanDen Oetelaar	February 6, 1966	Paula Marie Smith	February 23, 1994
Everett Ryan Martin	February 7, 2012	Tyler Miller	February 23, 1997
Aiden Hamilton Valiantis	February 8, 2009	John Sasseville	February 23, 2001
Connor Derek William Gilmore	February 8, 2009	Trevor Lee Corby	February 23, 2003
Emma-Lee Mathieu	February 9, 2000	Amy Leigh McLennon	February 23, 2006
Jane Jillian Lucy Eady	February 11, 2010	Andrew Phillip Connolly	February 23, 2007
Lyndzey Kiera Short	February 12, 2000	Tim McCabe	February 24, 2003
Danny Mclean	February 12, 2011	Emily Jane MacPhail	February 24, 2009
Carly Francis MacKinnon	February 13, 1995	Jeffrey Hustins	February 27, 2005
Owen Puchala	February 13, 2006	Paulina Mary Moreino	February 28, 1991
Joe Kennedy	February 13, 2008	Curtis Heasman	February 28, 1997
		Trinity Weeks	February 28, 2007

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
Kailyn Emily Wind	March 2, 2013	Sean DeSilva	March 19, 2011
Joshowa Miranda	March 3, 2011	Vaughn Heasman	March 20, 1989
Debra Lundrigan	March 4, 2009	Aiden Connor Rekker	March 21, 2008
David Stewart	March 4, 2011	James Higgins	March 21, 2009
Jamie T. Lomax	March 5, 1993	Mary Melnychuk	March 22, 2011
Melissa Margaret Raby	March 5, 1998	Brayden Nicholas Allan	March 23, 2007
Daryl Convery	March 6, 1996	Kevin Allan Hale	March 24, 1996
Katharine Suzanne Bruce	March 7, 1996	William Floyd	March 24, 2001
Geordi Elizabeth Maybury	March 8, 1995	Alannah Warren	March 24, 2004
Andrew Brooks	March 9, 2010	Owen James Scott	March 24, 2007
Emily Brunton	March 9, 2011	Bronwen Gwyneth Persaud	March 25, 1995
Jada Jeanine Herod	March 9, 2010	Nicholas Short	March 26, 2007
Tyler Murray	March 11, 2006	Demetrius Alexander Jones	March 27, 2008
Jessica Crawford	March 12, 2009	Elisabeth Tucker	March 30, 1993
Daniel John Dorrian	March 13, 1992	Russell Eric Maccoomb	March 30, 1995
Colton Jacob Stockdale	March 13, 2012	Michael McDonald	March 30, 2010
Stephanie Ramadeen	March 14, 2002	Maya Susanna Bradley	March 30, 2012
Heather Neat	March 14, 2003	Kristina Nicole Hendricks	March 31, 1991
Kathleen Una Hutchings	March 18, 1994	Jerry R. Lomax	March 31, 1992
Tara Lyver	March 18, 2001		



OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

APRIL

Dante Keiller	April 2, 2009	Deacon Douglas Hunter	April 13, 2011
Hayden Sally Barbara Shelley	April 2, 2009	Kimberly Van Den Oetelaar	April 14, 1986
Laura Kalinski	April 3, 1995	Karl Frederick Wiener	April 15, 1996
Kasiah Faith Grell	April 4, 2010	David Kelly	April 16, 2005
Mitchell Crandall	April 6, 2000	Claudia Sierra	April 17, 2010
Richard Fujita	April 8, 2004	Lily Szekeres	April 17, 2012
Maureen Ann Thomas	April 8, 2006	Jacob Purdy Murchison	April 19, 2009
Daphne Ann Cox	April 8, 2009	Michael Douglas Meagher	April 20, 2002
Joshua Richard Lloyd Tyrrell	April 9, 1992	Jordan Eva Menard	April 23, 2001
Jeff Diluciano	April 9, 1995	Aurora Teagan Doiron	April 23, 2008
Ethan Craig	April 9, 2007	Gordon McDougall	April 25, 2011
Jayna Dosaj-Attard	April 9, 2013	Kenneth James Vanhaverbeke	April 27, 1993
Brett William Young	April 10, 1995	Avery Butler	April 28, 2005
Penny Brooks	April 13, 1984	Benjamin Twiddy	April 29, 2012
Martin Michael Rehr	April 13, 1990	Holly Harrison	April 29, 2012
Ryan Hicks	April 13, 2009		

MAY

Crawford Wheller	May 1, 2002	Wyatt Celsie-Swanton	May 16, 2009
Lisa Ford	May 2, 2002	Rayna Simms	May 17, 2005
Joshua Liscio	May 2, 2008	Jonathon Campbell	May 17, 2011
Stephen Cochrane	May 3, 2003	Lynne-Marie Gordon	May 19, 1991
Julie Helen Pasko	May 6, 1995	Kevin James Charewicz	May 20, 1998
Brittany Miller	May 6, 2005	Kevin Gregory O'Donnell	May 20, 1999
Nicholas Mitchell Williams	May 6, 2011	Hope & Desire Cockburn	May 20, 2005
Benjamin Tucker DeBaie	May 8, 2001	Owen Walter Stinson-Collins	May 20, 2010
Jasmine Stephan-Martin	May 8, 2011	Johnny Lucchetta	May 21, 2006
Taylor Andrews	May 8, 2012	Cody DeNoble	May 21, 2010
David Rines	May 9, 2010	Gregory Brian Judzentis	May 22, 1985
Brianne Wraight	May 9, 2010	Shawna Spindler	May 22, 1997
Patrick Bujold	May 9, 2012	Damon Fewer	May 22, 2007
Michael Thomas Lynch	May 10, 2002	Remianne Wabie Evans	May 24, 1994
Curtis Wahl	May 10, 2005	Blake Gill	May 24, 2003
Lukas James Anderson	May 10, 2007	William Taggart	May 25, 2005
Michelle Richard	May 11, 2000	Taylor Venters	May 25, 2010
Ian Thomas Deatcher	May 11, 2002	Amber Finn	May 26, 2002
Robin John Williams	May 12, 1992	Teegan Herold	May 26, 2013
T.J. Stutt	May 12, 2004	Andrea Sullivan- Martin	May 29, 1994
Landon Murchison	May 12, 2006	Colin McMillan Wilson	May 29, 2002
Karsten Bibb	May 12, 2011	Steven Devecseri	May 29, 2006
Gregory Edward Timmins	May 14, 1996	Tyler Davis	May 29, 2011
Paul A.J. Gordon	May 16, 1990	Alison Millar	May 30, 2005
Erin Reed	May 16, 2008	Ken Ford	May 31, 2011
Jeffery Paul Baran-Lalonde	May 16, 2011		

" PERHAPS THEY ARE NOT STARS IN THE SKY, BUT
RATHER OPENINGS WHERE OUR LOVED ONES SHINE
DOWN TO LET US KNOW THEY ARE HAPPY "

