



BEREAVED FAMILIES OF ONTARIO
DURHAM REGION

NEWSLETTER

“BEREAVED, HELPING THE BEREAVED LEARN TO LIVE WITH GRIEF”

ISSUE 1

www.bfodurham.net

February 2024

The ANGELS’ TREE OF LIGHT 2023

On Thursday, November 23rd BFO Durham Region held its annual Angels’ Tree of Light ceremony.

This was our second year holding the ceremony at the cafetorium at Monsignor Paul Dwyer Catholic High School, Oshawa.

This year, we chose a beautiful white lace embroidery angel adorned with silver ribbon. The tree looked beautiful as always, with each angel representing a loved one sadly missed by their families and friends throughout the year but especially during the holiday season.

Jane Carter (Executive Director, BFO Durham) welcomed everyone to the ceremony with soothing words as this can be a difficult time, especially for those experiencing a loss for the first time.

BFO-Durham was pleased to welcome back Rev. Maureen McLellan to deliver the Opening Remarks. Her gentle words gave advice, encouragement, and support to the audience. She spoke with empathy and understanding, noting the difficulties of grieving, and giving helpful advice on coping through the holiday season.

The first song of the evening was “Angel” which was performed by Melissa Wright, in memory of her cousins, Tanya & Michael Fellows.

The dedication of the tree was given by Doug & Melissa Hardy in memory of their son, Noah. They spoke in turn about the courage of their son & reminded us that grief is not a sign of weakness, nor a lack of faith...it is the price of love.

Lindsay, Andrew & April had the honour of lighting our tree, in memory of Lia, their beloved daughter & sister.

After the tree was lit, there was a moment of silence for reflection, followed by a performance of “Who Knew” & a rousing rendition of “Lean on Me” by Jonathan Onley, which had the audience clapping & singing along! Jonathan was singing in memory of his children, Sarah & Asa.

The Responsive Reading was led by Vanessa Longhurst in memory of her son Dustin & Kirsty Sinclair in memory of her sons, Kyle & Evan

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FEBRUARY 2024

Monday 5th - 7-9 p.m. **Infant Loss** ZOOM Drop-In
Tuesday 6th - 7-9pm **Suicide Loss** Drop-in
Wednesday 7th 7-9 p.m. **Evening Drop-In**
Saturday 10th - **Euchre Night 7.30pm-11pm**

Monday 12th
1-3pm Afternoon Drop-In
7-9p.m. Addiction Loss Drop-in

Monday 19th - **FAMILY DAY - OFFICE CLOSED**

Monday 26th - 7-9p.m. **Reconnect** Drop-In
Wednesday 28th - 7-9 p.m. **Evening Drop-In**
Wednesday 28th - **Sir Monty’s – Courtice 6pm**

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MARCH 2024

Sunday 3rd - Walk to Remember (Whitby Mall)
Wednesday 6th - 7-9pm **Suicide Loss** Drop-in

Monday 11th - 7-9p.m. **Addiction Loss Drop-in**

Monday 18th - 1-3pm **Afternoon Drop-In**

Monday 25th -7-9p.m. **Reconnect** Drop-In
Wednesday 27th - 7-9 p.m. **Evening Drop-In**
Friday 29th **Good Friday**
Sunday 31st **Easter Sunday**

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APRIL 2024

Monday 1st - EASTER MONDAY – OFFICE CLOSED
Thursday 4th -7-9pm **Suicide Loss** Drop-in

Monday 8th 7-9p.m. **Infant Loss** ZOOM Drop-In
Monday 8th - 7-9p.m. **Addiction Loss Drop-in**
Wednesday 10th - 7-9 p.m. **Evening Drop-In**

Monday 15th - 1-3p.m **AFTERNOON DROP-IN**

Thursday 25th - 7-9 p.m. **Evening Drop-In**

Monday 29th - 7-9p.m. **Reconnect** Drop-In

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From The Desk Of Your Executive Director

Dear Friends:

I hope you are all well as we head in to a New Year.

I would like to thank all of our volunteers, our facilitators and our Board of Directors for their hard work and dedication in 2023. Anna Quattrocchi resigned from the Board in December 2023. We would all like to thank her for her several years of service to Bereaved Families of Ontario – Durham Region.

Our programs are well underway and we have a mom's group and a dad's group already started for the January session, led again by our amazing facilitators. Our Children's group will resume for the spring session after Easter. We already have five children registered so if you know of any children hoping to get into the next session, please call the office.

We are excited to welcome Roslin Sinclair, a trained facilitator to the Sibling Loss program. We are changing the format of our Sibling Loss drop-ins to telephone or zoom calls to an "on-call" basis. We have several trained facilitators who are willing to help these members. Please call the office if you would like to connect with one of these facilitators.

As an organization we try to keep everyone well informed of upcoming events. Please check our website, our facebook page, our newsletter or even just call the office for more information.

Our next event is our Euchre night on Saturday February 10th at 7:30. To register please call the office and your \$20.00 will secure a spot for you. It's a fun night for all!

The Walk to Remember is at the Whitby Mall (same as last year) on March 3rd. We encourage everyone to participate in this event as we walk the mall and share stories of our loved ones. Some members are setting up facebook fundraiser pages and the instructions how to do this is included in our newsletter.

I look forward to seeing you all at the Walk and if you have any questions don't hesitate to call the office at 905-579-4293.

In closing I wish you all a healthy 2024.

Sincerely,

Jane Carter

Bev Campbell donated a Christmas Merckens Chocolate gift basket, valued at \$150.00. The Raffle draw took place on Thursday December 18th and the lucky winner was **Chris Garvey**



Event Calendar continued

MAY 2024

Thursday 2nd - 7-9pm **Suicide Loss** Drop-in.

Monday 6th - 7-9p.m. **Addiction Loss** Drop-in

Thursday 9th - 7-9 p.m. **Evening Drop-In**

Monday 13th - 1-3p.m. **Afternoon Drop-In**

Monday 20th - **Victoria Day - Office Closed**

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

Monday 27th - 7-9 p.m. **Reconnect** Drop-In

The closing song was "Gathering of Friends" performed by Ciara Crowley, Marylou David and Ryan Sousa, in memory of Timothy and Evan Crowley.

The entire ceremony was captured by videographer, Anthony Moreino and is available to view via the BFO-Durham website & Facebook pages.

This special ceremony could not have taken place without the hard work and dedication of the following people: Angel Tree Committee: Caroline Goswell (Chair), Bev Campbell, Jane Carter, Marlene Charewicz, Anita Fellows, Karen Fish, Vanessa Longhurst, Sharon Sears, Kirsty Sinclair & Joyce Smith.

A special thanks to the office volunteers, Bev Campbell, Marlene Charewicz, and Vanessa Longhurst for the countless hours spent taking calls for Angel donations and all the necessary paperwork associated with this event.

Finally, thanks to the following who contributed to the success of this event:

Monsignor Paul Dwyer Catholic High School

McDonald's, Whitby (Stacey Forman)

Minute Man Press, Whitby (programs)

Adele, Eric, and Elizabeth Davidson for creating the online program, plaque & links for the website

Anthony Moreino, Quest Audio Visual (filming, editing)

Kim Everson for creating and donating the beautiful poinsettia arrangements in memory of her son, Benjamin.

Randy and Tara Rekker-Giesbrecht for the fresh poinsettias in memory of their son, Aiden Connor.

Our many volunteers who work in the background to prepare for this event.

All our generous donors for your financial support, which allow us to continue to provide all our services at no cost.

This annual ceremony is very special to all of us at BFO Durham. We hope it provided comfort and support to all who attended.



Exciting News! BFO Durham is pairing up with Tru Earth to offer our members a chance to purchase eco-friendly products from Tru Earth & at the same time raise money for BFO Durham. For every purchase made through our dedicated link <http://tru-earth.sjv.io/bfodurham>, 20% of the cost will be donated to BFO Durham.

Tru Earth is a Canadian company dedicated to saving the planet by reducing the amount of plastic entering landfills & oceans.

Wide Reach, Lowest Prices: All orders will be shipped directly to your home in both Canada and the U.S.A. Members can share the link with friends and family anywhere, and each sale through the link will earn 20% for BFO Durham.

As a long-time user of their laundry products, I am very excited to introduce this opportunity to our members. Check out their website for the full range of products.

Caroline Goswell



Sir Monty's Brewing Company

1540 Durham Regional Hwy 2, Courtice, ON L1E 2T5

BFO-D BEER NIGHT Wednesday 28th February 2024

6pm-11pm

In honor of their son Luke, the Parkinson family (co-owners of Sir Monty's) have arranged for a craft beer in recognition of BFO Durham. For every can sold, 50c will go to BFO

“Hey Pal” Jalapeno blonde.

“Hey Pal” is in memory of our son Luke Parkinson. Luke tragically took his own life at the age of 21 in 2023 and during this dark time, Bereaved Families of Durham provided critical mental health assistance to our family. After Luke's passing, we were very unsure how to proceed. A friend of ours who had also dealt with this type of loss guided us in the direction of BFO Durham. They met with us and provided information on their services that were available and provided a much needed outlet in those first few weeks when we didn't know where to turn. Since then, their “Dad's” group has provided a safe place for feelings to be shared and the Angel Tree ceremony this past Christmas allowed us to remember our son in a meaningful way.

Our family are co-owners of Sir Monty's Brewing Company located in Courtice. We wanted to find a way to give back while honouring our son. We decided the best way to do this was with what we know best. “Hey Pal” is how we greeted our son and from every sale of a can, .50 cents will go towards BFO Durham to help other families that were put in the same position as our family was. It is our hope that the proceeds from the sale of this beer will help BFO Durham continue their important work helping other families while also sharing a part of Luke's story and draw attention to suicide awareness.

Cheers from the Parkinson's

"THE WILLINGNESS TO VOLUNTEER IS A SELFLESS ACT"

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

ONE-ON-ONE AND GROUP SUPPORT FACILITATORS -

Jane Carter, Charlotte Brisco, Sharon Sears, Denise Love, Angela White, Denise Robinson, Yvette Byrne–Menard, Donna Dickson, Chris Garvey, Rebecca Alley-Wilson, Tammy Horton, Gary Goswell, Caroline Goswell, Wayne Wanamaker, Sherry Lancaster, Sherry Mitchell, Penny-Claire Tilley, Joe Tilley, Andrea Onley, Jonathan Onley, Greg Wright, Brad Brown, Karen Beckett, Kelly Fitzpatrick, Rocco Granato, Kathie Hill, Kirsty Sinclair, Linda Haines, Debby Kelly, Wendy Topham, Linda Watson, Megan Muir, Ken New, Karin New, Karen Fish, Marjorie Whitehouse, Bev Campbell, Adele, Eric & Elizabeth Davidson, Tanya Fowler-MacLeod, Aimee Pepper, Vanessa Longhurst, Anna Quattrocchi, Cora Silininkas, Jenn Carter, Neil Anderson, Randy Boissoin, Brian Evans, Regan Kelly, Cathy Kelly, Mike Kelly, Cindy Serensits, Chantelle Gaudette, Lindsay Barakett, Kelly Edmonds, Irene Fife, Doug Hardy, Dianna Harrison, Beth Jenish, Lexi Marges, Deborah Nanton, Charlene Betty and Andrew VanDorsseLaer.

LIBRARIAN - Denise Love

OFFICE VOLUNTEERS - Denise Love, Marlene Charewicz, Bev Campbell, Vanessa Longhurst, Karen Fish & Beth Conte

ANNIVERSARY LETTERS - Office Volunteers

WEB SITE - Ronda Evans, Adele Davidson

NEWSLETTER – Adele Davidson

MOTHERS' RETREAT - Susan Hendricks and Joyce MacIntyre

BFO DURHAM BOARD OF DIRECTORS - Gary Goswell, Wayne Wanamaker, Sharon Sears, Chris Garvey, Kirsty Sinclair, Bev Campbell

HONORARY BFO DURHAM BOARD DIRECTOR - Margaret Fortune

A Word from our Field Placement Intern

Hi my name is **Nadeen Manasra**, and I am a second-year public relations student at Durham College.

Drawn in by the missions and values of this organization I am grateful to finally be a part of your dedicated team.

Thrilled to contribute to the upcoming *Walk to Remember* campaign, aligning it with my commitment to support grieving families.

I am extremely excited to apply my learned skills and to be a part of this impactful journey.

Thank you for welcoming me to the team, I look forward to making a difference together.

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WALK TO REMEMBER MARCH 3rd 2024

We welcome everyone to walk with us in the Whitby Mall on Sunday, March 3, 2024. Please bring along your sponsor sheets and payment (or note of Facebook sponsorship). Registration will open at 9.15am and the walk will commence at 10am (finishing up at 11am).

We encourage everyone to contact family and friends to sponsor BFO-Durham, One option would be to set up a charitable fundraiser on your personal Facebook page, with donations going directly to BFO-Durham (please make sure to select "charitable"). Other forms of social media could also be used to spread awareness of the event, including Instagram.

There will be lots of fun for all the family including Raffles, Silent Auctions, Button Making, Face-painting and much more. We will also have prizes for the top three members with the highest amount of money raised.

Registration

All “Walk to Remember” participants must read, complete and sign the registration form. A parent or guardian must sign the registration on behalf of walkers under the age of 18 years.

Before the Walk

Obtain pledges from sponsors of your choosing (i.e. family, friends, neighbours, teachers, etc.) Collect each pledge at the time you recruit the sponsor. Be sure to tell your sponsor that an official tax receipt will be given for pledges of \$25 or more.

Cheques should be made payable to: Bereaved Families of Ontario – Durham Region.

How Your Donations Benefit the Community

- ❖ Support Groups for Grieving Parents
- ❖ Monthly Support Evenings
- ❖ One on One Support
- ❖ Telephone Support
- ❖ Growing through Grief
- ❖ Infant Loss Support Groups
- ❖ Children’s Group

A Walk to Remember

What is the “Walk to Remember?”



The Walk to Remember is an annual major fundraising event for the Bereaved Families of Ontario, which is sponsored by businesses in our community. The pledges solicited and collected by participants fund and ensure program stability.

This is not a walk-a-thon in the traditional sense, but rather a gathering of families and friends to commemorate their loss together in a happy environment. There is live entertainment, special performances, refreshments and much more activities for the entire family.

The Durham Region event will be held on Sunday March 3rd, at the Whitby Mall in Whitby. All walkers register with their pledge sheets and may sign the “Wall of Memories” banner adding a poem, photograph or other written message in their loved one’s memory.

We are grateful to all of our sponsors and walkers who make this a memorable event and great success each year. We thank you in advance for your generous support.

Bereaved Families of Ontario Durham Region

Phone: 905-579-4293
Fax: 905-579-7403
Email: bfodurham@bellnet.ca
www.bfodurham.net

Charitable # 861619880RR0001

Bereaved Families of Ontario Durham Region



WALK TO REMEMBER

2024

SUNDAY

MARCH 3rd, 2024

REGISTRATION: 9:15 a.m.

WALK: 10 a.m. – 11 a.m.

A FUNDRAISING

WALK IN

WHITBY MALL

1615 Dundas St. E, Whitby, ON

*Pledges raised will solely
support*

***Bereaved Families of
Ontario***

Durham Region



SPARK CHANGE: START A FUNDRAISER FOR A CAUSE THAT MATTERS!



Make a difference by organizing an easy and no fuss fundraiser for BFO. Why start a fundraiser?



Impact Lives: Your fundraiser helps BFO run support groups for bereaved parents in various ways – Drop Ins, Kids’ Program, Moms’ group, and Dads group, making a real difference in people's lives.



Build Community: Bring together friends, family, and colleagues to support a common goal. Create a network of unity and shared purpose.



Raise Awareness: Use this fundraiser to shine a light on BFO. Inspire others to join the cause and spread awareness.



Celebrate Success: Each donation makes a difference. Celebrate and acknowledge the collective achievements of your community.



Everyone Can Contribute: Fundraising makes giving accessible to all, regardless of financial capacity. Small contributions add up to create a big impact.

Ready to make a change? Start your fundraiser now and be part of something meaningful. BFO depends on individuals like you to achieve its mission. Your efforts are a part of positive impact!

FACEBOOK FUNDRAISER

Creating a Facebook fundraiser is super easy! Here's a step-by-step guide to help you set up a fundraiser on Facebook:

1. **Log in to Facebook:**
 - Open your web browser and go to www.facebook.com
2. **Access Fundraisers:**
 - On your Facebook homepage, on the left-hand side, find the "**Fundraisers**" option. This might be under the "Explore" section or listed directly in the menu
3. **Start a Fundraiser:**
 - Click on the "Fundraisers" link to open the Fundraiser page
 - On the Fundraiser page, on the left-hand side, click on the "**+ Raise Money**" button
4. **Choose a Fundraiser Type:**

- Facebook will prompt you to choose a type of fundraiser. Common options include "Nonprofit," "Personal Cause," or "Community"
 - Search & select Bereaved Families of Ontario Durham Region (make sure the Durham Region one is selected)
5. **Set Fundraiser Details (on the left-hand side of the page):**
 - Provide details about your fundraiser, including a compelling title and description
 - Add a cover photo or video to make your fundraiser visually appealing
 6. **Set Fundraiser Goal:**
 - Specify the fundraising goal – the amount of money you aim to raise for your cause.
 7. **Choose End Date (Optional):**
 - You can set an end date for your fundraiser if you have a specific timeline in mind. This is optional, and you can choose to leave it open-ended
 8. **Share Fundraiser:**
 - Once all details are filled in, click on the "Create" or "Publish" button
 - Facebook will prompt you to share the fundraiser with your friends. You can customize your post and add a personal message
 9. **Spread the Word:**
 - After creating your fundraiser, share it on your timeline, in groups, or with specific friends to maximize its reach
 - Encourage others to share your fundraiser to increase visibility.
 11. **Monitor and Thank Supporters:**
 - Keep track of your fundraiser's progress on the Fundraiser page.
 - Express gratitude to those who contribute by commenting on the fundraiser or sending personal messages

Congratulations! You've successfully created a Facebook fundraiser. Remember to keep your audience engaged by providing updates and expressing appreciation for their support throughout the fundraising period.

FUNDRAISING, FUNDRAISING, FUNDRAISING

Throughout the past year Durham region BFO has held various fundraising events. Some of you have organised your own event to raise funds for BFO Durham and many of you have made personal donations.

Why is fundraising so important?

BFO Durham is so grateful for our wonderful volunteers who donate their time to support other bereaved parents but there are many other costs involved.

Funds are needed to provide a comfortable, safe, welcoming, private place for all our bereaved parents, both for new members and for ongoing support to long term members. A staff person is needed to organise the support groups, drop in's etc., answer the phone and be present for bereaved parents when they visit the office.

Your support is vital in helping BFO Durham raise the funds to continue all support programs free of charge.

Here are some examples of approximate costs:

\$4,500 for every 12-week support group (over \$30,000 just for 2023)

\$1,500 each month to provide 7 drop in's

\$4,000 each month to provide one on one support

\$2,000 for each 6-week group for bereaved children

BFO Durham sends a huge thankyou to all those who helped to raise funds during 2023 and to all those who are going to help in 2024

The first annual BFO-Durham golf tournament



The first annual BFO-Durham golf tournament was held on September 10th at Quarry Lion golf course.

The weather was perfect and contributed to a great day of golf. The course was made up of par threes and short fours and was suitable for all skill levels. Every golfer received a towel specially made for this event and prizes were awarded for the top teams as well as for the most honest.

The tournament was a sold out event and thanks to the dedicated group of volunteers was incredibly well run. The chair of the Golf Committee, Kirsty Bradshaw, worked so hard to make this day such a success, along with Chris Garvey, Dave McKee, Mike Kelly, Tom Vidinu, Randy Macintosh and Jane Carter. **The total raised for the day was \$6400.00.**

More information for the second annual golf tournament will be available soon (we are currently trying to secure a date in September).

Mike Kelly



Paint Fundraising Afternoon 2023



Hello [Bfo Durham Region](#) family.

On November 12th 2023, with the help of my daughters Andrea and Sabrina our Paint afternoon was a success.

Although not all tickets were sold we still managed to bring in \$660.00 and this included ticket sales, snack table and penny table. Fun was had by all who attended and it was proof that we are all Picasso's at heart. For those of you who participated a big thank you for coming out and I hope you enjoyed yourself. We had 25 artists and all were fabulous. Paint Diva/Kim Ellis was our artist and she was a great and (patient) teacher! Please go to her website and give her a thumbs up!

www.paintdiva.ca

A big Thank you to all of sponsors which included Oshawa Zoo, Tribute Center, Regent Theatre, Creative Visions...just to name a few.

Thank you for your continued support.

Anna Moreino / BFO member



BFO Durham Region 30th anniversary dance (Oct 14th 2023)



Our BFO-D 30th Anniversary Dance on Saturday October 14, 2023 was a huge success! It was held at a new location, Club Caribe at 600 Wentworth St. E Oshawa, which worked out really well for us. The hall staff were a pleasure to work with and went out of their way to ensure a successful night.

Our live band, Two for the Show, were amazing and kept the dance floor full with their varied song list. They also kept us entertained between songs and helped with announcements and to keep the night flowing. They certainly lived up to their motto “Keep it fun, make em’ laugh, sing and dance.”

Thank you to all who attended and supported this great event. We had our largest turnout yet with 240 people in attendance. We are so grateful to the hard working volunteers for planning, organizing and running all aspects of the evening. This includes all of the kids who came out to help us, we couldn’t do it without them. The 30th Anniversary decorations and table centerpieces were beautiful. The food was plentiful and delicious. The silent auction, raffle tables, 50/50 draw, toonie toss, joker poker, Heads or Tails game and live auction for the Raptor’s tickets were a huge success. A special thank you to Wayne Wanamaker and Kirsty Bradshaw as our MCs for the evening. Thank you also to our wonderful volunteer bartenders who always come out and support BFO-Durham. A huge thank you to all our sponsors and BFO-D members who generously donated prizes to make our dance a great success.

We have already booked Club Caribe and Two for the Show for this year’s dance on Saturday October 19th 2024. We will have a limited number of tickets for sale so make sure you purchase them early!



Santa Brunch 2023

Our annual Santa Brunch, held on December 3rd, 2023 was a huge success and fun was had by all who attended. This year found us at the Navy Club in Oshawa, thanks to our very own Bev Campbell. It was a great space and we are hopeful that it will be our home for Santa Brunch 2024.

Santa was greeted by an adoring crowd of both children and adults. In addition to the jolly man, there were many fun activities to enjoy such as: card making, cookie decorating, snowman craft, our bouncy castle, photo booth, mini market and a giant raffle table overloaded with prizes. We were also very fortunate to have Spiderman drop in as well as a real Disney Princess!

A delicious breakfast of pancakes and sausages cooked to perfection was enjoyed by all! A big round of applause goes to Wayne Wanamaker and his team of Chef-dads: Greg Wright, Ken New, Rick Sears, Dave Fletcher, Doug Hardy and John Gordon. (Sorry if I missed any dads!)

Many thanks to our amazing and very dedicated committee members for all of their hard work in planning, setting up the day before, and for working hard during and after the event. This year's committee included Sharon Sears, Jane Carter, Caroline Goswell, Kirsty Bradshaw, Anita Fellows, Vanessa Longhurst, Charlene Betty, Catherine Gray, Bev Campbell and Karen Fish. (Again - sorry if I left anyone off)

A HUGE shout out to our student volunteers for their very hard work. You were all amazing and easy to work with.

See you next year!



DONATIONS IN LOVING MEMORY OF

BLAKE GARVEY

From: Shirley and Wayne Miller

PAUL GYDE

From: Diane Gyde

VIOLET DAVIDSON

From: Eric and Adele Davidson

MICHAEL SCOTT

From: David and Maureen Scott

AVERY BUTLER

From: Craig and Delia Butler

KRISTOPHER MILLER

From: Deborah Nanton and Neil Anderson

SEAN EDMUNDS

From: Kelly and John Edmonds

EDWARD ERWIN

From: Pauline Bowers

DANIEL MELANSON

From: Tom and Donna Dickison

KEVIN CHAREWICZ

From: Marlene and Jim Charewicz

JACKSON NIMEC

From: Shawney Murray

DAVID DUGAL

From: Denise Dugal

DAVID WANAMAKER

From: Heidi Kudich on Wayne's Birthday

CHRISTINA GLOVER

From: Angela White

DANA BALDESANT JR

From: Angela White

JUSTIN PARKER

From: Cathy Parker

JUSTIN YELLE

From: Lisa and Charlotte Yelle

DORIS PENNO

From: Jeff Leifso and From: Flavian and Susan

KELLY EILEEN GOSWELL

From: Katie and Niels van Amerom

CORPORATE DONATIONS

CHRISTINE SHANNON IN MEMORY OF CHRISTOPHER SHANNON

PREFORM EQUIPMENT INC

CROSS WORX INC.

MONKEY BUSINESS WORKSHOP IN MEMORY OF SHANE REYNES

REKKER'S GARDEN CENTRE

UNIFOR

CANADIAN ONLINE GIVING FOUNDATION

ZAIN LEELA

MAYBELLE REBAKAH LODGE

IG WEALTH MANAGEMENT

STEELHAWK PLATE AND PROFILE LTD

BUYSELL LOVE DURHAM – WENDY STARR AND LINDSAY SMITH



Bereaved Families of Ontario-Durham Region



7:30 Saturday February 10th, 2024

BFO Office - 948 Simcoe Street, Oshawa, Ont

\$20.00 per person entry

CASH prizes for 1st, 2nd, 3rd, and low score

Snacks & refreshments provided

Join us for a fun night of competitive fellowship!!

Seats limited- reserve your seat now.

Christine Boisson:



In January of this year, we unfortunately suffered the loss of one of our own. Randy and Christine Boisson had first come to Bereaved Families of Ontario - Durham after the devastating loss of their beautiful daughter Jodi, early in 2020. Over the next few years, Randy became a well-loved facilitator for our dad's groups and Christine grew close to many of the other moms, including some from her group, facilitated by Vanessa Longhurst and Karen Fish.

Christine was diagnosed with cancer just over a year ago and although she fought a brave battle, she unfortunately succumbed to this hateful disease on January 7th. Mountains were moved so that she could be brought home from the hospital to be surrounded by her family as she passed peacefully.

To all who knew her, Christine was a beautiful, kind-hearted woman whose inner light shone SO very brightly. She was all about love and family and treated all she met with dignity and respect.

Our hearts break for her family. There really are no words that can convey our condolences to Randy, Christine's family and her faithful, furry companion Charlie.

We are so honored to have known Christine and to have been a part of her journey. May she forever rest in peace in the arms of her sweet girl. Shine on Angel Mama, Shine on. ❤️☐

DONATIONS MADE IN MEMORY OF CHRISTINE BOISSOIN

DAVID AND ELIZABETH HOOVER

JOZEF AND SONJA SANDERS

KIMBERLEY GALLOGLEY

KRISTEN MCGEOWN

DARYL SCORA

DURHAM REGIONAL CANCER CENTRE

DANIEL KROLIK

BEN AND DEB PANKHURST

JOHN KUHNE

PATRICK AND LEAH MANSIKKA

SARAH COLLINS

JENNIFER VALE

TINA BURGHARDT

PAUL SALLIE

JENNY OGDEN

LINDA PARROTT

GMMMO BOWLING LEAGUE

SUSAN PHINNEY

SHELLEY WHITE

LYNN COUTURE

DUANE CARTWRIGHT

MELISSA AND DENNIS RADOVIC

RUTH NICHOLLS

SYLVIA BOISSOIN

LAURI JOHNSTON

MARY LOUISE DALE

JIM AND ANNA MCGEOWN

FRANCIS MCQUAID

SUZANNE REIMER

KIMBERLEY GLOVER

JERRI KOSCIESZA

JOHN MACKIE

EZIO AZZANO

LUZMA MCCONVEY

SHABINE CAHILL

JOSEPH SZEKERES

SPENCER HUSON

JOHN ROGERS

CATHY AND GARY PITCHER

LINDA SAAB

CAMECO CORPORATION

JAYNE DAVIS

SONYA WINKWORTH-CHMATIL

DUANE CARTWRIGHT

BRENDA JOHNSTON

ANNE BRADY

Butterfly Memorial

Every butterfly is individually handcrafted by local artist Yvan Leclerc

Your Butterfly can be purchased for

\$100

Includes an engraved plaque with the first and last name and years

For every butterfly purchased \$60 will go to Bereaved Families of Ontario (Durham Region)

A charitable donation receipt will be provided.



The **memorial butterflies** sold by BFO Durham Region are now available to order in an **outdoor version**.

Each butterfly will come mounted on a metal spike along with a plaque with the name and dates of your loved one.

They can be purchased for the same price as those on our memorial wall in the BFO Durham Office \$100.

(A tax receipt for \$60 will be issued for each purchase)

To place your order please call Bereaved Families of Ontario at 905-579-4293



In loving memory of their daughter Violet (Babe) Davidson, the Davidson family are pleased to announce that the Fundraising Bracelets for BFO Durham Region are available at the office.

There are 4 colours to choose from at a price of just \$3 each



A MESSAGE FROM YOUR EDITOR

Hello Everyone

Time is such a strange thing, it certainly does not feel like a year since issue 1 of 2023, and yet in other ways, it sometimes feels like time has slowed down. As you will already have seen (via email, facebook and our website), our Walk to Remember is at Whitby Mall on Sunday March 3rd.

We would love to include items (photos, verses or articles) from our members, and you can submit them at any time to the office (bfodurham@bellnet.ca) or directly to myself glasscup_19@hotmail.com

I send you all my virtual ((Hugs)) and leave you with these positive words:

"We bereaved are not alone. We belong to the largest company in all the world – the company of those who have known suffering."

Helen Keller

Adele Davidson – Editor

CONDOLENCES

BFO-DURHAM WOULD LIKE TO SEND THEIR DEEPEST CONDOLENCES TO:

Karen Beckett in the loss of her husband, Chris Beckett.

Randy Boissoin in the loss of his wife, Christine Boissoin.

Rick Sears and Sharon Sears in the loss of his mother /mother-in-law, Doris Penno

Nancy Raby and David Raby in the loss of her brother/brother-in-law, Jim Harvey

Charlotte Brisco and Larry Brisco in the loss of her mother/mother-in-law, Rose Marie Upshaw

BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

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Charitable Registration #861619880RR0001

OFFICE HOURS

MONDAY TO THURSDAY — 10 A.M. TO 4 P.M. CLOSED FRIDAY

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!

FEBRUARY

Chantal Richard February 1, 2011
 Thalia Tunzi February 1, 2007
 Patricia Bercik February 2, 2011
 Alicia Dionne February 2, 2002
 Krista Shea February 2, 2002
 Kyle Smith February 2, 2013
 Andrew Smith February 2, 2022
 Anita Saunders February 3, 2002
 Kevin Ricketts February 3, 2004
 David Troy February 3, 2016
 Kyra Maggie February 3, 2022
 Bradley Shearer February 4, 1995
 Shawn Cooper February 4, 2002
 Sean Chilton February 4, 2013
 Wesley O'Brien February 4, 2019
 Christopher Coates February 5, 1997
 Rebecca Hardy February 5, 2006
 Ethan Witte February 5, 2010
 Christopher Mackenzie February 5, 2017
 Brock VanDen Oetelaar February 6, 1966
 Everett Ryan Martin February 7, 2012
 Bradley Baker February 7 2014
 Ryan Brown February 7, 2018
 Aiden Hamilton Valiantis February 8, 2009
 Connor Derek William Gilmore February 8, 2009
 Ryan Thiessen February 8, 2018
 Emma-Lee Mathieu February 9, 2000
 Hope Kai Pollari February 9, 2017
 Michael Sutton February 10, 2019
 Jane Jillian Lucy Eady February 11, 2010
 Sha-Awn (Shay) Marcano February 11, 2016
 Isaiah Sarpong February 11, 2017
 Zakariya Shaikh February 11, 2023
 Lyndzey Kiera Short February 12, 2000
 Danny Mclean February 12, 2011
 Carly Francis MacKinnon February 13, 1995
 Owen Puchala February 13, 2006
 Joe Kennedy February 13, 2008
 Jacob Albert Hicks February 13, 2012
 Pamela Swaga February 13, 2012
 Alex Schneider February 13, 2013
 Alexis Stata February 14, 2017
 Walter Kranc February 14, 2011
 John Buddell February 14, 2023

Christine Harrison February 15, 2000
 Madeleine Dutkiewicz February 15, 2002
 Deborah Anne Halliday February 16, 1992
 Marc Andre Pineault February 16, 1995
 Kioni Venus Delores Heath-John February 16, 2017
 Matthew Foskett February 17, 2019
 Arthur Hirschfeld February 17, 2019
 Jamal Pender-Thompson February 18, 2021
 Alexander Tobin February 18, 2020
 John Harvey February 19, 2011
 Leah Page Speare February 19, 2000
 Jamie Lyn Grant February 19, 2023
 Sydney Douglas February 20, 2017
 Andrew Richard Sears February 21, 1994
 Renee James February 21, 2002
 Blake Garvey February 21, 2013
 Sloane Pasher February 21, 2018
 Jaydon McKeown February 22, 2009
 Santina Pistritto February 22, 1994
 Paula Marie Smith February 23, 1994
 Tyler Miller February 23 1997
 John Sasseville February 23, 2001
 Trevor Lee Corby February 23, 2003
 Amy Leigh McLennon February 23, 2006
 Andrew Phillip Connolly February 23, 2007
 Sheena Lacombe February 23, 2021
 Tim McCabe February 24, 2003
 Emily Jane MacPhail February 24, 2009
 Kassandra Finbow February 24, 2017
 Stephanie Mann February 26, 2022
 Jeffrey Hustins February 27, 2005
 Gabriel Therrien February 27, 2015
 Mathew Borg February 28, 2011
 Paulina Mary Moreino February 28, 1991
 Curtis Heasman February 28, 1997
 Trinidy Weeks February 28, 2007
 Bennett Pistritto February 28, 2015
 Jackson Whiteman February 28, 2022



MARCH

Meena Valliappan	March 1, 2002	Kathleen Una Hutchings	March 18, 1994
Melissa Neault	March 1, 2006	Tara Lyver	March 18, 2001
Paul Gyde	March 1, 2021	Caleb Nykolaichuk	March 18, 2016
Laura Morrison	March 2, 2001	Paige Matthews	March 19, 1998
Susan Taylor	March 2, 2007	Michael Schomodji	March 19, 1999
Heather Wilkinson	March 2, 2012	Sharon Rose Gilliland	March 19, 2002
Kaelyn Emily Wind	March 2, 2013	Angel Cervantes	March 19, 2005
Shayne Clench	March 3, 2014	James Warner	March 19, 2008
Joshowa Miranda	March 3, 2011	Sean DeSilva	March 19, 2011
Jack Thomas Woskosky	March 3, 2015	Vaughn Heasman	March 20, 1989
Xavier Bain	March 3, 2019	Kainam Burbage	March 20, 2014
Debra Lundrigan	March 4, 2009	Brian Elliott	March 20, 2014
David Stewart	March 4, 2011	John Paterson	March 20, 2020
Zackery Will	March 4, 2018	Aiden Connor Rekker	March 21, 2008
Jamie T. Lomax	March 5, 1993	James Higgins	March 21, 2009
Melissa Margaret Raby	March 5, 1998	Jeremiah Thompson	March 21, 2010
Patrick Rosos	March 5, 2016	Nillo Kitagawa	March 21, 2019
Andrew Gendron	March 5, 2016	Mary Melnychuk	March 22, 2011
Tatianna Mercer	March 5, 2021	Nicki Cina	March 22, 2022
Daryl Convery	March 6, 1996	Brayden Nicholas Allan	March 23, 2007
Katharine Suzanne Bruce	March 7, 1996	Juston Baron	March 24, 2010
Geordi Elizabeth Maybury	March 8, 1995	Kevin Allan Hale	March 24, 1996
Michael Sirizzotti	March 8, 2023	William Floyd	March 24, 2001
Andrew Brooks	March 9, 2010	Alannah Warren	March 24, 2005
Emily Brunton	March 9, 2011	Owen James Scott	March 24, 2007
Jada Jeanine Herod	March 9, 2010	Lachlan Graham	March 24, 2018
Sarah Scrymgeour	March 9, 2023	Bronwen Gwyneth Persaud	March 25, 1995
Tyler Murray	March 11, 2006	Rachel Westlake	March 25, 2018
Kiera Kelly	March 11, 2015	Nicholas Short	March 26, 2007
Andrew Kelly	March 11, 2019	Jason Power	March 26, 2019
Jessica Crawford	March 12, 2009	Leighau Williams	March 26, 2020
Nick Spencer	March 12, 2017	Juliette Francis	March 27, 2011
Allison Swan	March 12, 2020	Demetrius Alexander Jones	March 27, 2008
Arienne Matthews	March 12, 2021	Michael McArthur	March 28, 2013
Katie Mae Kainz	March 12, 2023	Ben Everson	March 29, 2020
Daniel John Dorrian	March 13, 1992	Elisabeth Tucker	March 30, 1993
Stefan Feurstein	March 13, 1984	Russell Eric Maccoomb	March 30, 1995
Colton Jacob Stockdale	March 13, 2012	Michael McDonald	March 30, 2010
Grace Bowen	March 13, 2015	Maya Susanna Bradley	March 30, 2012
Stephanie Ramadeen	March 14, 2002	Rick Cooper	March 30, 2021
Heather Neatt	March 14, 2003	Kristina Nicole Hendricks	March 31, 1991
Vicki Stergianis	March 14, 2017	Jerry R. Lomax	March 31, 1992
Dominik Digiorgio	March 16, 2021	Steven Matthews	March 31, 2019

We talk about them, not because we're stuck or because we haven't moved on, but we talk about them because we are theirs, and they are ours, and no passage of time will ever change that.

SCRIBBLES & CRUMBS

APRIL

Kristopher Miller April 1, 2016
 Adrian Cormier April 1, 2021
 Dante Keiller April 2, 2009
 Hayden Sally Barbara Shelley April 2, 2009
 Justin Cain April 2, 2015
 Jack Harvey April 2, 2019
 Laura Kalinski April 3, 1995
 Jill Topham April 3, 2016
 Kasiah Faith Grell April 4, 2010
 Mitchell Crandall April 6, 2000
 Richard Fujita April 8, 2004
 Maureen Ann Thomas April 8, 2006
 Daphne Ann Cox April 8, 2009
 Jason "Brent" Waterman April 8, 2012
 Chantal Chartrand April 8, 2018
 Joshua Richard Lloyd Tyrrell April 9, 1992
 Jeff Diluciano April 9, 1995
 Ethan Craig April 9, 2007
 Jayna Dosaj-Attard April 9, 2013
 Dawson Catalano April 9, 2020
 Brett William Young April 10, 1995
 Harrison Cowan April 10, 2014
 Hayley Manchen April 10, 2019
 Abram Mansikka April 10, 2020
 Chantal Haywood April 11, 2017
 Hunter Gallant April 12, 2019
 Penny Brooks April 13, 1984
 Martin Michael Rehr April 13, 1990
 Ryan Hicks April 13, 2009
 Mitchell Place April 13, 2023
 Deacon Douglas Hunter April 13, 2011
 Kimberly Van Den Oetelaar April 14, 1986
 Aahithyan Pratheep April 14, 2018
 Karl Frederick Wiener April 15, 1996
 Ryan Joseph Rock April 15, 2020
 David Dugal April 15, 2023

David Kelly April 16, 2005
 Evan Crowley April 16, 2022
 Claudia Sierra April 17, 2010
 Lily Szekeres April 17, 2012
 Kyle Hineman April 17, 2017
 Jacob Purdy Murchison April 19, 2009
 Grayson St. John April 19, 2015
 Chad Sutcliffe April 19, 2015
 Michael Douglas Meagher April 20, 2002
 Austin McKinnon April 20, 2019
 Joel Newby April 21, 2018
 Shane Reynes April 21, 2022
 Jordan Eva Menard April 23, 2001
 Aurora Teagan Doiron April 23, 2008
 Michael Harte April 23, 2015
 Gordon McDougall April 25, 2011
 Kenneth James Vanhaverbeke April 27, 1993
 Cindy Churcher April 27, 2023
 Avery Butler April 28, 2005
 Benjamin Twiddy April 29, 2012
 Holly Harrison April 29, 2012
 Adam Johnson April 30, 2016

Sometimes we don't need advice.
 All we need is someone to listen to us
 for a while and not judge what we
 say or how we feel.

Steve Wentworth
 Consciously connecting with heart & soul

MAY

Crawford Wheller	May 1, 2002
Victoria Chenier	May 1, 2018
Lisa Ford	May 2, 2002
Joshua Liscio	May 2, 2008
Stephen Cochran	May 3, 2003
Jeffrey Jones	May 3, 2016
Julie Helen Pasko	May 6, 1995
Brittany Miller	May 6, 2005
Nicholas Mitchell Williams	May 6, 2011
Sean Jensen	May 6, 2022
Ewelina Sobala-Kouri	May 7, 2017
Benjamin Tucker DeBaie	May 8, 2001
Jasmine Stephan-Martin	May 8, 2011
Taylor Andrews	May 8, 2012
David Rines	May 9, 2010
Brianne Wraight	May 9, 2010
Patrick Bujold	May 9, 2012
Michael Thomas Lynch	May 10, 2002
Curtis Wahl	May 10, 2005
Lukas James Anderson	May 10, 2007
Austin Poulakis	May 10, 2019
Michelle Richard	May 11, 2000
Ian Thomas Deatcher	May 11, 2002
Robin John Williams	May 12, 1992
T.J. Stutt	May 12, 2004
Landon Murchison	May 12, 2006
Karsten Bibb	May 12, 2011
Gregory Edward Timmins	May 14, 1996
Robert Muir	May 14, 2014
Jakob Kearnan	May 14, 2021
Finnigan McCarron	May 15, 2015
Jade Roworth	May 15, 2016
Bradley Wiseman	May 15, 2014
Wendell Cunningham	May 15, 2021
Paul A.J. Gordon	May 16, 1990
Erin Reed	May 16, 2008
Jeffery Paul Baran-Lalonde	May 16, 2011
Wyatt Celsie-Swanton	May 16, 2009
Leia Mary-Rose Wilde	May 16, 2017
Lorne Barnes	May 16, 2020
Rayna Simms	May 17, 2005
Jonathon Campbell	May 17, 2011

Daniel Haze	May 18, 2016
Baby Girl Papadopoulos	May 18, 2014
Maria Laura Pistrutto	May 18, 2017
Lynne-Marie Gordon	May 19, 1991
Dylan Matchett	May 19, 2017
Joshua Okoeguale	May 19, 2022
Kevin James Charewicz	May 20, 1998
Kevin Gregory O'Donnell	May 20, 1999
Hope & Desire Cockburn	May 20, 2005
Owen Walter Stinson-Collins	May 20, 2010
Elizabeth MacGregor	May 20, 2012
Michael Scott	May 20, 2015
Karen Cobham	May 20, 2014
Johnny Lucchetta	May 21, 2006
Cody DeNoble	May 21, 2010
Mary Ann Daniels	May 21, 2014
Gregory Brian Judzentis	May 22, 1985
Shawna Spindler	May 22, 1997
Damon Fewer	May 22, 2007
Kaleb Hunt	May 22, 2011
Dana Watson	May 22, 2013
Jonathan Vogel	May 22, 2022
Remianne Wabie Evans	May 24, 1994
Blake Gill	May 24, 2003
William Taggart	May 25, 2005
Taylor Venters	May 25, 2010
Amber Finn	May 26, 2002
Teegan Herold	May 26, 2013
Emma Gervais	May 26, 2023
Tyler Chabassol	May 27, 2022
Lauren Wright	May 28, 2014
Merrick Chue	May 28, 2016
Dylan Guiotto	May 28, 2017
Ayziyah Spracklin	May 28, 2021
Jamal Drysdale	May 28, 2022
Andrea Sullivan- Martin	May 29, 1994
Colin McMillan Wilson	May 29, 2002
Steven Devecseri	May 29, 2006
Tyler Davis	May 29, 2011
Crystal Dunstall	May 29, 2018
Alison Millar	May 30, 2005
Ryan New	May 30, 2015
Ken Ford	May 31, 2011
Austin Taylor	May 31, 2019

I can no longer see
 you with my eyes,
 but I will feel you in
 my heart forever.