



BEREAVED FAMILIES OF ONTARIO
DURHAM REGION
NEWSLETTER

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

ISSUE 1

www.bfodurham.net

February 2023

The ANGELS’ TREE OF LIGHT 2022

On Thursday, November 24th BFO Durham Region held its annual Angels’ Tree of Light ceremony.

The committee were excited to finally be able to plan for an in-person ceremony after two years of virtual events due to Covid. Unfortunately, due to new booking regulations we were unable to secure our usual location at the Durham District School Board headquarters. Thankfully, due to a last-minute intervention from one of our volunteers, we were able to book the cafetorium at Monsignor Paul Dwyer Catholic High School, Oshawa.

This year, the angel selected was hand-crafted by members of the Angel Tree committee, in memory of all their children. White paper angels with gold and pearl accents adorned our tree. Each angel had the name of a loved one handwritten on gold 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 “The Rose” which was performed by Melissa Wright, in memory of her cousins, Tanya & Michael Fellows.

The dedication of the tree was given by Karen Fish, in memory of her son, Derek James. She spoke from her heart about how difficult it can be to be grieving whilst all around are signs of joy and happiness. She encouraged us all to look for the “little lights in the darkness” and to reach out to each other for support.

Kirsty Bradshaw and her grandson, Jaxon Sinclair had the honour of lighting our tree, in memory of Kirsty’s sons, Evan and Kyle Sinclair and Jaxon’s father, Evan.

[Continued on page 2](#)

FEBRUARY 2023

Thursday 2nd

7-9pm Suicide Drop-in

Monday 6th

7-9 p.m. Infant Loss ZOOM Drop-In

Thursday 9th

7-9 p.m. Evening Drop-In

Monday 13th

1-3pm Afternoon Drop-In

7-9p.m. Addiction Loss Drop-in

Tuesday 14th (Cancelled)

7-9 p.m. Adult Sibling Loss ZOOM Drop-In

Monday 20th

FAMILY DAY - OFFICE CLOSED

Thursday 23rd

7-9 p.m. Evening Drop-In

Monday 27th

7-9p.m. Reconnect Drop-In

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MARCH 2023

Thursday 2nd

7-9pm Suicide Drop-in

Sunday 5th

Walk to Remember (Whitby Mall)

Monday 6th

7-9 p.m. Infant Loss ZOOM Drop-In

Thursday 9th

7-9 p.m. Evening Drop-In

Monday 13th

7-9p.m. Addiction Loss Drop-in

Tuesday 14th

7-9 p.m. Adult Sibling Loss ZOOM Drop-In

Monday 20th

1-3pm Afternoon Drop-In

Thursday 23rd

7-9 p.m. Evening Drop-In

Continued on page 4

The ANGELS' TREE OF LIGHT 2022

Continued from page 1

After the tree was lit, there was a moment of silence for reflection, followed by a performance of "Ghost" by Shawn Bernard in memory of his friend, Anthony Quattrocchi.

The Responsive Reading was led by Cindy Serensits in memory of her son Justin, and Caroline Goswell in memory of her daughter Kelly Eileen.

The closing song was "Smile" performed by Ciara Crowley and Ryan Sousa in memory of Timothy and Evan Crowley.

The entire ceremony was captured by videographer, Anthony Moreino and will be available to view via the BFO-Durham website, Facebook page and YouTube channel.

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, Anna Quattrocchi, Sharon Sears, Kirsty Sinclair, Joyce Smith, and Magda Zoelman.

A special thanks to the office volunteers, Bev Campbell, Marlene Charewicz, Karen Fish, Sharon Sears, Caroline Goswell, 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)

Caroline and Gary Goswell for donating the Angel costs in memory of their daughter, Kelly Eileen.

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

Randy and Tara Rekker-Giesbrecht for the 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.



From The Desk Of Your Executive Director

Dear Friends:

I hope you are all well as we head in to 2023. This past year we were able to have many more in-person events as well as groups.

We are excited that the office lower level is almost complete with a few little remaining jobs to be completed. This will allow us a lot more space for our ever-expanding Children's Group which usually hosts 10 to 12 children twice a year.

For the first time ever we have 3 moms' groups running in January as well as a dads group. We are very fortunate to have room to support so many families.

We are looking forward to bringing back some wonderful events such as the picnic and possibly a golf tournament. BFO-D will celebrate its 30th Birthday this year and we hope to have a Birthday Party/Dance in the fall. All of these events take a lot of volunteers to make them successful and if you would like to volunteer for any of these events please let me know. Another idea being discussed is bringing back our "Care and Share Family Nights". We would like to bring in speakers which could be arranged in our new lower level. We always welcome new ideas.

Also if any of you would like to donate some of your time in the office, please know you are always welcome.

In closing I would like to thank all of our volunteers, our facilitators and our Board members for their ongoing dedication, as we strive to do our very best in supporting our large community. The need in our community is of a greater scale than it has ever been before in our 30 year history of service in the Durham Region.

Sincerely,

Jane Carter

LOVE CAME FIRST

by Donna Ashworth

You don't move on after loss, but you must move **with**. You must shake hands with grief, welcome her in, for she lives with you now. Pull her a chair at the table and offer her comfort. She is not the monster, you first thought her to be. She is **love**. And she will walk with you now, stay with you now, peacefully. If you let her. And on the days when your anger is high, remember why she came, remember who she represents. *Remember*. Grief came to you my friend because love came first. **Love came first.**

A feather, a cardinal,
a butterfly too
are all signs
your Angels are
visiting you.



BFO Durham Lower-Level Renovation

Finally, after many months the office lower-level renovations are almost complete. As with all construction projects these days, there can be delays in getting the supplies needed.

We are now ready to order commemorative plaques. There will be one to recognise Durham Region Association of Realtors and Durham Community Fund for their donations which supported the creation of a large function room, separate Men and Women's washrooms, and renovated staircases.

In the last newsletter it was reported that a kitchen would be created at the back of the lower-level. For a donation of \$500 to help cover the cost, your child's name would be on a plaque recognising this donation made in their loving memory.

As we are about to order the plaque to be made, this is your last opportunity to add your child's name to our list.

Please call the office if you wish your child's name to be added.

A huge thank-you to those that have already offered to make the donation.

Regards
BFO Durham region Board of Directors

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Bev Campbell donated a Christmas Merckens Chocolate gift basket, valued at \$150.00. The Raffle draw took place on Thursday December 15th and the lucky winner was Karin New



Event Calendar continued

MARCH 2023

Saturday 25th

Euchre Night

Monday 27th

7-9p.m. Reconnect Drop-In

APRIL 2023

Monday 3rd

7-9p.m. Infant Loss ZOOM Drop-In

Thursday 6th

7-9pm Suicide Drop-in

Friday 7th

Good Friday

Monday 10th

EASTER MONDAY

7-9p.m. Addiction Loss Drop-in

Tuesday 11th

7-9p.m. Adult Sibling Loss ZOOM Drop-In

Thursday 13th

7-9 p.m. Evening Drop-In

Monday 17th

1-3p.m AFTERNOON DROP-IN

Monday 24th

7-9p.m. Reconnect Drop-In

Thursday 27th

7-9 p.m. Evening Drop-In

MAY 2023

Monday 1st

7-9p.m. Infant Loss ZOOM Drop-In

Thursday 4th

7-9pm Suicide Drop-in.

Monday 8th

7-9p.m. Addiction Loss Drop-in

Tuesday 9th

7-9p.m. Adult Sibling Loss ZOOM Drop-In

Thursday 11th

7-9 p.m. Evening Drop-In

Monday 15th

1-3p.m. Afternoon Drop-In

Monday 22nd

Victoria Day - Office Closed

Thursday 25th

7-9p.m. Evening Drop-In

Monday 29th

7-9 p.m. Reconnect ZOOM Drop-In

"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 Johnson, 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, 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 & Anna Quattrocchi

HONORARY BFO DURHAM BOARD DIRECTOR - Margaret Fortune

Winner of the Blanket Raffle

After a long wait from the initial advertising of the Handmade Blanket Raffle (made & donated by Adele Davidson), the draw took place at our Fall Dance, and the lucky winner was ***Stella Sheridan***



Congratulations Stella and may you snuggle up warm with your blanket for years to come.

WALK TO REMEMBER MARCH 5TH 2023

We are happy to announce that this year marks the post-covid return of the in-person The Walk to Remember.

We welcome everyone to walk with us in the Whitby Mall on Sunday, March 5, 2023. 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 5th, 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

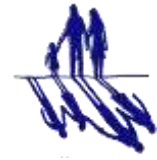
Fax: 905-579-7403

Email: bfodurham@bellnet.ca

www.bfodurham.net

Charitable # 861619880RR0001

Bereaved Families of Ontario Durham Region



WALK TO REMEMBER

2023

SUNDAY

MARCH 5th, 2023

REGISTRATION: 9:15 a.m.

WALK: 10 a.m. – 11 a.m.

A FUNDRAISING

WALK IN

WHITBY MALL

1615 Dundas St. E, Whitby, ON

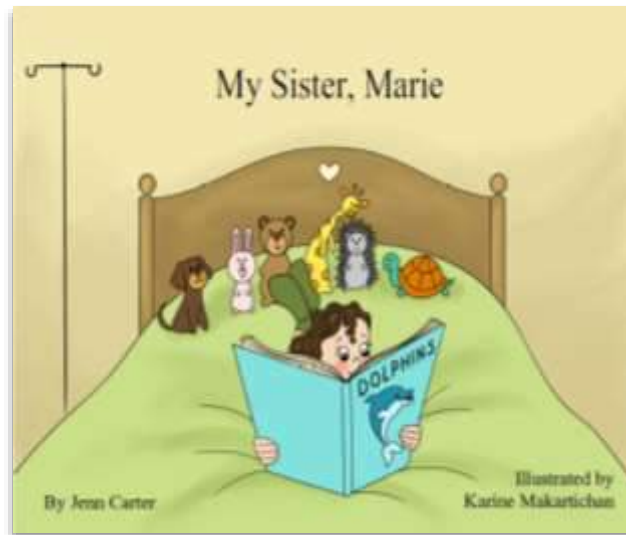
***Pledges raised will solely
support***

***Bereaved Families of
Ontario***

Durham Region

“My Sister, Marie”

A children’s book on sibling loss



Jenn Carter, a volunteer and sibling loss facilitator at Bereaved Families of Ontario – Durham Region, has written a children’s book on the experience of losing a sibling. Jenn attended and greatly benefited from the sibling loss support group at BFO Durham when she was a preteen, after the loss of her older sister Julie.

This book touches on the lived experience of losing a sibling at a young age, and the emotions, events and feelings that come along with this difficult time as a family.

“My Sister, Marie” is available for pick-up at the BFO Durham office, for a minimum donation of \$20 (can be paid by cash or via e-transfer to bfodurham@bellnet.ca).

Please send an email to our BFO email address above to reserve your copy.





BFO Fall Dance 2022

Well, wasn't that a party. Our Bereaved Families of Ontario- Durham Fall Dance was a huge success. Thank you to all who attended and supported this great event. We had one of the largest turnouts in a number of years with at least 150 people in attendance. A special shout out to Voodoo Pawn Shop ([Paul Murray Rafael Minassian](#) [Wolf Endlicher](#) [Lori Murray](#)) for providing a rockin' good time with their own take on Blues & Rock n Roll for our dancing pleasure. I received numerous compliments on the excellent band, and they provided their services to our event free of charge. Thank you for that.

These events don't happen without all the hard work of the volunteers that work so hard behind the scenes putting everything together. The decorations and table centerpieces were beautiful. The silent auction and raffle tables were a huge success. Thank you to all the volunteers that worked tirelessly behind the scenes to make this dance the success that it was, including the hardworking ticket sellers and kids doing the cleanup. As I said on the night, it was wonderful to see everyone smiling, dancing and having a fun time but it was bittersweet to think what brought us together, the loss of a child. Enjoy the moment and never miss an opportunity to tell someone you love them.

We are already working on plans for next year's dance.

Wayne



DONATIONS IN LOVING MEMORY OF

JOEL FLETCHER

From: Kim and Dave Fletcher

LYDIA GRACE CONTE

From: Beth Conte's Facebook Birthday Fundraiser

BLAKE GARVEY

From: Shirley Miller

COLE DAVIDSON

From: Kate Carrier

RYAN NEW

From: Karin and Ken New

SEAN EDMUNDS

From: John and Kelly Edmunds

EVAN CROWLEY

From: Jennifer and Todd Crowley

VIOLET DAVIDSON – IN MEMORY OF HER ANGEL DAY

From: The Davidson Family

SARAH AND ASA ONLEY

From: The Onley Family

JUSTIN SERENSITS

From: Cindy Serensits

WILLARD AMURAO

From: Evelyn Amurao

RACQUEL GRANATO

From: Kelly and Rocco Granato from their dance "A Rose Given to Her"

LIA BARAKETT

From: Lindsay Barakett – A Christmas Donation

ARIANNE MATTHEWS

From: Lynn Matthews

DUSTIN LONGHURST

From: Vanessa Longhurst's Facebook Birthday Fundraiser

JACQUELYN MASON

From: Wes and Donna Mason

SHELDEEN SCHOLBERY-WILSON

From: Audrey Thomas and Family

SPECIAL RECOGNITION DONATIONS

ALERT FIRE COMPANY FUND – IN MEMORY OF DANIEL MELANSON

DURHAM COMMUNITY FUND

ZAIN LEELA

CHRISTINE SHANNON IN MEMORY OF CHRISTOPHER SHANNON

WENDY STARR AND LINDSAY SMITH – BUYSSELL LOVE DURHAM

TOWN OF PICKERING

100 WOMEN WHO CARE – CLARINGTON

STELLA SHERIDAN

FORESTERS FINANCIAL

THE KINSMEN CLUB BOWMANVILLE

ARCHIBALD ORCHARDS AND ESTATE WINERY



VIA Rail for their continued support and kindness

ITEMS DONATED TO BFO – D.

Suzanne and Chris Garvey – Microwave

Kurt and Nicole Dickoff – Jumping Castle

Ann Whitney – 2 Books

- **How to Survive the Loss of a Child – Catherine Sanders**
- **In My Thoughts – Barbara Klich**

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





Bereaved Families of Ontario-Durham Region



7:30 Saturday March 25, 2023

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.

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!

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

It has been wonderful to have events in-person again following the covid closures of the past couple of years.

As you will already have seen (via email and our website), our Walk to Remember returns to Whitby Mall on Sunday March 5th.

We would love to include items (photos 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:

"Even if you are grieving, you are still allowed to enjoy your life. However long or short it may be, it is precious too and shouldn't be wasted." - Elizabeth Postle

Adele Davidson

CONDOLENCES

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

Sharon Stutt on the loss of her daughter, Jennifer

Kim Everson on the loss of her husband, Bill Everson.

Cam Young and Gail Young on the loss of his/her mother/mother-law Joyce Young

Chris and Suzanne Garvey on the loss of his sister/sister-in-law Ann Louise (Garvey) Brown

Jonathan and Andrea Onley on the loss of his father/father-in law Lieutenant Governor of Ontario David Onley

'Danielle's gift bags'



My name is Karen Beckett and I lost my beautiful daughter, Danielle, suddenly and tragically August 24, 2014, exactly one week before her 25th birthday. In that instant my life as I knew it would never be the same. My heart shattered into a million pieces and I became a bereaved mother.

As any mom who has lost a child can tell you, a bereaved mother walks one of the hardest, most heartbreaking roads anyone will ever have to walk. It is one full of unimaginable loss and such an indescribable grief. A bereaved mother may sometimes find it difficult to take care of herself, especially in the early days when her grief is so raw. She can experience incredible anxiety, sleeplessness, and a lack of energy. This I know all too well.

Six months after I lost Danielle, I attended a "mothers' group" offered at BFO and it truly was a turning point for me in my grief. I made lifelong friends that are still a big support to me now and I know they always will be. There is a sisterhood among bereaved mothers and in some small way I wanted to try and help my sisters in grief.

"Even as I rocked on my knees, howling I detected soft breathing behind the roaring. I leaned in, listened. It was the murmuring of ten million mothers, backward and forward in time and right now, who had lost children. They were lifting me, holding me. They had woven a net of their broken hearts, and they were keeping me safe there. I realized that one day I would take my rightful place as a link in this web, and I would hold my sister-mothers when their children died. For now my only task was to grieve and be cradled in their love."

-Excerpt from CARAVAN OF NO DESPAIR

In Danielle's memory, I will be donating gift bags full of various comfort and self-care items to moms who are attending a "mothers' group" for the very first time. The bags will feature the book *You Are The Mother Of All Mothers*, a beautiful gift book to uplift the hearts and souls of bereaved mothers, no matter the age or cause of death, no matter the story. This year I am happy to announce I will be collaborating with a fellow bereaved mama and owner of Spirit Wear Jewelry, a lovely shop on Etsy, who will make beautiful hand crafted bracelets. They will be designed with chakra beads to help bring balance and grounding as well as essential oil diffusing beads. I will also include some lavender oil for the relaxing benefits from this essential oil.

I have donated over a hundred bags to mamas over the last few years. I have received incredibly positive feedback from my family and friends. I had so many people generously give money towards the costs of the bags. Everyone wanted to help, not only because they love Danielle and they wanted to support me, but because they have seen what I go through on a daily basis and they also wanted to do something to help the moms who are grieving so profoundly. I am so grateful to be able to give these gifts to the moms who need them the most. As I put each bag together, I think of my beautiful daughter and I hoped she is smiling as she dances among the butterflies.

BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

948 Simcoe Street North, Oshawa L1G 4W2

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E-mail: bfodurham@bellnet.ca / Web Site: www.bfodurham.net

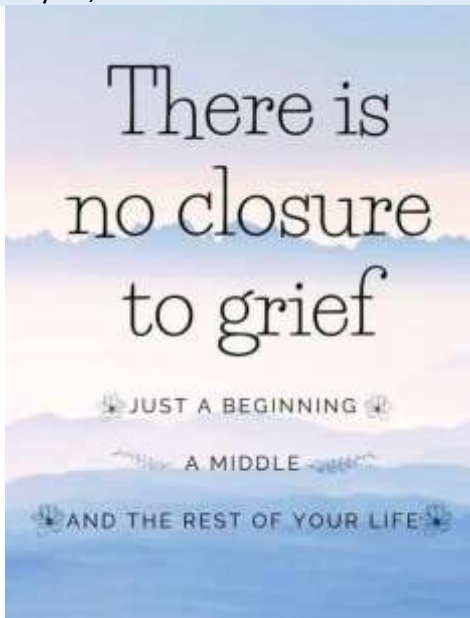
Charitable Registration #861619880RR0001

OFFICE HOURS

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

JANUARY

Shelley Nadine Taylor	January 1, 1994	Sara Ann Madore	January 17, 2003
Ricky Van Den Oetelaar	January 1, 2006	Austin Blake Madore	January 17, 2003
Lisa Lebitka	January 1, 2012	Storm Gary Patrick Coad	January 18, 1997
Jacoub Favila	January 1, 2013	Nathan Michael Pennington	January 18, 2010
Jamie Woods	January 1, 2014	Christopher Amos	January 18, 2012
Christopher Thompson	January 2, 1988	Layla Giberson	January 18, 2013
Vanessa Larocque	January 2, 2009	Thomas King	January 18, 2016
Kyle Joseph Miller	January 2, 2009	Stephanie Joanna Coleman	January 19, 1996
Madison Sevana Boyd	January 2, 2012	Morgan Fitzgerald	January 19, 2007
Kayla Vandewalker	January 3, 2018	Quinton Aquilina	January 20, 2019
Victoria Thompson	January 4, 2005	Alexsandra Kellie-Ann Hewitt	January 21, 1995
Jose Eduardo Navas	January 4, 2011	Alexander Cade	January 22, 2004
Tianna Vieira	January 5, 2010	Bill Robbins	January 22, 2016
Chantel Gauthier	January 6, 1994	Antonio Thomas Cacciatore	January 23, 2010
Ashley Pittens	January 6, 2001	Vanessa Robyn Rivard	January 24, 2007
Michael Upshaw	January 6, 2002	Daisy Woodworth	January 24, 2018
Rayam Imran	January 7, 2008	Kelly Spencer	January 25, 2012
Derek Spicher	January 7, 2013	Blake Hoo	January 25, 2016
Alastair Lahtinen	January 8, 2010	Thomas Burns	January 25, 2021
Jackson Bonchek	January 8, 2018	Graham Charles Clarke	January 26, 2007
David Norrish	January 9, 2015	Jeffrey Warne	January 26, 2008
Dominik Prusinski	January 9, 2017	Justin Serensits	January 26, 2019
Stephen John Duthie	January 10, 2010	Jodie Dicks	January 26, 2020
Duane MacIntyre	January 11, 1992	David Matthew Gilbert	January 27, 2008
Ron Davis	January 11, 2007	Eran Town	January 28, 2005
Brandon Tyler Baron	January 12, 1992	Branden Christopher Viarruel	January 29, 2009
Neil Warren Hembling	January 12, 2000	Wayne Hastings	January 29, 2009
Eerik Percival	January 13, 2002	David Stacey	January 29, 2015
Owen Alexander Leitch	January 13, 2017	Angela Worona	January 31, 1995
Khristian Robinson	January 14, 2008	Jorja Gorham	January 31, 2018
Ricky Black	January 14, 1991		
Daniel Torreblanca	January 15, 2013		
Jonathan Domenic Volpe	January 15, 1995		
Breanna Cousins	January 15, 2002		



FEBRUARY

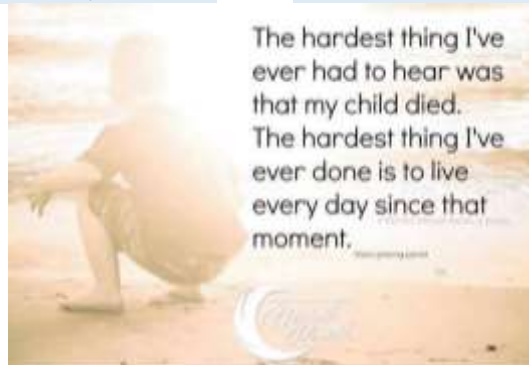
Chantal Richard	February 1, 2011	Christine Harrison	February 15, 2000
Thalia Tunzi	February 1, 2007	Madeleine Dutkiewicz	February 15, 2002
Patricia Bercik	February 2, 2011	Deborah Anne Halliday	February 16, 1992
Alicia Dionne	February 2, 2002	Marc Andre Pineault	February 16, 1995
Krista Shea	February 2, 2002	Kioni Venus Delores Heath-John	February 16, 2017
Kyle Smith	February 2, 2013	Matthew Foskett	February 17, 2019
Andrew Smith	February 2, 2022	Arthur Hirschfeld	February 17, 2019
Anita Saunders	February 3, 2002	Jamal Pender-Thompson	February 18, 2021
Kevin Ricketts	February 3, 2004	John Harvey	February 19, 2011
David Troy	February 3, 2016	Leah Page Speare	February 19, 2000
Kyra Maggie	February 3, 2022	Sydney Douglas	February 20, 2017
Bradley Shearer	February 4, 1995	Andrew Richard Sears	February 21, 1994
Shawn Cooper	February 4, 2002	Renee James	February 21, 2002
Sean Chilton	February 4, 2013	Blake Garvey	February 21, 2013
Wesley O'Brien	February 4, 2019	Sloane Pasher	February 21, 2018
Christopher Coates	February 5, 1997	Jaydon McKeown	February 22, 2009
Rebecca Hardy	February 5, 2006	Santina Pistritto	February 22, 1994
Ethan Witte	February 5, 2010	Paula Marie Smith	February 23, 1994
Christopher Mackenzie	February 5, 2017	Tyler Miller	February 23 1997
Brock VanDen Oetelaar	February 6, 1966	John Sasseville	February 23, 2001
Everett Ryan Martin	February 7, 2012	Trevor Lee Corby	February 23, 2003
Bradley Baker	February 7, 2014	Amy Leigh McLennon	February 23, 2006
Ryan Brown	February 7, 2018	Andrew Phillip Connolly	February 23, 2007
Aiden Hamilton Valiantis	February 8, 2009	Sheena Lacombe	February 23, 2021
Connor Derek William Gilmore	February 8, 2009	Tim McCabe	February 24, 2003
Ryan Thiessen	February 8, 2018	Emily Jane MacPhail	February 24, 2009
Emma-Lee Mathieu	February 9, 2000	Kassandra Finbow	February 24, 2017
Hope Kai Pollari	February 9, 2017	Stephanie Mann	February 26, 2022
Michael Sutton	February 10, 2019	Jeffrey Hustins	February 27, 2005
Jane Jillian Lucy Eady	February 11, 2010	Gabriel Therrien	February 27, 2015
Sha-Awn (Shay) Marcano	February 11, 2016	Mathew Borg	February 28, 2011
Isaiah Sarpong	February 11, 2017	Paulina Mary Moreino	February 28, 1991
Lyndzey Kiera Short	February 12, 2000	Curtis Heasman	February 28, 1997
Danny Mclean	February 12, 2011	Trinity Weeks	February 28, 2007
Carly Francis MacKinnon	February 13, 1995	Bennett Pistritto	February 28, 2015
Owen Puchala	February 13, 2006	Jackson Whiteman	February 28, 2022
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		

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

MARCH

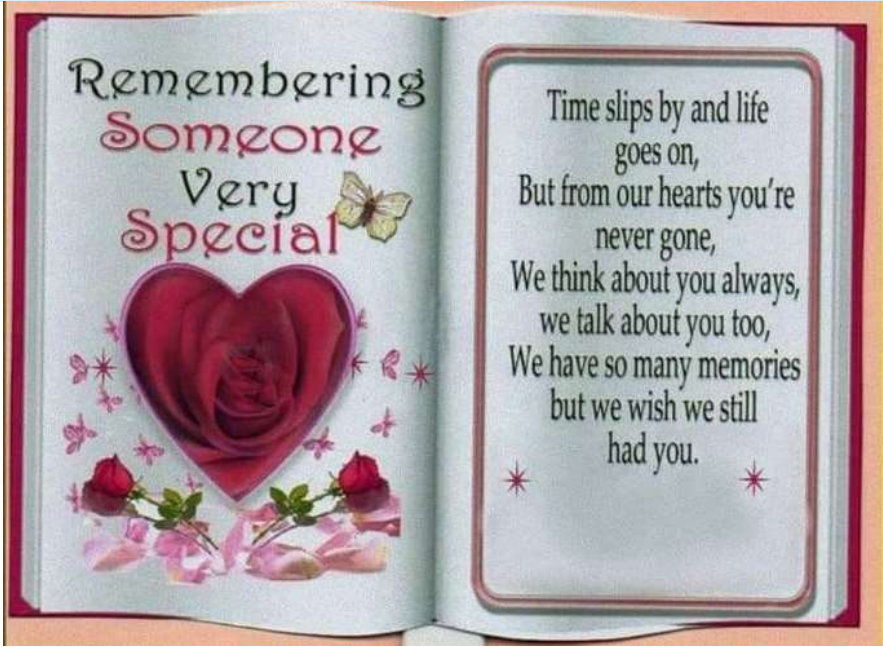
Meena Valliappan	March 1, 2002	Paige Matthews	March 19, 1998
Melissa Neault	March 1, 2006	Michael Schomodji	March 19, 1999
Laura Morrison	March 2, 2001	Sharon Rose Gilliland	March 19, 2002
Susan Taylor	March 2, 2007	Angel Cervantes	March 19, 2005
Heather Wilkinson	March 2, 2012	James Warner	March 19, 2008
Kaelyn Emily Wind	March 2, 2013	Sean DeSilva	March 19, 2011
Shayne Clench	March 3, 2014	Vaughn Heasman	March 20, 1989
Joshowa Miranda	March 3, 2011	Kainam Burbage	March 20, 2014
Jack Thomas Woskosky	March 3, 2015	Brian Elliott	March 20, 2014
Xavier Bain	March 3, 2019	John Paterson	March 20, 2020
Debra Lundrigan	March 4, 2009	Aiden Connor Rekker	March 21, 2008
David Stewart	March 4, 2011	James Higgins	March 21, 2009
Zackery Will	March 4, 2018	Jeremiah Thompson	March 21, 2010
Jamie T. Lomax	March 5, 1993	Nillo Kitagawa	March 21, 2019
Melissa Margaret Raby	March 5, 1998	Mary Melnychuk	March 22, 2011
Patrick Rosos	March 5, 2016	Nicki Cina	March 22, 2022
Andrew Gendron	March 5, 2016	Brayden Nicholas Allan	March 23, 2007
Tatianna Mercer	March 5, 2021	Juston Baron	March 24, 2010
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, 2005
Andrew Brooks	March 9, 2010	Owen James Scott	March 24, 2007
Emily Brunton	March 9, 2011	Lachlan Graham	March 24, 2018
Jada Jeanine Herod	March 9, 2010	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
Ariane Matthews	March 12, 2021	Demetrius Alexander Jones	March 27, 2008
Tyler Ginn	March 12, 2021	Michael McArthur	March 28, 2013
Daniel John Dorrian	March 13, 1992	Ben Everson	March 29, 2020
Stefan Feurstein	March 13, 1984	Elisabeth Tucker	March 30, 1993
Colton Jacob Stockdale	March 13, 2012	Russell Eric Maccoomb	March 30, 1995
Grace Bowen	March 13, 2015	Michael McDonald	March 30, 2010
Stephanie Ramadeen	March 14, 2002	Maya Susanna Bradley	March 30, 2012
Heather Neatt	March 14, 2003	Rick Cooper	March 20, 2021
Vicki Stergianis	March 14, 2017	Kristina Nicole Hendricks	March 31, 1991
Dominik Digiorgio	March 16, 2021	Jerry R. Lomax	March 31, 1992
Kathleen Una Hutchings	March 18, 1994	Steven Matthews	March 31, 2019
Tara Lyver	March 18, 2001		
Caleb Nykolaichuk	March 18, 2016		



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
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 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
Avery Butler	April 28, 2005
Benjamin Twiddy	April 29, 2012
Holly Harrison	April 29, 2012
Adam Johnson	April 30, 2016



MAY

Crawford Wheller	May 1, 2002	Daniel Haze	May 18, 2016
Victoria Chenier	May 1, 2018	Baby Girl Papadopoulos	May 18, 2014
Lisa Ford	May 2, 2002	Maria Laura Pistritto	May 18, 2017
Joshua Liscio	May 2, 2008	Lynne-Marie Gordon	May 19, 1991
Stephen Cochrane	May 3, 2003	Dylan Matchett	May 19, 2017
Jeffrey Jones	May 3, 2016	Joshua Okoeguale	May 19, 2022
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
Sean Jensen	May 6, 2022	Owen Walter Stinson-Collins	May 20, 2010
Ewelina Sobala-Kouri	May 7, 2017	Elizabeth MacGregor	May 20, 2012
Benjamin Tucker DeBaie	May 8, 2001	Michael Scott	May 20, 2015
Jasmine Stephan-Martin	May 8, 2011	Karen Cobham	May 20, 2014
Taylor Andrews	May 8, 2012	Johnny Lucchetta	May 21, 2006
David Rines	May 9, 2010	Cody DeNoble	May 21, 2010
Brianne Wraight	May 9, 2010	Mary Ann Daniels	May 21, 2014
Patrick Bujold	May 9, 2012	Gregory Brian Judzentis	May 22, 1985
Michael Thomas Lynch	May 10, 2002	Shawna Spindler	May 22, 1997
Curtis Wahl	May 10, 2005	Damon Fewer	May 22, 2007
Lukas James Anderson	May 10, 2007	Kaleb Hunt	May 22, 2011
Austin Poulakis	May 10, 2019	Dana Watson	May 22, 2013
Michelle Richard	May 11, 2000	Jonathan Vogel	May 22, 2022
Ian Thomas Deatcher	May 11, 2002	Remianne Wabie Evans	May 24, 1994
Robin John Williams	May 12, 1992	Blake Gill	May 24, 2003
T.J. Stutt	May 12, 2004	William Taggart	May 25, 2005
Landon Murchison	May 12, 2006	Taylor Venters	May 25, 2010
Karsten Bibb	May 12, 2011	Amber Finn	May 26, 2002
Gregory Edward Timmins	May 14, 1996	Teegan Herold	May 26, 2013
Robert Muir	May 14, 2014	Lauren Wright	May 28, 2014
Jakob Kearran	May 14, 2021	Merrick Chue	May 28, 2016
Finnigan McCarron	May 15, 2015	Dylan Guiotto	May 28, 2017
Jade Roworth	May 15, 2016	Ayziah Spracklin	May 28, 2021
Bradley Wiseman	May 15, 2014	Andrea Sullivan- Martin	May 29, 1994
Wendell Cunningham	May 15, 2021	Colin McMillan Wilson	May 29, 2002
Paul A.J. Gordon	May 16, 1990	Steven Devecseri	May 29, 2006
Erin Reed	May 16, 2008	Tyler Davis	May 29, 2011
Jeffery Paul Baran-Lalonde	May 16, 2011	Crystal Dunstall	May 29, 2018
Wyatt Celsie-Swanton	May 16, 2009	Alison Millar	May 30, 2005
Leia Mary-Rose Wilde	May 16, 2017	Ryan New	May 30, 2015
Lorne Barnes	May 16, 2020	Ken Ford	May 31, 2011
Rayna Simms	May 17, 2005	Austin Taylor	May 31, 2019
Jonathon Campbell	May 17, 2011		

Note to self:
 When things feel
 overwhelming, remember:
 . One thought at a time
 . One task at a time
 . One day at a time