



BEREAVED FAMILIES OF ONTARIO  
DURHAM REGION

# NEWSLETTER

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

ISSUE 1

[www.bfodurham.net](http://www.bfodurham.net)

January 2022

## The ANGELS’ TREE OF LIGHT 2021

On Thursday, November 25<sup>th</sup> BFO Durham Region held its annual Angels’ Tree of Light ceremony. Covid 19 restrictions again derailed our plans to hold an in-person ceremony at the Durham District School Board headquarters. We were very fortunate to have Anthony Moreino step up and offer his studio and videography expertise to record this year’s ceremony.

This year, the angel selected was hand-crafted by one of our members, Leigh Hutchison in memory of her son, Nicholas. Burlap angels with white lace and pearl accents adorned our tree. Each angel had the name of a loved one handwritten on white ribbon. Following the suggestion of one of our committee members, we decided to include a tribute to the Indigenous children lost to the residential school system, by placing orange bows amongst the angels on the tree. 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 when we are physically distanced from those who would normally be present to support us.

Joyce MacIntyre joined us this year to give the Orange Ribbon Tribute. She composed and recited a special prayer to honour and remember the Indigenous children lost to residential schools. Joyce’s meaningful words were followed by our first song of the evening.

Jonathan Onley performed “Even Though I’m Gone “in memory of his children, Sarah, and Asa.

The dedication of the tree was given by Mike Kelly in memory of his son, Andrew. He spoke from his heart about how difficult that first year is, having to negotiate all those “firsts” without your loved one. Mike talked about taking comfort from signs that show his connection to Andrew and spoke about connections that link us all together.

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## FEBRUARY 2022

Wednesday 2<sup>nd</sup>

7-9pm Suicide Drop-in

Monday 7<sup>th</sup>

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

Tuesday 8<sup>th</sup>

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

Wednesday 9<sup>th</sup>

7-9 p.m. Evening Drop-In

Monday 14<sup>th</sup>

1-3pm Afternoon Drop-In

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

**FAMILY DAY - OFFICE CLOSED**

Monday 21<sup>st</sup>

Evening ZOOM Drop-In

Wednesday 23<sup>rd</sup>

7-9 p.m. Evening Drop-In

Monday 28<sup>th</sup>

7-9p.m. Reconnect Drop-In

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## MARCH 2022

Wednesday 2<sup>nd</sup>

7-9pm Suicide Drop-in

Sunday 6<sup>th</sup>

Walk to Remember on you tube – details to

follow

Monday 7<sup>th</sup>

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

Tuesday 8<sup>th</sup>

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

Wednesday 9<sup>th</sup>

7-9 p.m. Evening Drop-In

Monday 14<sup>th</sup>

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

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## The ANGELS' TREE OF LIGHT 2021

Continued from page 1

Vanessa Longhurst and her grandson, Dal' Angelo Armstrong-Longhurst had the honour of lighting our tree, in memory of their son/father, Dustin.

After the tree was lit, there was a moment of silence for reflection, followed by a performance of "Who You'd Be Today" by Shawn Bernard in memory of his friend, Anthony Quattrocchi.

The Responsive Reading was led by Anna Quattrocchi and Mateo Quattrocchi in memory of their son/brother, Anthony.

The ceremony was brought to a close with a performance of "Tell Your Heart To Beat Again" by Lauren Rohrbach.

Although there were challenges in holding this year's ceremony virtually, there were advantages too. Family and friends from across the province, across the country and across the world were able to be a part of this year's ceremony. For those of you who have not yet seen the video, it can still be viewed on YouTube.

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, Vanessa Longhurst and Linda Watson 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:

Leigh Hutchison for creating and donating towards the Angel costs in memory of her son, Nicholas.

Magda Zoelman for donating towards the Angel costs in memory of her son, Dennis.

Anthony Moreino, Quest Audio Visual (location, filming, editing)

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

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

Minute Man Press, Whitby (programs)

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

All our generous donors for your financial support

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



## From The Desk Of Your Executive Director

Dear Friends:

I hope this note finds you safe and well as we head into 2022. Last year certainly brought many challenges for all of us, but I'm confident that the Covid miseries of the past two years are now behind us. Our organization had a number of fundraisers cancelled, but thankfully we were able to continue some of these on line, just like the Angel Tree of Lights and the Walk to Remember. Many of our members have also chosen monthly donations. If you would like to also contribute monthly as well, please call the office. There were several companies that chose BFO-Durham Region as their charity of choice and we are enormously grateful.

Here at Bereaved Families of Ontario – Durham Region we must follow the government Covid-19 restrictions to keep everyone safe. At present we do require proof of vaccination before coming into our office. The present mom's group has been started on zoom and may transition over to in-person if restrictions are lifted. The Dad's group will start in March for an in-person 10-12 week closed group. The Children's group will start in the spring. Please check our website for restrictions as they are progressively lifted.

Our drop-ins as of February 1st will transition over to in-person from zoom. We will be allowed 10 people maximum to these drop-ins, so please call ahead.

I look forward to seeing you all virtually at the Walk to Remember. The details for our Walk will be outlined in this newsletter. I am really encouraging as many people as possible to create a non-profit fundraiser for our Walk to Remember on Facebook. Every little bit helps.

I am hopeful that the spring will be a time where we can finally be together in the office and at our wonderful fundraisers. We tentatively have our "Spring Fling" booked for April 23<sup>rd</sup>, so here's hoping we can make this happen.

Again thank you to all our facilitators for going above and beyond to continue to support our community. Most of you have had to go back and forth between zoom and in-person for the last two years and we thank you for your dedication.

**Jane Carter**

# ANGELS TREE OF LIGHT DEDICATION 2021

November 25, 2021

Hi and welcome to the Angel Tree Ceremony for 2021. My name is Mike and I too have an Angel on the tree. We lost our youngest son Andrew to suicide in March of 2019. He was one month shy of his 30th birthday.

What followed for us, as most of you have gone through, was a year of firsts. It was lucky for us in a way that his birthday happened so soon after he had passed. We were still in the fog of grief and didn't really have to acknowledge it.

Our first Angel Tree Ceremony was in November of that year and for those of you who were there you know how well attended it was. It's a comforting feeling in that room when you realize that you are not going through this by yourself. We are doing this virtually this year because of COVID 19 and for those of you who are new to the ceremony please know that you are not alone.

We all have different beliefs and ways of staying connected with our lost loved ones. Andrew is never out of my thoughts but whenever I find a dime or see a cardinal in the backyard it brings thoughts of Andrew to the top of my mind. Those kinds of things really help me to feel a connection.

Feeling a connection is really what the Angel Tree Ceremony is all about. As you go through this event thoughts of your loved one will naturally go to the top of your mind.

I dedicate the Angel tree to all of you who have lost loved ones. The holiday season can be especially hard as you notice more acutely the empty chair in the room. I hope the Angel you have on the tree lets you feel a connection and find some comfort.

Mike Kelly

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## MAY 2022

Monday 2nd

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

Wednesday 4<sup>th</sup>

**7-9pm Suicide Drop-in.**

Monday 9<sup>th</sup>

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

Tuesday 10<sup>th</sup>

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

Wednesday 11<sup>th</sup>

**7-9 p.m. Evening ZOOM Drop-In**

Monday 16<sup>th</sup>

**1-3p.m. Afternoon Drop-In**

## **Event Calendar continued**

### MARCH 2022

Monday 21st

**1-3pm Afternoon Drop-In**

Wednesday 23<sup>rd</sup>

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

Monday 28th

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

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### APRIL 2022

Monday 4<sup>th</sup>

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

Wednesday 6<sup>th</sup>

**7-9pm Suicide Drop-in**

Monday 11<sup>th</sup>

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

Tuesday 12<sup>th</sup>

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

Wednesday 13<sup>th</sup>

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

Friday 15<sup>th</sup>

**Good Friday**

Monday 18<sup>th</sup>

**EASTER MONDAY**

**1-3p.m AFTERNOON DROP-IN**

Saturday 23<sup>rd</sup>

**SPRING FLING DANCE**

**(DETAILS TO FOLLOW)**

Monday 25<sup>th</sup>

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

Wednesday 27<sup>th</sup>

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

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### MAY 2022 continued

Monday 23<sup>rd</sup>

**Victoria Day - Office Closed**

Wednesday 25<sup>th</sup>

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

Monday 30<sup>th</sup>

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



## 2021 Volunteer Appreciation Luncheon

On Sunday October 3rd, 2021 Bereaved Families of Ontario – Durham Region’s board of directors hosted a delicious luncheon at the Oshawa Shrine Club. Our Volunteer Luncheon recognizes the many dedicated members who so selflessly contribute to our organization on a daily basis, whether by working in the office, facilitating drop-ins, one on ones, groups or working on fundraisers.

We were unable to have our annual Volunteer Appreciation Luncheon in 2020 to recognize the 2019 volunteers so we decided to go ahead in 2021 and still show our appreciation. We hope we can have another Volunteer Appreciation Luncheon this year if the Covid 19 restrictions are somewhat lifted.

A big thank you to Charlotte Brisco who continues to do an amazing job capturing our special events at Bereaved Families of Ontario – Durham Region.

In 2019 we had two very dedicated recipients who received the Young Adult Volunteer of Distinction Award. They have continued to support our Children’s program as well as helping out at many fundraisers. The recipients were Lexi Marges and Ross Granato.

The Volunteer of the Year Award for 2019 went to Adele Davidson and Kirsty Bradshaw for their ongoing dedication and support to our organization. They both are very involved in fundraising at BFO-Durham.

We were honored to present the Susan E. Hendricks Award of Distinction to Bev Campbell for her countless hours of commitment to Bereaved Families of Ontario-Durham Region.



## **BFO-D Children's Program**

Bereaved Families of Ontario – Durham Region has completed another successful Children's group the end of November 2021. We had eight participants in the group this session. A big thank you to Kelly and Rocco for donating the funds from their recent fundraiser in the fall in memory of their daughter Racquel. These funds continue to support this wonderful program.

Our dedicated facilitators Rocco Granato, Kirsty Bradshaw, Tanya Fowler MacLeod & Anna Quattrocchi were there to support these young children. Kelly Fitzpatrick consulted with the facilitators. Also thank you to Irene Fife who joined in to support the parents of these children along with Anna. Lexi Margus, Ross Granato and Mateo Quattrocchi were on hand each week to support the children as well. It is so nice to see these dedicated teens return to BFO-D to give back.

One of the parents, Doug Hardy, from the group who had his daughter attend shared with me his thoughts after the group:

Subject: Thank you!

Message: Thank you for allowing us the opportunity to take part in the children's group for the past 7 weeks - we are saddened that it is over...

Where to begin...after the death of our oldest son, we struggled and still do, but our focus has remained on the two amazing siblings that he left behind. From the moment our family walked through the doors of BFO we felt welcomed and privileged to be a part of the sibling group – the facilitators showed compassion and empathy in an unexplainable way! 17 months after our son's death, I feel that we are on the right path of learning how to live without our son/their brother – physically. Our daughter has made enormous gains from attending sibling night and has created many connections and hopefully some lifelong friendships. Being a part of group of people "who get you" or "know how you are feeling" truly does help with grief processing. Our daughter has truly enjoyed every week, the different crafts created to commemorate the passing of loved ones. Although our youngest is still too young, we know that we will back to help him through his grief journey as well. Our daughter absolutely adored her older brother and looked up to him each and every day and now he is no longer physically here and all she has is those memories – thank you from the bottom of our hearts for allowing our family to enter through your doors, it has truly been life changing for each one of us! and remember – There is a HERO in all of us

As Margaret Mead said "Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has."



## **Bereaved Families of Ontario – Durham Region**

***Save the Date!***

**Bereaved Families of Ontario, Durham Region invites you to our....**



### **Dance**

**(The event is pending at the moment & will be confirmed at the end of February)**

**Saturday, April 23rd, 2022 7:30 PM – 1:00 AM**

Harmony Creek Community Centre, 15 Harmony Rd N, Oshawa, ON L1G 6K8

**Tickets are \$25**

DJ · Door Prizes · Games · Buffet · Silent Auction

All proceeds will go towards Bereaved Families of Ontario, Durham Region.  
We hope to see you there!

## WALK TO REMEMBER MARCH 6TH 2022

As with many aspects of life these days, we have had to adapt our annual Walk to Remember to comply with provincial Covid-19 restrictions. This year we are suggesting participants walk in their own small group at an outside location of their choice. You have the option of making a short video of your walk to submit to BFO Durham (see instructions below). We will still have the banners with your child's photo and messages and also there will be a virtual banner posted on our website.

Collection of pledges can be done in person using the pledge forms and if you are on Facebook you can create your own Facebook donation page for the Walk to Remember

### **“How to submit your individual/small group walk video**

Take a video of yourself walking and say your name and who you are walking in memory of. You may also want to say what town you are walking in just for variety. For clear sound, please try not to record on a windy day.

- **Please keep your video under 2GB in size (under 2 minutes) then you can send your video via We Transfer (<https://wettransfer.com/>) this is a free website that does not require log in. All you need to do is enter the receiving email address ([anthonym@questaudiovisual.com](mailto:anthonym@questaudiovisual.com)) and in the message include your name, add your video file and hit transfer**
- **Please record your video in LANDSCAPE mode to keep all video submissions consistent (If unsure what landscape mode is,**



- **Best practice when recording a video- have someone else take the video, make sure you are close enough to the camera/phone to ensure the audio is clear**
  - **Try to avoid any major light sources behind you as this may cast a shadow on your face**
  - **Avoid a lot of motion when recording if possible**
- .....and that's it!

We will be publishing the video early March 2022

### **Walk To Remember Banners**

As you may well be aware, BFO-Durham produces 2 Banners each year because of the volume of photos, poems etc.

This year (2022), we have sponsors for both banners, however, if you are interested in sponsoring a banner for 2023, please contact the office for further information.



## 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.

Create your Facebook Charity Fundraiser for BFO Durham and send the link to all your friends & family. Remember to “Share” your fundraiser to help keep it in mind.

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

E-Transfers should be sent to [BFODurham@bellnet.ca](mailto:BFODurham@bellnet.ca), please put a note of the name of the person “remembered” and that the money is for the Walk to Remember – this helps us recognise who to assign the money collected to.

## 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.

The Durham Region event will be held on Sunday March 6<sup>th</sup>. All walkers register with their pledge sheets which should be received at the office on Monday March 7<sup>th</sup>. The “Wall of Memories” banner may include a poem, photograph or other written message in their loved one’s memory. You can use the same photograph as last year, you can email a new photo or you can mail a physical photo to be received at the office by Feb 27<sup>th</sup>. We will also be creating an online Banner so please email your picture to the office by Sunday Feb 27<sup>th</sup> 2022.

To help make this a fun time – please make a short video of you and your ‘group’ during your personal walk and tell us who you are walking for. Please see the note in newsletter on how to Email your video and we will then be creating a short video that will be put on our website and our Facebook page.

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](mailto:bfodurham@bellnet.ca)  
[www.bfodurham.net](http://www.bfodurham.net)

Charitable # 861619880RR0001

## **Bereaved Families of Ontario Durham Region**



## **WALK TO REMEMBER**

### **2022**

### **SUNDAY**

### **MARCH 6<sup>th</sup> 2022**

### **A FUNDRAISING VIRTUAL WALK**

*Pledges raised will solely  
support*

***Bereaved Families of  
Ontario***

***Durham Region***

# "A Walk to Remember" Sunday 6<sup>th</sup> March 2022-Registration Information

Name: \_\_\_\_\_ Signature: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Date: \_\_\_\_\_



## Release, Waiver and Indemnity

In consideration of the acceptance of my application of the application of my child or ward, I, for myself, my heirs, my child or ward, executors, administrators, successors and assigns hereby release, waive and forever discharge Bereaved Families of Ontario-Durham Region and all other associations sanctioning bodies and sponsoring companies, contractors, representatives, elected and appointed officials, successors and assigns of and from all claims, demands, costs, expenses, actions and causes of action whether in law or equity, in respect to death, injury, loss, or damage to my person or property however caused arising or to arise by reason of my participation in the said event, whether as a spectator, participant or otherwise, whether prior to, during, or subsequent to the event and same may have been contributed to or occasioned by the negligence of any of the aforesaid. Notwithstanding that, I further hereby undertake to hold and save harmless and agree to indemnify all of liability by any or all of them arising as a result of the aforesaid from and against any and all of, or in any way connected with participation in the said event. By submitting this entry, I acknowledge I have read, understood and agreed to the above waiver, release and indemnity. I warrant that I am physically fit to participate in this event.

- ✓ Cheques made payable to “BFO-Durham”
- ✓ Send this form to the office by Monday March 7 2022
- ✓ Cash or cheque is due to the office by Monday 7<sup>th</sup> March 2022 - please do **not** mail cash
- ✓ Tax receipts will be issued for contributions of \$25 (only if address is included)
- ✓ This form can be photocopied to record additional pledges.
- ✓ E-Transfers accepted – send to [BFODurham@bellnet.ca](mailto:BFODurham@bellnet.ca)

Pledges through Facebook are automatically collected by Facebook at the time of the pledge and will automatically receive a receipt from Facebook and not from BFO-Durham. You can track your Facebook sponsors on this form but please note that their money has been paid to Facebook and you do not need to collect payment from them yourself.

**Dedicated in memory of:**

\_\_\_\_\_

### PLEDGE FORM

*PLEASE "PRINT" INFORMATION CLEARLY*

Sponsor Names	Address	City/Town	Postal Code (req'd for receipt)	Phone #	\$ Amount	Receipt	Pd.

**Total Pledges Recorded: \$** \_\_\_\_\_

*Pledge money must accompany this form and be received at the office by March 7<sup>th</sup> to receive prizes*

# **BFO Durham Online Silent Auction for the Walk to Remember 2022**

So much has changed in the last year with the Covid 19 pandemic challenging our daily routines and sense of normal. This is nothing new for those familiar with BFO where a new normal is what the programs and facilitators are assisting those dealing with loss, try to achieve.

With social gatherings off the table for this year a few of our members felt there had to be some way to assist because the tragedy of loss does not stop just because there is a pandemic.

Thankfully, even with the economic challenges of the shutdown, our sponsors have still come to our aid and provided items for our Walk to Remember Online Auction.

Virtual events cannot match the exhilaration of spending time with our BFO-Durham friends as we enjoy each other's company, and most importantly for a lot of us...((Hugs)), but the virtual realm is at least giving us the opportunity to continue to raise much needed funds to help BFO Durham be there for those in need.

*We can't emphasize enough our appreciation for the dedication of our sponsors as well as the individual donations under such difficult circumstances. With businesses shut down and a lack of a clear path forward it speaks to the quality of people we are so lucky to have in our community.*

**Our auction will go live at 12noon on Sunday February 27th and will be available until 6pm on Sunday March 6<sup>th</sup> 2022.**

The link to our auction site is: <https://www.32auctions.com/Walk-to-Remember-2022> and the items for auction will be ready for viewing by mid-February.

Successful bidders will be able to pay for and collect their items as of Monday March 7<sup>th</sup> from the office, but PLEASE phone the office to arrange a suitable time.

We hope you are able to help support this fundraising event, every penny counts! If you simply wish to make a donation, you can purchase a donation "Bid" for \$25 per unit on the auction site once it goes live and then there are multiple payment options available for you:

click the [donate](#) link on our website, (for amounts less than \$25) and put a note that it's for WTR2022

send us an e-transfer ([bfodurham@bellnet.ca](mailto:bfodurham@bellnet.ca))

phone the office with your credit card details

cash or debit donations are also accepted at the office

All monetary donations of \$25 or more are eligible for a donation receipt

## **A MESSAGE FROM YOUR EDITOR**

Hello Everyone

As we start yet another year with the restrictions of Covid, I would still like to take the opportunity to wish everyone a Happy New Year.

We seem to have adapted quite well with our online fundraising (both online auctions & Facebook), and we thank our Sponsors and participants for helping us to reach our goal on each event.

I am happy to see articles and pictures being sent in by our members for inclusion into our Newsletters. It helps to make me feel happy that members are now actively sharing and caring.

As always, please remember to check out our website <http://www.bfodurham.net> for updates, calendars and special notices. There are reminders for ongoing & upcoming fundraisers and you can also look through the pages to see past events and articles.

If you have anything you would like to see included in our newsletter or on our website, please don't hesitate to send the info into the office (email to [bfodurham@bellnet.ca](mailto:bfodurham@bellnet.ca))

I will also take this opportunity to push the raffle tickets for the beautiful hand knitted blanket I have made/donated to help raise funds. The tickets are just \$5 each or 5 for \$20. The blanket cost more than \$300 to make and I was hoping it would raise in excess of \$400 for BFO Durham, but at the time of writing this article, I have only had 2 people buy \$20 worth each.... A long way to go and just 3 short months left. You can message me directly/e-transfer the money ([glasscup\\_19@hotmail.com](mailto:glasscup_19@hotmail.com)) or you can e-transfer to [BFODurham@bellnet.ca](mailto:BFODurham@bellnet.ca) but please state your name/phone number and that it is for the raffle tickets

I send you all my virtual ((Hugs)) and leave you with these positive words :  
"Sometimes it's OK if the only thing you did today was breathe." — Yumi Sakugawa

*Adele Davidson*

**"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 Boissain, Brian Evans, Regan Kelly, Cathy Kelly, Mike Kelly, Cindy Serensits and Chantelle Gaudette

**LIBRARIAN** - Denise Love

**OFFICE VOLUNTEERS** - Denise Love, Marlene Charewicz, Bev Campbell, Vanessa Longhurst, Karen Fish

**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, Marian Rehr, Wayne Wanamaker, Sharon Sears, Chris Garvey, Kirsty Sinclair & Bev Campbell

**HONORARY BFO DURHAM BOARD DIRECTOR** - Margaret Fortune



## QUILT RAFFLE

The blanket has been hand-knitted and kindly  
donated by Adele Davidson

It is **XL-KingSize** – measuring **118"**(9ft 10") x  
**106"**(8ft 10") (5 panels x 4 panels)

Tickets are priced at  
**\$5 each or 5 tickets for \$20**

The draw will take place in

**April 2022**

(this is to enable plenty of time/opportunity  
to raise funds – the blanket cost over \$300 to  
make)

**Tickets are available at the office  
(948 Simcoe St N, Oshawa)**

You can come into the office or you can  
email/e-transfer the office at

[bfodurham@bellnet.ca](mailto:bfodurham@bellnet.ca)

**or**

by email/e-transfer to Adele Davidson

[glasscup\\_19@hotmail.com](mailto:glasscup_19@hotmail.com) –

my email has an underscore between  
glasscup & 19

**Please provide Name & Contact phone  
number so we can complete the draw  
ticket on your behalf.**

All proceeds go to help fund  
BFO Durham Region



<https://www.facebook.com/529011043/posts/10158118562471044/>

courtesy of [Elaine Pike Hillier](#) & [Erika J Griesenauer](#)

You Don't Just Lose Someone Once

You lose them over and over,  
sometimes many times a day.

When the loss, momentarily forgotten,  
creeps up,  
and attacks you from behind.

Fresh waves of grief as the realisation hits home,  
they are gone.

Again.

You don't just lose someone once,  
you lose them every time you open your eyes to a new dawn,  
and as you awaken,  
so does your memory,  
so does the jolting bolt of lightning that rips into your heart,  
they are gone.

Again.

Losing someone is a journey,  
not a one-off.

There is no end to the loss,  
there is only a learned skill on how to stay afloat,  
when it washes over.

Be kind to those who are sailing this stormy sea,  
they have a journey ahead of them,  
and a daily shock to the system each time they realise,  
they are gone,

Again.

You don't just lose someone once,  
you lose them every day,  
for a lifetime.



## DONATIONS IN LOVING MEMORY OF

**MICHAEL CAMPBELL**

From: Bev Campbell

**LYDIA GRACE CONTE**

From: Beth Conte

**SHELLEY WILSON**

From: Bill and Joyce Foreman

**NATHAN PENNINGTON**

From: Lisa Pennington

**RICK COOPER**

From: Rita and Rick Cooper

**SEAN EDMUNDS**

From: John and Kelly Edmunds

**HEATHER BUTCHER**

From: Joan Pear

**VIOLET DAVIDSON – IN MEMORY OF HER ANGEL DAY**

From: The Davidson Family

**SARAH AND ASA ONLEY**

From: The Onley Family

**DR. PAUL HOY**

From: Cathy and Fritz Weiner

**DR. PAUL HOY**

From: Elise and Jim Vanhaverbeke

A big Thankyou to Clarington Toyota for their generous donation



## SPECIAL RECOGNITION DONATIONS

100 Men - CLARINGTON

ALERT FIRE COMPANY FUND – IN MEMORY OF DANIEL MELANSON

CLARINGTON TOYOTA

DURHAM COMMUNITY FUND

DURHAM REGION ASSOCIATION OF REALTORS

ZAIN LEELA

CHRISTINE SHANNON IN MEMORY OF CHRISTOPHER SHANNON

WENDY STARR AND LINDSAY SMITH – BUYSSELL LOVE DURHAM

TOWN OF PICKERING



VIA Rail for their continued support and kindness

Bev Campbell donated a Christmas Merckens Chocolate gift basket, valued at \$150.00. The Raffle draw took place on Monday December 13th and the lucky winner was Nadia Longhurst



# 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





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## **BFO-DURHAM INTRODUCES TWO NEW MONTHLY DROP-INS**

Here at Bereaved Families of Ontario – Durham region we have had numerous requests from our members to introduce a Suicide Loss Drop-In as well as an Addiction Loss Drop-In. These two new drop-ins will occur monthly. They will be facilitated by two trained facilitators who have experienced that kind of loss.

Our hopes in the future would be to invite speakers here to BFO-Durham to those two drop-ins. Of course all of this depends on the Covid-19 restrictions.

Please check our newsletter and our website for these new upcoming drop-ins.

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### **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!

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**When we lose  
someone we love  
we must learn not  
to live without  
them, but to live  
with the love they  
left behind.**



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



### **CONDOLENCES**

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

*Denise Robinson on the loss of her mother, Marjorie Robinson.*

*Cora Silininkas on the loss of her mother, Cecily June Rowsell*

### **BEREAVED FAMILIES OF ONTARIO — DURHAM REGION**

948 Simcoe Street North, Oshawa L1G 4W2

Tel: 905-579-4293 / Fax: 905-579-7403 / Toll Free: 800-387-4870

E-mail: [bfodurham@bellnet.ca](mailto:bfodurham@bellnet.ca) / Web Site: [www.bfodurham.net](http://www.bfodurham.net)

Charitable Registration #861619880RR0001

#### **OFFICE HOURS**

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

## '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.

JANUARY

Shelley Nadine Taylor	January 1, 1994
Ricky Van Den Oetelaar	January 1, 2006
Lisa Lebitka	January 1, 2012
Jacoub Favila	January 1, 2013
Jamie Woods	January 1, 2014
Madison Sevana Boyd	January 2, 2012
Christopher Thompson	January 2, 1988
Vanessa Larocque	January 2, 2009
Kyle Joseph Miller	January 2, 2009
Madison Sevana Boyd	January 2, 2012
Kayla Vandewalker	January 3, 2018
Victoria Thompson	January 4, 2005
Jose Eduardo Navas	January 4, 2011
Tianna Vieira	January 5, 2010
Chantel Gauthier	January 6, 1994
Ashley Pittens	January 6, 2001
Michael Upshaw	January 6, 2002
Rayam Imran	January 7, 2008
Derek Spicher	January 7, 2013
Alastair Lahtinen	January 8, 2010
Jackson Bonchek	January 8, 2018
David Norrish	January 9, 2015
Dominik Prusinski	January 9, 2017
Stephen John Duthie	January 10, 2010
Duane MacIntyre	January 11, 1992
Ron Davis	January 11, 2007
Brandon Tyler Baron	January 12, 1992
Neil Warren Hembling	January 12, 2000
Eerik Percival	January 13, 2002
Owen Alexander Leaitch	January 13, 2017
Khristian Robinson	January 14, 2008
Ricky Black	January 14, 1991
Daniel Torreblanca	January 15, 2013
Jonathan Domenic Volpe	January 15, 1995
Breanna Cousins	January 15, 2002

Sara Ann Madore	January 17, 2003
Austin Blake Madore	January 17, 2003
Storm Gary Patrick Coad	January 18, 1997
Nathan Michael Pennington	January 18, 2010
Christopher Amos	January 18, 2012
Layla Giberson	January 18, 2013
Thomas King	January 18, 2016
Stephanie Joanna Coleman	January 19, 1996
Morgan Fitzgerald	January 19, 2007
Quinton Aquilina	January 20, 2019
Alexandra Kellie-Ann Hewitt	January 21, 1995
Alexander Cade	January 22, 2004
Bill Robbins	January 22, 2016
Antonio Thomas Cacciatore	January 23, 2010
Vanessa Robyn Rivard	January 24, 2007
Daisy Woodworth	January 24, 2018
Kelly Spencer	January 25, 2012
Blake Hoo	January 25, 2016
Graham Charles Clarke	January 26, 2007
Jeffrey Warne	January 26, 2008
Justin Serensits	January 26, 2019
Jodie Dicks	January 26, 2020
David Matthew Gilbert	January 27, 2008
Eran Town	January 28, 2005
Branden Christopher Viarruel	January 29, 2009
Wayne Edwards	January 29, 2009
David Stacey	January 29, 2015
Angela Worona	January 31, 1995
Jorja Gorham	January 31, 2018



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



**MARCH**

Meena Valliappan	March 1, 2002	Kathleen Una Hutchings	March 18, 1994
Melissa Neault	March 1, 2006	Tara Lyver	March 18, 2001
Laura Morrison	March 2, 2001	Caleb Nykolaichuk	March 18, 2016
Susan Taylor	March 2, 2007	Paige Matthews	March 19, 1998
Heather Wilkinson	March 2, 2012	Michael Schomodji	March 19, 1999
Kaelyn Emily Wind	March 2, 2013	Sharon Rose Gilliland	March 19, 2002
Shayne Clench	March 3, 2014	Angel Cervantes	March 19, 2005
Joshowa Miranda	March 3, 2011	James Warner	March 19, 2008
Jack Thomas Woskosky	March 3, 2015	Sean DeSilva	March 19, 2011
Xaviar Bain	March 3, 2019	Vaughn Heasman	March 20, 1989
Debra Lundrigan	March 4, 2009	Kainam Burbage	March 20, 2014
David Stewart	March 4, 2011	Brian Elliott	March 20, 2014
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	Mary Melnychuk	March 22, 2011
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	Kristina Nicole Hendricks	March 31, 1991
Vicki Stergianis	March 14,	Jerry R. Lomax	March 31, 1992
2017Dominik Digiorgio	March 16, 2021	Steven Matthews	March 31, 2019



**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
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
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

**MY CHILD DID EXIST**

I've lost a child, I hear myself say,  
 And the person I'm talking to just turns away.  
 Now why did I tell them, I don't understand.  
 It wasn't for sympathy or to get a helping hand.  
 I just want them to know I've lost something dear,  
 I want them to know my child was here.  
 My child left something behind which no one can see,  
 So, if I've upset you, I'm sorry as can be.  
 You'll have to forgive me, I could not resist.  
 I just want you to know that my child did exist.

MAY

Crawford Wheller	May 1, 2002
Victoria Chenier	May 1, 2018
Lisa Ford	May 2, 2002
Joshua Liscio	May 2, 2008
Stephen Cochrane	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
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
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 Pistritto	May 18, 2017
Lynne-Marie Gordon	May 19, 1991
Dylan Matchett	May 19, 2017
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
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
Lauren Wright	May 28, 2014
Merrick Chue	May 28, 2016
Dylan Guiotto	May 28, 2017
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

