



BEREAVED FAMILIES OF ONTARIO–DURHAM REGION

SUMMER BULLETIN

"Bereaved helping the bereaved learn to live with grief"

ISSUE 3

www.bfodurham.net

2012

SUCCESSFUL FUNDRAISERS

Once again, our Volunteers have come through for us and organized several very successful fundraisers, with all proceeds going to BFO-Durham. Our thanks go to Denise Robinson and her committee members for organizing The Run to Remember 2012 (part of the Win Marathon) which was held in Whitby in May in memory of her son Jeffrey Warne; Beach Night, dinner and dance, organized by Jennifer Carter and committee was held for a second year and was a smashing success. Thank you to Boston Pizza North Oshawa, in collaboration with BFO-Durham members, for hosting a "Celebrity Server" night and donating 10% of all receipts left at the door, to our organization. Thanks to everyone who shadow-served.

The 2nd Annual Brent Foster Memorial Drive Durham Region is the last summer fundraiser and will be held on August 1st. Please visit our Web Site for more information.

OUR SPECIAL DAY ANNIVERSARY / BIRTHDAY FUNDRAISER

in honour of your child/children

is now up and running on our Web Site under

"Our Children Remembered"

You can participate in this on-going fundraiser

by sending in a photograph and dates

for a minimum donation of \$20.00, for each special day

We could not continue to provide the support so needed by our members without the help of our Volunteers and the contributions from all; we thank each and everyone of you from the bottom of our hearts.

~ Micheline Ball, Editor

UPCOMING EVENTS

JULY 2012

Infant Loss Drop-In

Monday 9th, 7-9 p.m.

Evening Drop-In

Wednesday 11th, 7-9 p.m.

Afternoon Drop-In

Monday 16th, 1-3 p.m.

Evening Drop-In

Thursday 26th, 7-9 p.m.

Reconnect Drop-In for I/L

Monday 30th, 7-9 p.m.

AUGUST 2012

Infant Loss Drop-In

Monday 13th, 7-9 p.m.

Evening Drop-In

Wednesday 8th, 7-9 p.m.

Afternoon Drop-In

Monday 20th, 1-3 p.m.

Reconnect Drop-In for O/C

Monday 27th, 7-9 p.m.

Evening Drop-In

Thursday 23rd, 7-9 p.m.

THE SUN WILL SET

Every day we know that the sun will set. It is a given, a fact of life. A fact of life for you is knowing that each time you experience a "**MASSIVE MISSING MELTDOWN**", you will get through it. You will not stay in that place forever. The tears will eventually stop. With each **MMM**, you will know what to expect more and more, and with that knowing comes a sense of trust. The beginnings of trust in ourselves, that yes, we can do this. **THE SUN WILL SET, THE TEARS WILL STOP.**

~ COURTESY OF MAUREEN HUNTER, ESDEER

BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

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CHARITABLE REGISTRATION #86169880RR0001

OFFICE HOURS — MONDAY TO THURSDAY 10 A.M. TO 3 P.M. AND CLOSED FRIDAY

"VOLUNTEERS ARE LOVE IN MOTION!"

WE WOULD LIKE TO THANK THE FOLLOWING VOLUNTEERS FOR THEIR CONTINUED SUPPORT.

ONE-ON-ONE AND GROUP SUPPORT FACILITATORS – Jane Carter, Sharon Sears, Louise O'Donnell, Charlotte McMorrow, Margaret Fortune, Magda Zoelman, Joan Pearson, Nichole Dickhoff, Denise Love, Denise Robinson, Jackie Foster, Angela White, Cheryl Clarke, Michelle Murray, Stephanie Agelopoulos, Joyce Foreman, Colleen Timmins

LIBRARIAN – Denise Love

FUNDRAISING – Denise Robinson and committee members, Jane and Jennifer Carter and Beach Dance Committee, Angela White, Thomas and Stephanie Agelopoulos, Caroline Goswell, Sharon Sears, Bev Campbell, Marian Rehr, Lauren Sears, Rebecca De Silva, Alexis LoveGordon

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

ANNIVERSARY LETTERS – Joan Pearson

WEB SITE – Ronda Evans, Micheline Ball

NEWSLETTER – Micheline Ball

"VOLUNTEERS ARE PAID IN SIX FIGURES S - M - I - L - E - S"
- GAYLA LEMAIRE

A MESSAGE FROM YOUR DIRECTOR OF MEMBER SERVICES

It's summer time now which means the flowers are in full bloom and the shining sun reminds us of all the wonderful memories we have had with our children. As we try to find joy in the small things, like the butterflies that visit on our window sill, we are reminded of the summer activities that may have included our children. Although it may be tough to acknowledge those memories, it helps to be reminded that our children are never far from our thoughts or our hearts.

We can find comfort in knowing we all come together during these summer months and support each other with our monthly drop-ins and the connections we have made through various get-togethers at BFO - Durham Region. I would like to thank everyone for coming out to Boston Pizza Oshawa and raising awareness through our celebrity serve. Each customer learned of the support we provide and the connections made throughout our organization. The fundraiser went really well and brought out familiar and new faces, which together expressed the love and support within BFO - Durham.

So whether it be sharing stories at a bonfire at the cottage or sharing stories over a pizza, we all come together in these summer months to remind each other of the importance of memory. It is our memories that keep our children close to our hearts. When the summer sun is shining down on me, I will think of all of you and our precious children.

Always on my mind and in my heart,

Sharon Sears.

INSPIRATIONAL CORNER

IF WE COULD HAVE YOU BACK.....

***If we could have you back for just one day
There would be so many things we would like to say
If we could just be with you for one whole day
To have you close and know that you really are okay.***

***If we had known that you would be gone forever
If we had known all those ties were going to be severed
If we had known the pain, the loss and the ache
If we had known the difference without you would make.***

***In the darkness you slipped away from us all
Now it's just your memories that we have to recall
They say that parting is such sweet sorrow
But it's the longing, the wondering and how to cope with tomorrow.***

***They say that grieving a child is the very worst
Cause life's plan is that the parents should go first
Now all we have are memories, the good times that we had
We spend so much time in tears, and pain and feeling sad.***

***So if we could have you back for just one day
You could let us know how to cope until that judgment day
When we'll be together as a family once again
When we'll all be happy and free from all this pain.***

***Oh! It's so hard to live when your child has to die
Then we spend our lifetime trying to say Goodbye!***

~ Ann M. King, Coquitlam, BC

THIS NEWSLETTER IS A VOICE FOR THE BEREAVED AND WE WOULD LOVE TO HEAR FROM YOU WHETHER TO SHARE YOUR THOUGHTS, YOUR IDEAS OR IF YOU HAVE ANY REQUESTS. 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. THANKS FOR GETTING INVOLVED!

LIBRARY

30 books were donated in memory of Amanda Sarah Heron by her Mom and Dad, Connie and Peter Heron.

If you would like to donate a book in memory of your loved one, please drop it off at our office during business hours. Look for a review of one of our Library books in the September Newsletter — Denise Love, a volunteer in charge of the Library, has agreed to feature a particular book in BFO-Durham's newsletter on a regular basis.

A Daddy's Love

***You will always live in your Daddy's heart, and he will always hold you there.
In his eyes there will always be a tear, but in his eyes you will be there.
His hands will always remember the last time your tiny hand was in his.
His arms will always ache for when he held you last now only filled with emptiness.
Your daddy's heart will never forget his little girl.***

~ Author unknown

DONATIONS

IN LOVING MEMORY OF

Elizabeth MacGregor

Donated by Margaret and Doug Ricketts

Angela Anger and Kerry-Lyn Adams

Donated by sister Robin Bowen

Brent Foster

Donated by Sandra and Jeff Pennock

Danny Mclean

Donated by Mom Jan Mclean

David Schneider

Donated by sister and brother-in-law Mary and Johnny Soln

Gertrude Verny

Donated by Susan Hendricks

William Pearson

Donated by Ken and Louise O'Donnell

THAT FIRST SUMMER VACATION

(EXERPT FROM COMPASSIONATE FRIENDS NEWSLETTER —ST. LOUIS, WRITTEN BY DIANA HAMMOCK)

"Be gentle to yourself. Don't expect too much on your first vacation. Remember as bereaved parents, the first time we do anything without our kids is tough, whether it be going to the movies, shopping or on vacation.

Plan to do some grief work, because you will, planned or not. Give yourself time enough on the trip so that if you have a bad day, you can just do what you like doing. Know that your child will be on your mind day and night just as he or she is at home. Our grief goes with us.

Plan a vacation that is restful. You need all the rest you can get at this time. Plan to do something your child would have loved to do, but did not get a chance to. Do this in his or her memory.

If you plan to visit relatives for the first time since your child's death, remember they mean well even if they seem insensitive in their remarks. They have not lost a child and cannot see through your eyes.

If you have other children, remember them. They are also having a hard time coping on this vacation. Plan some activities especially for them.

Be extra careful to communicate with your spouse. Plan a vacation suitable for both of your needs. Remember you are both grieving for the same child, but we all grieve differently and in our own way.

If you have been maintaining your child's grave site and feel guilty leaving it unattended, let a family member or friend see to it while you are away. You need not feel guilty and it might fill a need for one of your family members or friend, allowing them to help.

You will have a memorable vacation even though it will be difficult. You will look back on it as I have done and see it as another growing experience as you find your way through grief work of a bereaved family."

WE, AT BFO-DURHAM, HOPE YOUR VACATIONS ARE NICE THIS SUMMER. ENJOY THEM FOR OUR KIDS.

OUR CHILDREN REMEMBERED

Loved, missed and remembered

AUGUST

Rick Swale	August 1, 2000	Tracy Scott	August 20, 2010
Dallas Raé Fountain	August 3, 2010	Chris Karam	August 20, 2011
Jennifer Copithorn	August 4, 1998	Ryan J. Haber	August 21, 1999
Brent Foster	August 4, 2007	Colin Humphrey	August 21, 2000
Sydney Young	August 5, 2003	Shawn Presley	August 21, 2000
Robert Blain	August 6, 2008	Murray Schoenau	August 21, 1990
Daniel Caldwell	August 8, 2010	Greg Miles	August 22, 2008
Gary Smith	August 9, 2002	Jamil Mohamed	August 22, 2009
Jessica Dale Whitney	August 9, 1998	Tucker Taylor	August 22, 2008
Lily Maria Kathleen Payne	August 10, 2007	Andrew Chaplin	August 23, 2008
Dennis John Zoelman	August 11, 1993	Emily Stow	August 23, 1999
Shayaan Aziz	August 13, 2010	Geoffrey Dykstra	August 24, 2008
Gregg Hayden	August 13, 2005	Jeremy Finn	August 24, 2002
Frank Aubrey Lessard	August 14, 1997	Michael "Shane" Girard	August 25, 1993
Christine Crossman	August 14, 2004	Paul Strasbourg	August 25, 2009
Ashton Payetta	August 14, 2010	Jackie Woolridge	August 27, 1999
Jonathan Stewart	August 14, 2004	Sean Robert Aylward	August 28, 2002
Tiah Ephraim	August 16, 2008	Luke Christopher Bachman	August 28, 1998
Kale Garry Nichols	August 16, 2001	Craig W.D. Green	August 28, 1995
Trisha Banton	August 19, 2009	Allesio Caccavella	August 28, 2011
Mark Vandermeer	August 19, 2008	Steven Mayhew	August 29, 2000
Trevor Stephenson	August 20, 2000	Constant Germano	August 30, 1993
Annette E. Stewart	August 20, 1989	Paul Anthony Jones	August 31, 1995
Cortney-Lynne Twiddy	August 20, 1994	Alex Novia	August 31, 2008

SEPTEMBER

Kelli Mitchell	September 1, 1996	Jake Vanzeyl	September 18, 1998
Adrienne Ferguson-Keller	September 2, 1992	Ryan William Sutherland	September 18, 2009
Amanda Ruby Mayock	September 2, 2005	Michael Crover	September 18, 1998
Jamie Lee Wiznuk	September 2, 2009	Kelly Darby	September 19, 1999
Jayla DeSouza	September 3, 2009	Terah Elaine Dawkins	September 19, 2010
Michael Christopher Noseworthy	September 4, 2003	Paul Turansky	September 19, 2005
Omar Ryan Sadler	September 7, 1996	Darren O'Neil	September 20, 2011
David Logan	September 7, 2010	Julie Carter	September 22, 2000
Ashley DeJong	September 9, 2002	Brian English	September 22, 2002
Leo Atkinson	September 10, 2003	Kerri-Lyn Adams	September 24, 2011
Brody James Prebble-Cooper	September 11, 2006	Mike Maher	September 26, 2009
Laura Catherine Pellegrino	September 13, 1990	Levi Allen	September 28, 2009
Karen Lato	September 13, 1992	Lauren Allen	September 28, 2009
Bryan Douglas Gordon	September 14, 2007	Cassandra Kumarsigh	September 29, 2006
Sean McAvoy	September 16, 2005	Andrea Nott	September 30, 2002
Kelly G. Lomax	September 17, 1992		