



BEREAVED FAMILIES OF ONTARIO-DURHAM REGION

NEWSLETTER

"Bereaved helping the bereaved learn to live with grief"

ISSUE 1

www.bfodurham.net

2014

A "BIG THANK YOU" TO ALL OUR FUNDRAISERS FOR A VERY SUCCESSFUL YEAR

"IT ALWAYS SEEMS IMPOSSIBLE, UNTIL IT'S DONE" ~Nelson Mandela

As a Board Member and the Editor of this newsletter, I would like to say that 2014 was again a very successful fundraising year. The money raised from The Walk to Remember, The Run, The Ride and the Angel Tree of Lights makes it possible for us to continue with our programs and drop-ins. Thank you to all our volunteers who give 150% to our organization. Without our members, volunteers, families, friends and sponsors, these fundraising ventures would not be possible.

~Micheline Ball, Editor

CALENDAR OF EVENTS

FEBRUARY 2015

Infant Loss Drop-In
Monday 2nd, 7-9 p.m.

Evening Drop-In
Wednesday 11th, 7-9 p.m.

FAMILY DAY - OFFICE CLOSED
Monday 16th

Afternoon Drop-In
Monday 23rd, 1-3 p.m.

Reconnect Drop-In for I/L
Monday 23rd, 7-9 p.m.

Sibling Loss Drop-In
Wednesday 25th,, 7-9 p.m.

Evening Drop-In
Thursday 26th, 7-9 p.m.

MARCH 2015

"WALK TO REMEMBER"
Sunday 1st, 9:15-11 a.m.

Infant Loss Drop-In
Monday 2nd, 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 C/L
Monday 30th, 7-9 p.m.

(SEE PAGE 4 FOR APRIL AND MAY
CALENDAR DATES)

2014 ANGEL TREE OF LIGHTS GATHERS US TOGETHER

Once again a large crowd gathered at the Durham District Board of Education building for our annual Angels' Tree of Light Ceremony held this November 27th. The angels and clear lights in their splendour adorned our tree to honour our loved ones and remember those who have died.

I would like to sincerely thank the BFO-Durham Region Board for their contribution towards the printing cost of the programs in memory of Ria Nyland, who was a long-time member of our Angel Tree Committee and who hand-crafted thousands of delicate white angels for our tree over the years; Magda and John Zoelman for their contribution towards refreshments in memory of their son, Dennis John Zoelman; Joyce and Paul Smith for their contribution of refreshments in memory of their daughter, Paula Marie Smith; and Tara Rekker-Giesbrecht for her donation of the beautiful poinsettias in loving memory of her son, Aiden Rekker-Giesbrecht.

The memorial service began with your Executive Director, Sharon Sears welcoming all who were present. We were honoured to have Fran King give the opening remarks. She spoke about grief and getting through the holidays. Chris Garvey gave a heart warming dedication in memory of his son, Blake Garvey. Meghan, Ian, Malcom, Rosalynn and Nathanael Patterson had the honour of lighting the tree this year in memory of their sister and aunt, Sara Young. Ten year old Kalista Wilson sang the beautiful song "Somewhere Over the Rainbow", in memory of her sister, Alleya Wilson. Nancy Raby and Nicole Cacciatore led the responsive reading in memory of daughter, Melissa Raby, and son, Antonio Cacciatore, respectively. Fred Cacciotti softly played guitar music in memory of Kevin James Charewicz. After the ceremony, light refreshments were served, providing an opportunity for all to mingle.

We thank the Durham District Board of Education and M & M (Michelle Taylor, Joyce and Paul Smith), for their continued support of our evening.

Over 1,000 volunteer hours go into preparing for this event from mailings, answering the phone, taking angel requests, computer work, cutting ribbons, printing the Angels' name on the ribbon, programs, decorating the tree to the night of the event.

For their generosity of time and the many acts of kindness in memory of their child(ren)/sister, my sincere thanks and appreciation go to committee members, Debbie Brown, Beth Bryan, Bev Campbell, Jane Carter, Jennifer Carter, Marlene Charewicz, Anita Fellows, Kelly Greig, Caroline Goswell, Bonnie Lane, Wendy Marshall, Jan McLean, Nancy Raby, Marian Rehr, Lauren Sears, Joyce Smith, Jan Waterman, Magda Zoelman, Sharon Sears and Denise Love. It was also wonderful to see so many young volunteers who worked in the background. Special thanks to everyone who helped out before, during and after the event with our tree and food preparations.

The Angels' Tree of Light is truly a special event for all of us at BFO-Durham and the community as a whole. Your contribution and continued support is greatly appreciated.

~ Angela White, Chair

A MESSAGE FROM YOUR EDITOR

JANUARY WARMTH ~ PAT DODGE

"LIKE A TREE IN WINTER WHICH HAS LOST ITS LEAVES, WE LOOK AHEAD TO SPRING FOR NEW GROWTH AND WARMTH FROM THE SUN TO HEAL THE PAIN IN OUR HEART. LET US MAKE JANUARY A TIME TO REACH OUT TO EACH OTHER AND GIVE THAT WARMTH FROM OUR HEARTS, AND IN RETURN, WE WILL ALL SHOW NEW GROWTH."

It is the start of a new year and with it, comes holidays which remind us of our lost ones, Valentine's Day, Easter, Mother's Day and Father's Day. Valentine's Day can be a very difficult day for those who are grieving, and for some, it is the first Valentine's day since their loss. There is no celebration, there is only grief. Your memories can be painful and unpleasant, they can create longing and they can interfere with moving forward in your grief journey. It doesn't have to be that way. You can soothe your pain by thinking of happy memories. The happiness experienced with your loved ones belongs to you forever. Here are some ideas which could help you through this difficult time.



- Write a story, a poem, a song, or keep a private journal about your feelings;
- Buy a special candle and decorate it in honour of your loved one;
- Find a quiet corner or room where you can read quietly or meditate;
- Donate a book to BFO-D's library with an inscription on the inside cover in memory of your loved one;
- Celebrate the life of your loved one by continuing favourite traditions.

Also remember that we, at BFO-Durham, are here for you. Call, drop by for a visit or a drop-in, join a support group or volunteer for fundraising ventures. This newsletter is another way you can become more involved in our chapter. Let us know what works for you. Or if you feel up to it, write something that can be included in the next newsletter. I welcome any and all contributors. Tell me how I can better meet your needs. Just call the office and speak to Sharon about submitting any material.

~ Micheline Ball, Editor

"FOR IT IS IN GIVING THAT WE RECEIVE" ~ ST FRANCIS OF ASSISI



ONE-ON-ONE AND GROUP SUPPORT FACILITATORS - Jane Carter, Charlotte McMorrow, Margaret Fortune, Magda Zoelman, Nichole Dickhoff, Denise Love, Jackie Foster, Denise Robinson, Angela White, Cheryl Clarke, Jan Mclean, Kathryn Holden, Yvette Byrne-Menard, Louise O'Donnell, Lisa Fogg, Rebecca Alley-Wilson, Kimberley Mohns, Denise Calbery, Donna Christie, Vicki Davis D'Abreau, Sherene Donovan, Gary Goswell, Jennifer Carter and Kevin Goswell

LIBRARIAN - Denise Love, Assistants — Alexis LoveGordon, Debbie Brown

OFFICE VOLUNTEERS - Denise Love, Marlene Charewicz, Bev Campbell, Angela White, Debbie Brown, Beth Bryan

ANNIVERSARY LETTERS - Office Volunteers

WEB SITE - Ronda Evans

NEWSLETTER - Micheline Ball

MOTHERS` RETREAT - Susan Hendricks and Joyce MacIntyre

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

*For some people
Volunteering is about giving
But for the likes of you
It is a way of living...
Thank You*



YOUR FEED-BACK IS VERY IMPORTANT!!

PLEASE CONSIDER CONTRIBUTING TO THIS NEWSLETTER, WHICH IS A VOICE FOR THE BEREAVED. WE ENDEAVOUR TO KEEP YOU AS UP TO DATE AS POSSIBLE WITH ALL ON-GOING INFORMATION AND WOULD LIKE YOUR HELP; SHARE YOUR THOUGHTS, IDEAS OR REQUESTS THROUGH THIS VENUE. RECOMMEND A BOOK AND WRITE WHAT YOU LIKE ABOUT IT. SHARE YOUR STORY, SUBMIT A POEM, OR TELL OF THINGS THAT HAVE HELPED YOU ALONG YOUR GRIEF JOURNEY. WE THANK YOU IN ADVANCE FOR GETTING INVOLVED!

REFLECTIONS FROM YOUR EXECUTIVE DIRECTOR

REFLECTIONS OF MEMORIES

There is no time of the year when it is easier to lose a child, but winter can be an especially difficult time for a bereaved parent. The storms and inclement weather may mean that we are unable to get out doing the things that bring some comfort to us. The lack of sunshine makes dark days seem darker. Even in our age of technology, we can feel so alone when unpredictable weather hits and creates isolation.

I sometimes feel that winter seems to be getting longer and harder, I am one who counts down the days until spring. One thing I do look forward to working on is our Walk to Remember. It has always been a day that I can connect with other BFO-D parents to share memories of our children.

This year's walk will hold a very special meaning for me; I will not only walk in memory of my children, Andrew and Rebecca, but also for my brother David. On January 29th, he lost his battle to glioblastoma multiforma, an aggressive brain tumour. There is a sad irony that for the past few years my brother and his wife have lovingly created our walk banner. Our banner proudly hangs in our office, with our children's pictures and loving messages.

He was a loving person who always extended his help in many ways and has supported me throughout every chapter of my life. He will be missed dearly, but it is times like our special walk that with each step I will remember, with each conversation I will remember. I hope you all find comfort in knowing that the walk is about sharing memories, getting out of the isolation that winter can sometimes create, and supporting one another.

Won't you join me in walking to celebrate our lost loved ones. For it is at times like these that the weight of our grief gets just a little lighter as we share it amongst each other.

Thinking of you,
Sharon Sears

THE WALK TO REMEMBER 2015

**BFO-DURHAM INVITES YOU TO JOIN US FOR OUR ANNUAL "WALK TO REMEMBER"
AN OPPORTUNITY FOR FAMILIES TO CONNECT, SHARE AND SUPPORT ONE ANOTHER AS WE WALK
IN MEMORY OF OUR CHILDREN**

Sunday, March 1, 2015

9:15 am - Registration

10:00 am - 11:00 am - Walk

Five Points Mall - 285 Taunton Road E., Oshawa

This event involves live entertainment including special princess guests from Princess Parties by Simone, special performances and refreshments

**PLEDGE FORMS WILL BE MAILED OUT TO ALL OUR MEMBERS
AND ALL MONIES RAISED WILL GO TOWARDS PROGRAM COSTS**

"WHEN SOMEONE YOU LOVE BECOMES A MEMORY, THAT MEMORY BECOMES A TREASURE"

HOW CAN YOU TAKE PART?

Registration and pledge forms are also available at the BFO-D office and our Web Site

We kindly ask that walkers bring two photos of their loved ones

One to create buttons or lanyards that will be worn for the event

The other to be placed on the Wall of Memories banner

After the event, the banner will be proudly displayed in the BFO-D Office

*** IF YOU WISH TO VOLUNTEER FOR THIS EVENT, PLEASE CONTACT US! ***

UPCOMING EVENTS

APRIL 2015

Infant Loss Drop-In
Monday 6th, 7-9 p.m.

CANCELLED

Evening Drop-In—Wednesday 8th

Afternoon Drop-In
Monday 20th, 1-3 p.m.

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

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

MAY 2015

Infant Loss Drop-In
Monday 4th, 7-9 p.m.

CANCELLED

Evening Drop-In—Wednesday 6th

VICTORIA DAY—OFFICE CLOSED
Monday May 18th

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

Afternoon Drop-In
Monday 25th, 1-3 p.m.

Reconnect Drop-In for O/C
Monday 25th, 7-9 p.m.

Evening Drop-In
Wednesday 28th, 7-9 p.m.

**JEFFREY WARNE—SIXTH ANNUAL
RUN TO REMEMBER**
Sunday May 24th

REFLECTIONS

WHAT I NEED

~ by Beth Pinton

*A lot of time!
A little space!
A kind of quiet resting place!
Are what I need at times like these!
A special spot where I can grieve!*

A NEW YEAR

~ by Karen Cantrell

*We turn the calendar over to start a new year.
A new year without you in it and for some, another year.
How can it be possible that time keeps moving along
without our children, grandchildren and siblings?
Our hearts are broken, our families are broken,
But we are surrounded by love.
We know we will make it.
We are putting one foot in front of the other
day by day, moment by moment!*

TAKE THE TIME

~ by Jane Bissler

*Take the time to hurt. Take the time to cry.
Take the time to fall apart. Take the time to be selfish.
Take the time to identify and seek out resources in your environment...
Like sensitive listeners, friends, clergy, a support group or a counsellor.
In order to crawl out of your grief, you must take the time to engage
again in activities that were once pleasurable.
Take the time to laugh without guilt.
Take the time to care for your health.
Take the time to be patient.*

DID YOU KNOW?

- ~ That our office library has a good selection of DVDs, movies and educational material, about the loss of a child?
- ~ That you can borrow these anytime?
- ~ That you can download pictures of your child from your iPhone and other electronic devices to our large screen TV in order to have a "show and tell" with other groups or drop-in members?
- ~ That we can arrange a "movie afternoon or evening" to watch a movie you would rather see in the company of other members who have lost a child?
- ~ That if we do not have a particular DVD, you can make a request that we obtain a copy, if it benefits other members also?
- ~ That a movie afternoon or night will include snacks?

If you are interested, please contact Sharon in the office for your requests.

JEFFREY WARNE: SEVENTH ANNUAL RUN TO REMEMBER



The 7th Annual "Run/Walk to Remember Jeffrey Warne" will take place on Sunday, May 24th. Check the BFO-D Web Site in the upcoming months for more details.

During this year's Run/Walk, we will be remembering all of our children. We are asking our BFO-D families participating in this event to bring a photo of their child to post on a Board supplied by one of our sponsors.

SPONSORSHIP AND DONATIONS ARE WELCOME; ALL FUNDS RAISED WILL BE DONATED TO BFO-DURHAM.

For more information, please email jeffwarne11@gmail.com, or call Denise at 416-209-0476.

INSPIRATIONAL CORNER BY JOYCE SCHNEIDER

JOYCE SCHNEIDER, THE CONTRIBUTOR OF THIS INSPIRATIONAL CORNER, PASSED AWAY IN THE FALL OF 2014. SHE WAS A BEREAVED MOTHER WHO LOST HER SON, DAVID IN 1998 TO NON-HODGKINS LYMPHOMA. AS A MEMBER OF BFO-DURHAM FOR OVER 15 YEARS, JOYCE FACILITATED SUPPORT GROUPS, ONE-ON-ONES, WAS A PAST DIRECTOR OF THE BOARD AND CONTRIBUTED TO THIS INSPIRATIONAL CORNER FOR THE PAST 4 YEARS. AS YOUR EDITOR, I WISH TO HONOUR HER MEMORY BY CONTINUING TO PUBLISH SOME OF THE PIECES SHE WROTE. JOYCE WILL BE GREATLY MISSED BY ALL; THIS NEWSLETTER IS DEDICATED TO HER MEMORY, AND TO HER HUSBAND MICHAEL, HER DAUGHTER MARY, HER SON-IN-LAW JOHNNY, HER FAMILY AND FRIENDS.

"WE MISS YOUR SMILE AND CALMNESS. REST IN PEACE JOYCE, UNTIL WE MEET AGAIN."

A BAND OF ANGELS

Earlier this week, I tackled the unpleasant task of taking down the Christmas decorations and packing them away. With the house and an entire afternoon to myself, I endeavored to approach this inevitable chore with mindfulness, hoping that the simplicity of quiet attention might mitigate the emotional sting that is my usual experience.

I started with the lights, carefully unthreading them and setting them aside, then the heavier, more breakable ornaments, to be wrapped and packed at the bottom of the designated Tupperware bin. Finally, one by one, I removed the angel ornaments from our BFO Angel Tree gatherings over the years, and to my surprise counted thirteen in total. Thirteen ornaments, each with a ribbon bearing the name of my son, David Schneider, who died of cancer at age 11 in 1998.

It is now officially a collection, I decided. For many years now, angels and angel-themed ornaments have dominated our Christmas tree décor, and I admit to finding comfort in them. The spirituality of Christmas has always been important to me, but through each of the beautifully crafted and prepared angels, I have been able to connect with David's presence in a more tangible way.

And now, the sheer number of them marks for me the many years since his passing. I remember the raw agony of putting the first angel ornament on our tree six months after his death, but also I recall the comfort the sight of it brought me every time I looked at it through the season. As more and more have been hung around it, that sense of comfort has grown stronger, and the agony has become less potent. Do I still miss him? Absolutely -he is still gone. And yet, every Christmas, the adorning of the tree with the "band of angels" has become my way of acknowledging that David's spiritual presence is getting even stronger.

I packed away the box containing my collection of angels, and drew a deep breath. The angels gather. And they will continue to gather on my Christmas tree, and in the deepest regions of my heart. ~Joyce Schneider"

A Mothers' Group, an Infant Loss Group, and Facilitator Training will take place in the Spring. Stay in touch with the BFO-D Office or check our Web Site for these upcoming dates.

WELCOME TO OUR CO-OP STUDENT

Hello! My name is Taylor Summers.

I am in my final year of the Public Relations program at Durham College, and I am thrilled to have the opportunity to complete my non-profit field placement at BFO Durham. I understand that the death of a loved one is significantly painful, and that the grief is truly devastating.

I feel honored to work closely with Sharon Sears, the Executive Director at BFO Durham, at an organization that strives to support families and help them cope with the deaths that have forever changed their lives. I look forward to being a part of BFO Durham's fundraising campaign, and I am very excited to experience the Walk to Remember of 2015.

I would like to thank Sharon for warmly welcoming me to the BFO Durham team. If I don't meet you while I'm in the office, I will surely see you at the Walk in March!

“THE BRIGHTEST MOON”

“WE LOST OUR BABY GIRL IN HER THIRD YEAR. IF SHE ONLY KNEW HOW MUCH SHE TAUGHT ME IN SUCH A SHORT TIME.”

I joined a club, a club I never wanted to be part of. I became a member of the vilest group, a parent’s worst nightmare guild. My child died. There, I said it. There was a time I could not say these words. I often tell people I have 3 children, leaving my eldest daughter out of the family circle. I feel guilty each time, but it can be easier than explaining the past.

“You have a beautiful baby girl,” the doctor announced. It was August 25, 1992. This was our first baby, after a difficult few years enduring miscarriages, medical procedures and finally fertility treatments. This was our final gift, our precious daughter Carly. She was a beautiful baby, with sandy blonde hair and chocolate brown eyes.

Carly was the picture of perfect health during her first year. I look back at photos of us during that year, our gleeful smiles and sparkling eyes, kissing and hugging our baby. I envy that year, when my heart was beating whole, not missing the piece that aches on certain days when I least expect it, leaving me breathless.

When she was 1, she was diagnosed with a rare blood vessel disorder called Hereditary Hemorrhagic Telangiectasia. Basically, her blood was not receiving the necessary amount of oxygen from her lungs. It is impossible to describe the depth of our pain when we received this news. Our daughter was dying; it could be months or a few years. We started our grieving that day, our slow journey towards her death.

Looking back, it was strangely wonderful at times; in some moments we forgot. Outwardly, she looked quite healthy, running around and getting into mischief. Each day was another day to celebrate Carly’s short life.

We filled our days with family and friends, and celebrated her birthday over and over again. She loved blowing out candles, so heck, why not have a cake each week? We would buy and wrap little gifts that she took delight in ripping open. She loved her border collie, Panda, and would run after her. She was a little rascal, often finding the perfect hiding spot while I frantically looked for her, giggling when I finally found her. Trying to find the moon each night was a game she played. If she spotted it during the day, that was her very special day.

We gave her enough love in those few years to fill a life time. To her, life was perfect. She didn’t know she was dying.

I have since experienced the other kind of death, a quick death. I don’t know which one is better; if there is some way to measure. People say “you have a chance to say goodbye” when the death is slow. That is a lie. I never said goodbye to Carly; the whole time I was trying to save her. Better nutrition, more fresh air, praying harder. Nothing worked. In fact I felt incredibly guilty that I could do nothing as each day saw her getting weaker.

I remember driving home from the doctor’s office about a week before she passed. I was crying and her little voice spoke up: “Don’t worry Mommy, everything will be ok.” What an old soul. There she was, comforting me on that drive.

We did have joy during those last days. Her little sister Jillian was born. Carly had been so excited to meet her little sister. Even though we weren’t sure she would make it to her birth, Carly fought to be there. At the hospital she sat on my bed, tasting tiny bites of food from my tray. She held her sister and put her thumb in her mouth when she cried. She knew how to comfort her at such an early age. “Don’t cry Julianna,” she would say, her own little nickname. She would be thrilled to know that her two brothers followed in years to come.

I don’t remember too much around her death. Thankfully shock is Mother Nature’s way of giving us some reprieve. I do know that I held on to her desperately tight that day, clinging to my angel, but she slowly fluttered through my grip. To a better place I believe, somewhere glorious. February 13, 1995, and she was in her third year.

Do I wish I had never known Carly? Not on your life. She taught me so much: empathy for that cashier who is irritable, that customer who is grouchy. What are their struggles, I ask myself? She taught me not to be afraid to approach people who have experienced loss. Recently I saw a woman whose daughter died last year. I didn’t know her well but said, “I am so sorry that you lost your daughter last year. How are you doing?” She was so thankful that I asked and we talked for over an hour about her child. I would have been afraid to ask that question before.

My other three children are healthy, and I never take it for granted. My weakness is the fear of losing another child. I accept that, and try not to hover too much, but it is hard. Knowing the pain of loss, I am not sure I could survive another. Does that make me frail or strong? I’m not sure. I hope I am more courageous, a better person from this life experience. I do know one thing for sure: Carly is watching over our family. She has sent me moonlight several times, enveloping me with warmth. When I least expect it, when I need it the most.

*~ Marlene MacKinnon lives in Alliston, Ontario. She previously lived in Pickering and is a member of BFO-Durham.
(As Printed in the Globe & Mail, October 20, 2014)*

"REMEMBERING JOYCE SCHNEIDER"

At the last Board Meeting, one of the topics of discussion was to set dates for the next Facilitator Training sessions. These plans led my mind to realize that there was a gaping hole in our training schedule. This hole is the time we turn over the training to Joyce Schneider. It is not a large hole when measured by time, but huge when measured by its content. I would sit and listen with the other trainees, all of us transfixed by this quiet spoken, smallish, elegant lady, but yet she had this aura of such wisdom and compassion. Joyce would lead us all into various kinds of role play and word games that would bring laughter but also opened our minds to our own characters and that of others. Her role as high school drama teacher and guidance counsellor gave Joyce the tools and knowledge to help with our facilitator training, but it was the way she imparted this knowledge that was so wonderful. Not least of all Joyce was a bereaved parent. That gave her the last piece of experiential knowledge that we all share but passionately wish we didn't.

My connection with Joyce goes back many years. I first met her and her husband Michael when they came to BFO-Durham after the loss of their son David on June 20th 1998. I was the facilitator for their initial interview (one-on-one). I then ended up being one of the facilitators of the mixed support group Joyce and Michael attended. The first time I was involved in assisting Susan Hendricks with the facilitator training, Joyce was one of the trainees.

Despite some ongoing health issues Joyce went on to volunteer with BFO-Durham in many ways. She was an excellent and well-loved facilitator for mothers' support groups. She began helping with our volunteer training by teaching young volunteers for our teen and child support programs. This led to her becoming a vital part of the Facilitator Training Program. Joyce and Michael's daughter Mary was one of our Children Support Group facilitators along with my son Kevin. Joyce and I also volunteered together as members of the Professional Advisory Committee and Speaker's Bureau. She also wrote beautiful caring articles for the newsletter which were always so appreciated by our members. Her final role with BFO-Durham was as a member of the Board of Directors, but sadly she had to withdraw due to her health.

I was in the UK when I heard of Joyce's passing. It was a great shock to me and I regret I was unable to attend her funeral to offer my condolences and support to Joyce's husband Michael, daughter Mary and son-in-law Johnny. I am sure you will join me, the Board of Directors, and our Executive Director Sharon, as we send our love and support to Joyce's family and friends. All the time and knowledge, love and compassion that Joyce gave to everyone at BFO-Durham was so greatly appreciated and will be greatly missed.

I would like to finish with a few of Joyce's own words. This is an excerpt from the dedication speech Joyce gave at one of the Angel Tree of Light ceremonies.

"Six months after my 11 year old son David died of cancer, I attended this event for the first time. The merciful anaesthetic of early stage grief was just beginning to wear off. I cannot tell you who stood where I now stand giving the dedication. I cannot even tell you who I spoke with or what was said. But I can tell you that there was passed around the room from eye to eye a gaze of recognition, a connection that said, "you too.... and you.... and you..." I felt welcomed and my grief felt honoured.

As the tree is lit, let us dedicate it to the process of honouring grief, ours and others. The longing for our children is part-burden, part-gift. No they are still not here again this year but maybe the light can remind us that they haven't gone so very far after all."

Joyce made all those at BFO-D who met her feel welcomed and their grief honoured. She had her own inner light that she so willingly shared to help brighten ours.

~ Gary Goswell, Chair
BFO-Durham Board of Directors

"LET THE MUSIC SOOTHE YOU"

LOOK FOR ME IN RAINBOWS

BY VICKI BROWN



*Time for me to go now, I won't say goodbye;
Look for me in rainbows, way up in the sky.
In the morning sunrise when all the world is new,
Just look for me and love me, as you know I loved you.*

*Time for me to leave you, I won't say goodbye;
Look for me in rainbows, high up in the sky.
In the evening sunset, when all the world is through,
Just look for me and love me, and I'll be close to you.*

*It won't be forever, the day will come and then
My loving arms will hold you, when we meet again.
Time for us to part now, we won't say goodbye;
Look for me in rainbows, shining in the sky.*

*Every waking moment, and all your whole life through
Just look for me and love me, as you know I loved you.
Just wish me to be near you,
And I'll be there with you.*

GONE TOO SOON

BY DAUGHTRY

*Today could've been the day
that you blow out your candles
make a wish as you close your eyes
today could've been the day
everybody was laughin'
instead I just sit here and cry
who would you be?
what would you look like
when you looked at me for the very first time?
today could've been the next day of the rest of your life.*

*Not a day goes by that I don't think of you
I'm always asking why this crazy world had to lose
such a ray of light we never knew
gone too soon, yeah.*

*Would you have been president?
or a painter, an author or sing like your mother
one thing is evident
would've given all I had
would've loved you like no other
who would you be?
what would you look like?
would you have my smile and her eyes?
today could've been the next day of the rest of your life.*

*Not a day goes by that I don't think of you
I'm always asking why this crazy world had to lose
such a ray of light we never knew
gone too soon, yeah.*

*Not a day goes by, oh
I'm always asking why, oh.*

*Not a day goes by that I don't think of you
I'm always asking why this crazy world had to lose
such a beautiful life we never knew
gone too soon
you were gone too soon, yeah.*

*And not a day goes by
that I don't think of you.*

BEREAVED FAMILIES OF ONTARIO — DURHAM REGION

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Charitable Registration #861619880RR0001

OFFICE HOURS

MONDAY TO THURSDAY — 10 A.M. TO 3 P.M. , CLOSED FRIDAY

DONATIONS



JOYCE SCHNEIDER

*Anthony and Sabine Cahill
Kay and Barry O'Brien
Keith Barrett
Catherine Maugeri-Shuck
David and Elizabeth Hoover
Margaret Daquist
Dianne Deveau
Shannon Quinn
Heather Sessions
Susan Hendricks
Marlene Charewicz
Ann Whitney
David Laing
Karen Ricciuto
Lori-Ann Clancy
Maria Serra
Ruth Holtz
Rosana Pellizzari
Karen Tobin
Theresa Kelly
Mary Nolan
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The Savoie Family
David and Anne Smegal
Msgr Paul Dwyer Parent Council
Gary and Caroline Goswell
Magda and John Zoelman
Allan and Patty Hale
Carol Halton*

STEVEN CASTEELS

*James and Elise Vanhaverbeke
Magda and John Zoelman*

BERT TROMBLY

James and Elise Vanhaverbeke

GREGORY TIMMINS

Mom Colleen Timmins

TERESA HOWARD

Susan and Vince Hendricks

JOEL DAVIS

Love Mom and Dad, Diane and Ben

PREGNANCY AND INFANT LOSS REMEMBRANCE DAY

Jackie Riddle

ANDREW AND REBECCA SEARS, UNCLE BOP DAVE STACEY

Sears Family

“OUR THOUGHTS ARE WITH YOU AND YOUR FAMILIES”

OUR CHILDREN REMEMBERED

Loved, missed and never forgotten


FEBRUARY

Chantal Richard	February 1, 2011	Jacob Albert Hicks	February 13, 2012
Thalia Tunzi	February 1, 2007	Pamela Swaga	February 13, 2012
Patricia Bercik	February 2, 2011	Walter Kranc	February 14, 2011
Alicia Dionne	February 2, 2002	Christine Harrison	February 15, 2000
Krista Shea	February 2, 2002	Madeleine Dutkiewicz	February 15, 2002
Anita Saunders	February 3, 2002	Deborah Anne Halliday	February 16, 1992
Kevin Ricketts	February 3, 2004	Marc Andre Pineault	February 16, 1995
Bradley Shearer	February 4, 1995	John Harvey	February 19, 2011
Shawn Cooper	February 4, 2002	Leah Page Speare	February 19, 2000
Christopher Coates	February 5, 1997	Andrew Richard Sears	February 21, 1994
Rebecca Hardy	February 5, 2006	Renee James	February 21, 2002
Ethan Witte	February 5, 2010	Blake Garvey	February 21, 2013
Brock VanDen Oetelaar	February 6, 1966	Paula Marie Smith	February 23, 1994
Everett Ryan Martin	February 7, 2012	Tyler Miller	February 23, 1997
Bradly Baker	February 7, 2014	John Sasseville	February 23, 2001
Aiden Hamilton Valiantis	February 8, 2009	Trevor Lee Corby	February 23, 2003
Connor Derek William Gilmore	February 8, 2009	Amy Leigh McLennon	February 23, 2006
Emma-Lee Mathieu	February 9, 2000	Andrew Phillip Connolly	February 23, 2007
Jane Jillian Lucy Eady	February 11, 2010	Tim McCabe	February 24, 2003
Lyndzey Kiera Short	February 12, 2000	Emily Jane MacPhail	February 24, 2009
Danny Mclean	February 12, 2011	Jeffrey Hustins	February 27, 2005
Carly Francis MacKinnon	February 13, 1995	Paulina Mary Moreino	February 28, 1991
Owen Puchala	February 13, 2006	Curtis Heasman	February 28, 1997
Joe Kennedy	February 13, 2008	Trinity Weeks	February 28, 2007
Alex Schneider	February 13, 2013		

MARCH

Meena Valliappan	March 1, 1992	Michael Schomodji	March 19, 1999
Melissa Neault	March 1, 2006	Sharon Rose Gilliland	March 19, 2002
Laura Morrison	March 2, 2001	Angel Cervantes	March 19, 2005
Heather Wilkinson	March 2, 2012	James Warner	March 19, 2008
Kailyn Emily Wind	March 2, 2013	Sean DeSilva	March 19, 2011
Joshowa Miranda	March 3, 2011	Vaughn Heasman	March 20, 1989
Debra Lundrigan	March 4, 2009	Kainam Burbage	March 20, 2014
David Stewart	March 4, 2011	Brian Elliott	March 20, 2014
Jamie T. Lomax	March 5, 1993	Aiden Connor Rekker	March 21, 2008
Melissa Margaret Raby	March 5, 1998	James Higgins	March 21, 2009
Daryl Convery	March 6, 1996	Mary Melnychuk	March 22, 2011
Katharine Suzanne Bruce	March 7, 1996	Brayden Nicholas Allan	March 23, 2007
Geordi Elizabeth Maybury	March 8, 1995	Kevin Allan Hale	March 24, 1996
Andrew Brooks	March 9, 2010	William Floyd	March 24, 2001
Emily Brunton	March 9, 2011	Alannah Warren	March 24, 2004
Jada Jeanine Herod	March 9, 2010	Owen James Scott	March 24, 2007
Tyler Murray	March 11, 2006	Bronwen Gwyneth Persaud	March 25, 1995
Jessica Crawford	March 12, 2009	Nicholas Short	March 26, 2007
Daniel John Dorrian	March 13, 1992	Demetrius Alexander Jones	March 27, 2008
Colton Jacob Stockdale	March 13, 2012	Elisabeth Tucker	March 30, 1993
Stephanie Ramadeen	March 14, 2002	Russell Eric Maccoomb	March 30, 1995
Heather Neat	March 14, 2003	Michael McDonald	March 30, 2010
Kathleen Una Hutchings	March 18, 1994	Maya Susanna Bradley	March 30, 2012
Tara Lyver	March 18, 2001	Kristina Nicole Hendricks	March 31, 1991
Paige Matthews	March 19, 1998	Jerry R. Lomax	March 31, 1992



Tears are
words the 
can't express.

OUR CHILDREN REMEMBERED

Loved, missed and never forgotten

APRIL

Dante Keiller	April 2, 2009	Ryan Hicks	April 13, 2009
Hayden Sally Barbara Shelley	April 2, 2009	Deacon Douglas Hunter	April 13, 2011
Laura Kalinski	April 3, 1995	Kimberly Van Den Oetelaar	April 14, 1986
Kasiah Faith Grell	April 4, 2010	Karl Frederick Wiener	April 15, 1996
Mitchell Crandall	April 6, 2000	David Kelly	April 16, 2005
Richard Fujita	April 8, 2004	Claudia Sierra	April 17, 2010
Maureen Ann Thomas	April 8, 2006	Lily Szekeres	April 17, 2012
Daphne Ann Cox	April 8, 2009	Jacob Purdy Murchison	April 19, 2009
Joshua Richard Lloyd Tyrrell	April 9, 1992	Michael Douglas Meagher	April 20, 2002
Jeff Diluciano	April 9, 1995	Jordan Eva Menard	April 23, 2001
Ethan Craig	April 9, 2007	Aurora Teagan Doiron	April 23, 2008
Jayna Dosaj-Attard	April 9, 2013	Gordon McDougall	April 25, 2011
Brett William Young	April 10, 1995	Kenneth James Vanhaverbeke	April 27, 1993
Harrison Cowan	April 10, 2014	Avery Butler	April 28, 2005
Penny Brooks	April 13, 1984	Benjamin Twiddy	April 29, 2012
Martin Michael Rehr	April 13, 1990	Holly Harrison	April 29, 2012

MAY

Crawford Wheller	May 1, 2002	Wyatt Celsie-Swanton	May 16, 2009
Lisa Ford	May 2, 2002	Rayna Simms	May 17, 2005
Joshua Liscio	May 2, 2008	Jonathon Campbell	May 17, 2011
Stephen Cochrane	May 3, 2003	Lynne-Marie Gordon	May 19, 1991
Julie Helen Pasko	May 6, 1995	Kevin James Charewicz	May 20, 1998
Brittany Miller	May 6, 2005	Kevin Gregory O'Donnell	May 20, 1999
Nicholas Mitchell Williams	May 6, 2011	Hope & Desire Cockburn	May 20, 2005
Benjamin Tucker DeBaie	May 8, 2001	Owen Walter Stinson-Collins	May 20, 2010
Jasmine Stephan-Martin	May 8, 2011	Elizabeth MacGregor	May 20, 2012
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 Judzentsis	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
Michelle Richard	May 11, 2000	Remianne Wabie Evans	May 24, 1994
Ian Thomas Deatcher	May 11, 2002	Blake Gill	May 24, 2003
Robin John Williams	May 12, 1992	William Taggart	May 25, 2005
T.J. Stutt	May 12, 2004	Taylor Venters	May 25, 2010
Landon Murchison	May 12, 2006	Amber Finn	May 26, 2002
Karsten Bibb	May 12, 2011	Teegan Herold	May 26, 2013
Gregory Edward Timmins	May 14, 1996	Lauren Wright	May 28, 2014
Robert Muir	May 14, 2014	Andrea Sullivan- Martin	May 29, 1994
Bradley Wiseman	May 14, 2014	Colin McMillan Wilson	May 29, 2002
Jeffery Paul Baran-Lalonde	May 16, 2011	Steven Devecseri	May 29, 2006
Paul A.J. Gordon	May 16, 1990	Tyler Davis	May 29, 2011
Erin Reed	May 16, 2008	Alison Millar	May 30, 2005
		Ken Ford	May 31, 2011



Memories of You
+ fill my mind,
+ like thousands of
bright stars
+ in the sky.

