



# BEREAVED FAMILIES OF ONTARIO DURHAM REGION NEWSLETTER

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

**ISSUE #2 - MAY 2026**

## CONGRATULATIONS ON YOUR RETIREMENT AND A HUGE THANK YOU FOR YOUR SERVICE



Susan Hendricks with the amazing **Gary Goswell** who was the first recipient of the renamed Susan Hendricks and Marian Rehr Volunteer of Distinction Award on April 26, 2026. Gary has served as Board Chair of **Bfo Durham Region** in addition to fulfilling many other roles for the greater part of its existence. He led the search committees for our office spaces, introduced and facilitated men’s grief groups and so much more. His dedication to helping other bereaved parents in memory of his daughter, Kelly, has been exemplary and has exceeded the norm.

Happy retirement, dear friend!

**Fundraising  
Night**



June 6th at the office.  
Seats are limited so call to reserve your seat

**Fundraising  
GOLF**



Sunday Sept 13th - will be held at NEW venue - **Oshawa Airport Golf Club**, - More details on flyer

**Save the Date  
Fall Dance**



Fall Dance October 24th - see flyer in newsletter for more info

### Calendar

MAY 2026

- SUICIDE LOSS DROP-IN-THURS 7<sup>TH</sup>- 7-9PM
- MOTHER’S DAY: SUNDAY 10<sup>TH</sup>
- AFTERNOON DROP-IN - MONDAY 11<sup>TH</sup> - 1-3P.M.
- ADDICTION LOSS DROP-IN -MON 11<sup>TH</sup> - 7-9P.M.
- EVENING DROP-IN - THURSDAY 14<sup>TH</sup> - 7-9 P.M.
- MONDAY 18<sup>TH</sup> - VICTORIA DAY - OFFICE CLOSED**
- SIBLING LOSS DROP-IN TUESDAY 19<sup>TH</sup>- 7-9PM**
- BLACK ROSE TATTOO FLASH FUNDRAISER - 24TH**
- RECONNECT DROP-IN - MONDAY 25<sup>TH</sup> - 7-9 P.M.
- EVENING DROP-IN - THURSDAY 28<sup>TH</sup> - 7-9P.M.

JUNE 2026

- SUICIDE LOSS DROP-IN THURS 4<sup>TH</sup>, 7-9 P.M.
- EUCHRE NIGHT - JUNE 6<sup>TH</sup> 7.30PM**
- ADDICTION LOSS DROP-IN MON 8<sup>TH</sup>, 7-9 P.M.
- EVENING DROP-IN - THURSDAY 11<sup>TH</sup> - 7-9P.M.
- Ride to Remember - 13<sup>th</sup> - see flyer in newsletter**
- AFTERNOON DROP-IN MONDAY 15<sup>TH</sup>, 1-3 P.M.
- FACILITATOR UPDATE TRAINING MON 15<sup>TH</sup>- 7-9PM**
- SIBLING LOSS DROP-IN TUESDAY 16<sup>TH</sup>- 7-9PM
- FATHER’S DAY: SUNDAY 21<sup>ST</sup>
- FAMILY SUPPORT NIGHT - TOPIC IS: LOSS OF ONLY CHILD/REMAINING CHILDREN - WED 24<sup>TH</sup> 7-9PM**
- EVENING DROP-IN THURSDAY 25<sup>TH</sup>, - 7-9 P.M.
- RECONNECT DROP-IN MONDAY 29<sup>TH</sup>, - 7-9 P.M.

JULY 2026

- WEDNESDAY 1<sup>ST</sup>:- CANADA DAY - OFFICE CLOSED**
- SUICIDE LOSS DROP-IN THURSDAY 2<sup>ND</sup>, 7-9 P.M.
- EVENING DROP-IN THURSDAY 9<sup>TH</sup>, 7-9 P.M.
- ADDICTION LOSS DROP-IN MON 13<sup>TH</sup>, 7-9 P.M.
- AFTERNOON DROP-IN MONDAY 20<sup>TH</sup>, 1-3 P.M.
- SIBLING LOSS DROP-IN MONDAY 20<sup>TH</sup> - 7-9PM
- EVENING DROP-IN THURSDAY 23<sup>RD</sup> 7-9 P.M.
- RECONNECT DROP-IN MONDAY 27<sup>TH</sup>, 7-9 P.M.

AUGUST 2026

- MON 3<sup>RD</sup>:- CIVIC HOLIDAY - OFFICE CLOSED**
- SUICIDE LOSS DROP-IN THURSDAY 6<sup>TH</sup>, 7-9 P.M.
- ADDICTION LOSS DROP-IN MON 13<sup>TH</sup>, 7-9 P.M.
- EVENING DROP-IN THURSDAY 13<sup>TH</sup>, 7-9 P.M.
- AFTERNOON DROP-IN MONDAY 17<sup>TH</sup>, 1-3 P.M.
- SIBLING LOSS DROP-IN MONDAY 17<sup>TH</sup>- 7-9PM
- EVENING DROP-IN THURSDAY 27<sup>TH</sup> 7-9 P.M.
- RECONNECT DROP-IN MONDAY 31<sup>ST</sup>, 7-9 P.M.

SEPTEMBER 2026

- SUICIDE LOSS DROP-IN THURSDAY 3<sup>RD</sup>, 7-9 P.M.
- LABOUR DAY MONDAY 7<sup>TH</sup>, OFFICE CLOSED**
- EVENING DROP-IN THURSDAY 10<sup>TH</sup>, 7-9 P.M.
- BFO-D GOLF TOURNAMENT: SUNDAY 13<sup>TH</sup> - OSHAWA AIRPORT GOLF CLUB**
- ADDICTION LOSS DROP-IN MONDAY 14<sup>TH</sup>, 7-9 P.M.
- AFTERNOON DROP-IN MONDAY 21<sup>ST</sup>1-3 P.M.
- SIBLING LOSS DROP-IN MONDAY 21<sup>ST</sup> - 7-9PM
- EVENING DROP-IN THURSDAY 24<sup>TH</sup>, 7-9 P.M.
- RECONNECT DROP-IN MONDAY 28<sup>TH</sup>, 7-9 P.M.



## 2026 ANNUAL WALK TO REMEMBER

On Sunday, March 1st a large crowd gathered at the Whitby Mall to start our annual Walk to Remember 2026. Registration began at 9:15 AM and after an energizing warm up by Karin New, the walk began at 10 AM. Thank you to Ken New who set up music to provide our walkers with tunes as we walked around the mall.

I am pleased to report that we again had another successful walk, and this would not be possible without the help of our generous community, donors, sponsors, walkers and our BFO-D volunteers. There were several members who set up FACEBOOK fundraisers for this event who helped make this possible. We had more families participate in Facebook Fundraiser this year which really helped. Thank you!

The Walk banners this year were donated in memory of Sheena Marie Lacombe, daughter of Kim Jenkins and the second banner was donated in memory of Jackson Hunter Nimec, son of Kelly Nimec.

Thank you to our top 3 pledge earners. Chris and Suzanne Garvey took first prize, Al and Sharon Roffey took second prize and Jenn Miller took third prize.

A very special thank you to our dedicated Walk to Remember Committee, Suzanne Garvey, Sadie Garvey, Adele Davidson, Elizabeth Davidson, Cora Silininkas, Sharon Sears, Karin New, Caroline Goswell, Anita Fellows, Bev Campbell, Jenn Miller, Karen Fish, Vanessa Longhurst, Susan Yelle and Jane Carter. Thank you also to the many volunteers who helped behind the scenes. Thank you to our student volunteers as well

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### **BFO WISH LIST**

A brief reminder that at BFO-D we have a **BFO-D Wish List Board** at the office. You will find it located on the wall by the back door. What is this? Well, we are looking for people to help us with supplies for the office to prizes for our events.

As you are all aware, we receive no funding from any of our governments, so we totally rely on fundraising to continue to help other bereaved parents. We don't charge anyone who attends any of our drop-ins, one on one's, as well as our moms, dads and children's groups. We have to buy everything for the office, from office supplies to cleaning supplies, toilet paper, paper towels, Kleenex's, water etc. Also, when we hold events i.e. Walk To Remember, Golf Tournament, Fall Dance, Angel Tree, Santa Brunch we must buy supplies for these. Be it decorations, food, prizes etc. The children's group is always in need of juice boxes, snacks, children's board games, craft items etc. Not everyone is able to volunteer at BFO or have the time to join one of our many committees that we have but still would like to help somehow. This would be a great way to help.

We will be posting items we need on the board as well as on our Instagram account (more information on this in the newsletter). Sometimes it will be small things but when events are coming up, we will be looking for prizes for the raffles and silent auction, gift cards are always a great thing to donate. We hope you will be able to help in some way be it big or small.

Thank You!

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## Bereaved Families of Ontario-Durham Region



7:30 pm | Saturday June 6, 2026  
BFO-Office

948 Simcoe Street Oshawa, ON  
\$20 per person entry

CASH prizes for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and low score

Snacks & refreshments provided  
Join us for a fun night of competitive fellowship!!  
Seats limited, reserve your seat now

### BOOK DONATIONS

*A Mother's Journey Through Love, Loss and Living Forward*

*Donated and written by Adele Davidson*

you can purchase your own copy from Amazon.ca for \$11.99 + shipping & gst (51% pre tax/shipping will be  
donated to BFO-Durham

## From the desk of your Executive Director

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Dear Friends:

Our warmer weather brings about changes, as new seasons do. For Bereaved Parents, our emotions swing from wonderful summer memories, to that painful longing for those we've lost to enjoy it all with us.

We have completed a mom's group and a dad's group for the winter session and have now started both groups again for moms and dads.

Our Board of Directors have seen some changes. Wayne Wanamaker and Bev Campbell have stepped down from their responsibilities on the Board, and we would truly like to thank them for their continued support of BFO-D over the many years. To replace them Bobby Parkinson and Caroline Goswell are our additions to the Board. Welcome! Gary Goswell after more than 33+ years as Chair of the Board of Directors has decided to step down as well. We will never be able to thank him enough for his true dedication and commitment to our organization. Charlotte Brisco and Chris Garvey will now be co-chairs for our Board of Directors. I know these two individuals are quite capable of filling Gary's shoes!

Our wonderful volunteers have been busy organizing fundraisers for the upcoming months. On **Sunday May 24<sup>th</sup>** we will have our first ever tattoo fundraiser. The Black Rose tattoo parlour will be hosting this fundraiser and are donating all proceeds to BFO-D. Then on June 6<sup>th</sup> we will be hosting our last euchre night until the fall, so please come out and join us. The Ride to Remember this year will be on **Saturday June 13<sup>th</sup>** hosted by Bobby Parkinson of Sir Monty's and Chris Palmer. They are working very hard to make this a big success as well. The annual Golf Tournament will be on **Sunday, September 13<sup>th</sup>** but at a new venue - this year it will be at Oshawa Airport Golf Club, more info on the flyer in this newsletter and also on our website. The annual fall dance will be on Saturday October 24<sup>th</sup> featuring Two for the Show at the same location. For more information there are flyers within this newsletter.

On behalf of BFO-Durham we truly appreciate all the volunteers' hard work which makes the events so successful in continuing support of Bereaved Families of Durham.

Take care and have a safe summer.

Jane Carter

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Following on from last year's Winter Market, Project 51 (the Davidson Family) now has an Etsy shop where you can buy wonderful sparkly items (cards for all occasions and many varieties of unique gifts) all year long. If you would like to collect your orders directly from us rather than have them mailed, please message us from within Etsy and we will remove the shipping costs and arrange a convenient time for you to collect, but this has to be done BEFORE you complete your order. As always with Project 51, 51% of the value of the order (before taxes/shipping) will be donated to BFO Durham. Our Etsy store can be found at <https://sparklewithproject51.etsy.com>

## Volunteer Luncheon 2026



On Sunday, April 26<sup>th</sup>, BFO-D's Board of Directors hosted their annual Volunteer Appreciation Luncheon. This luncheon recognizes many of our members who selflessly contribute to our organization daily, whether by working in the office, facilitating one on ones, drop-ins or closed groups or assisting with fundraising. The Volunteer of the Year Award was renamed this year to **"The Gary Goswell" Volunteer of the year award.**

This award went to two members. Catherine Gray received one award for her dedication to BFO-D through facilitating and participating in several fundraising events. She volunteers in memory of her son Christian. Kim Jenkins also was a recipient of this award and is a trained facilitator and participates in several fundraising events. Kim does this in memory of her daughter Sheena.

The Susan E. Hendricks Volunteer of Distinction Award was also renamed this year. It is now the **Susan E. Hendricks and Marian Rehr Volunteer of Distinction award** which are the two cofounders of our organization. This year Susan Hendricks traveled from Winnipeg to present this very special award. This award of distinction went to our Chair of the Board, Gary Goswell. Gary has been chairing for over 33 years and is now stepping down. We thought he was very fitting for this award. He has done so much for all of us, and he will be forever missed.

*A very special thank you to Caroline Goswell and Jane Carter for preparing the luncheon*



### **"The Gary Goswell" Volunteer of the year award.**

This year the **Volunteer of the Year Award** was renamed to **"The Gary Goswell" Volunteer of the year award** in recognition of the decades of service by Gary.

The award this year went to:  
**Catherine Gray  
& Kim Jenkins**

### **Susan E. Hendricks and Marian Rehr Volunteer of Distinction award**

The Susan E. Hendricks Volunteer of Distinction Award was also renamed this year. It is now the **Susan E. Hendricks and Marian Rehr Volunteer of Distinction award**

The award this year was presented to **Gary Goswell** in recognition of his many years of dedicated service to BFO-Durham

## “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**

Neil Anderson, Lindsay Barakett, Charlene Betty, Charlotte Brisco, Brad Brown, Danielle Byers, Bev Campbell, Heather Carnie, Jane Carter, Jenn Carter, Angela Dar, Adele, Liz & Eric Davidson, Donna Dickson, Brian Evans, Irene Fife, Karen Fish, Kelly Fitzpatrick, Tanya Fowler-MacLeod, Chris Garvey, Suzanne Garvey, Caroline Goswell, Gary Goswell, Rocco Granato, Catherine Gray, Doug Hardy, Dianna Harrison, John Hewson, Kathie Hill, Tammy Horton, Beth Jenish, Kim Jenkins, Mike Kelly, Cathy Kelly, Debby Kelly, Janet Liscio, Vanessa Longhurst, Denise Love, Al Maggie, Lexi Marges, Eunice Marr, Jenn Miller, Deborah Nanton, Ken New, Karin New, Jonathan Onley, Bobby Parkinson, Glenda Prescod, Denise Robinson, Rory Scully, Sharon Sears, Cindy Serensits, Fran Shepherd, Cora Silininkas, Kirsty Sinclair, Graeme Sinclair, Roslin Sinclair, Marlene St.John, Charles Storm, Yvonne Storm, Wendy Topham, Andrew VanDorsseLaer, Tom Vidinu, Wayne Wanamaker, Angela White, Marjorie Whitehouse, and Susan Yelle.

**LIBRARIAN** - Denise Love

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

**ANNIVERSARY LETTERS** - Office Volunteers

**WEB SITE** - Adele Davidson

**NEWSLETTER** – Adele Davidson

**MOTHERS’ RETREAT** - Susan Hendricks and Joyce MacIntyre

**BFO DURHAM BOARD OF DIRECTORS** - Chris Garvey, Charlotte Brisco, Caroline Goswell, Sharon Sears, Kirsty Sinclair, Karen Fish & Bobby Parkinson

## **A Note from your editor**

Hi everyone,

I think we may all be smiling now winter has lost it’s grip on us. Roll on the sunshine :-).

Our annual Walk to Remember, held inside the Whitby Mall, was again, very well supported.

A big “Thank You” to all who attended and/or supported this, as it is one of our major fundraising events.

Within this newsletter, you will find information on a few of our Fundraising events:- the Euchre night, Ride to Remember, Golf Tournament (NEW venue - Oshawa Airport Golf Club) and our wonderful Octoberfest Dance.

By the time this newsletter reaches you, we may have already had one of our new fundraising events, hosted by Black Rose Tattoos, but held at the office, however I still feel they deserve a nice shout-out (their flyer) in our newsletter :-)

Along with our usual ongoing fundraisers, there is a new addition - Project 51 (aka The Davidson Family) has opened an Etsy store and 51% of the proceeds (before taxes and shipping) is donated to BFO-D - see the small ad in this newsletter and on the website.

Please make a note in your diaries for all these great events.

We would love to include articles, photos, verses or news from our members in our newsletters, and you can submit them any time to the office or directly to myself [glasscup\\_19@hotmail.com](mailto:glasscup_19@hotmail.com)

I would also like to take this opportunity to thank Gary Goswell for all he has done for BFO-D, and look forward to seeing him in a supportive role at our various events

I hope you all have a safe and happy summer.



((Hugs))

*Adele*

## Facilitator Training – February 2026.

This past February BFO-D held its annual Facilitator Training facilitated by Gary Goswell and Jane Carter. We also had three Board Members assisting in the training: Charlotte Brisco, Chris Garvey and Karen Fish. This was a five-week program which introduced the facilitators to one on ones, drop ins and closed groups, and this was just a few of the topics that were discussed.

Please welcome our new facilitators: Danielle Byers, Heather Carnie, Suzanne Garvey, John Hewson, Janet Liscio, Jenn Miller, Glenda Prescod, Fran Shepherd, Charles Storm, Yvonne Storm and Susan Yelle.

All these new facilitators will be at the drop-ins soon. We were very fortunate to have two facilitators for the sibling loss members which are active in the sibling loss drop ins.

The last night we congratulate our new facilitators with pizza dinner and a cake. Below is a picture of the group of new facilitators but John Hewson was unable to attend



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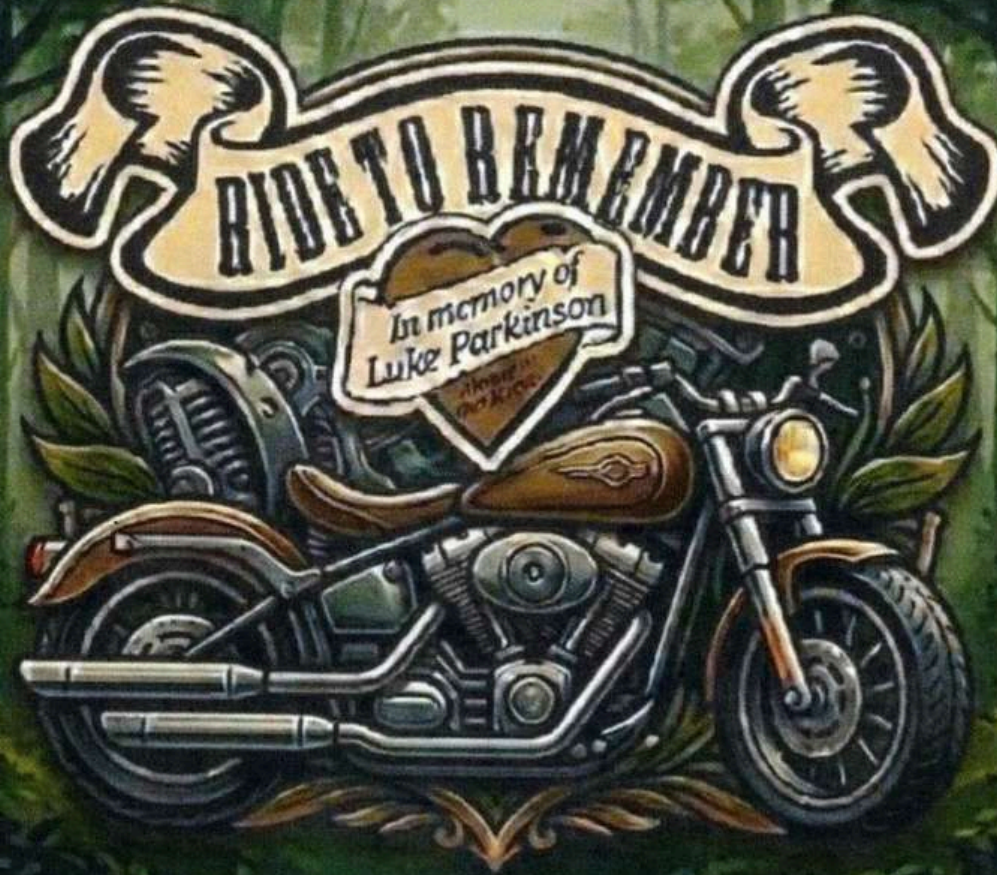
## Thank you Rotary Club of Whitby Sunrise

May 12<sup>th</sup> 2026, [Bereaved Families of Ontario- Durham Region](#) was honoured to have Rotary Club of Whitby Sunrise come to our office to donate a generous cheque of \$1500.00. This cheque will go directly to our Children's Support Program (which we run twice a year), as well as our Sibling Support Program.

Thank you to the Rotary Club of Whitby Sunrise



# RIDE TO REMEMBER FUNDRAISER



**SATURDAY JUNE 13<sup>th</sup>**

\*Rain Date Sunday June 14<sup>th</sup>\*

This year's Ride To Remember will begin at Sir Monty's Brewing Company (1540 Durham Regional Hwy 2, Courtice), enjoying a beautiful, scenic ride to Classy Chassis & Cycles in Lakefield, ON.

The ride will return to Sir Monty's for an afternoon of activities.

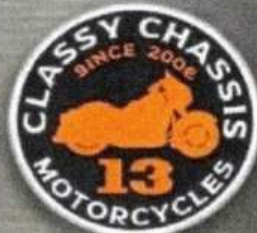
If you are interested in attending The Ride To Remember 2026, or know someone who may, please register by sending an e-transfer to [bfodurham@bellnet.ca](mailto:bfodurham@bellnet.ca) with the rider/passenger information.



Benefactor Families of Ontario  
Halawa & Durham Region



SIR MONTY'S  
BREWING COMPANY



# March On

A Rap/Poem written by Al Maggi for his wife Anna

Life wasn't what you prayed for  
Took everything you cared for  
Like nothing you prepared for  
And you're s'posed to soldier on

You started with a small goal  
To send into the big world  
A small piece of your mortal soul  
To carry all your love

To carry what you do and don't know  
And carry on your loving heart, yo  
They'd reap up what you sow, grow  
to love a little mo'  
And bring a little glow

You loved 'em from the first sight  
You nursed 'em through the long night  
No battle that you wouldn't fight  
A mother lion's roar  
You loved them to the core  
And gave 'em more and more

Gave 'em bottles, gave 'em kisses  
Gave 'em all your bestest wishes  
Made 'em all their favourite dishes  
You lit up all their days too  
They lit up all of you

When darkness came to haunt you  
And took away a piece of you  
Your peace, your faith, was taken too  
You'd think with all the years of prayer  
That God would save her, didn't care

Not sayin' you'll stop takin' punches  
And you could throw 'em too, in bunches  
Life she broke your heart, my hunch is  
A tragedy that no one knows  
The record shows you took the blows

We're s'posed to make a new start?  
Open up your lovin' heart?  
But after all the woes  
After all the knees and elbows  
After all your baby's cryin'  
After all the tryin' and tryin'  
And after all that, baby's dyin'?  
I'd feel you if you chose  
To tell your friends and tell your foes  
This broken heart is closed

You got a lotta love to give yet  
Your broken heart can heal a bit  
Forward doesn't mean forget  
They call out from beyond  
They pray that you march on

You did it all for love, love  
I pray that you march on

From the embers build a new fire  
Not every flame's a fune'ral pyre  
You're singing in a new choir  
Sing a love song (for the gone)  
Moving forth's not moving on  
I pray that you march on

I pray that you march on  
Some days you're just holdin' on  
Find the joy in the here  
Shed a tear for the gone  
I pray that you march on

You did it all for them, love  
Your love was not in vain, love  
I pray that you march on

You did it all for them, love  
Your love was not in vain, love  
I pray that you march on

# ***Golf Tournament!***

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***Bereaved Families of Ontario,  
Durham Region is hosting our  
fourth annual golf tournament.  
Come join us on Sept. 13/26 at  
Oshawa Airport Golf Club.***

Sunday, September 13<sup>th</sup>, 2026

Shotgun start at 8:30am

Registration at 7:45am

**Oshawa Airport Golf Club**  
**1145 Thornton Road North, Oshawa**

Tickets are \$120

Includes round of golf with a cart and BBQ lunch after the tournament

**Prizes for closest to the pin, closest to the scarecrow (men & women)**

**Putting contest · 50/50 Draw      · Raffles**

*All proceeds will go towards Bereaved Families of Ontario, Durham Region. Please call the office to book soon as space is limited. We hope to see you there!*

# CONDOLENCES

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

Jim Vanhaverbeke in the loss of his wife, Elise Vanhaverbeke

## DONATIONS IN LOVING MEMORY

**ELISE VANHAVERBEKE**

From: Edmond Vanhaverbeke

**ELISE VANHAVERBEKE**

From: Monica Hoy

**JEFFERY DAVID WARNE**

From: Denise Robinson and Phil Warne

**VIOLET DAVIDSON**

From: The Davidson Family's Purdys Chocolate Fundraiser

**BRENT FOSTER**

From: The Ride to Remember

**DANA R. DELANEY**

From: Vendredi Ellie Kristina Mounsey

**JACKSON NIMEC**

From: Kelly Nimec

**JORDAN EVAN MENARD**

From: Yvette Byrne-Menard (Sales from her book Break Through)

**DUANE MACINTYRE**

From: Joyce MacIntyre

**MICHAEL GRAY**

From: Denise Byers

**KRISTINA HENDRICKS**

From: Brenda Butchart

## CORPORATE DONATIONS

Rotary Club of Whitby Sunrise

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### **Family Support Events are here at BFO Durham!**

Our **Family Support Night** for June will be held on **Wednesday 24th June 2026, 7-9pm** at the office. This month we will be covering **"Loss of only Child/remaining children"**.

The support nights will then go on summer vacation and will resume in the fall.

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"As bereaved parents, we don't carry a briefcase, we carry a Griefcase.  
BFO Durham is a safe place to open that case & unpack it"

*CHRIS GARVEY*



# Bereaved Mothers Retreat – April 10–12, 2026

There are some weekends that don't quite fit into words, and this was one of them. This year marked the 23rd Bereaved Mothers Retreat, held once again in the quiet, held beauty of Villa St. Joseph. Overlooking the lake, surrounded by stillness and care, mothers arrived carrying stories, some well-worn, some still too tender to touch.

And yet, over the course of the weekend, those stories found breath.

Our theme, "Storytelling as Medicine in Healing," wasn't just something we explored, it was something we embodied. Through candlelight ceremonies, sacred circle, music, movement, and gentle invitation, we opened space for both the stories we tell the world... and the quieter, deeper ones we carry inside.

We spoke about our children, but not just in the ways people expect. We heard about a son who could turn an ordinary moment into something straight out of Mission Impossible. We shared so much laughter of our children learning about love and the birds and the bees. We remembered yellow rain jackets, angels, poetry, sibling interactions, quirks, stubbornness, rock collecting, awesomeness, and the tiny details that make a life unforgettable.

One of the most powerful threads of the weekend was the understanding that there are always two stories:

- the outer story....the facts of what happened, what we share
- and the inner story...the meaning, the impact, the love that continues

Both were honoured here.

Through storytelling and creating Descansos, we gave shape to moments of pause, memory, and transformation. These were added to a shared tree, a quiet and powerful reminder that while each story is unique, none of us is alone.

We were also deeply grateful to incorporate Indigenous teachings and ceremony into the weekend. Guided with care and authenticity, these moments...especially the sunrise ceremony and stories... provided connection, grounding, and a sense of something larger holding us all.

What stood out most wasn't perfection (though many joked these retreats come close)... it was connection. We spoke of feeling heard in ways we don't experience in our everyday lives

- Of being able to say our child's name freely.
- Of being understood without explanation.
- Of laughter sitting right beside tears.

And maybe that's the real magic of this retreat witnessing, honouring, and reminding each other...

Our child matters  
Their story and our story matters.

And we don't always have to carry it alone.

Jodi Gorham, CYC, BSW, MSW, RSW



# **Save the Date!**

Bereaved Families of Ontario, Durham Region Invites you to our...

## **OKTOBERFEST DANCE**



With Live Entertainment from 8:00 PM to 12:30 AM:



**Saturday, October 24th, 2026**

7:30 PM – 1:00 AM

Club Caribe, 600 Wentworth St. E. Oshawa

Tickets are \$40

***Get your tickets early as seating is limited***

Raffle Table · Door Prizes · Games · Light Snacks · Silent Auction

All proceeds go to Bereaved Families of Ontario, Durham Region.

We hope to see you there!

## Grief can make you so incredibly tired.

And I'm not talking about the kind of tired that a cup of coffee, a nap, or even a full night of sleep can fix. I mean the kind of exhaustion that settles deep inside you. The kind that comes from carrying pain, sadness, memories, longing, and heartache all at once.

It's a kind of tired that people don't always see,  
but those of us who've lived through deep loss know it well.

When I was deep in my own grief, people would sometimes say things like, "You should try to get some rest," and I know they meant well. But grief doesn't always let you rest, even when you need it. You can lie down, close your eyes, and still feel your mind racing through memories, regrets, unanswered questions, and all the things you wish had gone differently.

Here's the thing...you can be physically exhausted and still unable to find any real peace. That's one of the hard parts about grief. It doesn't just break your heart. It drains you emotionally, mentally, physically, and spiritually.

I remember days when even the smallest things felt overwhelming. There were times when getting dressed felt like too much. Taking a shower felt like work. Making something to eat felt like an accomplishment. And instead of being gentle with myself and recognizing that I was doing the best I could, I would sometimes feel frustrated that I wasn't doing more.

I think a lot of grieving people do that.

We judge ourselves by the standards of the world around us,  
even when we're carrying something incredibly heavy inside.

Grief slows everything down while our minds are just trying to make sense of something that feels impossible. Our bodies are carrying the weight of stress, sorrow, and survival every single day.

That takes energy. A lot of energy!

If you've been feeling tired in your grief, I hope you'll stop and remind yourself that there's a reason.

You're not lazy.

You're not weak.

You're not failing.

You're grieving.

*Gary Sturgis*

*Author: 'SURVIVING GRIEF - 365 Days A Year'*

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BFO DURHAM REGION	905-579-4293
<a href="http://www.bfodurham.net">www.bfodurham.net</a>	948 Simcoe St North, Oshawa, L1G 4W2

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# OUR CHILDREN REMEMBERED, LOVED, MISSED AND NEVER FORGOTTEN

## JUNE

Christopher Logan Woods	June 1, 2005	Paul Spilchen	June 16, 2018
Ajay Rajput	June 1, 2024	Noah Hardy	June 16, 2020
Taelyn Marie Peckford	June 2, 2010	Philip Prince	June 16, 2020
Susan Deborah Murray Ferguson	June 2, 2010	Catrinaa Arthmeegan	June 17, 2011
Avery Skarlatakis	June 2, 2014	Jennifer Sinnott	June 17, 2017
Bridget Collard	June 2, 2022	Melissa Jean Wilson	June 18, 1990
Nicole Ramsden	June 2, 2024	Amanda Bickle	June 19, 2018
Laura Irene Macdonell	June 4, 1994	Maya Chotalal	June 19, 2022
Timothy Shane McDonald	June 4, 2006	Colton Welsh	June 19, 2024
Alyssa Massie	June 5, 2010	David Gregory Schneider	June 20, 1998
Tessa Agelopoulos	June 6, 2007	Kohwyn Babcock	June 20, 2010
Christina de Vries-Roach	June 6, 2004	Kyle Roberts	June 20, 2010
Nicholas David William Hutchison	June 6, 1999	Edward Erwin	June 21, 2003
Chloe Mounsey	June 6, 2007	Erin Child	June 21, 2020
Daniel Melanson	June 7, 2009	Lorna Ellen Buzzell	June 22, 1998
Glenn Miller	June 7, 2025	Paul David Carter	June 22, 1985
Angelo Mazzotta	June 8, 2010	Ian Booth	June 23, 2007
Kathy Phelan	June 8, 1985	Gillian Berthelot	June 23, 2010
Arpik Patel	June 8, 2012	Shane Rawlins Mahabir	June 24, 2011
Matthew Snell	June 8, 2018	Derrick Brooks	June 25, 2010
Steven Dafoe	June 9, 2004	Melissa Logeman	June 25, 2012
Glen Michael Bruce Monro	June 9, 2002	Joshua Connell-Wong	June 25, 2024
Maureen Wright	June 9, 2002	Connor Battah	June 26, 2008
Todd McCann	June 9, 2013	Dustin Longhurst	June 26, 2017
Paul O'Brien	June 9, 2017	Christina Grace Glover	June 27, 1999
Margaret Nemeth	June 10, 2003	Heather Goverde	June 27, 2004
Kimberly Ann Whitsitt	June 10, 1994	Olivia Kowalchuk	June 27, 1993
Scott Humphrey	June 10, 2020	Michael Thomas Turner	June 27, 2014
Elysia Kolyanko	June 10, 2021	Corey Lyver	June 27, 2024
Kelly Eileen Goswell	June 11, 1992	Bob Robbins	June 28, 2014
Brooklyn Ilean Fogg-Conlin	June 12, 2009	Tyler Lisinski	June 28, 2015
Ronald McGivney	June 12, 2015	Westley Pflug	June 28, 2015
Gunner Aaron Terry Mayhew	June 13, 2004	Holden McGregor-Mann	June 29, 2023
Aubree Glode	June 13, 2014	Tyler Fyall	June 29, 2021
Sam Whitney	June 13, 2025	Frank Benczenleitner	June 30, 1989
Christopher Dennis Penny	June 14, 1995	Tanya Veinot	June 30, 2006
Corey Grentz	June 14, 2010	Matt Stairs	June 30, 2018
Anthony Medeiros	June 14, 2015		
Tyler Massey	June 14, 2015		
Michelle Marie Meagher	June 15, 2009		
Anthony Quattrocchi	June 15, 2018		
Talbot Higgins-Kelly	June 15, 2021		



# OUR CHILDREN REMEMBERED, LOVED, MISSED AND NEVER FORGOTTEN

## JULY

Brian Haring	July 1, 1994	Brandon Niblett	July 16, 2002
Leith Hawker	July 1, 1998	Sarah Davidson	July 17, 2014
Johanna Mary Faith Nesbitt	July 1, 1993	Lesley Blackmore	July 18, 2009
Ryan Munshaw	July 1, 2013	Carter James Duncan	July 18, 2004
Christopher Richard	July 1, 2015	Peter Hansen	July 18, 2001
Shon Hart	July 2, 2006	Keena John Dobbie	July 18, 2011
Kathleen Wels	July 2, 1979	Alyssa Dryden	July 18, 2011
Logan Deon	July 2, 2021	Kayne Ritchie	July 18, 2016
Michael Campbell	July 3, 2009	Blake Forrest	July 18, 2018
Kaydance Thompson	July 3, 2024	Christine Kellar	July 18, 2021
Laurie (Foreman) Wilkinson	July 4, 1998	Alexandra Maxwell	July 18, 2023
Paisley Eva Cane	July 5, 2012	Michael Watson	July 19, 2008
Roberto Small	July 5, 2017	Tammy Dimech	July 19, 2014
Melissa Coady	July 6, 2013	Christopher Hill	July 20, 2016
Colton Lowes	July 6, 2020	Patrick McKay	July 20, 2016
Gregory Lowes	July 6, 2025	Jennifer Asselin	July 20, 2017
Shawn Henesey	July 6, 2025	Jeffrey Bowman	July 20, 2020
Juliette Francis	July 7, 2010	Nicholas Senne	July 20, 2018
Jaedin Davis	July 8, 2003	Samantha Shirley Baird	July 21, 1999
Nicole Mummery	July 8, 2008	Trevaughn Miller	July 21, 2012
Joshua Rideout	July 8, 2017	Michael Fellows	July 21, 2013
Sebastian Seidel Forsyth	July 9, 2015	Isabella Sabiston	July 21, 2016
Ember Taylor	July 9, 2020	Matthew Westcott	July 21, 2015
Meaghan Addante	July 10, 2021	Richard DeSousa	July 21, 2016
Edwin Zwaigenbaum	July 11, 1963	Nathan McDonald	July 21, 2024
Jesse Comeau	July 11, 2009	Sarah Burnham	July 22, 2003
Emily Lavina Wilkes	July 11, 2016	Keith Watt	July 22, 2021
Joey Ihasz	July 11, 2017	Samantha Brittney Babcock	July 23, 1993
Jonah McIntosh	July 11, 2017	Bryan Matthew Gainer	July 23, 2000
James Masson	July 11, 2019	Justin Yelle	July 23, 2023
Josh DeShane	July 11, 2021	James Johnson	July 24, 2001
Joey Alton	July 12, 2008	Ashleigh Mariani	July 24, 2013
Michael Potter	July 12, 2010	Daryl Davison	July 24, 2016
Randy Chessman	July 12, 2022	Timothy Lockard	July 25, 2014
Craig Beers	July 13, 2003	Shelby Thomas	July 25, 2015
Christopher Swindell	July 13, 2000	Mark Van Den Oetelaar	July 27, 1963
Danny Tkalec	July 13, 2000	Beverly Warner	July 27, 2002
Dyana Dearling	July 13, 2020	Peter Ide	July 27, 2013
Allissa Miller	July 13, 2022	Tammy Smith	July 27, 2023
Lauren Nolan	July 14, 2009	Colton Thoman	July 27, 2024
Amanda Richardson	July 14, 2007	Andrew Mason	July 28, 2002
Austin Beninato	July 14, 2017	Andrew Gary McSweeney	July 28, 1994
Christopher Archer	July 14, 2003	Sara Young	July 28, 1994
Taylor Mackin	July 14, 2025	Derek Fish	July 28, 2017
Mattieu Moriarity	July 14, 2025	Adam Hainault	July 28, 2022
Derek Garner	July 15, 2007	Lisa McGregor	July 28, 2024
David Clark	July 15, 2016		
Jeremy Donnelly	July 15, 2023		

*July Angel Days Continued on next page*

# OUR CHILDREN REMEMBERED, LOVED, MISSED AND NEVER FORGOTTEN

## JULY *continued*

Tamica Henderson	July 29, 2012
Macayla Rayner	July 29, 2025
Ryan Addison	July 30, 2005
Shannon York	July 30, 2004
Ron Cunningham	July 30, 2020
Eufemia Risorto	July 30, 2021
Kyle Babcock	July 30, 2021
Michelle McNamee	July 30, 2022
Surinder Mehar	July 31, 1999
Patricia (Trish) Peter	July 31, 2004
Curtis Courneyea	July 31, 2013



# OUR CHILDREN REMEMBERED, LOVED, MISSED AND NEVER FORGOTTEN

## AUGUST

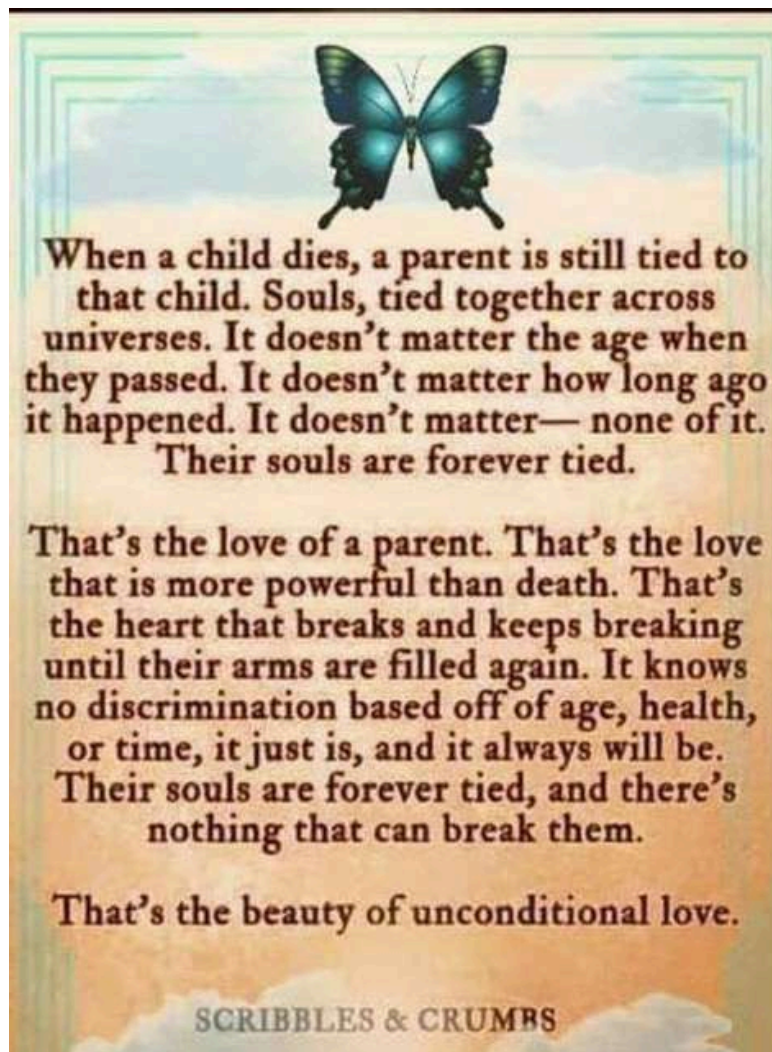
Rick Swale	August 1, 2000	Tiah Ephraim	August 16, 2008
Karyn Chase	August 2, 2010	Kale Garry Nichols	August 16, 2001
Josiah Dockery	August 2, 2022	Dalton Hebert	August 16, 2018
Dallas Raé Fountain	August 3, 2010	Jalen Sharpe	August 16, 2020
Todd Gardiner	August 3, 2017	Subhan Mareer	August 16, 2024
Willard Amurao	August 4, 2014	Arham Hussain	August 17, 2022
Jennifer Copithorn	August 4, 1998	Trisha Banton	August 19, 2009
Eric Couturier	August 4, 2002	Obray Dixon	August 19, 2016
Brent Foster	August 4, 2007	Mark Vandermeer	August 19, 2008
Katrina Stanojevich	August 4, 2016	Matthew Craigen	August 19, 2018
Matt Bradburn	August 4, 2023	Trevor Stephenson	August 20, 2000
Sydney Young	August 5, 2003	Annette E. Stewart	August 20, 1989
Tylor Faubert	August 5, 2020	Cortney-Lynne Twiddy	August 20, 1994
Robert Blain	August 6, 2008	Tracy Scott	August 20, 2010
Sheena Jackson-Sibling	August 6, 2021	Chris Karam	August 20, 2011
Daniel Caldwell	August 8, 2010	Xavier Edward Barkley-MacMullen	August 20, 2013
Matthew Mitchell	August 8, 2014	Ryan J. Haber	August 21, 1999
Kyle Blake	August 8, 2018	Colin Humphrey	August 21, 2000
Gary Smith	August 9, 2002	Shawn Presley	August 21, 2000
Jessica Dale Whitney	August 9, 1998	Murray Schoenau	August 21, 1990
Mary Moshis	August 9, 2013	Jordyn Chan	August 21, 2021
Simon Minc	August 9, 2015	Greg Miles	August 22, 2008
Jeffery Shoemith	August 9, 2018	Jamil Mohamed	August 22, 2009
Andrew (Drew) Johnson	August 9, 2020	Shawn Paul David Spooner	August 22, 2016
Kelly Burton	August 9, 2025	Kim Benoit	August 22, 2017
Farheen Shaika	August 9, 2025	Tucker Taylor	August 22, 2008
Lily Maria Kathleen Payne	August 10, 2007	Nathan Latty	August 22, 2024
Katrina Stanojevich	August 10, 2016	Andrew Chaplin	August 23, 2008
Cassandra Turner	August 10, 2016	Emily Stow	August 23, 1999
Dennis John Zoelman	August 11, 1993	Derek Van Pelt	August 23, 2012
Kevin Klis	August 11, 2011	Colton Tunney-Phillips	August 23, 2013
Justin Parker	August 11, 2017	Kira Locke	August 23, 2015
Michael Lowens-Varey	August 11, 2017	Andrew Harrison	August 23, 2018
Lia Barakett	August 11, 2018	Lydia Grace Conte	August 23, 2019
Jennifer Smith	August 11, 2022	Geoffrey Dykstra	August 24, 2008
Sierra Mackie	August 11, 2023	Jeremy Finn	August 24, 2002
Jason Anderson	August 12, 2017	Frank Aubrey Lessard	August 24, 1997
Kristin Tremblay	August 12, 2020	Liberty Davenport	August 24, 2008
Shayaan Aziz	August 13, 2010	Danielle Thompson	August 24, 2014
Gregg Hayden	August 13, 2005	Stephen Jakabfy	August 24, 2021
Sharon Beal	August 13, 2019	Michael "Shane" Girard	August 25, 1993
Sean Edmunds	August 13, 2020	Paul Strasbourg	August 25, 2009
Frank Aubrey Lessard	August 14, 1997	Arnel Cuyugan	August 25, 2021
Christine Crossman	August 14, 2004	Michael Caruso	August 25, 2023
Ashton Payetta	August 14, 2010	Leah Adelina Paiva	August 26, 2012
Jonathan Stewart	August 14, 2004	Suzana Brito	August 26, 2019
Jason Kaaz	August 14, 2010		
Travis Pepper	August 15, 2015		
Ruth Ann Thompson	August 15, 2020		

*August Angel Days Continued on next page*

# OUR CHILDREN REMEMBERED, LOVED, MISSED AND NEVER FORGOTTEN

## AUGUST *continued*

Milo Palmer	August 27, 2016
Jackie Woolridge	August 27, 1999
Reid James Tanner	August 27, 2010
Kevin Duhaney	August 27, 2012
Sean Robert Aylward	August 28, 2002
Luke Christopher Bachman	August 28, 1998
Craig W.D. Green	August 28, 1995
Allesio Caccavella	August 28, 2011
Mathew Fife	August 28, 2017
Kyle Jackson	August 28, 2018
Kelli Rose Howard	August 28, 2021
Steven Mayhew	August 29, 2000
Alan Brown	August 29, 2012
Constant Germano	August 30, 1993
Cory Fleetwood	August 30, 2012
Jake Pedersen	August 30, 2020
Paul Anthony Jones	August 31, 1995
Alex Novia	August 31, 2008
Adin Gould	August 31, 2012
Taylor Kuipers	August 31, 2018
Keegan Fudge	August 31, 2023
Jordan Haber	August 31, 2023



# OUR CHILDREN REMEMBERED, LOVED, MISSED AND NEVER FORGOTTEN

## SEPTEMBER

Kelli Mitchell	September 1, 1996	Sean McAvoy	September 16, 2005
Jesse Lennox	September 1, 2014	James Jackson	September 16, 2016
Donna Wry	September 1, 2021	Cole Davidson	September 16, 2021
Adrienne Ferguson-Keller	September 2, 1992	Kelly G. Lomax	September 17, 1992
Amanda Ruby Mayock	September 2, 2005	Jake Vanzeyl	September 18, 1998
Jamie Lee Wiznuk	September 2, 2009	Ryan William Sutherland	September 18, 2009
Ronald Pogue	September 2, 2012	Kelly Green	September 18, 2020
Randi Walker	September 2, 2018	Michael Crover	September 19, 1998
Jayla DeSouza	September 3, 2009	Kelly Darby	September 19, 1999
Alliyah Beckles	September 3, 2010	Terah Elaine Dawkins	September 19, 2010
Michael Christopher Noseworthy	September 4, 2003	David James Muir	September 19, 2015
Cooper Martyn Streeter	September 4, 2019	Paul Turansky	September 19, 2005
Gage Arsenault	September 4, 2024	Andreas Bollmann	September 19, 2011
Steven Cuddy	September 5, 2016	Alicia Mariah Kaas	September 19, 2019
Mark Forgette	September 5, 2006	Jake Gericke	September 20, 2011
Connor Scully	September 5, 2022	Darren O'Neil	September 20, 2011
Charlotte Mazzotta	September 6, 2012	Curtis Bjerring	September 21, 2013
Ian Cassidy	September 6, 2022	Tyler Hanson	September 21, 2015
Naz Prescod-Beckles	September 6, 2023	Julie Carter	September 22, 2000
Darrin Meados	September 6, 2024	Brian English	September 22, 2002
Omar Ryan Sadler	September 7, 1996	Charlotte Barter	September 22, 2021
David Logan	September 7, 2010	Jacquelyn Mason	September 23, 2011
Kyleigh Noland	September 8, 2012	Kerri-Lyn Adams	September 24, 2011
Sarah Onley	September 8, 2015	Chris Taylor	September 24, 2018
Stephanie Connor	September 8, 2021	Cynthia Vincent	September 24, 2018
Ashley DeJong	September 9, 2002	Donovan Betty Jr.	September 24, 2019
Natasha Foote	September 9, 2008	Caleb Wynn	September 24, 2020
Hope Skarlatakis	September 9, 2010	David Wanamaker	September 25, 2012
Leo Atkinson	September 10, 2003	Eric Roter	September 25, 2023
Todd Skinner	September 10, 2013	Mike Maher	September 26, 2009
Kyle Daniels	September 10, 2015	Matthew Hewson	September 26, 2021
Darrion Moffatt	September 10, 2018	Rylee David O'Brien	September 27, 2011
Cody James	September 10, 2018	Levi Allen	September 28, 2009
Brody James Prebble-Cooper	September 11, 2006	Lauren Allen	September 28, 2009
Evan Sinclair	September 12, 2020	Ashley Hamilton	September 28, 2012
Laura Catherine Pellegrino	September 13, 1990	Vikki Krishko	September 28, 2019
Karen Lato	September 13, 1992	Cassandra Kumarsingh	September 29, 2006
Sabina Silininkas-Rowsell	September 13, 2017	Noah John Anderson	September 29, 2008
Bryan Douglas Gordon	September 14, 2007	Andrea Nott	September 30, 2002
Sara Snow	September 15, 2014		
Timothy Lee	September 15, 2018		

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