



BEREAVED FAMILIES OF ONTARIO

Halton/Peel Chapter

An association of families who have lost children, siblings or parents through death.
The Bereaved Helping The Bereaved. We Can Help The Healing Begin

March/April 2006

Volume 10 Issue 2

On **Saturday, May 13, 2006**, we will gather together at Memorial Park in Streetsville for our annual Walk To Remember. This special walk is an opportunity not only to honour and memorialize our loved ones, but to come together as a community connected through deep love and compassion.

We have an amazing committee working hard to ensure that this year's walk will not only be the best ever but very different than walks of previous years. This can only be accomplished with your support and participation. Enclosed

in

Walk To Remember 2006

this newsletter you will find a pledge form for your use. We encourage you to share your personal story and how Bereaved Families has supported you on your grief journey when collecting pledges for the walk. If by chance you are unable to participate in the walk this year, please take advantage of the opportunity to have your loved one's name included on our special "memorial" shirt.

We hope you, your family and friends will join our BFO "family" in coming together to share in remembering

our loved ones.



Registration: 10:00 a.m.
Walk Begins: 11:00 a.m.
Dove Release and BBQ
will follow the walk.

(See enclosed brochure for more details.)



Bereaved Families of Ontario-Halton/Peel 10th Annual Charity Golf Tournament & Silent Auction

Thursday, June 1, 2006

Lionhead Golf and Country Club
8525 Mississauga Road, Brampton

Shotgun Start at 8:00 am

We hope you will join us and get involved in this important fundraising event. The proceeds from this golf tournament will raise a significant portion of the funds required to run our programs.

We need your involvement to help us make this event a success.

- Please join us with a foursome or as a single and enjoy a great day on a great course.
- Help us collect items for our silent auction.
- Join our committee or volunteer your help on the day of the event.

Registration fees include: 18 hole golf game at an award-winning golf course, breakfast, hot sit-down lunch, silent auction and registration gift bag.

Golfers will receive *Gift in Kind* tax receipts for a portion of the fee.

We look forward to seeing you, your family and friends!

We reserve the right to edit submissions as needed. Submissions for May/June 2006 Newsletter must be received no later than May 15, 2006.

Bereaved Families of Ontario Halton/Peel
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Volunteer Corner.....

Thank you to our many valued volunteers for stepping forward to lend your support in ways that are meaningful to you. I think Dan Zadra said it best when he wrote:

“The world knows little about it’s greatest heroes.”

Many thanks are sent to **Jeanne Dearling, Angela Chang** and **Heather Appleby** for their invaluable assistance in the office; **Sharon Lowe** for both of her brilliant presentations: “Out of the Shadow of Darkness”; and to **Larry Lloyd** for his IT support.

We are so grateful to **Jeff Pogue** for chairing our enthusiastic *Walk to Remember* Committee, as well as to **Brad Hawke** for chairing the Golf Tournament Committee. We are anticipating that both the events will not only be successful, but will be an opportunity for our entire community to come together in the spirit of love and hope. Thank you also to our marvelous students **Sarah Middleton** and **Karen Rollo** whose assistance with many different tasks is deeply appreciated.

A special word of thanks goes to our bookkeeper **Grace Kosir** for the many extra hours she devotes above and beyond the call of duty.

Another special thank you must go to **Susan Rose**, who although is officially retired, keeps “popping by” to help out, usually with treats in hand. We love you Sue’s.

Our Bingo volunteers in recent weeks have been: **Eleanor Fleeton, Anesh Ramsingh, Debbie Blagojevic, Carrie Talbot, Elizabeth Cochrane, Peter Cochrane, Sharda Ramsingh, Linda Ger Walters, Sam Walters, Vanida Hannan, Shirley DeMarsh, Phoebe Ahlstedt, Jeff Pogue** and **Shivana Ramsingh**, and we are very grateful for their support of this important revenue source for BFO.

Extra appreciation goes to **Ann Bodner, Carol Ann Schneider, Caroline Simard, Debbie Blagojevic, Laura Taylor, Susan Rose, Paulette Cooling** and **Joanne Lee** for being there for the newly bereaved reaching out for support and hope.

Support groups are currently being facilitated and Supervised by **Charmaine Driver, Gabriella DiFilippo, Sarah Middleton, Nora Pratter, Rose Markel, Helena Stahls, Nadra Solaiman, Joanne Lee, Caroline Simard** and **Judy Jonusas**. We thank all of you for extraordinary devotion to the power of the group experience for the bereaved.

The Tea MacKinlay Memorial Program for Young Adults

Bereaved families of Ontario-Halton/Peel has received a very generous contribution to our Young Adult program from the Mackinlay family. This funding has been donated in honour of Tea, who passed away in September 2002. The Mackinlays feel that Tea would have wanted their support given to this program because of her youthful exuberance, her passion to help others, and her “joie de vivre”.

We are most grateful to the Mackinlay family, not only for their generosity, but for finding such a significant manner in which to share Tea’s memory and spirit.

Who or What is Eco Rez?

Eco Rez Inc. is an **environmentally friendly** company that recycles a variety of empty toner cartridges and inkjets through its program called **IMPACT**. This program is based on **recycling** these qualified empties from **your** offices printers and fax machines ensuring that they will not end up in landfill sites. Currently, their program has also been focusing on raising funds for **Bereaved Families of Ontario-Halton/Peel**. If you would like to participate, you can contact Eco Rez Inc. to

arrange a **free** pick-up at (905) 820-7998 x 229. You can also **ask about** their **e-waste** program that might also generate proceeds for **BFO**.



With Eco Rex—
**You Benefit, BFO Benefits,
The Environment Benefits.**

How Can You Help?

It’s easy, just follow these steps:

1. Talk to **your** company about becoming involved in a recycling program. Remember: there is **no cost** to your company for participating in this program.
2. Contact **Eco-Rez** directly at **(905) 820-7998 X 229** to arrange for the **free pick up** of your empty Cartridges, and to indicate that you wish to recycle them to benefit **BFO-H/P**.
3. Contact **other** organizations that you do business with and **ask them** to participate in this program as well.
4. **Bereaved Families of Ontario-Halton/Peel** is proud to partner with **Eco Rez**.



Loved Ones Remembered



Linda Jean Neave-Kralik
Jan. 9, 1959—March 13, 1998

It's lonely here without you.
I miss you more each day.
For life is not the same
Since you were called away.

Love forever and Always
Mom and all your family

Jesse Bastasin
March 9, 2005

Not a day goes by that we don't
think about you.
You'll always be with us and never
forgotten.

Love Mommy and Daddy

*I have grieved,
and I grieve,
and still grace finds me
and takes my hand
and reminds me
of the fire
that burns
brightly inside.*

Karen Haffey

Benjamin James Graham
March 13, 1999— March 25, 1999

Seven years have gone by, but the
memories of you are still here with
us. We hope you are snuggling up
to our dog Millie, who joined you in
Heaven in October. It was your
turn to have her. We love and miss
you every day. As always, you are
in our hearts.

With all our love, Mommy, Daddy
and big brother Todd. xoxo

Melissa Natalie Ger
Feb. 16, 1983—March 16, 2001

With our love and belief in our
continual connection.

Love your family

Meditation Series



BFO Halton/Peel is pleased to be offering a 6 week MEDITATION course. This course will be led by one of our members, Peggy Dickie. Peggy's passion and commitment to both BFO and the healing benefits of meditation will no doubt inspire and embrace you! Peggy is graciously donating her time and expertise and asks that this course be delivered on a "donation basis" with a suggested \$10.00 fee per week. All proceeds will be directed to BFO-H/P. Due to limited space in our office, enrolment will be based on "first-come, first-served", so please call 905-813-4337 and reserve your space as soon as possible. The course will take place in our office, on the following Monday evenings: May 1st, 8th, 15th, June 5th and 12th from 7:00– 9:00 p.m. This course is open to all your friends, family members and to the community. Please feel free to pass this information along to anyone you feel will benefit from and enjoy the experience.

A Special Donation From A Special Person.

We were thrilled to receive a donation of a new server from Chip Petrillo of Petrillo Law. Chip is a former Chair of the Board for BFO-Halton/Peel. Although no longer involved at a Board level, Chip has always kept us close to his heart.

This new server will dramatically improve our technological abilities and the new software will simplify many arduous tasks.

Chip, thank so much for your generous contribution.
It means so much to us.

Thanking Our Donors...

We thank all of our generous donors for their contributions in 2005. Each and every dollar donated is gratefully received and used to the best possible advantage. The following donors contributed \$100 or more to benefit our programs. We sincerely apologize if any names or organizations were inadvertently omitted.

Meredith Agius	Philip Collings
Joseph & Domenica Amato	Paulette & Scott Cooling
Gloria Appleby	Alice Costerus
April Arias	Rivka Cranley
Craig Barker	Ann Culbertson
Marion Barker	Michael Curtis
Roger Beaulieu	Brain Da Costa
Carolyn & Ian Bell	Catherine Da Costa
Irene Birrell	Wendy & Simon Dean
Susan Bishop	Shirley De Marsh
Kelly Bonehill	Sabra Desai
Heather Boyd	Grace Dhanjal
Syd Brown	Jack Di Nardo
Pat & Helen Callery	Cara DiRaimo
Dolores & John Campos	Rosemary Drukarsh
Don & Marisa Cardwell	Robert & Mae Dunwoody
Lucille Chaput	Joan East
Laureen Clement	David & Pat Ellis
Elizabeth & Peter Cochrane	Mary Field
Allan Cole	Tanya Findlay
Ken Coleman	

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From Linda Ger Walters- Executive Director

There are many moments I sit in silence, reflecting on our work at BFO. My heart moves quickly into 'appreciation' and 'respect'. Appreciation for the depth of each and every story that is brought into our fold - from our wise young 6 year olds, to the wise elders amongst us. My respect goes to the extraordinary human potential we all have in us to continue creating meaning and purpose from our experiences and in giving back. Each and every one of you is a testimony to this human spirit in its highest form!

I would like to share with you what Yvonne Hawke, one of our BFO volunteers, expressed so beautifully to me:

"I feel BFO has become an extension of our family. At the beginning of my journey, it was a very big decision to actually admit I may need to attend a

support group. Once you're there, you quickly realize all these people are going through the same journey as you. Without my support group, I know for a fact I would not be the person I am today. It has been so beneficial to my well-being.

When I realized our 12-week session was coming to a close, I was so disappointed that I may not see my new friends again - the ones we just shared our utmost feelings with, cried with and laughed with. I realized at that point the only way I would keep growing and keep strong was to become an active volunteer with BFO; where you have an endless array of friends that truly understand what you have gone through. I also feel it's extremely important for myself to help others that are just entering this journey. I want to be a source of support for them - just as I was received with open arms into BFO. After 6

years we still have dinners with our original group. It's amazing how far each and every one has come in their journey."

"We are all there to help out one another."

I hope you will support and join us at our Walk to Remember on Saturday, May 13th so that we may all **walk side by side with each other.**

Our 10th Annual Golf Tournament is on Thursday, June 1st which provides another opportunity to get involved. Enjoy a spectacular day outdoors, playing golf and **being with your BFO Family.**

I warmly wish you a good spring season and leave you with this sweet message from Maya Angelou:

"When we give cheerfully and accept gratefully, everyone is blessed."

Linda



Our Individual Campaign Has Begun!

"Because of your loved one's death, you are in a unique position to reach out and make a difference in this world. This is what gives meaning to death. This is what gives meaning to life."

Ashley Davis Prend, Transcending Loss.

Bereaved Families of Ontario – Halton/Peel relies on charitable contributions to help fund the majority of our exceptional programs and support. We're hoping you have already received your Campaign Appeal Letter. Our donor form allows you to make a one-time donation OR to contribute on a monthly basis. Please consider helping us this year so that we may continue making a difference for those who will follow.

Where are you?

I missed you yesterday and looked for you among the artefacts of your life. Your clothes that still carried your scent...your favourite tools and books, the tapes you loved to hear.

The very walls echoed your vitality and carried faint memories of riotous laughter. And so I sat there, comforted for a while, but forced at last to confess that although beautiful memories lingered, you were not there, not

then and not ever again.

If I could not find you yesterday, where, then, can I look today? Who can I talk to, implore, beg to show me the way? Where are the hidden doorways to the signs and wonders others claim to see?

My musings bring no answers so I take a walk to clear my mind. Ahead I see children playing, and their laughter floating on the wind reminds me of your own carefree approach

to life. Their running mirrors your own abandon and the way you always found joy in simple things.

Can this be the answer to the riddle of finding you again? Can it be that I will hear you in every moment of laughter? That I will see you in the actions of a mischievous friend, that I will feel you in every touch of compassion?

I've always heard that if you seek, you will find. Perhaps the corollary to

that is that is you must seek in the right places. I've been looking in the scrapbook of all that used to be and found only momentary solace.

So let me look for you anew in all the wonders and blessings of life. I believe you are reflected there with every expression of happiness and joy, in every instance of fearless exploration, and with every act of unconditional love.

Author Unknown

A Message From Our Chair, Richard Sheppard

Spring greetings from the BFO Board of Directors. As the sun begins to shine warmer, this feels like the perfect time to re-connect with everyone and provide you with a quick update.

We are pleased to welcome Gloria Appleby to the Board; her knowledge and experience will be of tremendous value to us. In 2006, we hope to expand the membership of the Board, and as such, are actively looking for new members to join us in support of this wonderful organization. If you or an acquaintance of yours would be interested in finding out more about this very rewarding opportunity, please contact us. In February, we hosted our first "advisory" session, which was an

open forum allowing us to seek new and different ideas regarding the operation of the organization. We are exploring ideas on how to increase our visibility within the community (which includes corporate), broaden our scope of volunteers, and look at potential fundraising initiatives, which are all vital to our ongoing success. We plan to host these sessions quarterly, and would welcome your input, so if you would like to attend, please let us know and we will add your name to the attendee list.

As we begin our financial drive for the year which is targeted at \$300,000.00, we have launched our Spring Campaign. 2006 will be another active year for us; an

exciting one, during which we look forward to reconnecting with you.

Finally, I would like to extend a very warm and sincere THANK YOU to all of those individuals who have supported us in so many different ways. Whether you volunteered your time, supported our groups, sponsored events, made a financial donation, shared in your expertise, donated goods, whatever the case may be....we could not reach out to the community if it were not for the combined efforts of all! We look forward to seeing you, and to introducing ourselves to those of you we have yet to connect with.



Our Donors Continued....(From Page 3)

Les & Eva Fleet	Nora Mailloux	Francesca Perozzo	Kirk & Tracey West	Linda Lundstrom Inc.	The Tosken Foundation
Eleanor Fleeton	Ann Malone	Kathy Pike	George & Doris Williams	Loblaw Companies Ltd.	Thierry Mugler Parfums,
Paul Fletcher	Gennie Manchisi	Lawrence Pogue	Kristin Williams	MacKinnon & Bowes Ltd.	Clarin Canada
Diana Ford	Cathy & Bruce Mann	Lisa & Brad Pollock	Sid & Florence Williams	M&M Meat Shops Ltd.	Tire World Inc.
Dewith & Janice Frazer	Robert Marshall	Sarina & Antonio Reale	A Hogan & Associates	Maple Leaf Foods	Toronto Trucking
Susan Fujita	Carol & Gary Martin	Karen Rollo		Mount Pleasant Group	Association
Sam & Linda	Glenn Martin	Susan Rose	Alliance Fitness Corp.	Of Cemeteries	United Way of Oakville
Ger Walters	Susan Martin	Allan Roshko	Apps Transport Group	Narvali Digital	Ward Funeral Home
Keith & Barbara Gibson	Mathew & Kathy	Nadia Rukavina	BBQ Gourmet	Photography	
John Green	Mastromartino	Steven & Elizabeth	Bell Canada	Naturalizer	
Belinda Greene	Rick Matthews	Rukavina	Big Brothers/Big Sisters	On Site Help	
Helen Greig	John McClure	Chris Rumsey	of Peel	OPG Employees &	
Marielle Griffiths	Robert McDonald	Stephen & Carol Ann	Bonnie Gordon	Pensioners' Charity	
Peter & Sharon Griggs	Neil McDonough	Ryan	Consulting Inc.	Trust	
Mary Harding	Bridget McGlynn	Helen Saric	Burlington Central Lions	Performance Coaching	
Brad & Yvonne Hawke	Leanne & Paul McLeod	Ian & Sue Scarborough	Club	Inc.	
Penny & Gil Heeringa	Barbara & Kirk	Carol-Anne Schneider	Busters Buy & Sell	Pratt & Witney Canada	
Heather Hill	McNaughton	Fern Schott	Counteract Balancing	RBC Financial Group	
Jill & Ken Hill	John & Joyce Messenger	Paul Serrao	Beads Inc.	RBC Financial Group	
John & Mary Hill	Nancy & Douglas Meyers	Richard Sheppard	Creative Memorials	Foundation	
Angus Hogan	Joe & Pat Milando	Glen Smith	CW Henderson	Royal Canadian Legion	
Masatake Horiba	David & Chantal	Jane Smith	Direct Energy Essential	Of Cooksville (#582)	
Simon Hubbard	Minemoto	Joe Smith	Home Services	Sears Young Futures	
Diana & Alex Hughes	Ted & Sallie Moore	Neil & Robyn Sullivan	Ellis Leuschner Fund	Superior Vault Company	
Chuck Jamieson	Marie Morgan	Jeff Sumilas	Famous Players Inc.	Limited	
Marisa Jokelainen	Tracey Morris	Gayle & Wayne	Golf Town Canada Inc.	Ten Thousand Villages	
Robin & Rhonda Jones	James Moylett	Sylvestre-Williams	Harris Chong & Crewe	The Benjamin	
Lis & Dave Karpinski	Khawaldai Nandkumar	Greg & Zoe Szak	LLP	Foundation	
Karl Link	Gail O'Brien	Sylvia & Ken Tatemichi	Hercules Tire Company	The Corporation of the	
Betty & Bill Longlade	Dyanne Oleszkowicz	Michael Thomas	of Canada Inc.	City Of Mississauga	
Filomena Lorusso	Janet Page	Ted & Judy	Hydro One Employee's	The Great Atlantic &	
Sharon Lowe	Peter & Dora Pallotta	Van der Veen	& Pensioner's Charity	Pacific Company of	
Angela Lunn	John Parco	Kimberly Ann Vance	Trust	Canada Ltd.	
Bill Lynch	David & Anne Patterson	Marlene Vandermeer	Jeff Walters Diamonds	The Police Retirees of	
Teresa & Marcelo	Rick Pedder	Mary Ventresca	Learners Learning Inc.	Ontario Inc.	
Mackinlay	Janice Pedlar	Karen Ward		The Simple ALternative	

It takes each of us to make a difference for all of us.

Jackie Mutcheson

Calendar of Events

Date & Time	Event/Meeting	Location	Messages
April 11, 2006 9:00 a.m.	Professional Advisory Committee Meeting	B.F.O. Office	
April 18, 2006 6:30 p.m.	Board of Directors Meeting	B.F.O. Office	
April 19, 26, May 3, 10, 17, 24, 31, June 7, 2006 6:00-9:00 p.m.	Facilitator Training	Hospice of Peel Offices	
May 1, 8, 15, 29 June 5, 12, 2006 7-9 p.m.	Meditation Classes	B.F.O. Office	Please see Page for further information
May 13, 2006 10:00 a.m.	Walk To Remember	Memorial Park Streetsville	Everyone welcome to attend
June 1, 2006	Annual Golf Tournament	Lion's Valley Golf Course	Sign up your foursome today
TBA	Annual General Meeting & Volunteer Recognition Evening	TBA	More information will be available shortly

*Donation/Memorial Opportunity
In Support Of Bereaved Families of Ontario-Halton/Peel*

I would like to make a donation of:

() \$25 () \$50 () \$100 () \$250
Other \$ _____

Name: _____

Address: _____

City: _____ Postal Code: _____

Email: _____

- () Yes, I would like to make a memorial donation in honour of my loved one.
- () Yes, I would like to have my loved one included on "Loved Ones Remembered" page of the newsletter.
- () No, I would prefer to make a donation only.

If you choose to have your loved one remembered in the newsletter please complete the following. If you wish to include a personal message or verse, please use a separate piece of paper. (BFO reserves the right to edit all submissions for content/length)

In memory of: _____

Date of Birth: _____

Date of Death: _____

Month in which you would like to have this published in the newsletter: _____

- () I am enclosing a cheque payable to **Bereaved Families of Ontario – Halton/Peel**
- () I prefer to pay by () VISA () Mastercard
Card #: _____
- Expiry date: _____
- Signature: _____

Thank you for your Gift!

All donations are tax receipted. Charitable registration number: