



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

November/December 2005

Volume 9 Issue 5

Loving Memory Tree Tree Lighting Ceremony Monday, December 5, 2005 at 6:30 p.m. The Great Hall, Mississauga Civic Centre

A Message From Linda.....

We're moving forward in so many wonderful ways at Bereaved Families-Halton/ Peel – thanks to you! The past couple of months at BFO have been filled with many opportunities to be proud! We've been active with starting up our **full compliment of support groups** and I would like to thank all of our volunteer facilitators and advisors, namely **Maryann Shaw, Susie Bolton, Anne Miskey, Sara Burton, Wilma van den Hurk, Ashley Walsh, Karen Rollo, Dave Karpinski, Naomi Bacon, Lisa Eves, Rick Matthews, Grace Dhanjal, Nora Pratter, Natalie Dickinson, Sara Middleton and Heather Appleby** for their contributions in time, compassion, and dedication. We would also like to thank **Helena Stahls and Sharon Lowe** for their awesome presentations at Share and Support nights. **Anne Graham, Anne Miskey, Caroline Simard, Iris Walsh, Larry Lloyd, Laura Hampson, Linda Ger Walters, Lucy Pokocka, Naomi Bacon, Neil Carlin and Sara Burton** are thanked for their time and efforts in facilitating the many recent 1:1 Initial Meetings. Our incredibly treasured **office volunteers** and **bingo volunteers** are thanked so very much for their devotion and energy, we couldn't do without you!

I would also like to extend sincere gratitude to all of you who gathered your goods from home to help support our first **Annual Community Yard Sale**.

The holidays are, for many, an especially difficult time of the year. As we watch the rest of world rejoice our own sense of loss and emptiness often isolates us from others. The triggers are many - shopping, music, store displays, family gatherings and holiday meals. When someone we love has died the significance of these festivities are changed forever and new and different meanings are attached to them.

Bereaved Families of Ontario-Halton/Peel's annual Loving Memory Tree Ceremony has become a holiday tradition for many of the bereaved of our community. Now in it's 15th year, it is an opportunity to dedicate one evening during the season to the memory of the one who has died. For many, it makes the rest of the holidays a little easier and brings the hope that the memories we cherish so dearly will never be lost.

This event welcomes all members of our community. The short service is filled with meaningful words, music, fellowship and reflection time leading up to the lighting of our tree which is covered with white lights and bows. Each light stands in memory of one who has died.

A plaque in front of the tree lists the names of those in whose memory a light will shine throughout the season. This plaque is then hung in the BFO office for the entire year offering legacy to your cherished loved one.

You are invited to join us on this special evening. More details are available on our website at:

www.bereavedfamilies.ca

Submission forms for the Loving Memory Tree are enclosed with this newsletter and we urge you to return them to the office as soon as possible.



2004 CHAMPIONS OF HEALING

United Way of Peel Region

2004 PARTNERS IN HEALING

*CIBC Group of Companies * Hoffmann-La Roche Canada * Narvali Digital Photography *
RBC Financial Group Foundation * The Simple Alternative * Tire World Inc. * Turner & Porter Funeral Directors Ltd. *
Ward Funeral Home * Simon & Wendy Dean*

We reserve the right to edit submissions as needed. Submissions for January/February 2006 Newsletter must be received no later than December 15, 2005.

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A Message From Linda..(Con't from Page 1)

What began as an idea, suddenly took on a life of its own, as dozens of volunteers rallied together gathering and selling an incredible assortment of goods. With your contributions, as well as enormous time and energy of so many volunteers in organizing this event, we raised over \$2500! The money raised made a welcome contribution to sustain our mission of being there for each other and providing support to those in our community when they will need us the most.. A special thank you to **Yvonne Hawke** for coordinating this effort.

I'd like to officially welcome our **2 new student placements** to the

for our very special **Loving Memory Tree Event on Monday evening, December 5th**, 6:30 pm, at Mississauga City Hall. *This Event is open to EVERYONE in our community to come together and remember their loved ones.* Thanks to our **LMT Committee**, I know this evening will be flowing in loving reflection filled with light, hope and peace.

Do remember that our doors (and hearts) are always "open" – perhaps just to say hello, or join us for a coffee, or simply to take some time to read quietly in our library area. May you all find peace in this holiday season.

Linda Ger Walters ♥
Executive Director

Introducing... Richard Sheppard
Chair of the Board of Directors

Hello everybody let me introduce myself, I am Richard Sheppard and I have recently joined BFO Halton/Peel's Board of Directors as the new Chair. I am extremely pleased to be apart of the BFO family and look forward to the opportunity of expanding and developing the services and help our great organization provides within our community. I myself, am a bereaved husband but continue to be blessed by two (2) wonderful teenage step-daughters Amber and Hayleigh and our dog Sadie. We live here in Mississauga and I am an Executive Director with Bell Canada.



Once again, we have embarked on a new semester of Groups and individual sessions and unfortunately they are well attended BUT, fortunately we continue to be here to lend that helping hand. We have wonderful staff and amazing volunteers to ensure we help all those we can in the grieving process. This was no better demonstrated with our recent and successful Yard Sale which helped build community and organizational spirit. I can't say thank you enough to ALL those that contributed and helped. I am extremely passionate about BFO people, our services and those in the community seeking our help. We are in the unenviable position of dealing with a difficult issue within society however, we all can be proud that we truly understand and are extremely compassionate about what folks go through with the loss of a family member. Clearly this demonstrates the value of BFO-Halton/Peel. Please don't hesitate to get in touch with me at (richard.sheppard@bell.ca) if you want to help out further at BFO or just say hello and provide some welcome advice or insight.



organization. **Karen Rollo** is a 2nd year student in the Social Service Worker program at Sheridan College. **Sara Middleton**, is a 3rd year Social Work student at Ryerson. Both Karen and Sara have jumped into the spirit at BFO with openness and great willingness to help us make a difference in our community. We have also been fortunate enough to extend **Luiz Godinho's** HRDC Job Placement with us until April, 2006. Luiz is continuing to market our Grief in Workplace and Community Education Project.

Welcome back Jill Hill, our Program Coordinator, who is recovering from a difficult month of illness. As many of you know, Jill has never been one to back down from adversity, and it is especially great to see her looking and feeling stronger every day! It's great to have you back, Jill.

The next project is in preparing



CONTRIBUTIONS NEEDED!!

If you or anyone you know would be willing to contribute to the following, we will be so please to acknowledge them and their company in our newsletter and website as well as issue a tax receipt for the full value of the donation:

- CD Player**
- Digital Camera**
- DVD Player**
- New Books for our library**
- Corporate Donations**
- Employee Fund Donations**

Loved Ones Remembered

John Lawrence

May 13, 1976–November 14, 2000

*The days do by and I wonder how I ever get through them
I think of you growing up and the joy you brought to our lives
You worked so hard to get to where you were
And in an instant you were taken from us!*

*Five years is a long time to mourn your only son
And if I could trade places with, I would do so in a second
But life isn't that easy and for those of us who were left behind,
need to carry on, support and love one another with the hope that
someday we will all be reunited!*

*So John, wherever you are, I hope you are able to see your
new little niece and nephew (who is the image of you), and that
you are watching over Megan and Jenny who miss you so very
much!*

*Each time I see a ladybug or feel the hot sun on my body,
I know you are with me!*

With my unending love-Mom

Missing and loving you-Mom, Brian and family

Garth Neil DeMarsh

June 20, 1966—September 19, 1995

In the land where the midnight sun does glow
A mid air crash dealt a tragic blow
Four young men lifted by God's grace
To dwell forever in His holy place.

Samantha Tiffany Hoscain

November 29, 1993—April 14, 2001

*The fall season used to be so much fun for us. This was the time
of year that we would start planning your birthday party. Now
the fall season only brings pain and heartache. Sammy, I'll be
thinking of you and I'll be sending you special birthday kisses.
Happy 12th birthday my sweet angel. I love and miss you.*

Love, Mommy, Daddy and your brother Cameron.

Megan Jane Hill

December 16, 1986—February 23, 1988

*Dear God, thank you for giving us Megan..
For she has shown us a love, so rare, so deep, so unconditional.
For she has shown us a courage to fight for life against all odds.
For she has shown us a strength to face those things we cannot
change.*

*When you take her Lord, as we know you must,
Please keep her warm and safe in your arms,
For she will be your smallest angel and our brightest star on the
darkest night.*

*Love and protect her dear Lord, for here on earth she was
needed so much.*

A gift to Megan, on the occasion of her 1st birthday.

The Essence of BFO....

We have asked our two placement students, Karen & Sara as well as Luiz, who continues his HRDC job placement with us, to write a few words each that speak to the essence of their experience with Bereaved Families of Ontario-Halton/Peel. Here are their words:

Sara Middleton

Although I personally have not felt what it is to grieve for a loved one, I believe that being at BFO is a momentous experience for me. Throughout my time being a part of the BFO team, I plan to learn invaluable things that one cannot learn through text books and lectures.

Karen Rollo

Being at Bereaved Families has been a valuable experience for me, both on a professional level as well as a personal one. It is an organization that I take great pride as well as comfort in being apart of. As the face of my grieve constantly changes, I receive the kind of respect and understanding that is sometimes hard to come by. There are amazing people involved here as volunteers as well as other

bereaved individuals like myself. I will carry the experiences that I had here with me throughout my life and my career.

Luiz Godinho

BFO is a place that embraces diverse people and feelings. The organization is, in its essence, all about human beings. Being at BFO is learning, sharing, respecting and caring about people. Life is about hope, love and being loved. This organization brings both hope and love for those who really need it. Therefore, BFO represents life to me.



Pictured above from left: Karen Rollo, Sarah Middleton and Luiz Godinho

Thanking Our Donors...

We sincerely thank and recognize those who have donated \$100 or more to B.F.O.-Halton/Peel during the period of August 18-October 23, 2005.

John Parco
Richard Sheppard
Marion Barker
April Arias
Masatake Horiba
John Green

Your support, as always, is greatly appreciated.

Moods Magazine...

Bereaved Families of Ontario-Halton/Peel is proud to support this exceptional magazine. Be sure to pick up a copy of the Fall 2005 edition (available at Chapters and Indigo's). We were honoured to contribute an article titled "Myths About Grief" for this edition. We look forward to an ongoing relationship with Moods Magazine and expect to be featured in future editions as we continue our mandate to educate the public and community about grief and bereavement.

Calendar of Events

<i>Date & Time</i>	<i>Event/Meeting</i>	<i>Location</i>	<i>Messages</i>
November 8, 2005 December 13, 2005 9:00 a.m.	Professional Advisory Committee Meeting	B.F.O. Office	
November 15, 2005 December 20, 2005 6:30 p.m.	Board of Directors Meeting	To Be Arranged	
December 5, 2005 6:30 p.m.	Loving Memory Tree Ceremony	Mississauga Civic Centre	Everyone Welcome

*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: _____

Phone #: _____

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:
118803667RR0001