



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 learn to live with hope and healing.

November/December 2006

Volume 10 Issue 4



The Loving Memory Tree The Great Hall, Mississauga Civic Centre Monday, December 11, 2006 at 6:30 p.m.

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

Bereaved Families on Ontario-Halton/Peel's annual Loving Memory Tree Ceremony has become a holiday tradition for many of the bereaved in our community. Now in its 16th year, it is an opportunity to dedicate one evening during the season to the memory of 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.

Every member of the community is welcomed to join us on December 11th. The short service is filled with meaningful words, music, fellowship and reflection time that leads 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 creating a lasting 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.



The staff and volunteers of Bereaved Families-Halton/Peel wishes you peace and healing over the coming weeks. May sweet memories of your loved one bring you comfort during this time.



Share and Support Nights...Upcoming Dates and Topics

You are invited to join us for our monthly Share and Support nights. These evenings are open to the entire community and are an opportunity to come together with others who are bereaved in an atmosphere where you will find understanding, compassion and hope. Please feel free to ask your family, friends and supports to join you.

Tuesday, November 21, 2006 @ 7:00 p.m. **Healing Through the Holidays Facilitated by: Jill Hill**

The holiday season is often one of the most difficult times of the year for those who are grieving the loss of a loved one. Is it possible to find healing during this season? Please join us for an open discussion on how to cope with the holidays.

Tuesday, January 16, 2007 @ 7:00 p.m. **Wisdom and Wellness Mini Evening Presented by: Be Come One**

In holistic healing, the whole person-mind, body and spirit is taken into account. If you plan to join us tonight then "imagine walking into a room with soft music, dim lights, fragrance of sweet flowers and the sounds of wave's crashes along the shoreline". A place to rejuvenate, relax and escape.

Please be sure to R.S.V.P. your planned attendance. (905) 813-4337

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

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Loved Ones Remembered



Samantha Tiffany Hosein November 29, 1993-April 14, 2001

Happy Birthday Sammy! Today you are a teenager! I always pictured you and I shopping on your 13th birthday and buying you all your new teenager clothes. I miss you a lot and I love you a lot, Sammy! I hope you enjoy your birthday! Until we meet again.

Mommy, Daddy & your brother
Cameron.

Megan Jane Hill December 16, 1986-February 23, 1988

"No one knows what heaven is like, but you must believe that what God has in store for you includes everything you love. Trust in Him. He will not fail you."

Love you so much, Mom, Dad & David

Jennifer Milando January 8, 1966-October 11, 1991

Thinking of you everyday with love and happy memories.

Mom and Dad

Stanton Ho June 28, 1990-May 2, 2006

Stanton, we miss you so bad our lives will never be the same again. We cherish every moment we had together and hold tightly to every memory of you especially your beautiful smile and zest for life. But I know we will be together once again.

Love Mom & Dad, Nana & Grandad,
Aunts & Uncles

Kale Zietsoff February 20, 1970-Dec. 13, 1990

*Memories are in a corner in my mind
And without the memories I would not have you with me all the time.
Thankfully you wake up with me in the morning and go to bed with me at night.*

Memories are so precious because they are of you, even though you are no longer in my sight.

Missing you as much today as I did the day you were taken away. As long as I'm living, my beautiful baby you will be. Love you forever and a day.

Mom, Dad and Kevin

Gail Norkis Glowacki November 24, 1957-Dec. 22, 2001

Volunteer Corner....

BFO-Halton/Peel is a volunteer driven organization. We could not possibly accomplish all that we do without your support and we thank each and every one of you for your extraordinary efforts.

For 1:1 Initial Meetings: **Laura Taylor, Linsey Goodwin, Naomi Bacon, Sabrina Ramdeholl, Sheena Klaassen, Theo Borg, Helena Stahls, Laura Hampson, Ann Bodner and Mary Ann Kopas.**

For Facilitating and Supervising Groups: **Nora Pratter, Cher Curshen, Elizabeth Cochrane, Lucy Potocka, Theo Borg, Caroline Terzi, Iris Walsh, Judy Jonusas, Linda Ger Walters, Helena Stahls, Paul Serrao and Ann Culbertson.**

For Bingo Nights: **Elizabeth & Peter Cochrane, Vanida Hannan, Richard Sheppard, Pheobe Ahlsedt, Claudia Aguero, Monica Wheatley, Shirley DeMarsh, Jeff Pogue, Eleanor Fleeton, Linda Ger Walters & Sam Walters, Tasha Barnes and Shivana Ramsingh.**

For Office Support: **Larry Lloyd, Andrea Bastasin, Judy Jonusas and Shirley DeMarsh.**

For Special Projects: **Marilyn Birch & Chantel Parkes.**

Celebrate our Website...

Our new website should be up and running in the next few days. Be sure to check out all of the exciting changes at:

www.bereavedfamilies.ca

There will many changes and additions when the new site opens. We are very excited about the Message Board which will be another avenue of support available to the those who visit the site.

We would appreciate your feedback and suggestions to make this site as user friendly, meaningful and helpful as possible.



Sharon Lowe...Volunteer of the Year



It was our great privilege to present the Bert and Thelma Collins Award for Volunteer of the Year to Sharon Lowe. The presentation was the highlight of our Volunteer Recognition Night. Sharon has devoted years of her time and energy to BFO-Halton/Peel. Participating in everything from fund raising to flipping hamburgers, from supervision of groups to presenting at Facilitator Training, Sharon is extremely deserving of this honour. Thank you Sharon, for all that you have done and continue to do to support BFO and the families that we serve.

Volunteers, Volunteers. Calling all Volunteers....

BFO Halton/Peel's bi-weekly Charity Bingo Games at the International Centre have been and continue to be, a vital source of revenue for our organization. We rely entirely on the gracious support of our volunteers to help with getting these games started. Each game requires at least two volunteers in attendance to assist with various bingo games and events.

At present, BFO Halton/Peel is experiencing a serious shortage of bingo volunteers and we have been challenged to find as many volunteers as we need for this important funding source. A lack of committed volunteers at each and every bingo game could impact on revenue returns in the future. This leads to a loss of funds which are important to our mission of helping the healing to begin for the bereaved in our community.

We are seeking the generous donation of time and commitment from our valued volunteers. If you have any questions, or if you are interested in becoming a bingo volunteer and are able to commit to at most, one Friday or Saturday evening per month, or would like more information please do not hesitate to contact Natasha at the BFO Halton/Peel office (905)813-4337 or via email at natasha.barnes@bereavedfamilies.ca

A Message from Linda....



I cannot believe it's time for another newsletter update! Where have the last two months gone? We have moved into full gear at BFO. All of our Fall groups are currently running, we have newly painted and decorated meeting rooms (compliments to the commitment from eight special woman's labor of love and the Four Seasons Hotel), we are almost ready to launch our new website, and a new brochure is near completion for printing!

Earlier in the month we held our Annual Volunteer Recognition Evening and certainly took a new direction for this celebration. We went bowling! Well, everyone else did. I did the schmoozing route instead. I once again, would like to say *thank you* to our many volunteers who weren't able to join us this year. We simply cannot do our work without all of you. In mid September we held our 2nd Annual Community Yard Sale and thanks to Gloria and Heather Appleby for their incredible efforts along with the many volunteers and donations that came forward, this was truly BFO "giving back" in its' finest form.

I want to extend my deepest best wishes to Shivana Ramsingh, our Office Administrator, who has decided to give her full-time day hours to her studying at York University. Shivana has given many years to Bereaved Families and we know this is not a 'good-bye' but rather a new door opening for everyone. I want to give a huge *welcome* to Natasha Barnes, who has taken on this position with gust and vigor and total commitment to the organization. We are thrilled to have Linsey Goodwin join us in her clinical practicum placement from Sheridan. Linsey is a BFO Member and Volunteer. We are very fortunate to have Linsey's gift of compassion and warmth contributing to the BFO Family.

I look forward to seeing everyone at our upcoming *Share and Support Nights*, the **Chapter's Fundraiser on November 10th**, and our extremely meaningful **Loving Memory Tree Event on December 11th at Mississauga City Hall.**

With Love and Peace during the holiday season,

Linda



2nd Annual Yard Sale....

A huge THANK YOU goes out to all the wonderful volunteers who helped make our 2nd Annual Yard Sale a success: Lynn Sodaro, Ollie Morhan, Shahnaz Dar, Rafiah & Hirra Chohan, Hans & Sheena Klaassen, Yvonne Hawke, Cheryl & Jeanne Dearling, Richard & Emilie Sheppard, Lisa Curtis, Sue Scarborough, Eleanor Fleeton, Gloria, Heather & Ken Appleby, Stephanie Boylan, Jeff & Larry Pogue, Joanne, Ben & Matt Hayward, Angela Chang, Gail & Morris Jessop, Kathleen & Geoff Baranik, Audrey Tedesco, Sam Walters & Linda Ger Walters, Deborah Wesley, Claudia & Michael Aguero, Susan Rose, Pat & Dan Nicholls, Rick & Ann Matthews, Ken Hill, Linsey Goodwin, Natasha Barnes, Jody Bourke, Angela Seth and all the other wonderful volunteers who seemed to appear just as they were needed most. Without your kindness, generosity and time, we would not have been able to raise \$2500 for much needed programs for children, siblings, spouses and parents who have suffered the loss of a loved one.

To those of you who donated goods; delivered the goods; sorted the goods; protected the goods (overnight staff - you know who you are!); sold the goods; and dropped off the leftover goods, a warm THANK YOU for your help. Without you, none of this would have been possible.

A special THANK YOU goes out to the wonderful facility staff at Burnhamthorpe Community Centre: John Pogue, Facility Manager; Steve Roane; Nelson Cabral; Paul Boudis and Danny Dmytrasz. You guys were absolutely amazing and deserve so much credit. You showed us all what going above and beyond the call of duty really means.

Bereaved Families of Ontario is entirely supported by you, our valued volunteers. Your help and support are the legs that we stand on. We are proud to be affiliated with this wonderful organization and its core of invaluable friends. Thank you so much, and see you next year!

Gloria & Heather Appleby, Committee Chairs

Thanking Our Donors

We thank all of our generous donors who have contributed amounts of \$100 or above:

Michelle Ramoutar
Doreen Charles
Alice Costerus
Denise Walkem
Joe & Pat Milando
Dean & Nicole Duncan
Brian & Shirley-Anne Brett
Eleanor Turner
Phil Wakefield
Lisa Archinoff
Karen Jackson
Richard Sheppard
Carmen Frymire
Doreen & Ashley Charles

*At this season of lights,
we remember the light you brought
into our lives.*

*The light of your laughter
The light of your wit and
intelligence.*

The light of your love.

*May the time not be distant when
the memory of these lights will
illuminate our hearts and minds
and eradicate the darkness therein.*

Come out and support our fund raising efforts at Chapters/Indigo SQUARE ONE Location

November 10, 2006

On Friday, November 10, 2006 from 5:00 to 9:00 p.m., BFO-H/P will be holding a fund raising evening at the Chapters Bookstore located across the street from Square One Shopping Mall in Mississauga. 10% of all regularly priced purchases will be donated to BFO.



We need **your** help to make this evening a success. Coupons are necessary to ensure proceeds go to BFO-H/P. A coupon has been enclosed in the newsletter for your convenience or you can download one from our website at:

www.bereavedfamilies.ca

print the coupon and bring it with you on the 10th. Coupons will also be available at Chapters the evening of the sale. There will be an exciting draw for wonderful door prizes. Please pass this information along to your friends and family.

Volunteers are needed to assist at the sale. For more information please contact Tasha Barnes at: (905) 813-4337 or by e-mail at: natasha.barnes@bereavedfamilies.ca

Calendar of Events

Date & Time	Event/Meeting	Location	Messages
November 10, 2006 5:00—9:00 p.m.	Chapters/Indigos Fund-Raising Event	Chapters-Square One Location	Coupon Enclosed Please come out and support this event
November 14, 2006 December 11, 2006 9:00 a.m.	Program Advisory Meeting	B.F.O. Office	
November 21, 2006 December 19, 2006 6:30 p.m.	Board of Directors Meeting	B.F.O. Office	
November 21, 2006 7:00 p.m.	Share and Support Night	B.F.O. Office	Topic: Healing Through the Holidays
December 11, 2006 6:30 p.m.	Loving Memory Tree	Mississauga City Hall	Please note change of date.
January 16, 2007 6:30 p.m.	Share and Support Night	B.F.O. Office	Topic: Wisdom and Wellness Mini Evening
May 31, 2007 8:00 a.m.	Annual Golf Tournament	Lionhead Golf Tournament	Mark the Date!

Time turns...and at your doorstep waits another Christmas and another year...

Time sings a gentle song for you to hear:

“Let there be Christmas now, invite the coming year, what you have loved...is always near.”

For all the special moments in life, when you are thinking about honouring or remembering loved ones and friends, we encourage you to make a financial gift to

BEREAVED FAMILIES OF ONTARIO-HALTON/PEEL

by filling out the form below

or on line at: www.bereavedfamilies.ca

or simply by calling our office at: 905-813-4337

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: 118803667RR0001