



# BEREAVED FAMILIES OF ONTARIO

## Halton/Peel Chapter

An association of families who have lost children, siblings, parents or partners through death.  
*We are the bereaved helping the bereaved learn to live with grief—through hope and healing.*

Spring 2007

Volume 11 Issue 2

Greetings,

In life, the change of season brings a new opportunity to pause, reflect and learn from days past, as we prepare ourselves to move ahead to the future. For the bereaved, this transition is felt much more deeply because there is always a level of grief that remains; seasonal change also reminds us of what was, and what might have been. It is this reality, which fuels our purpose for existence: *to help the bereaved learn to live with grief.*

As a volunteer-driven organization, we sincerely appreciate the heartfelt actions of those who step up to offer their valuable time to deliver our programs and services, drive our successful events, and develop or offer ideas for new ones. Thankfully, several new volunteers have recently joined to help make that happen and have told me how wonderful it is to feel re-connected, and be involved in something so worthwhile. One of the highlights of the winter was a “Share and Support Night” that was very well attended, and our Loving Memory Tree Event attracting over 500 people! As well, 2 winter Groups have just completed, 6 groups are currently near completion, and 5 new groups will be starting within the next few weeks. Beginning my 3<sup>rd</sup> year as your Executive Director, I look forward to welcoming many more new people and initiatives, as Bereaved Families grows and moves ahead into the springtime and beyond.

Like any growing organization, the passion has to come from within and I am very proud of the hard-working, devoted staff that keeps our engine running. On behalf of many, including myself, we are very thankful to our Office Coordinator, Natasha Barnes, for her loving and tireless commitment to ensuring the smooth operation of the countless responsibilities required by our busy office. We also extend a thank you to our student from Sheridan College, Linsey Goodwin, for her assistance and determination to ensure all support groups, one-on-one’s and general inquiries are being looked after. Our new, user-friendly website is receiving great reviews, and also have a new brochure gratefully designed by Chantel Parkes being distributed throughout our community. Congratulations and thanks to Natasha Barnes for her first attempt in creating our BFO Newsletter.

With the weeks ahead comes a sense of renewal, freshness and the many wonderful fragrances the Spring has to offer. This new season can offer us the time to reflect and create new pathways. In this spirit, we hope you will join us at our annual **Walk To Remember on Saturday, Saturday, May 5<sup>th</sup>**. Over 200 people who contributed last year will agree that it makes for a wonderful day to be amongst those who do understand and care. Then, on **Thursday, May 31<sup>st</sup>, we are holding our 11<sup>th</sup> Annual Golf Tournament**. Your friends, colleagues and business associates will be able to enjoy a spectacular day of golf, a fabulous meal and, of course, our incredible selection of Silent Auction items to choose from. As our premier fundraiser, this event is limited to 144 participants, so book early to ensure you have a spot!

Finally, we offer our deep appreciation and bid farewell to Jill Hill. As the Program Coordinator for nine years, her devoted contribution to BFO provided much care, compassion, and love for the many children and adults walking through our doors over the years. Jill, you will be missed by many, and we wish you all the best.

In closing, I thank you all for your continued support and faith in the important work we have done and will continue to do together. Although all of us bring a different history, culture and background, we do share a common understanding of that which has brought us together.

With Love and Appreciation,  
Linda

We reserve the right to edit submissions as needed.  
Submissions for July/August Newsletter must be received no later than June 15, 2007.

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### Loved Ones Remembered

Mark Ustohal

May 4th, 1962—August 25th, 1988

Miss Me But Let Me Go

When I come  
To the end of the road  
I want to rites in a gloom filled room.  
Why cry for a soul set free?

Miss me a little—but not too long  
And not with your head bowed low.  
Remember the love that we cone shared.  
Miss me—but let me go

For this is a journey that we all must  
take  
And each must go alone.  
It's all a part of a master plan  
A step on the road home.  
When you are lonely  
And sick at heart,  
Go to the friends we know  
And bury your sorrows in doing good  
deeds  
Miss me—but let me go.

Mary-Jean Ventresca

February 4th, 1990—May 1st, 2004

In loving memory of our dear daughter.  
Our hearts are full of memories, our  
tears continue to fall, living our lives  
without you, is the most difficult part  
of all. We loved you then, we love you  
now, and we continue to love you very  
much.

Sadly missed Dad Don and  
Stepmom Mary.

Would you like to see your loved  
ones name and a short tribute in their  
memory on our Annual Walk to  
Remember?

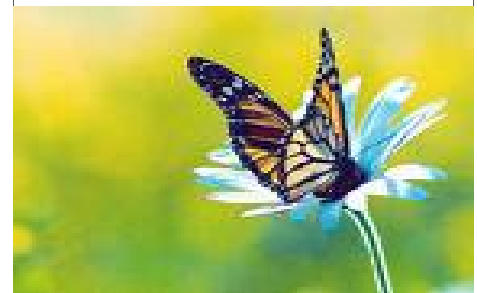
If so, please forward the *first and last  
name* of your loved one; the date of  
birth and date of death; along with  
a short tribute (10 words or less) to  
Gloria Appleby at  
gloria.appleby@rogers.com by April  
15th, 2007

Stanton Ho

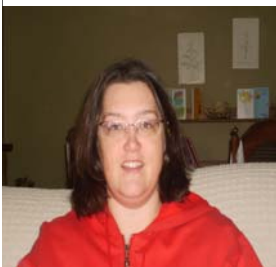
June 28th, 1990—May 2nd, 2006

Our darling son, it's not a year and we  
miss you so. We long to see you, hear  
you, and hug you. It's left a Terrible  
void in our daily lives; you were the Best  
son ever. Kind, loving and always smil-  
ing. I dream of you playing your piano  
and hearing Your voice, oh how I miss  
you. I feel your Spirit I know you are  
there. I know some day We will be to-  
gether. All our love our darling Boy.

Mom, Dad, Granddad, Nana, Aunts,  
Uncles, Cousins.  
School friends miss you dearly.



### A Piece from our Student Linsey



I have felt at home here at BFO since I walked through the door for the first time. I was coming to interview for a student placement, and fortunately for me, I got it. My mother died in February 02' and since then I have struggled with feeling isolated and abnormal. While I have been here I joined a young adult group. This group was wonderful as I was able to talk about how I felt without always having to explain it. For the first time I was with people who just understood and didn't try to "fix" me or make me happy. I have learned much from this placement and how organizations are run. I have learned how powerful a kind word, a listening ear and a heartfelt hug can be.

Linsey Goodwin

### Volunteer Corner

Many thanks goes out to the volunteers who took the time to facilitate the 1:1 meetings: **Carolyn Bell, Debbie Blagojevic, Heather Ballantyne, Helena Stahls, Iris Walsh, Jag Badwal, Jill Hill, Laura Hampson, Laura Taylor, Linsey Goodwin, Lucy Potocka, Paulette Cooling, Sabrina Ramdeholl, Teresa Colasanti and Theo Borg.** Also, to the facilitators and supervisors of the support groups recently started: **Maryanne Shaw, Kim Sherman, Susie Bolton, Wilma van den Hurk, Linsey Goodwin, Ted Moore, Sallie Moore, Judy Jonusas, Paul Serrao, Ann Culbertson, Lisa Eves, and Steve Ryan .**

To our Winning Lines, thank you so much for you time and hard work at the Bingo Hall. You are all so loved and enjoyed there. Thank you Vanida Hannan, Peter & Elizabeth Cochrane, Claudia Aguerro, Monica Wheatley, Eleanor Fleeton, Victoria Trainor, and Shirley DeMarsh

Thank you Chantel Parkes, Helena Stahls and Lisa Alexander for your huge amount of office support, and to our Board and PAC Members

Without your support and dedication we would not be able to help the people who come through our doors.

## Upcoming Events



### 2007 WALK TO REMEMBER MAY 5<sup>th</sup>

#### Streetsville Memorial Park 10:00 am registration – Walk at 11:00 am

What a day we have lined up! Free BBQ, fun activities, time for reflection in walking through a beautiful and scenic park, witnessing Dove Launch, and MOST IMPORTANTLY – being with friends who care and understand!

We do hope you, your family and friends will join us at our WALK TO REMEMBER. Enclosed you will find your pledge-form. This is your chance to tell your story and share how BFO has helped you and your family through the most challenging time in your life. Asking your colleagues and co-workers, family, friends and neighbours will mean so much to both them and to the hundreds of children and adults who continue to need our services.

PLEASE HELP US REACH OUR TARGET OF \$25,000 and make this year's  
*WALK TO REMEMBER* a tremendous success.



### OUR ANNUAL GOLF TOURNAMENT AND SILENT AUCTION

#### Thursday, May 31<sup>st</sup>, 2007 LIONHEAD GOLF AND COUNTRY CLUB

We hope you will join us at our most significant fundraising event.  
YOU can help by:

- Participating and inviting your friends, family and colleagues. This day includes playing on the 18-Hole award-winning Golf course, Continental Breakfast, Hot sit-down Lunch, Registration, Gift Bag, and Hole Prizes.
- Securing the many Silent Auction items we can present to our bidders
- Engaging corporate Sponsors for this event: (Hole Sponsors, Lunch, Breakfast, Putting Greens)
- Volunteering to help on May 31<sup>st</sup> for the event!

To obtain this years GOLF TOURNAMENT REGISTRATION FORM, please visit our website at [www.bereavedfamilies.ca](http://www.bereavedfamilies.ca)  
Or contact our office at 905-813-4337.

**With your valuable assistance, we will continue to help the healing begin through our caring and compassionate support programs. These services provide children, youth, parents and adults with new hope and an opportunity to reconstruct their shattered lives in a supportive environment.**

**Our programs and services will enable our families to continue living and working in a healthy and productive fashion, with the cherished memories of their loved ones. THANK YOU!**

Jeff Pogue & Lynne Sodaro, WALK Co-Char

Brad Hawke, GOLF Tournament Chair.

## **A Message from the Board**

It is a pleasure once again, to provide a few words from the Board of Directors. First and foremost, since we last communicated, regrettably we unfortunately had to say goodbye to Jill Hill our Program Coordinator. After nine years of wonderful service and dedication to BFO HP Jill decided to leave BFO HP. Jill brought tremendous caring and passion to the organization, our members and the community. We wish Jill the very best of success in her new endeavours and pass along our heartfelt thanks and appreciation for all of her commitment over the years. She will truly be missed.

With our Groups and Programs in full swing, clearly Spring has sprung and we look forward with great anticipation to continued interaction with you all and seeing you at two of our key connecting events, the Walk to Remember and the Golf Tournament to once again bring us together for reflection and healing.

Richard Sheppard—Chair

## Calendar of Events

Date & Time	Event/Meeting	Location	Messages
April 10th, 2007 May 8th, 2007 June 12th, 2007 9:00am	Program Advisory Meeting	B.F.O Office	
April 17th, 2007 May 15th, 2007 June 19th, 2007 @ 6:30pm	Board of Directors Meeting	B.F.O Office	
May 5th, 2007 @ 9am	Annual Walk to Remember	Memorial Park in Streetsville	Mark the date
May 31st, 2007 @ 8:00am	Annual Golf Tournament	Lionhead Golf & Country Club	Mark the date
TBA	Share and Support Nights	B.F.O Office	

"I have been volunteering with Bereaved Families for 2 years now and I am so grateful. While feeling like I am giving back by helping others I am gaining so much for myself. The connection I felt the first time that I did a "One to One" was amazing. The connection that one feels with another Bereaved person is a connection like none other."  
 ~ Thank You ~

Caroline Alps

*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](http://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