



# 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 2008

### This newsletter has been sponsored by:

Vanida Hannan, Law Clerk of Larry Plener Law Office  
Wills & Real Estate  
Tel: 905-270-8840 ext 360

### View from the Board of Directors

Our message in the last newsletter warned that we would have to close our doors unless we got new volunteers and supporters. Regrettably, our financial position remains terribly weak and it continues to be necessary for us to appeal to our members and friends for financial support to ensure that BFO HP is able to carry on offering the support that is its reason for being. To deal with the current situation the board is focusing its efforts on hiring a new Executive Director and exploring strategies for reducing our occupancy costs. Despite our insecure financial position, there is reason for optimism. In response to our appeal, several positive developments have occurred:

- Two new members have joined the Board and three are pending, broadening the expertise with which we can tackle our challenges
- Local newspapers are reaching out for our story, allowing us to better spread word of our current financial needs
- Our placement student & staff have prepared and submitted several applications for grants that we hope will be successful, lessening our dependence on donations & fundraising events
- A fundraising team has been established in Milton, possibly creating a model for other communities



In addition to these developments, the core purpose of BFO HP is being served with what appears to be renewed energy:

- Groups are continuing to operate with three started in February
- Share and Support nights have started again with 21 attendees in February and 22 in March
- Committees have been established and are planning important events such as The Walk to Remember (May 24) and our 20<sup>th</sup> anniversary celebration (date to be determined)

We have much to do to secure the future of BFO HP and urge everyone to do what he or she can to contribute. Thanks to everyone that has responded to our appeal so far and to our staff for their ongoing efforts in these difficult times.

### Loved Ones Remembered

John Joseph Hanan  
July 18, 1978—April 19, 2007

In loving memory of our beloved son and brother John, who died a year ago. He was a very intelligent, caring and compassionate young man. He has given so much love to so many people, we will be well loved in the "spirit world"

If we could have one lifetime wish, one prayer that could come true, we'd pray to God with all our hearts for yesterday and you. We will love you forever and always miss you every second of every day. We will all be together again one day soon.

"Until the twelfth of never, we'll still be loving you"

Mom, Michael and Mark



Would you like to help with the newsletter? Contact the office for more details on how "YOU" can make a difference

### BFO'S 2008 Walk to Remember

On Saturday May 24th, 2008 we will gather at the Memorial Park in Streetsville for our Annual Walk to Remember. This special walk is an opportunity not only to honor and memorialize our loved one, but to come together as a community connected through deep love and compassion.

Enclosed in 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.

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



We reserve the right to edit submissions as needed. Submissions for July Newsletter must be received no later than June 10th, 2008.

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## Calendar of Events

Date & Time	Event/Meeting	Location	Messages
April 15th, 2008 @ 6:30pm May 15th, 2008 @ 6:30pm June 17th, 2008 @ 6:30pm	Board Meeting	BFO Office	
April 29th @ 7-8:30pm May 29th @ 7-8:30pm June 6th @ 7-8:30pm	Share and Support Night	BFO Office	Please call the office for more details on the Upcoming dates

*~~ It takes each of us to make a difference for all of us ~~*



### *The Power of Words*

Through the darkest there is light. April 29th, 2008 award winning poet and author J. Nichole Noel will be hosting an interactive evening of embracing, exchanging, and exhaling grief through the power of the spoken words.

This is a journey for those who have lived to tell stories of their loved ones who have passed on. Participants are encouraged to bring a poem, mantras or personal stories to share. Let us keep the life stories of our loved ones forever burning bright.

Thank you Theo Borg, Manjeet Bedi, Deborah Davidson, Lilian Bowmanski, and Helena Stahls for helping out with the recent 1:1's. Nora Pratter for continuing with Loving Choice facilitation. All your time and commitment is greatly appreciated

**Helena Stahls**



### *A big Thank you to the Winning Lines*

I wanted to send a special THANK YOU to the Winning Lines (The Bingo Volunteers). For years you have all devoted time and dedication to the Bingo nights. Your time and commitment is greatly appreciated and valued. The International Centre also thanks you as well.

Peter & Elizabeth Cochrane, Claudia Agüero, Shivana Ramsingh, Linda & Sam Walters, Eleanor Fleeton, Vanida Hanan, Shirley DeMarsh, Monica Wheatley, Richard Sheppard, Phoebe Ahlstedt, Jeff Pogue, and Victoria Trainor,  
I thank you

Natasha Barnes

*Thank You*

### **A message from our Student**



When I first started writing my newsletter submission, I had intended to focus on my experience with BFO - HP, the kinds of activities I had participated in, etc. Instead, however, I would rather talk about the organization. The last four months have truly been an amazing time for Bereaved Families. I hope that each of you get the opportunity to drop by our office one day soon to see and hear about our successes. We are buzzing with activity, excitement, and passion for our work. Bereaved Families' state of financial flux has led to some much needed reinvigoration (who knew reinvigoration was a word?!). We have submitted nearly twenty grants and funding requests, including the Ontario Trillium Foundation proposal. Many of the funders have responded with positive feedback (BFO - HP will find out whether we received many of the grants between May and July). I believe that the foundation of this organization is based upon volunteers, service users, staff and board member's united determination for success and sustainability. Together, this organization has tremendous resources, and capacity to effect measurable and profound change in the lives of individuals and families who are bereaved. Each person who comes into contact with BFO - HP has something special to offer, a gift we can give back to BFO - HP. Not every person is able to donate their time, or money; but *each* of us can give something. Volunteering to help fold newsletters, attending a Share and Support evening, donating a prize for the Walk to Remember or even a friendly call or email to the office are all appreciated and essential gifts to the organization. There is no single person who can ensure the future of this organization; it will be guaranteed by each of us contributing what we can, when we can. I *believe* that BFO - HP will continue to survive because it is an essential service to the community. I *believe* that though each person grieves differently, it should never be alone. I *believe* that funders will see the unique and special community that is Bereaved Families. I *believe* in the power of a group of united voices, standing together making certain the future of Bereaved Families. I *believe* in the passion of each of you reading this newsletter. I *believe* that we are blessed to be able to call Bereaved Families, a part of our own families. Lastly, I just want to say a truly heartfelt 'thank you' to Bereaved Families, this has been one of the most treasured experiences of my life. Though I leave Bereaved Families in a few short weeks, I will keep the memories of my time here close to my heart forever.

**Melanie Jane Temple**