



Bereaved Families of Ontario Midwestern Region



APRIL, MAY, JUNE NEWSLETTER

Mothers and Fathers Day



Understandably, the two days set aside by our society to honour the state of family may be two very difficult days for families who have experienced a death in the family. Wanting to escape and avoid these days altogether is normal (billboards, advertisements and retail stores remind us to acknowledge these days even if we try to avoid them), however it may not be practical. Here are some ideas that might help you find a way to manage and cope with these difficult days.

The most important thing to remember is that you need to do what is right for **you**. Do not let family or friends pressure you into a situation or celebration that will cause you additional grief.

Remember, too, that although your Loved One is no longer here to share the day with you, you are still a parent, spouse or child.

Spend the day with a person that brings you comfort.

If you are able, spend time with your parents; this can be a special time shared. Many bereaved people find it less painful to centre activities around their parents.

Some find comfort in their faith during difficult times. Please mention to your clergy that it would be helpful to remember families who are grieving and infertile families during Mother's Day and Father's Day services.

Planning ahead allows you to have some sense of control over the day, which enables you to be better

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prepared for the emotions and grief that will come up. Think about your needs and communicate them to the people that surround you.

Keep in mind that on the day there will be many families out and about. If you find this particularly hard, consider going out Saturday night rather than Sunday.

May you have the best Mother's Day and Father's Day possible, under the circumstances.

Adapted from article by LaDawne Lawton

WestJet Raffle



Bereaved Families of Ontario - Midwestern Region has received an amazing sponsorship opportunity with WestJet. WestJet has donated 2 tickets to any destination they fly to!! To mark this special opportunity, Bereaved Families will be selling raffle tickets for this amazing prize. All proceeds will go to enhancing our programs and services. Tickets are now available in the office. If you are interested in helping to sell a book of tickets, please contact Rose at atrose@bfomidwest.org or 519-603-0196. Tickets are \$10 each or 3 for \$20. The winning ticket will be drawn on Saturday June 4th, 2011 at our 13th Annual Golf Tournament.

Beyond Gender: Understanding Masculine Grief

On April 13 & 14th BFO hosted its 4th Educational Conference on masculine grief. The evening of April 13th included a panel of three men who shared their personal stories of loss. One gentleman shared his pain of the death of his son at birth, the other, the death of his adult son in a tragic accident and the third gentleman told us the story of the death of his young wife to cancer. Each story revealed the harsh reality that can be experienced after the death of someone we love. Everyone's journey of grief is unique and each of these men grieves, remembers and honours their loved one in ways that are meaningful to them.

April 14th, we welcomed three speakers; Tom Golden, Douglas Bartholomew-Saunders and Joe Rich.

Tom, the author of *Swallowed by Snake: The Gift of the Masculine Side of Healing* educated us on factors of masculine grief. He cautioned us not to stereotype the information that was being shared at the conference. Men typically grieve in a masculine way and women in a feminine way, but it can be reversed. Most often people grieve in both ways, but one will dominate over the other.

Some key points addressed by Tom Golden were:

There are two key components to the work of grief: safety and story. We, as supporters, need to create a safe environment that will help people tell their stories. Repeatedly telling the story makes the story become a part of them - not something that batters them.

Where do men feel safe?

- Shoulder to shoulder
 - o Men don't like eye contact - it means "challenge" to them
- Activity
 - o Often men don't like the idea of having to talk or share, but when they are involved in activity it feels safer to them
- When they know they are respected

What aids the masculine grief journey?

- A map of the terrain. What does grief look like?
- Knowing his strength. What are they good at?
- Linking that strength to action. Can that strength be connected to an action?
- Linking his action to his pain. That action can in turn help with the acknowledgement of their pain.
- The courage to stand in his tension.
- Using the future. How can they honour their loved one by changing the future in a good way (scholarships, golf tournaments, etc).



Joe Rich, the author of "Parenting, The Long Journey" provided suggested strategies for parenting as a bereaved father.

Types of healing action

- Creativity - connecting the pain with creativity
 - o Music (listening, playing), writing, sculpting, quilting, crafts, painting, etc
- Thinking - connecting the pain with thinking
 - o Letter writing, meditation, studying grief, internet, etc
- Practicality - connecting the pain with practicality
 - o Dedicating work, creating memorials, scholarships, trust funds, caring for the grave, caring for others, gardening, etc

When supporting men:

Do

- Work backwards from action to emotion
- Talk about his actions
- Tell him what you are feeling
- Honour his loss with your action

Don't

- Ask him how he feels
- Tell him what to do
- Tell him you know how he feels
- Follow him into his cave

Working with men

- Be aware of his providing and protecting
- Respect may be a key issue
- Assist him in learning grief's terrain
- Know that anger may be a primary path to his grief
- Ask him "What's the toughest thing about this?"



Remember that men typically take longer to process emotions. It is important to work backwards from their actions to the emotions.

More info can be found at Tom Golden's website www.webhealing.com

An article was written in The Waterloo Record. Please follow this link to read more.

<http://www.therecord.com/news/local/article/520878--masculine-grief-is-different-and-often-hidden>

Douglas Bartholomew-Saunders talked about "The "Goods" on Gay Men and the Grief Experience"

Douglas provided an interactive discussion regarding societal belief and influences regarding gay men and grief. Some key points he raised were:

Grief fatigue

Within the gay community, many experience multiple deaths, to the point where they are experiencing losses weekly and in fact, lose count.

Many suffered in silence. Before the laws changed, many partners were excluded from being present in the hospital, the funerals and were essentially erased from their life. The law now recognizes same sex relationships and the rights have now changed.

Gay and Gray

The aging gay population is the "most invisible within an invisible minority." Many do not have family or children to support them and as a result are alone and often have fear about their end of life care. Who is going to be by their side during the dying process?

Joe Rich, the author of "Parenting, The Long Journey" provided suggested strategies for parenting as a bereaved father.

- 1. They are the expert on themselves
 - a) In grief, fathers don't remember that they are the expert
 - b) They have diminished capacity to parent
 - i. A good question to ask is "How did they parent before the death?" Are there changes or is it the same?
- 2. Parenting is a long journey
 - a) Give yourself time
 - b) Don't think of parenting as "How it should look", but rather "How do I look at parenting?"
- 3. Aim for better
 - a) What can you do that would be better?
 - b) Perfection is hard to strive for. Think instead of what can I do to make the situation better?

- 4. Follow the Do's and Don'ts of parenting

Some comments from participants:

"Excellent topic that approached the topic of male grief with great insight and offered excellent information."

"Efficiently run, wonderful speakers, great food & location. The energy, experience and knowledge was presented with enthusiasm & passion."

Bereaved Families would like to Thank Norampac Cascades for their generous contribution to the conference and their support to make these two events the success they were.

Many thanks to all the volunteers who helped ensure the evening and day ran smoothly.

13th Annual Charity Golf Classic

Saturday, June 4th, 2011

11:30am Registration & Lunch :
1pm Shotgun Start

Prime Rib and Chicken Buffet Dinner to follow
Please Join Us For Another Fun-Filled Day
This Year at Dundee Country Club



REGISTRATION FEES:
\$135/person includes lunch, dinner, 18 holes, golf cart, guaranteed prize
(deadline May 13th, 2011)

GREAT RAFFLE AND SILENT AUCTION PRIZES including a Barbeque donated from Canadian Tire Waterloo West

Try your luck at a hole in one contest to win a vehicle sponsored by the Co-operators - Julia White and Expressway Ford - New Hamburg

Sponsor a Memorial Hole
To sponsor a hole in memory of your loved one for \$25, please contact Rose Greensides at rose@bfomidwest.org or 603-0196 or complete & return a brochure.

Spring 2011 Support Groups

These groups are typically held at the BFO Office. Please note our new office location in Belmont Village at 678 Belmont Ave W Suite 103, Kitchener, Ont. There is no fee to participate. For more information or to register, contact BFO at 519-603-0196 or email support@bfomidwest.org

Parents Grieving the Death of a Baby

Group currently running, please call the office to register for the fall group

Parents Grieving the Death of a Child

Group currently running; Please call the office to register for the fall group

Widow/Widower with Dependent Children

Please call the office to register for the fall group

Grandparents Grieving the Death of a Grandchild

Group currently running; Please call the office to register for the fall group

Healing Little Hearts

Registration currently open, Group scheduled to start in June 2011

This is a closed group for preschoolers (ages 3-6) and their caregivers. This group will focus on helping children understand, cope with feelings of loss and find a renewed sense of happiness, through stories, art and creative play. At the same time an education group for the caregivers will run to provide information on the way children grieve and helpful tips in assisting children to express themselves and work through the grief. Please contact the office to register.

Subsequent Pregnancy after Loss

Registration currently open

This is an open group for parents who are pregnant following the death of an infant or child. Please note that this group meets in person, by telephone and by email and that this is an ongoing group that only runs when there are enough people to sustain a group. Please contact the office to register.



A Walk to Remember/Butterfly Release

Bereaved Families is holding it's Walk to Remember and Butterfly Release on Sunday September 11, 2011 at Williamsburg Cemetery in Kitchener. Make sure to mark your calendar and hope for sunny weather! Pledge forms will be available in July.



Bereaved Parents Support Group

The next open bereaved parents support evening will take place on Wednesday May 4, 2011 at K-W Counselling 480 Charles Street East, Kitchener. This once a month evening is intended to provide continued support to the grief experience of bereaved parents who have completed a Closed Parent Support Group. These open evenings will offer peer support for specific topics on grief. Email Wendy at facilitator@bfomidwest.org or call the office for more details.

Sad News

We are sad to announce the death of Helen Lammers-Helps father as well as Rick Snider's father. Our thoughts are with them as they continue their journey of grief.

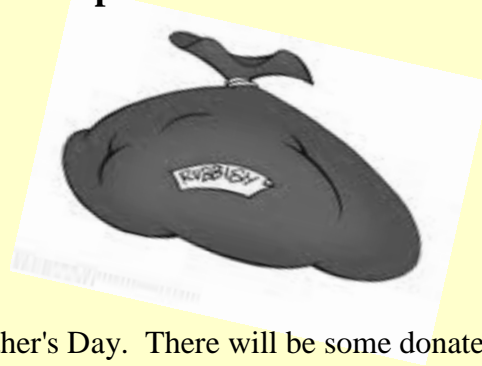
Happy News

We are happy to announce the birth of Kaiden Richmond. Kaiden was born to Stephanie Goessler and Mike Richmond on March 10th. Mom, Dad and baby are doing well.

Volunteers Welcomed for Cemetery Clean Up

Families with loved ones resting in **Parkview Cemetery, Waterloo,** are invited to join other grieving families improve our community by pulling weeds from the Children's Section on **Saturday May 7th, 2011 from 9:30am-11:30am.**

Please bring your own garden tools to beautify our cemetery grasses and gardens before Mother's Day. There will be some donated refreshments available to our volunteers. Please contact Heather at hejeffery@kw.igs.net for further information. Rain date is scheduled for Saturday May 14th, same time and place.



A special Thank you to BFO for helping us get Community support through your newsletter.

Loved Ones Remembered

Stephen Cousineau

April 02, 1995

Remembered by his mom Catherine & siblings Anthony, Duane & Sandra & daughter Biata

Bobby McCarron

April, 04, 2008

Remembered by his parents and brother and sisters

Cyrell Watson-McBride

April 06, 2005

Remembered by his mother Shannon, his sister Celina, and Grandmother Heather

Dennis Henry

April 06, 2009

Remembered by wife Jennifer

Shawn Crane

April 06, 2010

Remembered by his mother Mary Lu. Her children are in her heart forever.

Shawn Crane

April 06, 2010

Remembered by his wife Andrea and his two children Nicholas and Lily

Kevin Brenner

April 07, 1995

Remembered by his mother Joan & siblings Andrew & Donna, Sarah & his brother in heaven Timmy.

Frank Kessler

April 08, 2008

Remembered by his mother Sidonie

Andrew Dugan

April 09, 1993

Remembered by his parents Ray & Sylvia

Mark Dugan

April 09, 1993

Remembered by his parents Ray & Sylvia



Jeff Bryant

April 09, 1997

Remembered by his mother Julie & his sister Nancy

Jocelyn Cornwall

April 09, 1998

Remembered by her parents Scott & Carolyn & siblings Becky & Jacob

Isabelle Fitzgerald

April 09, 2007

Remembered by her parents Sarah & Mike

Edwin Perez-Carey

April 09, 2009

Remembered by his parents Lisa and Eddie and by his brothers Jaysen, Anthony and Ryan.

John Brennan

April 11, 2002

Remembered by his parents Sarah & John & brothers Macarther, Sawyer, and Ryder

Tyler Todd

April 11, 2010

Remembered by family and friends

Brooke Daterra

April 12, 2008

Remembered by mom Amy, Dad Victor and brother Stephen

Benjamin Peers

April 13, 2000

Remembered by his parents Juli & Rich & brother Aidan

Tim Facey

April 13, 2001

Remembered by his parents Oliver & Norma & siblings Dave, Mary Lou & Laura & their families.

Catherine Burdett Hough

April 14, 1979

Remembered by their parents Kate & Bruce

Justin Burdett Hough

April 14, 1979

Remembered by their parents Kate & Bruce

Brent Underwood

April 16, 2007

Remembered by his family

Sara, Leanna & Melissa Reimer

April 17, 1999

Remembered by their sister & aunt Neta

Hannah Underwood

April 17, 2007

Lovingly remembered by her parents Dave & Kristy Underwood and big sisters Rachel and Alyssa and little sister Katy

Kay Duckett

April 17, 2009

Remembered by her Mom, Dad and brother Kieran

Robert Russell

April 18, 2005

Remembered by Uncle Mark, Aunt Charlotte and cousin Meara

Brenda Ehret

April 19, 1997

Remembered by her mother Dolly Sparks & siblings Wendy, Tom, Jeff & Robbie



Judy Weicker

April 19, 2005

Remembered by family and friends

Cameron Coulas

April 19, 2009

Remembered by his father Patrick and Natalie and his mother Joanne and Aaron

Peter Forabosco

April 20, 2004

Always loved and remembered Diana Ibbotson.

Nathaniel Quick

April 22, 2001

Remembered by his parents Andy & Carol with his sister Michelle in heaven

Melanie Moitoso

April 23, 1988

Remembered by her parents Ed & Dena & siblings Mark & Marcia

Jonathon Lammers

April 23, 2003

Remembered by his Aunt Helen, Uncle Ron & cousins Carolyn & David.

Jesse Willoughby Holman

April 23, 2005

Remembered by his parents Jane & Jeff

Shane Robinson

April 23, 2009

Remembered by his mother Lorna, brothers Jamie, Brent and Step Brothers Ed and Christopher, nieces Brooklyn and Lexus and Aunt Inez

Thelma Draper

April 24, 2008

Remembered by her daughter Brenda

Noah English

April 25, 2001

Remembered by his parents Jim & Michelle & brothers Joshua & Alexander.

Jayne Bartels

April 26, 1996

Remembered by her parents Eileen & Bill & family members Scott, Leslie, Jacob, Tim, Anne Marie, Mia-Taylor & Jayne



Robert Guest

April 27, 2003

Remembered by his parents Mum & Kenny & siblings Jarrod, Tracy & Keenen

Hayden Rumig

April 27, 2008

Remembered by parents Tanya and Ryan

Anis Mirzaagha

April 28, 2003

Remembered by family and friends

Leona Zettel

April 28, 2007

Remembered by Geoff, Debbie, Roger, Kristine, Darien, Angela and Ryan

Christopher Steinmann

April 29, 2002

Remembered by his parents Kathy & Brent & siblings Kyle & Kiera



Rob Dye

April 29, 2008

Remembered by his partner Anne

Barbara Verleye

May 01, 2003

Remembered by family and friends

Kendall Steele

May 01, 2010

Remembered by family and friends

David Durling Jr.

May 03, 1998

Remembered by his parents Kay & Dave & siblings Dana & Dan

Flynn Lambert

May 03, 2002

Remembered by his parents Melissa and Landy and by his brothers Rhys, Ashwyn and Kinley

Paul LeDuc

May 03, 2009

Remembered by his loving wife Rhonda, children Christa and Derek and grandchildren

Robbie Couto

May 04, 2009

Remembered by his Mom and Dad and sister Christina

Kathryn Salm

May 06, 2001

Remembered by her mother Reta & her son Gerry. Joined by her father Jerry in heaven.

James Summers

May 07, 2001

Remembered by his parents Brad & Linda and siblings Neil, Janeen & Clare

Matthew Godfrey

May 07, 2002

Remembered by his parents Jennifer & Mark

Brian Hamilton

May 07, 2004

Remembered by family and friends

Sean Norley

May 07, 2008

Remembered by wife Lisa and children Melissa and Ryan

Mirko Hroch

May 10, 2003

Remembered by his parents George & Viera & sister Petra

Lindsay Marshall

May 14, 2004

Remembered by family and friends

Steven Lavoie-Chisholm

May 14, 2009

Remembered by his mom and dad

Thomas Short

May 15, 2006

Remembered by his parents Emma & Mike & brother Andrew

Dylan Galilee

May 15, 2008

Remembered by his parents Elizabeth Heald and Warren Galilee, and big sister Madison

Ruben Rivera

May 16, 2008

Remembered by his sister Claudia, his 3 children and his wife



Violet Burgers

May 16, 2008

Remembered by her parents

Rochelle Clemmer Costa

May 18, 2000

Remembered by Mom, Andrea & siblings Christopher & Timothy. Reunited with Dad, Clark in Heaven on Dec. 18, 2009

Julie Westley

May 18, 2009

Remembered by Mommy and Daddy

Kelly Weatherall

May 19, 2005

Remembered by her mother Brenda

Lily Wilson

May 19, 2010

Remembered by Mom, Dad and brother Liam

Cayson Hodgert

May 20, 2007

Remembered by family and friends

Ryland Swayze

May 20, 2010

Remembered by his family

Christopher Pegelo

May 21, 1993

Remembered by his mom Kathy & siblings Cheryl & Chad. With his father Ralph in heaven.

Stacey Reid

May 22, 1992

Remembered by her parents Dan & Anita & sisters Heather & Colleen

Alexander Hackett

May 22, 1997

Remembered by his parents Paul & Ellen and siblings Alyssa and Dylan

Joseph Berger

May 22, 2009

Remembered by family and friends



Emily Molnar

May 23, 2001

Remembered by her parents Mary & Alex & siblings Nick, Rachel, Martha & Molly
Rose

Sean Barrett

May 25, 2003

Remembered by his father Robert

Krista Kuntz

May 26, 2002

Remembered by her parents Judy & Darrell & siblings Kyle & James.

Joshua Van Wyck

May 26, 2003

Remembered by his parents Kathleen & Brian & sister Amber

Heather McIntyre

May 27, 1988

Remembered by her mother Dianne & brother Shawn

Cynthia Ann Elliott

May 28, 1978

Remembered by Mom and Dad, siblings Valerie and Christopher, and her nieces and
nephews

Nancy Costa

May 28, 2008

Remembered by husband Manuel and children Christopher and Michael

Troy Williams

May 29, 2008

Remembered by mom Linda and sister Angie

Jean Schwantz

May 29, 2009

Remembered by her loving Family and Friends

Calvin Meyer

May 30, 1997

Remembered by his parents Jeff & Jennifer & siblings Elizabeth, Jaidan & Evangeline

Lila Douglas

May 30, 2008

Remembered by parents Marie and Tony and big brother Reid





Earl Sanders

June 01, 1997

Remembered by his wife Bev & daughter Pam

Mark Livingstone

June 01, 2004

Remembered by his wife Sally & son Matt

Karisa Conway

June 01, 2005

Remembered by family and friends

Ken Balsdon

June 01, 2005

Remembered by mother Beverly and sisters Karrie and Shannon

Debbie Mood

June 01, 2008

Remembered by husband Paul

Christopher Nugent

June 03, 2005

Remembered by mother Tracy and 3 brothers Liam, Cameron, and Chase

Michael Streiter

June 06, 2001

Remembered by his parents Monika & Michael & his sister Sonja

Alexander Wendling

June 06, 2001

Remembered by his mother Erin & sisters Abbey and Charlotte

Spencer Konarski

June 06, 2006

Remembered by family and friends

Vanessa Barnai

June 06, 2006

Remembered by parents Traci and Nathan, and sisters Saylynn and Kendra

Olivia Ross

June 06, 2009

Remembered by family and friends

Christopher Skinner

June 06, 2010

Remembered by family and friends

Penny Gowing

June 08, 2009

Remembered by her family

Steven Hagerman

June 10, 1995

Remembered by his parents Donna Nichols & Paul Hagerman, & brother Brian

Derek Brown

June 12, 1999

Remembered by his parents Mary & Ray & siblings Heather & Rob

Dylan Ellis

June 13, 2008

Always loved and remembered by Aunt Joan

Ryan Short

June 15, 1993

Remembered by his parents Bev & Wayne & brother Jason, sister-in-law Tracey & nephews Cody & Jack & Adam

Logan Boutilier

June 16, 2005

Remembered by parents Stephanie & Darrin and Lucas and Holden

Julia Tinholt

June 18, 1974

Remembered by mother Josie

Stacey Koebel

June 19, 2003

Remembered by family and friends

Jeremy Bisch

June 21, 2009

Remembered by Leticia, Cam, and Dan

Angel Baby Kennedy

June 21, 2010

Remembered by mom, dad and brothers

Bayden Bootle

June 22, 2004

Remembered by family and friends



Kenneth Pickering

June 25, 2008

Remembered by wife Bonnie and children

James Cornell

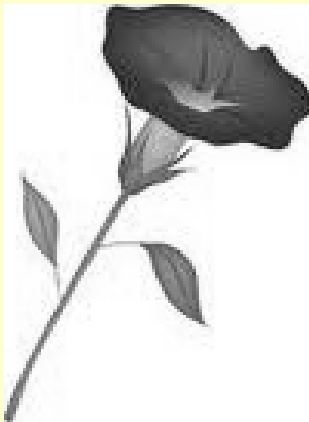
June 26, 2003

Remembered by his parents Kathleen & Steve

Parker Young

June 26, 2005

Remembered by his parents Shelley and Justin, his brothers Brayden and Aaron and by his grandparents



Christopher Robbins

June 26, 2008

Remembered by mom Debbie

Warren Robertson

June 27, 2006

Remembered by his parents Marlene & Bill

Robert Cook

June 28, 2009

Remembered by family and friends

Tom Hishon

June 29, 1999

Remembered by his parents Deb & Tom Sr. & brother Jim

Stephanie Devereux

June 29, 2003

Remembered by her mother Karen & sister Jessica.

Laura Boyd

June 30, 1995

Remembered by her parents Katherine & Richard & siblings Ryan & Allison.

Margaret Knelsen

June 30, 2002

Remembered by her niece Neta