



Bereaved Families of Ontario Midwestern Region

January/February/March 2009

Support Groups - *Limited space available*



Parents Grieving the Death of a Baby

Next group offered September 2009

For parents who have experienced the loss of a child, during pregnancy, as an infant, or a child up to and including the age of two.

Parents Grieving the Death of a Child

Next group offered September 2009

For parents who have lost a child from age three to adult.

Group for Subsequent Pregnancy after a Loss Currently offered

For women who are pregnant following the loss of a baby 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. Bereaved Families of Ontario does its best to ensure that all expecting moms are supported during their subsequent pregnancy.

LEGACY (Learning to Embrace Grief and Care for the Young)

Next group offered September 2009

Closed group for widows or widowers raising young children at home.

Healing Little Hearts

Next group offered April 14th to May 19th, 2009

Closed group for pre-schoolers and their caregivers. Play based support group for children between 3 and 6 years of age who are impacted by a death of a loved one. Side by side an optional parent/caregiver education group is offered concerning children's grief and how to support them.

Growing through Grief

Next group offered May 5th to June 2nd, 2009

Open education group for adults grieving the loss of a loved one. Topics include: Grief is never simple; Defining your grief; Self-empowerment; Coping with relationships; Coping with special days; Holding on and letting go.

These groups are typically held at:

BFO Office

2nd Floor Pioneer Terrace—Freeport Health Centre

3570 King Street East, Kitchener, Ontario

Please call the office at 519-894-8344

From the desks of the Executive Directors....

Bereaved Families of Ontario – Midwestern Region would like to announce the appointment of two Executive Directors, Rose Greensides and Melissa Lambert. Both ladies have been avid volunteers, facilitators and advocates for BFO for a number of years and their professional experience along with their intimate knowledge of the organization makes them ideal leaders moving forward into 2009. Rose is the Executive Director in charge of Fund Development and Volunteer Management and Melissa will be the Executive Director in charge of the Programming and Support Management. 2009 has started off with a flurry of activity. Look for and Rose at the next event, our annual Conference and please make sure to say hello.

THANK YOU TO OUR FACILITATORS...

Many thanks to our **Spring Facilitators**. These trained volunteers are meeting with a support group for a period of up to 10 weeks. We appreciate your commitment to helping other bereaved individuals.

Don't try to be too wise; don't always search for something profound to say. You don't have to do or say anything to make things better. Just be there as fully as you can. And if you are feeling a lot of anxiety & fear & don't know what to do, admit that openly to the person you are with & ask for his or her help.

Sogyal Rinpoche

The Tibetan Book of Living & Dying

Volunteer

WEBSITE CHANGES....

BFO Midwestern has teamed up with Greg Stubbs from Stubbs photography, Rick Martin and Kathleen Roy from Joli Design, to revamp our current website. Please visit www.bfomidwest.org in March and witness the transformation!

Let us hear from you on our new look!

We Need I.T. SUPPORT....

The office needs your help. Do you, or anyone you know, have an IT background or Microsoft Access experience? Please call the office so we can give you information on what we are looking for.

CALLING ALL LIBRARIANS...

Bereaved Families has an extensive lending library and we are in desperate need of a volunteer to help reorganize and catalogue our new resource material. If you are interested in this worthwhile volunteer position, please call Rose at 519-894-8344 or email at rose@bfomidwest.org



Introducing the Programming Advisory Chair, Marny Williams-Balodis



Bereaved Families of Ontario-Midwestern Region is run by a community of dedicated volunteers who give their time, energy and knowledge to ensure that the bereaved in our region are embraced with compassion and programming that addresses the needs of these individuals. In this edition of our newsletter we would like to introduce Marny Williams-Balodis to the organization as the chair of our PAC committee and as the driving force behind our new LEGACY program and upcoming conference. Six weeks after the birth of my second child, my husband was diagnosed with terminal cancer and six weeks following the diagnosis I was planning a funeral. Instantly my life had gone from the highest of highs to the lowest of lows. I never realized that life could change that quickly or that dramatically - my life would never be the same. When I was a young girl dreaming of my prince and my house with the white picket fence, never did I incorporate into that dream becoming a widow at 30 and having to raise my children as a single parent. My hopes and dreams for the future were no longer a reality. I had to rebuild my life and this new world that I was thrown into was so foreign and scary to me, I did not know how I was going to navigate my way through it. Somewhere in my foggy state I had read about a support group for young widows and widowers. Something inside me made me go and join this group. Being surrounded by people close to my age that were experiencing the same challenges in life; raising children, new responsibilities at home, dealing with family and friends, all at the same time as coping with my own grief - was a very powerful experience for me. Knowing that I was not alone in my grief journey gave me the strength and courage to continue on. It gave me that glimmer of hope that maybe I could survive this and that one day I could again find joy in life and feel love in my heart. It has taken me time to do my "grief work" and come to a place where I have the energy to give back and help others through their journey. For the past three years, I have worked with individuals and families who have lost a loved one and have offered them peer support and encouragement to help guide them through their own challenges. I have enriched my education in the field of bereavement by attending training programs with Dr. Alan Wolfelt and Dr. Bill Webster as well as attending education seminars. Becoming a part of BFO and having the opportunity to develop and introduce the LEGACY support group to our community has helped me to find some understanding and purpose to the unexplainable tragedy that happened to me and my children. I never lost the dream of my white picket fence; I just had to dream a new dream.

Generations of Grief—2009 Conference

A young parent dies and the loss ripples through the family stretching outward, affecting different generations, touching numerous relationships to the loved one. The surviving spouse must provide the guidance and stability for the children while coping with their own grief and supporting a relationship with the parents of their lost spouse. This conference will explore the differing needs of the surviving spouse, their children and the grandparent while they confront their grief and the journey that they must embark on to cope with the loss of their loved one.

*Join Abigail Carter, author of *The Alchemy of Loss: A Young Widow's Transformation* as she tells her story of rebuilding a life for her and her two children after losing her husband at the World Trade Centre on September 11, 2001. Abigail shares her personal challenges and coping strategies she used to navigate through this new world she found herself in.*

Conference speakers:

Abigail Carter - Abigail lost her husband on September 11, 2001 at the World Trade Centre. She will share her personal struggles and coping strategies that she experienced while trying to rebuild a life for herself and her two young children

Dr. Deb Bennett - When a family member dies, the grandparents find themselves in a position of both supporter and griever. Dr. Bennett will address the unique challenges faced by this generation.

Ceilidh Eaton Russell- The young child's experience after the death of their parent is unique from the adults surrounding them. Ceilidh will help us understand how children grieve, how to communicate, include and support them in the family's grieving process. She will provide concrete tools and creative strategies to engage children throughout the process.

Dr. Susan Cadell and Carol Poduch -It is hard to believe that through the painful experience of a premature death there is a hope for a positive outcome. Through the pain, comes growth. Dr. Cadell and Carol Poduch as they explore both the theory and practical application of the transformative impact of grief.

There 3 ways to register

- 1) Complete the on-line registration form by visiting www.bfomidwest.org
- 2) Phone BFO at 519-894-8344
- 3) Email the Conference Chair, Marny Williams-Balodis at marny@bfomidwest.org

When: Wednesday April 29th, 2009, 8:30am to 4:00pm
Cost: \$125.00 early bird to March 31st, 2009
 \$150.00 after March 31st, 2009
 \$95.00 student rate

Where: Luther Village on the Park
 139 Father David Bauer Drive
 Waterloo, Ontario

Community Evening

Come and Meet Abigail Carter author of "The Alchemy of Loss" as she shares excerpts from her book and her personal struggles and coping strategies while raising two young children after the loss of her husband in the World Trade Centre on September 11, 2001. An intimate engagement where participants can interact with the author, share experiences and listen to insightful approaches to grief in children and coping with personal challenges.

When: Tuesday April 28, 2009, 7:00pm to 9:00pm

Cost \$35 (includes a copy of *The Alchemy of Loss*)

Where: Luther Village on the Park
 139 Father David Bauer Drive
 Waterloo, Ontario

There 3 ways to register, complete registration form enclosed

- 1) Complete the on-line registration form by visiting www.bfomidwest.org
- 2) Phone BFO at 519-894-8344
- 3) Email the Conference Chair, Marny Williams-Balodis at marny@bfomidwest.org

Happy News - Jeff and Tammy Noble are happy to announce the birth of their daughter Jenaya Catherine Tamara Noble, born Saturday December 6, 2008. Jenaya's big brothers Bryce and Riley are ecstatic to have a little sister, while their sisters Soleil and Keely are watching over us from heaven. Thank you to the nurses and Dr. Anstett for helping with Jenaya's delivery at Grand River Hospital.

12th Annual Walk to Remember



SUNDAY MAY 3rd, 2009

Registration 9 am

WATERLOO MEMORIAL RECREATION CENTRE

101 Father David Bauer Drive,
Waterloo, Ontario

Children's activities including
ERICK TRAPLIN

At 9:15am

Crafts for children and adults
(Parental supervision required)

1st 100 adult participants with completed pledge sheets get a door prize

Add the names and photos of your Loved Ones to our special Wall-of-Memories

Prizes for the top three walkers raising the most pledges
Walk to Remember raffle and silent auction

A WALK TO REMEMBER is open to Everyone

Bring your family, co-workers, friends and *Exercise Generosity*

Join our Special Guest **Dave MacDonald-CTV**

For pledge forms, to volunteer, or for questions,
please call our BFO office at 519-894-8344
or visit us online at www.bfomidwest.org

If you cannot make the Walk but would like to donate money to have your loved ones name on the memorial T-shirt please call or email the office.

10th Annual Curling Bonspiel

The 2009 Bonspiel was a tremendous success raising nearly \$13,000.00. We would like to congratulate Wayne & Bev Short for once again putting together a wonderful event. We had in total 12 raffle prizes, 115 silent auction items and a gift for each 96 of our curlers.



This year will be the last year Wayne & Bev will chair the committee and we thank them for 10 wonderful years.

Thank you to everyone who participated in the event, and to all those who provided donations to the bonspiel. We are grateful to the BFO members & friends who volunteered this year; whether they baked, helped serve, took registrations or just pitched in wherever they were needed. Thank you to:

Joanne & Jerry Berlette, Noreen Morrison, Bill & Therese Wall-Raven, Elma Wall-Rose, Gail Schenk, Stephanie Goessler, Kay Durling, Andrea Clemmer, Donna Baker, Carolyn Ball, Mary-Jo Collins & Ninetta Scoleri, David and Ron Helps, Wendy Gascho, Shane Gascho, Melissa Lambert and Rose Greensides.

Our major sponsors this year were Kissner Milling, Conestoga Rovers, ComDev, D.R. Johnson Financial Services, Golf North, Conestoga Roofing, Highland Dental Clinic Dr. Supreet Dhillon, MTD Products Ltd, Tournament Sports, Spanners, Mapleleaf Foods, Langdon Hall Country House Hotel & Spa, Mammomet, Cambridge and North Dumfries Hydro Inc., - Opportunity Knocks Ltd., NHLPA, Jand AL Holdings Ltd.

Plans are already underway for the 2010 Bonspiel. Want to be involved? Please contact Rose Greensides at rose@bfomidwest.org or call the office at 519-894-8344.

Charity Golf Classic



Mark your calendars now for
Saturday, June 6th, 2009

12pm Registration /
1pm Shotgun Start

Please Join Us For Another
Fun-Filled Day
This Year at Dundee Country Club

EARLY BIRD DRAW PRIZE - \$100 cash
(With registrations received before April 30th)

REGISTRATION FEES:

\$135/person includes lunch, dinner, 18 holes, golf cart, guaranteed prize

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

Try your luck at a hole in one contest to win a new car sponsored by Gary Stockie
Chevrolet Ltd.



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 leave a message at the BFO office at 894-8344 or complete & return the enclosed brochure.

With Sympathy

We would like to extend our heartfelt sympathies to these BFO members and their families:



To Helen and Ron Helps on the death of Helen's brother Martin.

To Andrea Clemmer on the death of her husband Clark,

May you be surrounded by all the love & support you need at this difficult time.

Children and Loved Ones Remembered January, February and March

Cory Bast

January 1st, 2007

Remembered by Family and Friends

Brandon Khindria

January 2nd, 2003

Remembered by his parents Alysha & Sulekh & his brother Joshua

Chad Chenoweth

January 3rd, 2000

Remembered by his parents Robert & Belinda & siblings Shawn & Kelly

O'dauntious Parker And Gisselle Parker

January 3rd, 2005

Remembered by their mother Ashley

Joseph Snyder

January 4th, 1999

Remembered by his parents Marlene & Steve

Mackenzie Rose

January 4th, 2004

Remembered by his parents Elma & Rodney

William Nightingale

January 6th, 2001

Remembered by his wife Maria & daughters Angelique & Gwendolyn

Mario Di Bonaventura

January 6th, 2005

Remembered by his daughter Theresa & granddaughter Jessica

Chris Olinskie

January 7th, 2006

Remembered by his mother Denise & siblings Alex, Lee, Darcy & Darryl

Caroline Suljak

January 8th, 2000

Remembered by her parents Melanie & Michael,
Megan in Heaven & her triplet Georgia

Lucas Dolson-Southern

January 8th, 2002

Remembered by his mother Elfie & brother Travis

Richard Fitzgerald

January 9, 2009

Remembered by his wife Pauline and son Maurice

Helen

January 9, 2009

Remembered by her daughter Laurie and her grandchildren

Liam Scanlon

January 10th, 2008

Remembered by his mother Katherine

Isabelle Shaw

January 11th, 2000

Remembered by her parents Elaine & Daniel

Aaron Ferguson

January 11th, 2003

Remembered by his parents Angela & Allan & sister Alicia

Baby Evans

January 11th, 2006

Remembered by parents Cheryl & Rob

Michelle Elizabeth Petal

January 12, 2009

Remembered by Parents Tammy Hyman and Gord Petal and sister Shakira

Gage Bijl

January 13th, 2000

Remembered by his mother Wendy & his brother Holden in heaven

Isaac Wight

January 13th, 2005

Remembered by his parents Kate & Gene

Marcus Butterworth

January 13, 2002

Remembered by his parents Tina and Steve and brothers Joseph, Jacob and Jonathan

Doug Bennett

January 14th, 1996

Remembered by his wife Joyce

Jenese Zettel

January 18, 1998

Remembered by Paul & Kelly & sisters Chantal & Leah

Adam Keller

January 20th, 2002

Remembered by his parents Donna & Peter & sisters Amy & Nina.

Gary Kalbfleisch

January 21st, 2005

Remembered by Friends and Family

Cheyenne Wilkinson - Bowman

January 23rd, 2008

Remembered by parents Natasha and
Damien and brothers Darren, Donovan
and Devin

Alexander Toushan

January 24th, 1999

Remembered by his parents Stephanie & Troy & brother Brandon

Martin Lammers

January 24th, 2009

Remembered by sister Helen Helps and family

Damon Seddon

January 25th, 2005

Remembered by his mother Tonia & family Jeff, Sue, Nicole & Ryan

Mike Gidlinger

January 26th, 2008

Remembered by Brother Steve, Sister
In Law Sarah and nieces Justina and Summer

Shellee-Lynne Larocke

January 30th, 2004

Remembered by Friends and Family

Chloe Lynn Moskalyk

January 30th, 2005

Remembered by her parents Lorelei & Geoff

Darryl Kruger

January 31st, 1970

Remembered by his mother Daly & siblings
Dorinda, Doug Jr. & Deanna. Joined by
his father Douglas in heaven

Children and Loved Ones Remembered January, February and March

Kayleb Viscarra

January 31st, 2005

Remembered by Friends and Family

Abby Bjorkenstam

February 1st, 2005

Remembered by their parents Katie and Evan and brother Hunter

Joe Cellupica

February 1st, 2005

Remembered by Friends and Family

Grace Bjorkenstam

February 1st, 2006

Remembered by their parents Katie and Evan and brother Hunter

Logan Snyder

February 1st, 2008

Remembered by Mom Maegan and Father John

James "Jimmy" Milliner

February 8th, 1999

Remembered by his parents Mike & Kim (nee Hammar) & siblings Jordan (in heaven), Rachel & Heather Nicole. Also remembered by grandparents James (in heaven) and Shirley Hammar, and Bonnie and Russell Milliner

Timothy Zeller

February 10th, 1987

Remembered by his mother Joan & his siblings Andrew & Donna, Sarah Lynn & Kevin in heaven

Cory Wibberley

February 12th, 2001

Remembered by his parents Chris & Louise & brothers Tom & Andy

Jon Bishop

February 12th, 2007

Remembered by Family and Friends

Anthony Ratthe

February 15th, 2001

Remembered by his parents Caroline & Mario & siblings Alex, Roxanne, Matthew & Alyssa

Owen Christensen

February 18th, 1997

Remembered by his parents Mark & Linda & brothers Evan & Andrew

Alex O'Doherty

February 18th, 2001

Remembered by Family and Friends

Peter Sutton

February 18th, 2003

Mom, Dad & big sister Mya

Glen Bach

February 21st, 1997

Remembered by his parents William & Myrna & siblings Gail & Bonnie

Shalom Webber

February 22nd, 2002

Remembered by his parents Donalea & Scott & siblings Noah & Annie

Adam Kula

February 22nd, 2004

Remembered by his parents Suzanne & Robert & brother Evan

Gabriella Campbell

February 23rd, 2007

Remembered by her parents Maggie & Dean & brothers Justin & Zachary

Duncan Gillis

February 25th, 2005

Remembered by Friends and Family

Owen Schell

February 25th, 2006

Remembered by his parents Nicole & Fred

Zachary Dyszuk

February 26th, 1988

Remembered by his parents Barbara & Paul

Jeremy Dam

February 27th, 2005

Remembered by his parents John & Cindy, step-parents Theresa & Ed & sisters Alicia & Jessica

Earl Kruger

March 2nd, 2001

Remembered by their family Daly, Dorinda, Mark & Lauren, John & Deanna, Doug & Sonia, Toby, Zach & E.J.

Shae-Lynn Pardy

March 4th, 2003

Remembered by her parents Denise & Drew

Navian Gray

March 5th, 2005

Remembered by Friends and Family

Earl Keller

March 6th, 1999

Remembered by his wife Pat

Daniel Pietryk

March 7, 2008

Remembered by his parents and older brother David

Jeffrey Scarfone

March 8th, 1998

Remembered by his parents Lori & John & brothers Eric & Ryan

Andrew Wagner

March 10th, 2000

Remembered by his mother Diane & siblings Christine & Stephanie

Allan Heslop

March 10th, 2002

Remembered by his wife Doreen & children Craig & Fiona & son-in-law Scott

Sarah Paulley

March 11th, 2008

Remembered by husband Jason and children Lucy and Grace

Ashley Schieck

March 12, 1994

Remembered by her parents Bob & Peg & siblings Jacob & Jacinda

Children and Loved Ones Remembered January, February and March

Dustin Geil

March 13th, 2006

Remembered by his mother Donna & sister Courtney

Coltyn Kalybaba

March 13th, 2008

Remembered by parents Yvonne and Larry

Albert Marcella

March 13th, 2008

Remembered by his wife Carol

Katie Quinlan

March 14, 1997

Remembered by her mother Sharon-Adele

Chloe Langer

March 15th, 2003

Remembered by Friends and Family

Kendra Rafuse

March 16th, 2003

Remembered by Friends and Family

Grace deBoer

March 16th, 2007

Remembered by her parents Kim & Steve

Kendra Townsend

March 17th, 1980

Remembered by her mother Elaine, Twin sister Krista & brother Jamie

Dillon Pilkie-Rogers

March 18th, 2002

Remembered by his parents Annette & Troy & brother Timothy

Friday Savory

March 18th, 2003

Remembered by Friends and Family

Victoria Suljak

March 19th, 2001

Remembered by her parents Ninetta & John & siblings Julia & Adam

Alexandra Dixon

March 19th, 2003

Remembered by her parents Jane & Mike & sissy Nikola

Christopher Kurt

March 20th, 2001

Remembered by his parents Barbara & Victor & son Joshua Christopher Kurt

Ryan Hirn-Crane

March 20th, 2007

Remembered by his parents Elizabeth & Jamie and sister Madeline

Angella Denis

March 21, 2008

Remembered by her mother Princess, her sisters, her daughter Cassandra and her four sons.

Douglas Kruger

March 21st, 2002

Remembered by their family Daly, Dorinda, Mark & Lauren, John & Deanna, Doug & Sonia, Toby, Zach & E.J

Tiffany Holtzhauer

March 21st, 2004

Remembered by her father Ross, sister Nicole & grandmother Joyce

Joshua Weinstein

March 21st, 2006

Remembered by Friends and Family

Franz Clausing

March 23, 1994

Remembered by his wife Theresia & his children Frank Karen Darlene, daughter-in-law Lori & their children. Franz is with his son Erich in heaven

Eric Martinovec

March 24th, 2003

Remembered by Friends and Family

Bianca Frigault

March 25th, 2004

Remembered by her parents Denis & Cindy & siblings Samuel & Alyssa, with her brothers Autumn & Lucas in Heaven

Kyra Field

March 26th, 1988

Remembered by her parents Joyce & Lloyd & brother Russell

Oliver Desmond

March 26th, 2008

Remembered by parents Shannon and Phil and brother Maxwell

Bruce Hoffmann

March 28th

Remembered by wife Marlies

David Lumgair

March 28th, 2001

Remembered by his mother Janice Honeycombe.

Tina Emsle

March 28th, 2008

Remembered by her mother Pat

Jacob Vaughan

March 30th, 2005

Remembered by his parents Bryan & Julie

SPEAKERS AND WORKSHOPS

Bereaved Families of Ontario – Midwestern Region is committed to increasing awareness in the community on grief and the impact death has on the family and their support system. BFO has a speakers' bureau that provides educational presentations to organizations and businesses as well as an extensive library of books available for lending. Some examples of speaking engagements we have done recently are:

Centre in the Square—“So Many Doors” - January 27th
Canadian Mental Health Association—February 1st
Hospice Waterloo—February 23rd and 24th

We can provide speakers for professional or general audiences. Please contact us for more details at rose@bfomidwest.org

COMMUNITY SUPPORT GROUPS

People Needing People at the Erb and Good Family Funeral Home
 For information on upcoming groups please call, Dena Moitoso at 745-2195.

Living With Loss in Kitchener is now the first and third Tuesdays of each month 7 p.m. to 9 p.m. at Westmount Funeral Chapel, 1001 Ottawa Street South, Kitchener.

Living With Loss in Cambridge is the first Wednesday of each month at Barthel Funeral Home, 566 Queenston Road, Cambridge, 7 p.m. to 9 p.m. Please call Marilyn Rushton at either 519-653-3251 or 519-579-2185 for more information.

Bereavement Walking Group

Hospice Waterloo Region has a new bereavement walking group. Call Hospice Waterloo at 519-894-8350 for more information about dates, times & location.

Mark your calendars.

Next Newsletter Deadline	April 15th
Generations of Grief Conference	April 28th & 29th
Healing Little Hearts	April 14th
Walk to Remember	May 3rd
Growing Through Grief	May 5th
Charity Golf Classic	June 6th

Bereaved Families of Ontario Midwestern Region

P0 Box 25017
 Kitchener, Ontario N2A 4A5
 (519) 894-8344 Fax (519) 894-8394
www.bfomidwest.org
www.ryansplace.org
 Charitable Registration # 87159 3117 RR0001



RECOGNIZING OUR SUPPORTERS

Funeral Homes

Erb and Good Family Funeral Home, Schreiter-Sandrock Funeral Home, Ratz-Bechtel Funeral Home, Westmount Funeral Home, Henry Walser Funeral Home

Corporate Donations

Waterloo Region Record, Car Heaven, Ontario Automotive Recyclers Association, City of Kitchener Cemeteries, Cober Printing, Stride Print, Canadian Tire Waterloo West, Zehrs Markets Save-A-Tape Program. City of Waterloo—Cemeteries, Greg Stubbs Photography.

Foundation Supporters

Thank you KW Community Foundation for your generous grant to support our new LEGACY support group with a mission to appeal to the needs of widows and widowers who have to experience grief, as well as nurture the grief of their young children, after the untimely death of a partner.

Memorial Donations

Rev. George & Beth Ferris,
 Matthew Ferris,
 Susan Jaunzemis in memory of
Isaac James Wight

Helen Helps in memory of
Babies in Fall, 2008 group

Sylvia & Ray Dugan in memory of
Phil Pemberton

Sylvia & Ray Dugan in memory of
Doris Weatherson

Doug & Diana Hutton,
 Matthew Desmond,
 Brennan Hutton,
 Anthony & Valerie Desmond,
 Lindsay Hutton,
 Shannon Hutton & Phil Desmond in memory of
Oliver Arthur Desmond

Board of Directors:

Chair: Jim Padgett **Vice Chair and Treasurer:** Wendy Gascho
Vice Chair: Deborah Cochrane **Secretary:** Lynne Christensen
Directors: Wayne Short, Susanne Hemming, Donna Buchan, and Dr. Susan Cadell

Programming Advisory Committee:

Chair: Marny Williams Balodis
Members: Dr. Nancy Riedel Bowers, Frank Ripplinger, Susan Dokis

BFO Office Contacts & Emails

Executive Directors: Melissa Lambert and Rose Greensides
melissa@bfomidwest.org and rose@bfomidwest.org
Administration: Lynne Christensen at lynne@bfomidwest.org