



Bereaved Families of Ontario Midwestern Region

April/ May/ June 2009

Annual General Meeting

June 22nd, 2009 at 6pm

The Bereaved Families of Ontario-Midwestern Region Annual General Meeting (AGM) will be held at the Grand River Hospital, Freeport Health Centre in the Board Room located at 3570 King St. E, Kitchener, ON. Members will be electing Board Directors at this meeting and receiving the 2008 annual report. We invite all members of BFO-Midwestern Region to attend and vote at the meeting. If you or someone you know are interested in serving as a Board member for the upcoming two year term, please complete a nomination form and return it to the BFO office on or before June 15th. Nomination forms may be obtained by calling the BFO office. For more information about the nomination process or the current BFO Board, contact Melissa at: melissa@bfomidwest.org or call the office 519-894-8344.

Growing Through Grief

Bereaved Families of Ontario presents "Growing Through Grief" an outreach program for adults who have lost a loved one.

A series of five evenings with speakers who have experience with loss & healing from grief.

Bereaved Families of Ontario is a non-profit, charitable organization, **there are no fees for our programs.**

Growing Through Grief runs on Tuesday evenings from 7- 8:30pm, topics include:

- May 5th: Grief is Never Simple
- May 12th: The Grief Process
- May 19th: Coping With Holidays and Other Special Days
- May 26th: Coping With Relationships and Self Empowerment
- June 2nd: Holding On and Letting Go

Growing Through Grief is held at:
Freeport Health Centre
Pioneer Terrace, Second Floor
3570 King St. E., Kitchener

Please call 519-894-8344 to register
or email melissa@bfomidwest.org



Mothers Day and Fathers DAY

Understandably, the two days set aside by our society to honour the state of parenthood are like proverbial salt rubbed in our wounds. Though there is no escaping the day itself, here are some ideas that might help. The most important thing to remember is, "do what is right for you." Do not let family or friends pressure you into a situation that will cause you additional grief.

Remember, too, that although your child is no longer here to share the day with you, you are still a parent!

Spend the day with your spouse/partner. This could include a nice dinner or perhaps even a weekend getaway. Even a walk together-you may find it easier to focus on each other, rather than "the day."

Spend time with your parents, this can be a special time shared. Many bereaved find it less painful to centre activities around their parents.

For families with surviving or subsequent children, you may want to plan a special day with them. You will still miss your child but spending time with your living child/ren may help brighten the day.

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

Planning ahead allows you to have some sense of control of the day, which enables you to be better prepared for the emotions and grief that will come up. Think about your needs and communicate them to your partner and ask your partner for similar feedback. Keep in mind that on the day there will be many families out and about. If you find it uncomfortable to see parents with babies or children of any age, consider going out Saturday night rather than Sunday.

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

LaDawne Lawton

Mothers Day and Fathers Day When You Have Lost Your Partner

After the death of your spouse, Mother's Day & Father's Day become another reminder of what you have lost, as well, if you have young children it is also a reminder of what they too, have lost or will never have. Some children feel that since the parent has died, there is nothing to celebrate on this day - their Father or Mother is not there to honour. It is important to reinforce that just because Mom or Dad is no longer with them, does not change that they are and will always be Mom or Dad.

If the child was young when their parent died, they may not have many memories of their own. Find a way of celebrating that will be meaningful to your family; perhaps by creating a new tradition.

* If your child is in school, talk with them and the teacher about how they would like to deal with any crafts made in class

* They can make them for their parent and take to the cemetery or leave in a special place for family to see

* Maybe they wish to make it for an aunt, uncle or grandparent instead

* Spend time sharing special memories of what you liked best about Mom or Dad

* Start a conversation by making Mom or Dad's favourite meal

* Was there a special place that you went to as a family that you would like to return to? This may be the time to share this place with the children.

There is no right or wrong way to spend this day. Do what feels best for you and your children. You don't need a specific day to take time to remember that they had a Mother or Father who loved them unconditionally and forever will.

Marny Williams-Balodis

HOW YOU CAN HELP

There are many ways in which you can make a difference and invest in the bereavement programs and services offered by Bereaved Families of Ontario-Midwestern Region.

We encourage people to give in the way that suits them best. A monetary donation can be sent securely as indicated below, or you can mail a cheque to: Bereaved Families of Ontario—Midwestern, PO Box 25017 Kitchener, Ontario N2A 4A5

As a Volunteer:

Have an area of expertise you want to share?

Want to provide office support?

Interested in joining a committee?

Have a few hours a week or month to spare?

Corporate Sponsorship:

Want to sponsor an event or program?

Interested in making a major gift, will bequest or endowment?

Make a planned gift:

Want to make a memorial donation?

Want to join our monthly giving program?

Contact Rose Greensides at 519-894-8344

Website and Facebook

Check out our new look by visiting <http://www.bfomidwest.org>

BFO-Midwestern Region is now on **Facebook!** Come join this group to stay in touch, learn about events and memorials, and post your story. Please visit <http://www.facebook.com/inbox/readmessage.php?t=1115003509873#/group.php?gid=55325614547>

HAPPY NEWS

Wendy Howard (nee BIJL) and Adam Mitchell would like to welcome the birth of their precious daughter Keeley Hope Mitchell born on May 23rd, 2008. Keeley is the sister to Gage and Holden Bijl and one day she will meet them both in Heaven.

Dave and Louise Zyta are extremely happy to announce the safe arrival of Cooper Austin Zyta, November 19th 2008. Siblings Nicholas, Tyler and Erinn are ecstatic to have a brother to play with and Cooper will be forever watched from heaven by brother Zachary. Thanks to midwife Michelle Duff-McCracken for all her love and support. We love you.

Yvonne and Larry Kalybaba are thrilled to announce a new addition to their family. Bohden was born on March 30th, 2009 and watched from above by Coltyn.

Maggie and Dean Campbell are happy to announce the birth of Curtis Andrew on March 21st, 2009. Curtis is welcomed by his brothers Justin & Zachary and his big sister Gabriella in heaven.



Garden Tour

BFO Midwestern is brainstorming the possibility of having a Grief Garden Tour for the early summer of 2010. If you are interested in helping or have some ideas please

email Rose at rose@bfomidwest.org or call the

office at 519-894-8344.



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 receive 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.

11th Annual 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 a brochure
that can be found on our website.

Children and Loved Ones Remembered April, May, and June

Gage James Robert Bijl

January 13th, 2000

Remembered by his mother Wendy, little sister Keeley & his brother Holden in heaven.

Brent Underwood

April 1st, 2007

Remembered by his family

Thelma Draper

April 1st, 2008

Remembered by her daughter Brenda

Stephen Cousineau

April 2nd, 1995

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

Bobby McCarron

April 4th, 2008

Remembered by his parents and brother and sisters

Cyrell Watson-McBride

April 6th, 2005

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

Kevin Brenner

April 7th, 1995

Remembered by his mother Joan, and siblings Andrew, Donna, and Sarah. And his Brother in heaven Timmy.

Frank Kessler

April 8th, 2008

Remembered by his mother Sidonie

Mark Dugan and Andrew Dugan

April 9th, 1993

Andrew and Mark died together April 9, 1993.

Remembered by his parents Ray & Sylvia

Jeff Bryant

April 9th, 1997

Remembered by his mother Julie & his sister Nancy

Jocelyn Cornwall

April 9th, 1998

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

Isabelle Fitzgerald

April 9th, 2007

Remembered by her parents Sarah & Mike

John Minner Brennan

April 11th, 2002

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

Brooke Daterra

April 12th, 2008

Remembered by mom Amy, Dad Victor and brother Stephen

Chris Scarborough

April 13th, 1998

Remembered by his sister Jen

Benjamin Peers

April 13th, 2000

Remembered by his parents Juli & Rich & brother Aidan

Tim Facey

April 13th, 2001

Remembered by his His parents Oliver & Norma, and siblings Dave Facey & family, Mary Lou Facey & family, & Laura McPhee & family.

Justin Burdett Hough and Catherine Burdett Hough

April 14th 1979

Judge & Nikie died together April 14, 1979

Remembered by their parents Kate & Bruce

Madalyn Tieleman

April 14th, 2008

Remembered by Parents Sarah and Jon and brother Zak

Sara, Leanna & Melissa Reimer

April 17th, 1999

Remembered by their sister & Aunt Neta

Hannah Underwood

April 17th, 2007

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

Robert Russell

April 18th, 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 19th, 2005

Remembered by family and friends

Peter Forabosco

April 20th, 2004

Always loved and remembered by 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 23rd, 2003

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

Jesse Willoughby Holman

April 23rd, 2005

Remembered by his parents Jane & Jeff

Noah English

April 25th, 2001

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

Jayne Bartels

April 26th, 1996

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

Robert Guest

April 27th, 2003

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

Children and Loved Ones Remembered April, May, and June

Hayden Rumig

April 27th, 2008

Remembered by parents Tonya and Ryan

Anis Mirzaagha

April 28th, 2003

Remembered by family and friends

Christopher Steinmann

April 29th, 2002

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

Rob Dye

April 29th, 2008

Remembered by his partner Anne

Barbara Verleye

May 1st, 2003

Remembered by Family and Friends

David Durling Jr.

May 3rd, 1998

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

Flynn Lambert

May 3rd, 2002

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

Kathryn Salm

May 6th, 2001

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

James Summers

May 7th, 2001

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

Sean Norley

May 7th, 2008

Remembered by wife Lisa and children Melissa and Ryan

Matthew Godfrey

May 7th, 2002

Remembered by his parents Jennifer & Mark

Brian Hamilton

May 7th, 2004

Remembered by family and friends

Mirko Hroch

May 10th, 2003

Remembered by his parents George & Viera & sister Petra

Lindsay Marshall

May 14th, 2004

Remembered by Family and Friends

Thomas Short

May 15th, 2006

Remembered by his parents Emma & Mike & brother Andrew

Dylan Galilee

May 15th, 2008

Remembered by mother Elizabeth Heald Father Warren Galilee
and big sister Madison

Ruben Rivera

May 16th, 2008

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

Violet Burgers

May 16th, 2008

Remembered by her parents

Rochelle Clemmer Costa

May 18th, 2000

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

Kelly Weatherall

May 19th, 2005

Remembered by her mother Brenda

Cayson Hodgert

May 20th, 2007

Remembered by Family and Friends

Christopher Pegelo

May 21st, 1993

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

Stacey Reid

May 22nd, 1992

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

Alexander Hackett

May 22nd, 1997

Remembered by his parents Ellen & Paul & sister Alissa

Emily Molnar

May 23rd, 2001

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

Sean Barrett

May 25th, 2003

Remembered by his father Robert

Krista Kuntz

May 26th, 2002

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

Joshua Van Wyck

May 26th, 2003

Remembered by parents Kathleen and Brian and sister Amber

Heather McIntyre

May 27th, 1988

Remembered by her mother Dianne & brother Shawn

Troy Williams

May 29th, 2008

Remembered by mom Linda and sister Angie

Calvin Meyer

May 30th, 1997

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

Lila Douglas

May 30th, 2008

Remembered by parents Marie and Tony and big brother Reid

Earl Sanders

June 1st, 1997

Remembered by his wife Bev & daughter Pam

Mark Livingstone

June 1st, 2004

Remembered by his wife Sally & son Matt

Ken Balsdon

June 1st, 2005

Remembered by mother Beverly and sisters Karrie and Shannon

Karisa Conway

June 1st, 2005

Remembered by family and friends

Christopher Nugent

June 3rd, 2005

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

Alexander Wendling

June 6th, 2001

Remembered by his mother Erin & sisters Abbey and Charlotte

Michael Streiter

June 6th, 2001

Remembered by his parents Monika & Michael & his sister Sonja

Spencer Konarski

June 6th, 2006

Remembered by family and friends

Penny Gowing

June 8th, 2008

Remembered by her family

Steven Hagerman

June 10th, 1995

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

Derek Brown

June 12th, 1999

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

Ryan Short

June 15th, 1993

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

Logan Boutilier

June 16th, 2005

Remembered by parents Stephanie & Darrin and Lucas and Holden

Stacey Koebel

June 19th, 2003

Remembered by family and friends

Bayden Bootle

June 22nd, 2004

Remembered by family and friends

Kenneth Pickering

June 25th, 2008

Remembered by wife Bonnie and children

Norman Palmby

June 26th, 1999

Remembered by his parents Lonni & Anne & siblings, Dawn, Shelley & Dylan

James Cornell

June 26th, 2003

Remembered by his parents Kathleen & Steve

Parker Young

June 26th, 2005

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

Christopher Robbins

June 26th, 2008

Remembered by mom Debbie

Warren Robertson

June 27th, 2006

Remembered by his parents Marlene & Bill

Tom Hishon

June 29th, 1999

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

Stephanie Devereux

June 29th, 2003

Remembered by her mother Karen & sister Jessica

Laura Boyd

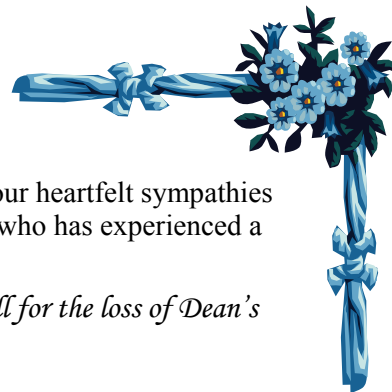
June 30th, 1995

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

Margaret Knelsen

June 30th, 2002

Remembered by her niece Neta

*With Sympathy*

We would like to extend our heartfelt sympathies to a BFO member family who has experienced a recent loss:

Maggie and Dean Campbell for the loss of Dean's mother, Lynn.

May you be surrounded with all the love & support you need in this difficult time. Our thoughts are with you.

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:

- Crisis Services of Waterloo Region - April 5th*
- Victim Services of Waterloo Region - April 11th*
- Hospice Waterloo - May 5th*

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.

12th Walk to Remember	May 3rd
Growing Through Grief	May 5th
11th Charity Golf Classic	June 6th
Next Newsletter Deadline	June 15th
2nd Annual Butterfly	August 30th
Memorial Release	
Tree of Bright Stars	November 27th

**Bereaved Families of Ontario
Midwestern Region**

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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.

Memorial Donations

Lorelei Eckel-Braun and Trisha Yates
(Kitchener Cemeteries)

In memory of
Brandon Ladd

Joyce Holtzhauer
In memory of
Tiffany Mahoney-Holtzhauer

Grace Lutheran Church
In memory of
Andrew and Mark Dugan

Board of Directors:

Chair: Jim Padgett
Vice Chair and Treasurer: Wendy Gascho
Vice Chair: Deborah Cochrane
Acting 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