



Bereaved Families of Ontario — Ottawa Region

The bereaved helping the bereaved learn to live with grief.

Bereavement Families of Ontario – Ottawa Region (BFO–OR) resources

- Support and Share Monthly Nights
- One-on-one Support
- Closed Groups
- Handouts, Lending Library
- Quarterly Newsletter
- Facilitator Training
- Educational Speakers

BFO-OR Charitable Donation
Number: 85343 2730 RR0001

Support and Share Night (SSN)

First Tuesday of each month
7:00 p.m. to 9:00 p.m.

St. Timothy's Presbyterian Church,
2400 Alta Vista Drive, Ottawa
(downstairs hall)

- Dec. 2 — Candle Light ceremony
- Jan. 6 — to be announced
- Feb. 3 — to be announced

Closed Support Groups

For information on Closed Support Groups,
workshops and other services, contact Hilda
at 567-4278.

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See attached brochures for important upcoming events!



Fundraising Event . . .

A White Knight

Nancy White

February 21st, 2004



about our White Knite:
www.nancy-white.com

Key Points from Reports:

- The success of this event will ensure funding for BFO–OR programs in 2004.
- Volunteers required to solicitate silent auction items, to help at the event itself, to sell tickets etc.
- ❖ Bring your friends and join celebrities for dinner, take part in the exhilaration of a *silent* auction, and enjoy an evening of great entertainment with Canada's funniest singer-songwriter Nancy White.

Remembrance Tree 2003 Celebration of Remembrance

The Remembrance Tree Ceremony on December 7th
at 2:00 p.m. in the Chambers of the City Hall Foyer at
111 Lisgar Street.

"A Remembrance Tree" will be set up in the foyer of
City Hall. You are invited to write a personal message
of remembrance on a card that we provide. You may
place the card among the branches during tree sitting
hours* or send in the attached brochure form.

BFO–OR thanks Cole Funeral Services and Pinecrest
Remembrance Services for their sponsorship.

A time for healing and remembrance.

* see brochure for dates and hours

Check us out—web site!	BFO-OR Management Board*	
Managed by Stephen Beneteau. Enables access to the newsletters as well as support information, up to the minute announcements, and valuable links. www.bfo-ottawa.org	Martha Attridge Bufton (Staff) .. 989-1010 Gail Christy 733-5227 Mark Steele 567-4278 Kerri-Lynn Herbert 567-4278	Hilda Sabadash (Staff) 567-4278 Tim Sen (work)..... 564-8585 Linda Lizotte-MacPherson..... 327-2238

* Positions available for BFO-OR Management Board. Contact Hilda Sabadash for further information.

Program Coordinator's Report

BFO has received funding for a Success by Six Provincial Program. After the holidays we will be facilitating a closed group where parents and children will meet together one night a week for pizza and juice. After the supper, the children will go into a group facilitated by two child care specialists and the parents will be in a group facilitated by trained facilitators. Final dates will be announced later on the web site or phone the office for more information at 567-4278. In the new year we will also be having parent education evenings for parents of children aged 7 to 12 who are experiencing grief.

Many thanks to facilitators who show up at Support and Share Nights, and who run closed groups such as Bill Drake and Bob Hughes are doing this winter. This is the first time we have had 2 males facilitate a closed spousal group and it will be interesting to see the evaluations of the group members.

Hope to see you all at the Candle Lighting Service on Support and Share Night December 2. The evening will include a panel of speakers talking about how they made it through their first holiday after the death of a family member.

The Remembrance Tree Service on December 7th (see attached brochure) in City Hall at 2 p.m. will feature Bill Drake as the speaker. Bill is a writer with a keen sense of his own personal bereavement and will speak to us about his ongoing healing process following the death of his wife.

The office will be closed for the holidays from December 24th to January 4th. The phone message will inform you who to contact if you need assistance.

Our annual meeting is January 22nd at the Bronson Centre at 7 p.m. This is our first annual meeting in a long time and we want to hear your input at this meeting. Hope to see you all there. Please RSVP if you are able to attend.

We need a strong committee to run our first Entertainment comedy night on February 21st, 2004. We need people to ask for silent auction items, to help at the event itself, to sell tickets etc. This event has to be successful or BFO may run out of funding for our programs in 2004. Any donation of time in the office is welcome.

May you have comfort in the programs we provide this holiday season. Grief work and planning done prior to the 25th may make the actual day of the 25th a little easier to face. Stay safe and hope to talk to you in the new year.



Ontario

*Hilda Sabadash,
Program Coordinator*

Success by Six Provincial Program

BFO-OR wish list:

- Board members;
- Fundraisers;
- Marketing position for volunteer;
- Children's toys and drawing supplies for closed groups & workshops;
- Paper shredder for office use;
- Hearing device including ear phones and receiver from Canadian Hearing society with a cost of anywhere from \$600 to \$1000.

Developing BFO-OR

I have very mixed feelings as I write this report because the last year has been one of great hope and great disappointment. Despite all of our best efforts, funding for all of BFO's programs is still not sustainable.

Over the past year, we have received some very important funding:

- Through the provincial government's Early Years Challenge Fund, we have received \$27,000 to provide groups for grieving children ages 4-6 and their parents over the next 3 years.
- The Crabtree Foundation (a local private foundation) made a gift of \$5,000 to fund a Survivor of Suicide closed group and Suicide Intervention training for our volunteer facilitators.
- Zellers made a gift of \$1,000 towards our groups.
- Our wonderful golf tournament commitment pulled off another successful event that raised approximately \$4,000.
- Annual Walk to Remember, September 27th raised \$2000.
- Many individual donors like you continue to make gifts throughout the year.

Unfortunately, all these gifts are still not enough.

What do we do? I think that our main focus has to continue to be sustainable funding—revenues that we can count on year after year to make our programs possible. We need to raise money from our annual fund, our proposals and our events. But we need also to seek out new sources as well. In order to do this, we must continue to nurture our relationships with our current donors as well as build relationships with new donors. People give to people.

Building these new relationships, however, takes time and human resources. Right now BFO needs 6 new Board members and 10 new volunteers for the Fundraising committee. All these volunteers need to be people who can "give and get"—that is who are willing to make a financial commitment to BFO plus ask other people to do the same. This is the reality of fundraising in the current environment where core funding is not available and donors do not want to give money to organizations that can't sustain themselves. If you think that you meet this description, please call the office at 567-4278 – it will be the best phone call we get that day!

Like you, I am passionate about BFO and what we do to help grieving families. There is nothing that I want more over the next 2-3 years than to see BFO to be financially secure rather than continually operating in crisis mode. Your commitment in the past has made a difference and I hope that you will continue to support the organization, perhaps by volunteering for either the Board or the Fundraising Committee. Your support matters.

*Martha Attridge Bufton,
Development Coordinator*

Continuing Bonds . . . stories, poems, or ideas from readers about how they include their loved ones in holidays or special events, how they observe anniversaries, or whatever they do to keep their loved ones alive in their hearts.

Mommy's Angel

You flew into my world so quickly
With angel's wings you're come and gone.
I held you for only a short time,
But in my heart you will live on.

You will always be my baby,
A perfect angel in my life.
I'm forever blessed because I held you,
My gift from God, my shining light.

Even though I cannot touch you,
Or even hear you laugh or cry,
I will see you in every rainbow,
And the brightest stars in the sky.

I will love you always,
And until we meet again,
You will be your Mommy's angel
Straight from heaven you were sent.

To: Gabrielle
with love, your Mommy

Gabrielle Allie Proud-Eaton
August 24, 2003
3 Lbs 3 Oz.
Beloved daughter of
Erica Proud & Ryan Eaton
Held for a short time...
Loved forever

What I Don't Do...

I can't say that, after almost 5 years, I've actually found anything that I can DO that helps very much. The holiday season, the family season, inevitably brings more pain than joy. I can tell you what I DON'T do.

I DON'T pretend that one of my children is not dead in an effort to make those around me more comfortable. All but one of my children are away from home this season. I do not avoid talking about the one who's married and living hundreds of miles away, nor the one across the country in school and I won't avoid talking of the one who is dead.

I DON'T avoid hanging her favourite ornaments on the tree in an effort to avoid the pain of remembering when she would hang them herself.

I DON'T go to parties where I would have to put on a happy face, where people would expect me to be upbeat.

In fact, **I DON'T** do anything that I really don't want to do. Those who truly love me understand my behaviour. Those who don't are those I choose not to spend these difficult moments with.

One thing most of us on these lists will agree upon is that the death of a loved one makes you realize what's really important. It makes you very brave. The worst thing I could ever imagine has happened and now I know that anything else is survivable.

Grace does happen, eventually,

Kali Meyer

Supportive articles . . . how we feel, what we are experiencing, and other challenges we face are very difficult to place into words. Books, and articles are a good supportive source to turn to where you will find that "you are not alone".

The coming holiday and winter blues

There's plenty one might do to integrate the holiday and winter blues.

Make sure you're getting enough light as this time of year is a time when many of us stay indoors. We need a certain amount of light or may run into Seasonal Affective Disorder (SAD). Going outside on long walks can be a help. Sitting near a large window can help at work.

People often yearn for people or families they miss during the holidays. These yearnings can be experienced and integrated. Emptiness and loneliness can be worked with during this time. It's a good time to reach out and phone someone. Make some old connections.

Manage what you wish to accomplish over the holidays. Too often people get caught on the treadmill and over extend themselves. It's a nice time for some R. & R.

Consider doing something that will help you and others at the same time. There is plenty of volunteer work to go around. Giving of yourself is a great healer.

Starting the New Year, instead of new year's resolutions, make well planned goals.

When feeling the winter blues or the holiday dread, remember that your grief is hard. Grief is in itself physically draining and full of emotional upsets. During the holidays and winter months remember to do what's right for you, take care of you.

Supportive articles continued on page 4

Poetry is not written to be analyzed; it is meant to inspire without reason, to touch without understanding.

The Newsletter is seeking your contributions. It is a voice for the bereaved. Please share your thoughts, ideas, and requests. Recommend a book and write what you like about it. Share your story, submit a poem, or tell of things that help you. *Thank you!*

Contributions not to be reproduced for profit.

May the spirit of Christmas comfort your heart, and may it's message of peace be with you each day to help and guide you along life's way.

Supportive articles . . . continued

Planning Guidelines

1. Get rid of unnecessary stressors and reduce pressures. Focus.
2. Be realistic about yourself. Don't over extend, over commit.
3. Look to activities which help you and your children.

Extra thoughts:

1. Accept and acknowledge your own feelings.
2. Use your memories.
3. Let yourself become involved with others.
4. Permit yourself to explore your meaning of the holidays.

Sponsorship

Many wonderful individuals and corporations have helped Bereaved Families in our community by supporting the programs of Bereaved Families of Ontario—Ottawa Region.

We want you to know that your contributions are important to the families that you help.

We would like to take this opportunity to thank the corporations; foundations and other charitable organizations that have also helped us help the healing begin.

We would like to thank the donation from Sandra Gendron for helping make this newsletter possible.

Bumbles & Blossoms Inc.
1500 Bank Street, Ottawa, Ontario
(613) 736-6636
New and Consigned Fashions:
baby, kids, and maternal

City of Ottawa
City Hall
111 Lisgar Street, Ottawa, Ontario

Cole Funeral Services and
Pinecrest Remembrance Services
2500 Baseline Road
Ottawa, Ontario
(613) 829-3600

Crabtree Foundation
Ottawa, Ontario

Health Grants Program
The City of Ottawa, People Services
Department
Ottawa, Ontario

Hope Cemetery
4660 Bank Street, Gloucester, Ontario
(613) 822-1212

Hulse Playfair & McGarry
315 McLeod, Ottawa, Ontario
(613) 233-1143
www.mcgarryfamily.ca

Lundy M P Construction (Ontario)
Limited
375 Metcalfe, Ottawa, Ontario
(613) 233-8484
www.mplundy.com

Mail Boxes ETC
1769 St. Laurent Blvd. & Innes Rd.
Ottawa, Ontario
(613) 526-4898
MBE112@travel-net.com

Notre Dame Cemetery Ottawa
455 Montreal Rd., Ottawa, Ontario
(613) 746-4175

Province of Ontario
Ministry of Community,
Family and Children Services
Early Years Challenge Fund
Success by Six Provincial Program

Zellers, Friends of the Family
Gloucester Centre
Gloucester, Ontario

Newsletter and Donations:

Please take a moment to revise your information with the selections listed below.*

Mail this slip, with your donation, to Bereaved Families of Ontario—Ottawa Region 308-211 Bronson Ave., Ottawa, ON K1R 6H5

To reduce overhead cost to BFO-OR, please add my name to the electronic mail-out listing.

My e-mail address is:

Continue receiving a mailing of the BFO-OR Newsletter through regular postal service.

Donation in the amount of: \$15.00 _____ \$25.00 _____ \$50.00 _____ \$100.00 _____ Other _____.

BFO-OR Charitable Donation Number: 85343 2730 RR0001. Donations over \$15.00 will receive a Charitable Donation Receipt.

Name Mailing Address City Postal code

* Names are removed from mailing list following a period of 3 years of inactivity.