



Bereaved Families of Ontario — Ottawa Region

The bereaved helping the bereaved learn to live with grief.

Inside this issue

Program Coordinator's Report.....	2
Fund Development Update.....	2
BFO-OR Management Board	2
Web Site	2
Continuing Bonds:	
Filling the Void	3
Poems.....	3
Upcoming Events:	
Support and Share Night	4
Closed Support Groups	4
Walk to Remember Event.....	4
Memorial Tree Planting.....	4
Fundraising Event—Roast & Toast Honourary Patron Former Mayor of Orleans Claudette Cain	4
Volunteer Tea	4
Bea Wickett Fund Award	4
Educational Event:	
• Dr. Bea Wickett Fund & BFO – Public Lecture and Workshop..	5
Sponsorship.....	6
Newsletter / and Donation Form..	6

Bereavement Families of Ontario — Ottawa Region (BFO-OR) resources

Support and Share Monthly Night
Closed Groups
One on One Support
Handouts / Lending Library
Quarterly Newsletter
Web Site

The Butterfly

A Symbol of Hope, A Symbol of New Life

The butterfly lays a tiny dewdrop of an egg on a juicy milkweed leaf. Inside the egg is her baby. When the baby hatches, however, she is not a beautiful butterfly like her mother. She is a caterpillar, who eats and chews on the milkweed leaf for two weeks. The caterpillar's skin doesn't grow with her, so she has to take it off. She spins a little thread, clings to it, puffs air under her skin until it splits. She stretches and twists, until she emerges dressed in a new and larger skin. She eats, grows, and changes her skin three times.

Then she hides herself in a dark, cool place and spins a little button, hooking herself there. Once again she crawls from her old skin but this time she takes off her caterpillar feet, head and horns. Underneath is a cocoon, hanging by a black thread. She hangs for days in stillness, no longer a caterpillar, but a chrysalis, preparing her secret. Then one day a head can be seen – a foot comes out. She struggles and struggles. She must pump something from her body into her wings to strengthen them. After a long time she emerges, fanning her wings slowly to dry them. Then she rests for hours. This beautiful butterfly has never flown. She had done nothing but a "Caterpillar Crawl". Finally she soars into the air as though she has been flying forever.

We might be tempted to help release the butterfly from her cocoon. It is human nature to want to assist; but if we do, she will fall to the ground and die. By the struggle to free herself, she strengthens her wings enough to survive and fly.

Grief is certainly like this process. We feel ugly, we change, we hide, we sometimes spin a cocoon around ourselves, and we struggle. Like the butterfly, we need to free ourselves. It takes a long time. There is a difference, however; others may help us as we struggle. We need not do it all alone as the butterfly does; but the ultimate responsibility is ours. We have to grieve, hurt, cry, be angry, and struggle to free ourselves from the cocoon of grief. And one day we do emerge — a beautiful butterfly a stronger person, a more compassionate person, a more understanding person.

by Eunice Brown

Shirley Warren, a loss of spouse facilitator volunteer uses the above article as a closing for the 10 week closed group.

BFO-OR also inserts a copy in their general package.

BFO-OR Charitable Donation Number — 85343 2730 RR0001

Many of you have been approached to contribute to the United Way, and would like to direct some of your contribution to BFO-OR.

As you may or may not know, BFO receives no funding from United Way in the normal course of events. It is, however a registered charity in Canada, and as such is eligible to receive

specifically earmarked United Way contributions. If you wish to contribute to BFO in this way, you must indicate your desire on the form you have been given, or will be given when you are canvassed either at work or directly.

When you indicate BFO-OR as a recipient for all or a part of your United Way donation, you should

include their registered charity number "85343 2730 RR0001".

The United Way may levy a service charge for transferring these funds, so BFO-OR will not get quite as much as you intended. You can also make a direct contribution to BFO-OR if you wish.

Program Coordinator's Report

The fall of 2002 promises to be an exciting time for me. Closed groups are my main priority and you will be contacted shortly if not already about time and place. You can sign up at Support and Share Night or by calling the office.

The Community Foundation of Ottawa awarded us \$2000.00 to begin two groups, one for adolescents who have lost a sibling or parent and at the same time a group for parents who have lost a partner or spouse. The location and time has yet to be finalized. If you wish to know more about these groups, please call the office and ask for Hilda.

The Walk to Remember at the Arboretum, Saturday on September 28, is our annual memorial event. Last year the weather was perfect and we hope for the same weather this year along with more participation from our members. It begins at 10:00 am and ends at noon with hotdogs and refreshments.

Memorials can be written on a leaf and placed on a bristle board to be put in the BFO office. Further information is at 567-4278 or the web site.

Other activities are the Support and Share Night the first Tuesday of the month. See details on page 5. Office hours are 9:00 a.m. to 4 p.m., Monday, Wednesday, Thursday and Friday.

I hope everyone has felt a little bit of sunshine this summer. Fall time can be difficult when we see nature coming to the end of its life cycle. For some this is supportive, for others it is depressing. Respect your own feelings and name it grieving. You have reason to feel the way you do. Your healing begins with talking to someone who has been through a similar loss. I hope to see you at all the events this fall.

We have our new charitable number 85343 2730 RR0001. We have a few more expenses with the change required by our provincial association. Auditors, printing of receipts etc. will be part of our new budget and **we need financial** support from past and present clients to make this a successful year.

We have a new bookkeeper by the name of June Wilson. Welcome June to the Board. June has volunteered in the office several hours each week for the past year putting labels on pamphlets, which I send to other agencies or to speaking engagements. Many and big thank yous go out to all the volunteers, especially Doris Audet for answering the phones while I was on holidays, and Gail Christy, our Professional Consultant, for being on call also. Volunteers who helped out on Support and Share Night or in the office over the summer also need a big thank you.

Hilda Sabadash, Program Coordinator

Developing BFO

It is truly remarkable what happens when people give back in order to help others. No place is this more evident than here at BFO where loyal donors give year after year to make sure that our programs keep running. Some donors are folks who have recently been through a group or Support and Share Night. Many, however, are people who are much farther along in their grief journey.

In speaking with some of you last spring, I discovered that often your loss was suffered more than 5 years ago. You went through a group or came to Support and Share Night then and were able to heal and move forward. But you never forgot how BFO helped you. So every year you still support us with either your talents or your financial commitment just so that other people, people that you will never meet, can have the same opportunity to share their stories as you had.

This year our Annual Campaign has raised over \$3000.00. This is extraordinary. Most organizations receive a response from approximately 4-6% of their donors when a letter is sent out. BFO-OR, however, receives donations from more than 20% of the people to whom we write. The funds we have raised this year will go directly to funding Support and Share Night and our closed groups. Just one group costs \$2500 so your generous contributions will make a real difference to what we are able to provide.

Thank you,

*Martha Attridge Bufton,
Development Coordinator*

Check us out—web site!	BFO-OR Management Board*	
Managed by Stephen Beneteau. Enables access to the newsletters as well support information, up to the minute announcements, and valuable links. http://www.bfo-ottawa.org	Martha Attridge Bufton (Staff) 989-1010 Christine Durocher 825-9343 Gail Christy (PAC) 733-5227 Lori Parsons (Newsletter) 258-2259	Barbra Hills-Labonté 738-9128 Hilda Sabadash (Staff) 567-4278 June Wilson (Book-keeper) 567-4278 Tim Sen(work) 564-8585

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

Continuing Bonds . . . Featuring stories 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.

Filling the Void

We have an energetic and happy three-year-old named Kayleigh who is a constant reminder of her twin sister Brooklynn. Complications at birth took Brooklynn from us when she was only 5 days old. This was not supposed to happen.

After a four-year battle with infertility, we had finally conceived triplets. The loss of one of our babies early in the pregnancy was very difficult, however our remaining two girls grew well and my pregnancy progressed to term. In labour, everything was fine until 10 minutes before Brooklynn was born. Complications with her umbilical cord led to severe brain damage at birth. I was devastated. How did I become a mother and lose a child all at the same time?

Our two options were unimaginable. We could either keep Brooklynn on life support until her body failed, or we could remove life support and say goodbye. As we wrestled with our decision, we held Brooklynn as often as we could and the two sisters had such a bond that Kayleigh would reach across the crib to hold Brooklynn's hand. In the end we chose to let Brooklynn go. I kept thinking that this wasn't supposed to happen; our brand new family would always be incomplete.

When we left the hospital, the nurses gave us a memory box for Brooklynn. It held a clipping of her hair, handprints and footprints, a baby quilt, her christening gown, and other mementos. They also put in information about Bereaved Families.

BFO filled a void in our lives. Before our BFO group, my husband Andrew and I had unresolved issues that we couldn't talk about. We were afraid to open a door that we would not be able to close. In our group, however, we were safe to talk about the difficult feelings and we learned to honour our differences. Today, with Kayleigh, we make Brooklynn a part of our lives in positive, healthy ways. Without BFO, this would not have been possible.

*Christine Durocher,
BFO volunteer*

. . . giving back

This October, Christine, Andrew and Kayleigh are going to remember Brooklynn in a very special way. They are sponsoring the October Support and Share Night in honour of Brooklynn with a donation of \$300.00. "This is something that is very important to our family", says Christine, "we will be doing it every year. We want to remember Brooklynn in ways that are meaningful. By Supporting BFO, we not only commemorate her life, we also continue to help others live with grief.

If you would like to honour the memory of your loved one in this very special way, please call Hilda at the BFO-OR office, 567-4278.

Hunting for Trilliums

white flowers are cradled
beneath the maples
nurtured by spring clay

tendrils of roots
push through earth's
winter crust

I searched the dark woods
for you, silken petal curled
tightly and unable to unfurl

in April light
you withered
in shadow

Fertile branches
hang heavy
with blossoms

my cries
are dry
and empty

© 2002 Amanda Saper
[Dedicated to those
who have lost a child]

A Grandparent's Legacy

Gratitude in our hearts for the
legacy of our grandchildren

Roots, wings and memories we
would like to pass on to you.

Aspirations, hopes and dreams
we could help you fulfill.

Never-ending love we wish we
could show you.

Education for as long as our
health will allow.

Peace, because we're
peacemakers at heart.

Affection without bounds, we
hold for you.

Rainbows we hope to find after
all the teardrops.

Earth so clean we want to leave
it to you.

New and old ideas we would
like to share with you.

Talents galore, we trust you'll
inherit from us.

Sincerity in all we've expressed
to you on this special day.

Your parents left us a beautiful
legacy, too.

Yes, YOU,
beloved grandchildren.

Enjoy this legacy NOW,
as tomorrow may be too late.

National Grandparents Day –
2nd Sunday in September, yearly.

Submitted by Madeline Breemner

Wanted

Sanctuary for a damaged dream

Must be wide as the sky

Warm as love remembered

And, if possible, blue

© 2002 William C. Drake &
Associates

Upcoming Events . . . BFO-OR offers a wide array of support, information, and in remembrance events, supporting all losses. Take a close look, we have much to offer. If you do not find what you are looking for, give us a call at 567-4278.

Support and Share Night

- Dates: First Tuesday of each month
7:00 p.m. to 9:00 p.m.
- Location: St. Timothy's Presbyterian Church,
2400 Alta Vista Drive, Ottawa
(downstairs hall)
- September 3 — Hilda Sabadash
- October 1 — Christine Jannasch,
MSW, RSW
- November 5 — Michelle Simmonds, MD
- December 3 — (including candle lighting
ceremony) To be announced

Closed Group Support

Refer to the Program Coordinator's Report on page 2 to read about exciting new developments.

Closed Group Support is scheduled for this fall. If you have not been contact yet, and wish to be included contact Hilda at 567-4278.

In Memorium Event

Walk to Remember September 28th, Arboretum, Prince of Wales Drive, East of the traffic circle. Once in arboretum, turn left and you will see us by the white buildings. 10:00 a.m. until noon. Ending with hotdogs for lunch. Prizes drawn. Bring pictures of your loved one(s) if you wish and walk alone or with supportive friends while remembering their connections to you and yours.

A time for healing and remembrance. Donations help BFO-OR maintain their programs.

See attached brochure / registration form.

RSVP by September 19, 2002.

Memorial Tree Planting

If you wish to plant a tree in memory of your loved one the following information may be of assistance to you.

Contact: Craig Huff — Coordinator of the
Commemorative Tree Program,
Transportation Utilities and Public Works
Department

Telephone: 580-2424 ext. 21138 — Fax: 580-2612
or

Contact: Experimental Farm's — Rick Carpenter
Telephone: 230-3276.

Limited number of trees planted per year in the Spring and Fall.

Fundraising Event

A toast to our new Honourary Patron Former Mayor of Orleans Claudette Cain

- Date: **Wednesday, October 9, 2002**
- Location: Hellenic Banquet Centre
1315 Prince of Wales Drive
- Time: 6:00 p.m.
- Tickets (limited): \$95 each
- Corporate Tables of 8: \$1000 — includes souvenir program
& signage at your table



Please mail in your cheque payable to: **The Claudette Cain Roast**
56 Houlahan Street, Nepean, On K2J 3Y6 dack10@sympatico.ca

On a cold and snowy day in February, something really exciting happened for BFO-OR. Claudette Cain, radio and television host and newspaper columnist, enthusiastically agreed to become our first honorary patron. As a great community supporter and a person who has had losses herself, she understands the need for peer support for grieving people in Ottawa. "Of course I want to be involved," she explains "everyone needs someone to talk to. And BFO provides a wonderful service."

As Honourary Patron, she is inviting everyone to a **Toast and Roast** in her honour this October. "I'm having a party so mark October 9th on your calendar and be part of the fun!" she says. "Normally, I would not be inviting folks to a party in my own honour. But I am proud to support BFO and all the proceeds will go to fund their programs for bereaved families."

BFO-OR is equally proud to have Claudette on board. Together we know that we will be able to help the healing begin for more children and adults here at home.

Volunteer Tea

- Dates: **Tuesday, October 29th, 2002**
- Location: Bronson Center – Staff Room
- Time: 6:00 p.m.

All volunteers are warmly invited to an appreciation tea with sandwiches. Please RSVP to the office at 567-4278 so we can order goodies for all our special people. Without your support, BFO could not support others.

BFO-OR Awarded Bea Wickett Fund

The Bea Wickett Fund Award is being presented to BFO-OR during the noon luncheon of the Workshop being held on Friday November 8th, 2002 (**see page 5 for full details**).

The Bea Wickett Fund, Ottawa, Ontario, is a charitable, non-profit organization whose purpose is to encourage excellence by recognizing outstanding contributions made to mental health in elementary and secondary education in Ontario. The awarded fund provides \$500.00. BFO-OR is honoured to receive this award and extend our thank you to The Bea Wickett Fund.

Upcoming Events (continues) . . . 1 night and 1 day Public Lecture and Workshop to assist individuals grieving, and to provide supporters with a greater understanding of grief. Workshop jointly sponsored by The Dr. Bea Wickett Fund and BFO.

Educational Event Part I:

Public Lecture

When Someone You Love Dies:
Loss, Legacy, and the Search for Meaning

by

Dr. Stephen J. Fleming
Psychologist and Professor,
Department of Psychology, York University

Date: **Thursday, November 7, 2002**

Time: 7:30 p.m. to 9:00 p.m.

Location: Centennial Ballroom,
Travelodge Hotel and Convention Centre
Ottawa West
1376 Carling Avenue

Cost: \$15.00 pre-register by October 25th, 2002
\$20.00 at the door

Dr. Fleming's lecture, which is an introduction to the topic of death, will begin with a discussion of the emotional, physical, cognitive, and behavioural reactions associated with the death of a loved one and expose common myths of mourning. In his talk, Dr. Fleming will define the notion of "legacy" and explore the role it plays in the search for meaning as survivors struggle with the overwhelming pain of grief.

This lecture is intended to assist all individuals who have experienced the loss of a loved one to better understand their loss and the grief process.

It is also intended as an introduction to teachers, therapists and other caregivers who wish to better understand the loss and bereavement of those they work with. For those wishing to delve into this topic in greater depth, Dr. Fleming, along with his partner Dr. Leslie Balmer, will be presenting an all day workshop entitled, Trauma, Grief and Bereavement: Adjusting to Loss and Living, on Friday, November 8, at the Carleton Room, Travelodge Hotel and Convention Centre Ottawa West.

For further information about the lecture or workshop, please contact Dr. Gene Shershen, President, Dr. Bea Wickett Fund, at (613) 762-2304 or email psychologist@ottawa.com, or Hilda Sabadash, Coordinator, BFO-OR, at (613) 567-4278 or email office@bfo-ottawa.org.

Educational Event Part II:

Workshop

Trauma, Grief and Bereavement:
Adjusting to Loss and Living

by

Dr. Stephen J. Fleming, and
Dr. Leslie Balmer

Date: **Friday, November 8, 2002**

Time: 9:00 a.m. to 4:30 p.m.

Location: Carleton Room,
Travelodge Hotel and Convention Centre
Ottawa West
1376 Carling Avenue

Cost: \$100.00 before October 25th, 2002
\$125.00 at door

Students: \$60.00

Workshop Seminars

Whether teacher, therapist or caregiver, the loss of someone close has an effect on us all. Drs. Fleming and Balmer, associates in a private practice that focuses on the issues of death and adjusting to loss and living with the loss, will be in Ottawa to share their expertise with those of us who help individuals and families on a daily basis. In an effort to address the trauma and grief suffered by individuals and families in the Ottawa area, The Dr. Bea Wickett Fund and BFO-OR have joined forces to bring to the community two psychologists who specialize in dealing with the difficult subject of death and the resulting trauma the loss of a loved one brings.

The following workshop topics address these needs:

- Grief and the School System: the Educator's Response
- Adjusting to Loss: the Role of Meaning-making and Counterfactual Thinking
- The Impact of Trauma on Grief Work
- Compassion Fatigue and the Caregiver

The Bea Wickett Fund Award will be presented to BFO-OR during the noon luncheon.

Sponsorship

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

In order to respect the privacy of our individual donors, we will not list any here. However, 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.

*Martha Attridge Bufton,
Development Coordinator*

<p>Hulse Playfair & McGarry</p> <p>315 McLeod, Ottawa, Ontario (613) 233-1143 www.hpmc.ca</p>	<p>Brophy Financial Planning & Insurance Agency</p> <p>99 Holland Ave. Suite 106, Ottawa, Ontario (613) 728-9573 www.brophyfinancial.com</p>
<p>Bumbles & Blossoms Inc.</p> <p>1500 Bank Street, Ottawa, Ontario (613) 736-6636 New and Consigned Fashions: baby, kids, and maternal.</p>	<p>Lundy M P Construction (Ontario) Limited</p> <p>357 Metcalfe, Ottawa, Ontario (613) 233-8484 www.mplundy.com</p>
<p>Mail Boxes ETC</p> <p>1769 St. Laurent Blvd. & Innes Rd. (613) 526-4898 MBE112@travel-net.com</p>	<p>Your name here!</p>

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, Ontario K1R 6H5

**To reduce overhead cost to BFO-OR, please remove my name from the mailing list.
I will be accessing your web site at: <http://www.bfo-ottawa.org>**

I would like to continue receiving a mailing of the BFO-OR Newsletter.

I would like to make a donation in the amount of:

\$15.00 _____ \$25.00 _____ \$50.00 _____ \$100.00 _____ Other _____.

Donations over \$15.00 will receive a Charitable Donation Receipt.

BFO-OR Charitable Donation Number: **85343 2730 RR0001**

Name

Mailing Address

City

Postal code

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