



Annual

OR

Perennial?



You expect that I'm going to talk about gardening and the flowers that we worked so hard to grow this summer. Well it might be fun to have a plant sale and share our favourite perennials. I treasure the perennials that friends have given me and I watch them admiringly as they burst into bloom with magnificent colour.

Instead, I'd like to talk about Our Garden of Friends – how friends take on similarities to different plants in the garden. When you think about it, we are like plants. We all have roots – our background, our culture, key events, family and others – that shaped our character. Our bodies form the stem and the leaves are our relationships – some survive, some don't. Although we do need sunshine, what really makes us grow is love. Life just seems like a big, huge bouquet of wildflowers, when you are in love and loving.

But every now and then, things just get into a slump and that's when we need fertilizer. Last fall and winter the Bereavement Ontario Network Board fertilized itself. At a day retreat we revisited our "reason for being" and set out new goals and visions. Many of us attended workshops that were educational and motivating. The fertilizer got us moving and helped us to make some essential changes.....fast, frugal and functional. It was vital to find someone to be our foundation, our administrative assistant, and Marilyn Cox has filled the bill. She keeps the fertilizer working.....guess what?.....her other job is managing her greenhouses! We used very practical fertilizer or what I call compost to restore our administration to the basics.

This month I attended a few fertilizing events, some good, some bad. The most enjoyable was a luncheon with Dini Petty as the guest speaker. Her quotes were quite hilarious, deep and insightful. "You have to love yourself and take care of yourself – food, water, rest, exercise & chocolate." "The soul has no sex" "If someone thinks their time is more important than yours, walk away."

Fertilizer comes in many forms; it could be a new book, a recent accomplishment, or a deep conversation as you walk with a friend. Can you help BON to fertilize our regional representation? We're looking for motivated individuals who can be a "standing presence" in their community to provide education, resources and support for other bereavement workers. If you are just a pinch interested, please contact Marilyn Cox, Nancy Gingerich or myself for more fertilizer.

Annual or Perennial? It doesn't really matter; we are all caring, thoughtful individuals gardening to provide humour, support and love to those who are hurting after a loss in their lives.

Keep your garden fertile,
Marilyn Hollinger, BON Board Chair

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Regional Representatives

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Niagara Region
(Haldimand, Lincoln, Norfolk, Welland) Marny Atkinson

Kitchener - Waterloo Region
(Brant, Oxford, Perth & Wellington
& Reg. Municipality of Waterloo) Wendy Fifield

London - St. Thomas Region
Vacant
(Elgin, Middlesex) John deVries

Chatham – Windsor - Sarnia Region
(Essex, Kent, Lambton) Vacant

Huron - Grey - Bruce Region
(Bruce, Grey, Huron) Doug Brown

Simcoe - York - Dufferin Region
(Simcoe, Dufferin & Durham County north of Stouffville
& York County north of Markham & Richmond Hill) Kathi Kelly

Near North Region
(Cochrane, Muskoka, Nipissing, Parry Sound, Timiskaming) Vacant

Sudbury – Sault Ste. Marie Region
(Algoma, Manitoulin, Sudbury) Norma Beam

Northwestern Region
(Kenora, Rainy River, Thunder Bay) Vacant

To contact your regional representative please refer to the BON Directory. We greatly appreciate the support of our readers in locating new regional representatives. Would you be interested in joining us?

Mission Statement

Bereavement Ontario Network is a network of individuals, groups, and organizations which, through the exchange of ideas, resources, and energy, is dedicated to helping the bereaved and the dying.

Bereavement Ontario Network (BON) is a diverse group of organizations and individuals across Ontario that work in the field of grief and bereavement as professionals and volunteers.

BON provides opportunities to access, in a reciprocal manner, the knowledge, experience, wisdom, and sensitivity of other members in Ontario. You can use BON to access this support for your clients and yourself.

Membership in the Bereavement Ontario Network is open to individuals, volunteer organizations, small business, and corporations. If your work brings you in contact with bereaved individuals, BON can help you to help them.

BON offers an annual conference, a directory of members, this newsletter, an interactive website, and the services of volunteer regional representatives. These representatives are available to answer questions and to refer you to available resources within your region.

About the BONewsletter

The BONewsletter belongs to you! We encourage your contributions by submitting articles, book reviews, and audiovisual reviews. Let us know about news in your region, any upcoming events, as well as your comments and suggestions. Tell us about a great website that we can share with everyone in the BON "Network" across Ontario.

We accept previously published articles that are accompanied by written permission to reprint.

The BONewsletter committee reserves the right to edit all contributions for clarity, punctuation, spelling, grammar and syntax.

The BONewsletter is published three items each year.

Please send your submissions via email to:

nancy_gingerich@yahoo.ca

Newsletter Committee:

Editor: Nancy Gingerich

Distribution: Marilyn Cox

Upcoming Events



Holiday season is a time of fellowship.....of gathering friends and family together to celebrate the season.....whether your traditions include lighting a menorah, hanging mistletoe in the hallway or sleigh-riding in the snow, many face an empty chair around the table this year. If you are one of those folks or know of someone who has experienced the loss of a loved one this year, please check the BON calendar by signing on to www.bereavementontarionetwork.ca and clicking on forum, click on and the item entitled 2005 Memorial Services, for a listing of special holiday memorial services in your community. May Peace be with you.

**Thursday, April 27th , 2006
7:30 p.m.**

Bereavement Ontario Network
Chatham – Windsor – Sarnia Region presents

**When Grief Enters the Workplace:
Healing Colleagues, Helping Ourselves**

with
Dr. Rose Marie Jaco
Professor Emeritus of Social Work
King's University College, University of Western
Ontario

BON Members – no cost
\$10 for non-BONmembers

McKinlay Funeral Home
Reception Centre
459 St. Clair Street
Chatham, Ontario

For registration contact:
Rev. John deVries (519) 352-6400 Ext. 6636

**March 2, 2006
Day Conference**

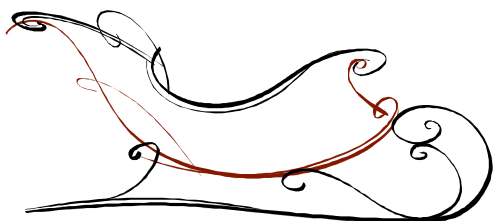
The Bereavement Services Committee of London
presents

Loss and Healing: Practical Approaches

with
Tom Golden
World-renowned speaker, author and
psychotherapist – www.webhealing.com

Early bird registration before Feb 3rd \$60
\$75 after Feb 3rd
Lunch & refreshments included

King's University College
London, Ontario
To register or for more information call
(519) 434-0077 Ext 392
or visit www.licc.ca



Friends, you and me.....

*You brought another friend ..
And then there were 3 .
We started our group ..
Our circle of friends.....
There is no beginning or end*

Dr. John D. Morgan, Ph.D.

When you are sorrowful, look again in your heart, and you shall see that, in truth, you are weeping for that which has been your delight.....Kahlil Gibran



In our last newsletter we paid tribute to the Dr. Jack Morgan on his retirement from the BON board. Little did we know at that time, that we would soon be saying goodbye to this gentle man.

Dr. Jack Morgan passed away Saturday, May 14, 2005. On behalf of the BON board, I want to express our gratitude for having known him, and having had Jack as a real champion for BON.

Dr. Morgan was a pioneer in the death, grief and bereavement movement. As one of Dr. Morgan's students, I can say that he challenged and encouraged us to make progress in this field, by taking personal action....by becoming the change we wanted to see in the world.

Born and educated in the United States, he came to Canada in 1963. In 1975, he joined King's College, University of Western Ontario in London as Associate Professor of Philosophy and Academic Dean. He introduced the formal study of death & bereavement to Canada in 1967 and founded the Centre for Death Education at King's University College, University of Western Ontario. He later served as Principal of King's College and then Professor Emeritus—Retired.

Dr. Morgan was a prolific author, respected editor and sought after lecturer and speaker. He continued to lecture on a part-time basis, right up until this death.

Our sympathy goes out to his partner Marian, his family and all those who cared for Jack. The world has been a better place because of him.

Nancy Gingerich
BON Vice-Chair

Welcome aboard to the following new regional reps!

Marny Atkinson is our new regional rep. for Niagara Region. Marny works for Morgan Funeral Homes and is in private practice, providing grief support. She is also an author and is known in her professional life and her personal life for her sense of drama.

Joanne Berrigan is our new regional rep. for the Peel-Toronto Region and will tap into what's happening in GTA East for us as well. Joanne works for the Lighthouse program ot

Wendy Fifield is our new regional rep. for the Kitchener-Waterloo Region. She currently works with senior peer support groups in the community. Camping, hiking music, reading, family and playing with her grand boys take up her spare time.

Cara Grosset, MSW, RSW is our new regional representative for Halton-Hamilton Region and has worked as a Social Worker with children and families for fourteen years. She has experience in Child Welfare, Children's Mental Health and Custody & Access issues. She is currently the Consultant, Children's & Adolescent Programs for Bereaved Families of Ontario (BFO), Hamilton/Burlington, and also works in private practice as a grief counsellor, consultant & educator. Cara lives near Paris Ontario with her husband and daughter.

Thanks

to

Ellie Deveau for her contribution to our board in the role of secretary for a number of years.

and to regional representatives,

Nancy Riou – Niagara Region

Gen McRae – Near North Region

Brad Hunter – GTA West and Peel – Toronto Regions

For keeping us up-to-date on what was up in their particular regions.

Across The Regions



Toronto East and West Regions

We are pleased to announce that we have five new BON members from the GTA West region. It has been a very busy year in and around the GTA for workshops and seminars focusing on death, dying and bereavement. Unfortunately there is far more activity than gets reported to BON. This may have to do with the nature of living in the Toronto area and the pace and busy-ness of everyone's lives. It would certainly be helpful if we had one or two more regional representatives to network and filter information through!

In June, many people who work and volunteer in the area of death, dying and bereavement had the privilege of training for several days with Zen teacher and author Roshi Joan Halifax of Upaya Centre for Being With Dying in Santa Fe. This training was held at Gitche M'Qua Centre, one of our new and valued members. Any members who have seen the scheduled activities being offered through Gitche M'Qua will be impressed by the depth and quality of this training to help others and ourselves.

Snow Lion books and meditation supplies store has been running a series of death, dying and bereavement lectures and workshops. I conducted a workshop entitled *Co-meditation with the Dying*, in May. Andrew Blake of Gitche M'Qua is also giving talks and conducting workshops at Snow Lion.

Throughout the GTA, a curriculum on death, dying and bereavement is being increasingly promoted and accepted into the school system.

Brad Hunter

Toronto East Regional Representative

Niagara Region

Stay tuned for a regional report in the next newsletter.

Marny Atkinson

Niagara Regional Representative

London – St. Thomas Region

Holly Watson, Coordinator of Client Services, Victorian Order of Nurses Palliative Care Program and BON member, reports there was a Memorial Service for clients, family members and friends held at the Sprucedale Care Centre, 150 Fraser Street, Strathroy on Wednesday, 23 November at 11:00 a. m. VON is recruiting volunteers to support palliative care, bereavement, seniors' and programmes for the disabled in Middlesex County. For information call the VON at 519.245.3170.

BON member, Denise O'Neill is coordinating a PATCH (Parents and Their Children Healing) grief support group for preschool children aged three to five year and their parents as a unit. While the children are supported through art and play techniques, parents learn how to support their grieving child as well as helping themselves. Family members learn to work through their pain, share memories and engage in the healing process. For information about this innovative programme, contact Denise at 519.858.1746 or email jd_oneill@yahoo.ca.

The Bereavement Services Committee of London is hosting a conference "Loss and Healing: Practical Approaches" featuring Tom Golden as speaker on Thursday, March 2nd, 2006 at King's University College, London. The conference will start at 9:00 a. m. Early bird registration fee is \$60 before February 3rd and \$75 after. Lunch and refreshments are included in this one low fee. Tom Golden is a world-renowned speaker, author and psychotherapist. His workshops are informative, entertaining and have a balance of humour and tears. His website is www.webhealing.com. To register or for more information call 519.434.0077 x 392 or visit www.licc.ca.

The Bereavement Resource Council of Elgin announces a Christmas Service of Remembrance on Wednesday, December 21st at 7:30 p. m. at St. John's Anglican Church, 20 Flora Street, St. Thomas. An Angel Tree Memorial Service will held on Friday, December 16th at 7:30 p. m. at the West Lorne Complex in West Lorne. The Tree of Lights Memorial Service was held on Friday, November 25th at 6:30 p.m. in Pinafore Park in conjunction with St. Thomas' Fantasy of Lights. Names of those remembered in the memorial donations received by December 7th will be in the St. Thomas Times Journal on 17 December 17th. BRCE offers support groups for adults, youth and teens as well as individual grief support. All services and programs are free. For information contact BRCE at 519.633.2149 or www.elgin.net/brce.

Mary Frances O'Hagan

BON Secretary (past Regional Representative)

Simcoe – York – Dufferin Region

Since our last newsletter, Dr. Jack Morgan has died. He was an integral member of BON as some of you know and we have a daunting task of keeping his passion alive as we network with each other and connect clients with care. I met Jack 11 years ago when I was a Chaplain at UWO and considered him as a friend and mentor.

We don't do well, supporting people as they grieve this disenfranchised grief. We've done well giving it a name, but not a place I'm afraid. While there was an opportunity to recognize Jack's death at the BON Conference this year, I'm wondering if anyone in my region who knew Jack needs to talk about who he was in their life. We can perpetuate his good work by being good to each other. Call me at Hospice Simcoe 705-722-5995.

Hospice Vaughan, Hospice King-Aurora, Doane House, Hospice Orillia and Hospice Simcoe have put together a training manual and program that we launched in Newmarket in October. 50 volunteers interested in fine-tuning their skills in bereavement work went through a 2 day program. Hospice Dufferin was kind enough to share their manual as a guide for our program and we're very grateful. We appreciate the financial support of PAVR-O in enabling us to provide this comprehensive pilot project.

Grieving Children at Seasons Centre and Kinark Child and family Services hosted a "Parenting Grieving Children" Workshop. Presenter is internationally bestselling author of "Parenting Through Crisis", Barbara Colorosso.

Thomas Lynch has published a new book, "Booking Passage" as has Steven Levine with his "Unattended Sorrows". Both men push the bereavement envelope and that's a good thing.

Kathi Kelly

Simcoe – York – Dufferin Regional Representative

Kitchener - Waterloo Region

Holidays and Hope is the theme of a Service of Remembrance on Wednesday December 21st at 7:30 pm led by Marilyn Hollinger. This candle-lighting gathering at Emmanuel United Church in Waterloo will allow time for reflection on our losses during the past years. Another one will be held at Emmanuel Village in Kitchener on Tuesday December 6th at 7:00 pm for residents and families.

Susan Keogh in Rockwood continues to offer suicide bereavement support through the SOLACE program.

Bereaved Families of Ontario (Dorinda Kruger Allen 745-7280) continue to offer support groups to families grieving the loss of a child. A five week evening program for adults experiencing loss called Growing Through Grief is run twice a year.

Bereaved Families of Ontario Tree of Bright Stars Service was held at Forrest Hill United Church in Kitchener on Friday November 25 at 6:30 pm.

"Anything but Merry" will be held -practical strategies for coping with the holidays on December 5th 7-9 pm at Ratz-Bechtel Family Centre, providing practical strategies for coping with the holidays.

Bereaved Families of Ontario will hold an Evening at Chapters Thursday December 1st at the Waterloo Chapters store.

Senior Peer Helping Programs continue to run out of the Rockway Centre in Kitchener. We offer: Care Giver, Grief, Divorced & Separated and Social Support Groups and 1 to 1 Support, Retirement Seminars and Community Information Referral Supports. The staff contact is Wendy Fifield. S.H.A.R.E. Christmas Social will be held on Wednesday December 7th 2-4 at Rockway Centre. This annual event is for anyone who has been involved in a support group with SHARE. Gives the opportunity for seniors to come out and connect with past friends.

The Waterloo Regional Bereavement Breakfast Network Group continues to meet monthly on the fourth Thursday of each month from 8:15 - 9:30 a.m. at the Ratz-Bechtel Family Centre and anyone doing grief support work in the area is welcome!

The Stratford Grief Support Network presented a half-day caregiver workshop on November 18th featuring Darcy Nichols, grief and bereavement counsellor and Program Coordinator of the King's University College Grief and Bereavement Studies. Approximately sixty attendants benefited from this worthwhile workshop.

Wendy Fifield

Kitchener – Waterloo Regional Representative

Chatham-Windsor- Sarnia Region

At the three-site hospital Chatham-Kent Health Alliance a schedule of Memorial Service was put in place. Every two months families and friends of persons who have died in the hospital in previous months are invited to a Memorial Service

In the Spring a number of members traveled to London to attend the funeral service for Dr. Jack Morgan, BON facilitator, professor, academic and friend. Jack has impacted all of our lives in different ways. In our region we remember well his presentation, Theories of Grief and Mourning, given on May 5, 2004.

Public lecture "When Grief Enters the Workplace: Helping Colleagues, Helping Ourselves" featuring Dr. Rosemarie Jaco, Professor Emeritus of Social Work, King's University College, University of Western Ontario, will be held on Thursday, April 27, 2006 at 7:30 p.m. at the McKinlay Funeral Home, Reception Centre, 459 St. Clair Street, Chatham. The lecture is hosted by BON and is free to BON members. Attendance is \$10.00 for the public. For more information, call Rev. John de Vries at (519) 352-6400 ext 6636.

John DeVries
Chatham – Windsor – Sarnia Regional Representative

Halton - Hamilton Region

Holiday celebrations, traditions and families are strongly linked. Memories of past festive celebrations and happier times seem all the more poignant because life now may be very different than in the past.

Bereaved Families of Ontario will hold a Christmas Memorial Service on Sunday, December 11th at 2:30 p.m. and 6:30 pm. at St. Gabriel's Roman Catholic Church, 2262 Parkway Drive in Burlington. During the ceremony, there will an opportunity for folks to light a candle in memory of their loved ones. Call (905) 318-0070 to register.

Cara Grossett
Halton – Hamilton Regional Representative

Huron – Grey – Bruce Region

Bruce, Grey and Huron counties are large geographical areas with relatively spread out populations. Churches and funeral homes continue to be the integral supports for bereavement in most of the area. In the northern part of Bruce/Grey counties, Owen Sound is the mecca, with most of the services for the area headquartered there. In the south, Goderich is the county seat where, again, most services for that general area are headquartered.

Palliative care services are stretched, but do a wonderful job with the resources they have. Kincardine Palliative care has recently undergone a change, with Doug Boron retiring.

Grief groups, including more specialized ones for suicide related experiences, continue to be coordinated out of the Canadian Mental Health Association (CMHA) office in Owen Sound at (519) 371-3642.

Counsellors Bob O'Brien at (529) 395-4681 and Pat Daze at (519) 396-3152, are offering open-ended "Grief and Coping" sessions, at the Davey-Linklater Funeral Home, in Kincardine, on the first Thursday of each month.

Kincardine Interagency Network, meeting monthly, has been developed to enhance communication through a social and information forum for people employed in the 'helping' professions and for interested community volunteers.

The Davey-Linklater Funeral Home in Kincardine is hosting an annual pre-Christmas service of remembrance on Monday, Dec 19th at 7 p.m.

A new bereavement networking breakfast meeting/sharing session, modeled after the one in Kitchener-Waterloo, will have it's "beginning" on Thursday Dec 8th. It will be held at the Davey-Linklater Funeral Home, in Kincardine from 8:30 a.m. – 9:30 a.m. and anyone who provides grief and bereavement support in the area is welcome!

Doug Brown
Huron – Grey – Bruce Regional Representative



BON Forum

Our website forum is a place for us to share some of the experiences we have as 'helping' professionals and volunteers. It is also a useful way for us to share resources. Please visit the forum for resources and articles on various topics related to grief and bereavement. If you have any resources or articles that you would be willing to share with fellow BON members, please submit them to nancy_gingerich@yahoo.ca.

One such item is a reflection piece written by Mary Frances O'Hagan after the death of her brother this year. Her article can be found under the forum topic “

Thanks to Mary Frances for sharing this with us.

This year at the BON conference there were a bunch of 'food-oriented' types chatting about our favourite recipes and thought it might be fun to share some of these on our website forum. With the holiday season here, we thought this was the ideal time to kick off this new feature of the BON membership.....who would have thought we could manage to even get food involved in BON!

Check out some of our sample recipes. Perhaps you'd like to try Carmelized Apple French Toast or Baked Cheese Stuffing Casserole.....go to the website at www.bereavementontarionetwork.ca and click on **forum** and then on **front porch**. Nancy has posted a recipe thread. Click on any of the replies that look interesting and be sure to add your favourites too!



Wishing you all a happy holiday season full of the makings of wonderful warm memories with family and friends... .. and peace and hope for the new year to come.

The BON Board