

Among Friends

WINTER Newsletter 2010

Dr Bill Writes:

Monty Python's famous injunction to "Let's all Look on the Bright Side of Life" is all right for some. But for others, who know from bitter experience that "if anything can go wrong it usually will", the song is an irritating impossibility. If you're a pessimist, you can vault yourself into a "worst-case scenario" in a nanosecond. For some, Murphy's Law is a certainty. Negativity is for many people a great defense mechanism that suggests if you keep your expectations low enough, you won't be crushed when things don't work out.

But new research has revealed that the tendency to be a wet blanket doesn't merely ruin a good time and prevent you from making friends. Optimists, it turns out, do better in most avenues of life, whether it's work, school, sports, or relationships. And there's evidence that optimists live longer, too. A nine-year study of cardiovascular health in more than 900 men and women in the Netherlands found that pessimists not only die sooner of heart disease than optimists, but they also die sooner of just about everything. It's enough to drive a pessimist crazy—and funny we should mention that, because pessimism has also been linked to higher odds of developing dementia.

One of the reasons that Among Friends exists is to help us all find a brighter side of life. I hope our groups help us find a balance between grieving what we have LOST with valuing what we still HAVE. Every time we come together, we have the opportunity to share a friendship with someone. And not just the same old people all the time. Every month there are new members that we have the opportunity to get to know, make welcome and feel like they are ... well, Among Friends.

This is why we exist, and I hope that all of us will seize the opportunity to be a part of helping others see the bright side of life. And the strange thing is that the more you do that, the better and brighter life seems to you. Whether to make yourself or to make others feel better matters little. What matters is that we do it.

Once again, our hard working and dedicated committee has met and put together a **Programme of Events for 2010** which are listed here in this newsletter and which I hope you will support and know you will enjoy. Please look through the calendar of events carefully and sign up for those opportunities that are listed there. There will be another newsletter in Spring 2010, with fuller details of events that occur after the summer, including a different banquet format, and several trips and outings. But the dates are set and we ask you to keep them available. But there are events that are IMMINENT and so read the newsletter carefully and see what you would like to attend, and then send in your registration and cheque and we will look forward to seeing you. You can also find this newsletter on the web site at www.griefjourney.com under Among Friends.

Muddy Duck:

We will continue our excellent relationship with the **Muddy Duck** on the **FOURTH SUNDAY** of every **month. BUT THERE ARE A FEW CHANGES.** First, because some of you have been arriving earlier and earlier, despite our requests NOT to do so, **we are now asked to arrive at 3.30 pm. SORRY,** but anyone arriving before 3.15 pm will be asked to wait and **WILL NOT** be seated till 3:15 pm. Secondly, the cost of the dinner will increase to \$30 per person beginning in February, and **TWO NAMES WILL BE DRAWN EACH MONTH and these people will get their dinner FREE.** We hope you will assist us with these necessary changes.

Travel Among Friends:

This year marks the **tenth anniversary** of our first Among Friends trip. Some of us are in Australia and New Zealand as this newsletter goes out. As Dr Bill enters what is supposed to be... Ahem! his retirement year, he hopes to do more travel and invites you to come along with him. Dr Bill and Johanna have been asked by Bob to lead a cruise trip to **HAWAII and TAHITI next January 2011** and after some thought (about 2 seconds), Dr Bill said “WONDERFUL” So would you like to go next year. Other possibilities are Alaska in the summer months, Antarctica and the Baltic. But we are also open to hearing what YOU think and where YOU would like to go. Dr Bill has no intention of retiring for a few years (“too much yet to accomplish!”) but would like to expand this opportunity to give all of us the chance to do things and go places we have only dreamed about. So if you want to be on Dr Bill’s travel mailing list, send him an e mail at bwebster@griefjourney.com ... and then get your suitcases ready!

Benevolent Fund

As many of you know, we have a Benevolent Fund to help those we know who may be in need after a bereavement. I have long been concerned that Among Friends not just be for those who can AFFORD to come to dinner, or go on our outings. If you know someone who is unable to attend our functions because of lack of funds, or who indeed need help with groceries or things for the kids, PLEASE do let us know ... contact Dr Bill or any of the Don Jacobs Memorial Fund trustees. We want to reach out and help.

Finally:

Let me simply say that I appreciate very much the efforts of every one who contributes to making Among Friends work: from the committee members and trustees who do so much behind the scenes; to those who organize and facilitate our events; to those of you, and I see who you are, who go out of your way to make sure that people are welcomed and included. I hope Among Friends will always be willing to welcome new people into our circle, and not just keep our own tight little group to ourselves (I see who YOU are too!!!) While there are always challenges, I believe we do try very hard to make a difference for people in grief, and I thank all of you who make it such a pleasure for me to be associated with this work. We are not finished yet, and so I look forward to another year of service, fun and fellowship as we support one another on the journey.

Dr Bill

AMONG FRIENDS COMMITTEE 2010



Executive

Bill Webster	905-624-8080	Pat Carson	416-259-4802
Lorna Mitchell	905-878-8842	Dale Hester	905-826-2888
Frances Clay	905-624-6317	Donna Fradenburgh	416-592-7775 or 416-259-5789
Sally Jordan	416-207-0177	Sharon Coke	905-635-4967
Cecilia Podger	416-710-3155		

Don Jacob Memorial Fund Trustee's

Arnie Gallant	905-568-1105	Don Lambie	416-231-0624
Shirley McKee	416-231-7169	Ken Mitchell	905-878-8842

Local Contact People

Brampton:	Ian Williams	905-457-9945 or Cindy Stehr	416-902-3111
Waterdown:	Denise Baynton	905-689-7326	
Kitchener:	Dean Brock	519-744-2102	
GTA	John Coke	905-635-4967	

Member Support

Dale Hester	905-826-2888	Karen Baptista	416-322-9449
Ernie Worden	905-230-8353	Karen Lambie	416-231-0624

If you know of any of our members who are ill, please give, one of the committee member a call so we can keep in touch with these members and continue to offer support and best wishes.

Monthly Dinner Meetings - 4th Sunday of the Month

We continue to have **TWO** locations, and are pursuing opportunities in other communities as our groups grow.

Toronto and Peel Region:

The cost for this will be increasing to \$30.00 effective **February**, 2010 – See Dr. Bill's letter for more details.

Dinner, the FOURTH Sunday of every month, at 3:30 pm – PLEASE NOTE the restaurant will not have our reservation available until 3:30 p.m. so please arrange to arrive between 3:15 and 3:30 p.m. if possible.

NOTE: There will NOT BE a dinner at the Muddy Duck on Sun. October 24, 2010; instead we will host our Annual Banquet.

The Muddy Duck, Dundas St. Mississauga, just west of Hwy. 427. (905-275-9430)

Waterdown

Dinner – The **SECOND** Sunday of each month at Marciano's, located at 5 Mill St South, at 3:35 pm. The cost is \$25/person. If you would like to join us, please RSVP to Denise Baynton at 905-689-7326 or email at dbaynton@skylinc.net.

EVENT INFORMATION

SOCIAL EVENING
SATURDAY, FEBRUARY 13, 2010
Milton Sports Centre, Banquet Room
5:00 pm

Location: Derry Road – just west of Ontario Street (Hwy. 25)
Follow “Rink Entrance Signs” and park.

Cost: \$20.00

Program: Pot Luck and Games

Pot Luck: Please indicate on your return form the dish you will bring.

SPRING FLING 2010
Beaver Bible Class
“Toronto’s Longest Continuous Musical and Sketch Revue”
SATURDAY, MARCH 13, 2010
1:30 PM. (matinee)

Location: Martingrove Collegiate Institute – 50 Winterton Dr.
(Martingrove Rd and Eglinton Ave.)

Cost: \$18.00

You will be responsible for your own transportation to this event. Also, please indicate if you are interested in going to dinner as a group (at your own expense) and we can make reservations at Swiss Chalet, 5487 Dundas St. W., Etobicoke (between Kipling and the East Mall)

FAMOUS PEOPLE PLAYERS
SATURDAY, MAY 1, 2010
“Rock n’ Roll Heaven”

- 343 Evans Ave. (one block east of Kipling, south of the QEW)
- Group rate: \$60.00 per person

Following is the evening schedule:

6:00 pm – doors open

7:00 pm – Dinner served in dining room

8:00 pm – Performance (escorted to Phil Collins Theatre)

9:30 pm – Following the performance, dessert, coffee/tea are served.

You will be responsible for your own transportation to this event.

BUS TRIP/BOAT CRUISE
Lake Couchiching
SATURDAY, JUNE 19, 2010

1:45 pm

All aboard the “Island Princess” for a cruise from 2:15 – 4:30 pm and enjoy the Captain’s commentary on Lake Couchiching while you have an early dinner at 4:00 pm (hot & cold buffet) followed by a professional theatrical performance of “The Judy Garland Show” at the Opera House at 8:00 pm
There will be time to shop before the performance in Downtown Orillia which is within walking distance.

Cost: \$ 99.00 including bus, boat cruise, early dinner and performance

Pick up Locations:

Concordia Club, Kitchener – 10:00 AM

Kelsey’s Milton – 10:30 AM

St. James United Church in Etobicoke – 11:00 AM

**UPCOMING EVENTS (Details in Spring newsletter)
Please mark these dates on your calendar**

- **Saturday, September 11, 2010
Mystery Tour**
- **Sunday, October 24, 2010
Annual Banquet/Social (New and different format this year)**
- **Saturday, December 4, 2010
Annual Christmas Trip
Simcoe: with shopping, lights and dinner**

REGISTRATION FORMS – Detach and send with payment, Cheques are payable to “**Among Friends,**” c/o Lorna Mitchell, 837 Merritt Dr., Milton, ON, L9T 4J9.

Note: For the events that offer car pooling: St. James United Church is at (400 Burnhamthorpe Rd. East of 427, west of Martingrove).

NOTE: If you require further information regarding any of these events, please contact the following

Social in February	Dale Hester	905-826-2888
Beavers	Cecilia Podger	416-710-3155
Famous People Players	Donna Fradenburgh	416-592-7775
Bus and Boat Trip	Pat Carson	416-259-4802

**SOCIAL EVENING
SATURDAY, FEBRUARY 13, 2010
Milton Sports Arena**

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$20.00

Please INDICATE the dish you will bring:

Casserole/main dish _____ Salad _____ Dessert _____

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**SPRING FLING 2010
Beaver Bible Class
“Toronto’s Longest Continuous Musical and Sketch Revue”
SATURDAY, MARCH 13, 2010 - 1:30 PM. (matinee)**

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$18.00 – Also, indicate if you would like to go to dinner (at your own expense)

Following the Theatre and we can make reservations at the Swiss Chalet, 5487 Dundas St. **Yes to dinner**

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**FAMOUS PEOPLE PLAYERS
SATURDAY, MAY 1, 2010 – 6:00 PM**

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$60.00 includes dinner and performance.

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**BUS TRIP/BOAT CRUISE
Lake Couchiching
SATURDAY, JUNE 19, 2010
1:45 PM (dock side)**

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$99.00

Pick up Locations: Please indicate where you will meet the bus.

Concordia Club, Kitchener – 10:00 AM _____

Kelsey's Milton – 10:30 AM _____

St. James United Church in Etobicoke – 11:00 AM _____

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