

Among Friends

FALL NEWSLETTER 2011

Dr Bill Writes:

A little boy was asked his definition of a friend. His response was classic. "A friend is someone who knows all about you, and likes you anyway." While everyone in Among Friends has in common the fact that we have had a loss, we are all very different people. How important it is for us to recognise the differences and accept the person for who they are, and forgive them if they are not the same as us. If we accept others for who they are, we learn to live together and help each other grow.

I have a Concern:

It is very gratifying to see how many people have been a part of Among Friends, and to hear how the group has been such a source of support and encouragement.

With success, however, also comes danger. I have become increasingly concerned lately that we need to maintain and actually RENEW our efforts at welcoming and integrating newer people into the group. It is not easy for people to lose someone, as we all know, or to attend the seminars, or even to come to the Duck or other activities. Remember how YOU felt the first time you came to these things???

I raised this issue and concern with the committee, and was very thankful for their enthusiastic support. I am convinced that this is a wonderful group, and I want to focus more of my own energies on making sure that the "newcomers" are both welcomed, and integrated into the group. In the early days on the cruises, for example, we used to have grief support meetings every day and that encouraged new people to take the bold step to go on such an adventure. While I enjoy our travel programmes very much, and want to continue them, I also feel that it is important not to lose sight of our initial vision, namely to provide support for people who are finding life difficult because of their grief, but who nonetheless want to find the confidence to go on with life. I believe Among Friends can and needs to help provide that.

Therefore, in January, we have arranged to have an "Among Friends Caribbean Cruise." While everyone will be welcome to participate, the focus will be on attracting some of our more newly bereaved people, and we will offer grief **support as part of the programme**. Details will be forthcoming, and we will be sending a SPECIAL invitation to all the people who have been part of our grief support group programme in the past 2-3 years.

Don't forget. Even if you are a member of long standing, you are most welcome to come. But the focus will be on the people who need support and encouragement on what may be the first such activity since their loss.

Thank you for all YOU do to make Among Friends what it is.

Dr Bill

AMONG FRIENDS COMMITTEE 2011

| | | | |
|----------------|--------------|-------------------|------------------------------|
| 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 | 905-551-0684 | | |



Don Jacob Memorial Fund Trustee's

| | | | |
|---------------|--------------|--------------|--------------|
| Arnie Gallant | 416-622-7796 | 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 |
| GTA | John Coke | 905-635-4967 | |
| Kitchener: | Dean Brock | 519-744-2102 | |
| Waterdown: | Denise Baynton | 905-689-7326 | |

Member Support

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|-------------|--------------|----------------|--------------|--------------|--------------|
| Dale Hester | 905-826-2888 | Karen Baptista | 416-322-9449 | Karen Lambie | 416-231-0624 |
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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: (Muddy Duck)

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 do not arrive before 3:15 pm. The inclusive cost for dinner is \$30.00 and includes appetizer, entre, desert and non alcoholic beverages, tax and gratuity included. Each month we have a draw and 4 members win ½ the cost of their dinner (\$15.00) it is nice to expand the chance for people to win.

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

While the Muddy Duck will be on the 4th Sunday of every month at 3.15pm. **PLEASE NOTE that in DECEMBER, we will hold the dinner on the THIRD Sunday of that month to avoid conflict with Christmas holidays**

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

JOIN AMONG FRIENDS FOR A DAY AT THE RACES
Saturday September 17th, 2011 – Lunch at noon – races 1:00 p.m.
Cost: \$40.00 per person

“Come cheer on your favourite in the grand tradition of the Sport of Kings”

Where: Woodbine Race Track – 555 Rexdale Blvd. Toronto, M9W 5L2

This sensational afternoon will provide a perfect setting to enjoy a sumptuous buffet lunch and an afternoon of thoroughbred racing. For your ticket price you will receive lunch, a racing program, and a \$5.00 gaming coupon if you wish it. Special tables and a welcome note. Your price includes taxes and gratuities.

How: Everyone is to meet at Woodbine. Find someone willing to drive and join them if need be.

10th ANNUAL BANQUET
Sunday, October 23, 2011 3:00 pm.

Location: Capitol Banquet Hall 905-670-0635
6435 Dixie Rd. Mississauga, ON (just north of Courtney Park on the East side)

Cost: \$75.00

Program: begins at 3:15 p.m. Annual General Meeting of 'Among Friends followed by dinner and entertainment!

Gino Monopoli is one of the World's finest Elvis Tribute Artists. He earned the prestigious title of Collingwood National Champion 2003. Las Vegas World's Elvis Tribute Artist 2004 and winter of the 'Images of the King' in Memphis 2008. Check him out for yourself at www.ginomonopoli.com. So plan to attend our 10th Annual Banquet. It will definitely be a fun filled evening.

The banquet will have a new format allowing much more time for socializing and entertainment – hope you come and enjoy!!!!

Note: Early bird purchasers of tickets can get a 'front row seat' for the 'Show'. If you would like to reserve a table of 8 please forward your cheques together – tables will be assigned when cheques received.

Note: The HST and increased gas costs have impacted us all, and we wanted to inform you that this has effected the price of our bus trip, we have tried our best to keep the cost reasonable.

ANNUAL BUS TRIP
"JINGLE ALL THE WAY"
SATURDAY DECEMBER 3, 2011

Join Among Friends as we have an afternoon of fun followed by a dinner theatre.

Show Description : Oh Canada Eh? Productions presents "**Jingle All The Way**"

This 2 hour holiday musical revue combines the music, spirit and laughter of the Holiday Season. Join our cast as they perform your favourite classic holiday songs, carols and hits during this hilarious and heart-warming variety style musical. Loaded with laughs and high-energy performances, this show will leave audiences of all ages feeling that magical spirit only music, laughter and the holid-ehs can bring.

Five-course, all-Canadian meal is served by our performers during the show. Enjoy soup, salad, roast beef, fried Atlantic Haddock, roast chicken, dessert and more! Just like your family's Christmas dinner, our meal is served family style so help yourself to any items that you would like to try and have seconds of your favourites.

<http://www.ohcanadaeh.com/page/groups>

Cost: \$102.00 – includes, bus, dinner, theatre, taxes, gratuity and tour of Christmas Lights and lots of friendship.

Bus pick up times:

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| Concordia Club, Kitchener | 1:00 p.m. |
| Kelsey's Milton | 1:30 p.m. |
| St. James United Church in Etobicoke | 2:00 p.m. |

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

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**DAY AT THE RACES
SATURDAY, SEPTEMBER 17TH**

Name: _____

Please enclose your cheque for \$40.00

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**10th ANNUAL BANQUET
SUNDAY, OCTOBER 23rd**

Name: _____

Please enclose your cheque for \$75.00

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**ANNUAL BUS TRIP – NAIGARA FALLS
SATURDAY DECEMBER 3rd**

Name: _____

Please enclose your cheque for \$102.00

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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