

Among Friends

Winter – Spring 2008 Newsletter

A Personal Letter from Dr Bill:

Author and lecturer Leo Buscaglia was asked to judge a contest, the purpose of which was to find the most caring child. The winner he selected was a four-year-old child whose neighbor was an elderly gentleman who had recently lost his wife.

Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his Mother asked what he had said to the neighbor, the little boy said, 'Nothing, I just helped him cry.'

I think this helps us understand the purpose of Among Friends ... helping people grieve by accepting them as they are, and caring for them through a difficult time. I think we need to be reminded of this objective sometimes, because it can be so easy to get caught up in our own agendas, and lose sight of the goal. We need to accept people in Among Friends for who they are, no matter what ... whether their loss is recent or old; whether they are single or couples; whether they are friendly or "difficult".

As you will see from the enclosed programme for 2008, the committee, under the indispensable leadership of Lorna Mitchell, has organized a varied programme of activities designed to meet all interests and budgets. We are finding that the COST of buses (gasoline), theatre tickets, etc. have increased substantially; hence some of our prices have had to be raised. But we assure you that we remain committed to offering these events to you AT COST ... in fact last year we LOST money on several of our events by cutting margins too fine. So we will appreciate your understanding.

ANNUAL DONATION:

We would like to remind ALL our members that we ask for a donation of \$20 at this time of the year FROM THOSE WHO CAN AFFORD IT. The purpose is to cover the costs of mailings, and office expenses, and these donations help us keep the costs of actual events to a minimum. We are very grateful to those who feel able to make this contribution, and please send it to **Lorna Mitchell, 837 Merritt Drive, Milton, ON, L9T 4J9.**

TRAVEL:

We have organized a January cruise for the last 9 years, and last year our European Cruise was a great success ... 50 people from Among Friends participated in that. We plan to continue offering these excursions "Among Friends", and the next is to ALASKA in July 2008,... you will find the brochure on the website.

HOWEVER, some people have told me that it hurts them when they cannot afford to go on such trips. To be sensitive to this, while also continuing to offer such opportunities to

interested members, I am announcing a TRAVEL CLUB. We hope to identify a list of people who want to receive details about Among Friends trips and also about OTHER travel opportunities with smaller groups. Let us know if you wish to be part of this. To be clear, everyone in Among Friends will get the INFORMATION about travel trips, but only those who request it will get the DETAILS.

Dr Bill's NEW VIDEO, "GRIEF MATTERS":

Quite some time ago, many Among Friends members kindly contributed towards a new Video project. My unexpected throat operation in 2006 caused a major delay in that, but all through 2007 we have been working diligently to complete the project. It has been a MASSIVE project, and it has taken FAR longer than I would have anticipated ... the hours of my time spent in writing, filming and editing have been incalculable. HOWEVER, the finished product (now a 3 DVD set of over 6 hours of material) is within a few weeks of completion, and it will be available very soon. I have appreciated everyone's patience and understanding on this, and I believe it will be a very significant contribution to the field of grief support. Many thanks to all who have stood by me in this endeavor ... the promised launch will happen SOON.

NEW LOCAL GROUPS:

I am greatly encouraged by the way "local" branches of Among Friends are opening up, and we are providing a good model of grief support in a growing number of communities. As more and more new people come on board, I hope we can find that delicate balance between furthering the friendships that some of us have established over the years, with remaining open to embrace the NEW people who are introduced to Among Friends each month. Remember, YOUR ATTITUDE may be the reason why someone decides to come again, or stay away.

Someone made the following comment on love: *"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth."* May that be true of all of us in 2008 Among Friends.

Dr Bill



AMONG FRIENDS COMMITTEE 2008

Executive

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

Don Jacob Memorial Fund Trustee's

Ken Mitchell	905-878-8842
Shirley Eustace	905-824-6177
Arnie Gallant	905-568-1105

Local Contact People

Brampton:	Ian Williams 905-457-9945 or Cindy Stehr 416-902-3111
Durham:	Bev Koss 905 576 6395 / Rob MacIvor 905-623-6042
Waterdown:	Denise Baynton 905-689-7326
Kitchener:	Dean Brock 519-744-2102 / Patti Schnaar 519-748-9674

Member Support

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

Marion Campbell 416-766-1241 and Ernie Worden 905-457-2701

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 is currently \$25.00 per person

Dinner, the FOURTH Sunday of every month, at 3:00 pm

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

Contact: Lorna Mitchell 905-878-8842



**PLEASE NOTE THE DINNER IN MARCH WILL BE MARCH
30TH – THE 5TH SUNDAY DUE TO EASTER**

Durham – Dinner – The THIRD Tuesday of each month at the Marwood – for more information contact one of the Durham Rep's. or visit www.durham1amongfriends.spaces.live.com for more information.

Waterdown – Dinner – The SECOND Sunday of each month at Marciano's, located at 5 Mill St South, at 4 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

Pot Luck Dinner & Evening of Wine Tasting Saturday, February 16, 2008

Location: Derry Road – just west of Ontario Street (Hwy. 25)
Milton Sports Centre – Banquet Room
Follow "Rink Entrance Signs" and park.

Time: 5:00 pm. – Dinner 5:30 pm.

Cost: Pot Luck Dinner – not including wine tasting - \$15.00 p.p.

Cost: Pot Luck Dinner and wine tasting - \$35.00 per person

Please indicate on your registration form if you will be bringing a main dish, salad or dessert. Thanks.

Enjoy a Social Evening with an experienced professional sommelier who will lead our evening. An opportunity to learn more about wines, etc.

Beavers Variety Show – Dessert and Coffee Hour Saturday, March 8, 2008

Pick up tickets in Lobby – 6:00 pm. Showtime – 7:00 pm

This is Toronto's longest continuous Musical and Sketch Revue. The proceeds go to charity. To date they have donated over \$1,550.00.

We have limited tickets only, so please register early.

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

Cost: \$25.00 per person

After the entertainment we will go to the Muddy Duck for cake/coffee (included in the cost).

**ClassAct Dinner Theatre
Saturday, April 26, 2008
"The Foreigner"**

We will car pool for this event. Leaving Kelsey's in Milton and St. James United Church at 4:30 pm.

Cost: \$66.00 per person

Written by Larry Shue. Directed by Glenn Ottaway and featuring Jim Neilly and Jim Renshaw

The scene is a fishing lodge in rural Georgia often visited by "Froggy" LeSeuer (Jim Renshaw), a British demolition expert who occasionally runs training sessions at a nearby army base. This time "Froggy" has brought along a friend, a pathologically shy man named Charlie (Jim Neilly) who is overcome with fear at the thought of making conversation with strangers. So "Froggy," before departing, tells all assembled that Charlie is from an exotic foreign country and speaks no English. Once alone the fun really begins, as Charlie overhears more than he should—the evil plans of a sinister minister and his redneck associate; the fact that the minister's pretty fiancée is pregnant; and many other damaging revelations made with the thought that Charlie doesn't understand a word being said. That he does understand fuels the nonstop hilarity of the play and sets up the wildly funny climax in which things go uproariously awry for the "bad guys," and the "good guys" emerge triumphantly.

**Social Evening - Pot Luck – Games Night
Saturday, May 10, 2008**

Location: Derry Road – just west of Ontario Street (Hwy. 25)
Milton Sports Centre – Banquet Room
Follow "Rink Entrance Signs" and park.

Time: 5:00 pm. – Dinner 5:30 pm.

Cost: 15:00 per person

**Picnic – Centennial Park
Saturday, June 7, 2008
Noon – 4:00 pm.**

Location: 256 Centennial Park Rd. (Eglinton Ave. & Renforth Dr.)

Cost: \$15.00 per person includes lunch

Heart of the Islands Lunch Cruise
Saturday, September 6, 2008

We will bus to Kingston / Belleville to board the **Island Star** and enjoy a three course lunch on board.

The Island Star sails past the Town of Gananoque and into the Bateau Channel for the return voyage to Kingston / Belleville. Fabulous sights include Howe Island, Napoleon's Hat, Isle of view, Fort Henry, and the Trident Yacht Club, to name a few. As the cruise moves into the 1000 islands, guests are treated to live entertainment. This vessel also has a full service canteen and bar.

We will disembark in Belleville and proceed to the Montrose Inn where we will enjoy a traditional English Tea and tour before heading home. The Montrose Inn is one of the best examples of 'ante bellum' architecture in Ontario, this magnificent mansion was built in 1916 on 7.5 acres overlooking the Bay of Quinte.

Cost: \$90.00 including bus, boat cruise, lunch, a light dinner and tour at the Montrose Inn.

Pick Up Locations and times:

Concordia Club, Kitchener – 7:30 a.m.

Kelsey's in Milton – 8:00 a.m.

St. James United Church in Etobicoke – 8:30 a.m.

Frankenmuth – a number of people have indicated an interest in a two night trip to Frankenmuth, MI – We would be looking to do this in October, on a Tuesday – Thursday. If you are interested contact Lorna, if we have enough interest a trip will be organized.

For the following events, we will have more information in our next newsletter, but you can diarize the dates.

Annual Banquet - November 16, 2008

Christmas Bus Trip – December 6, 2008

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).

**Pot Luck and Wine Tasting Social
Saturday, February 16, 2008 - 5:00 pm.**

Name: _____

Address: _____

Email address: _____

I am willing to contribute the following to the pot luck:

Main dish: _____ Salad: _____ Dessert: _____

Please enclose your cheque for \$15.00 or \$35.00



**Beavers Variety Show
Saturday, March 8, 2008 - 7:00 pm**

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$25.00



**Class Act Dinner Theatre, Whitby
Saturday, April 26, 2008**

Name: _____

Address: _____

Email address: _____

I am willing to drive: _____ Can accommodate # _____ + myself.

Please enclose your cheque for \$66.00



**Social Evening / Pot Luck / Games Night
Saturday, May 10, 2008 - Milton Sports Centre**

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$15.00

Main dish: _____ Salad: _____ Dessert: _____



**Picnic – Centennial Park
Saturday, June 7, 2008 - Noon – 4:00 pm.**

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$15.00



**Bus Trip & Heart of the Island Cruise
Saturday, September 6, 2008**

Name: _____

Address: _____

Email address: _____

Please enclose your cheque for \$90.00

