# **National Newsletter - April 2017**

#### **National Office**

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#### **National Executive:**

Donna Rodin (Medicine Hat, AB)- President
Susan Doyle Lawrence (Victoria, BC)- VicePresident and International Liaison
Cathy Sosnowsky (Vancouver, BC)-Secretary
Kathy Brooks- (Victoria, BC) Treasurer
Eileen and Andy Bond (Ottawa, ON)Chapter Development Committee
Directors at Large

Birectors at Large
Barbara Kachur (Saskatoon, SK)
Gary Kachur (Saskatoon, SK)
Judy Dowd (Campbell River, BC)

### Transforming the pain of grief into the elixir of hope.

- Reverend Simon Stephens, Founder, TCF

Pleasure before business this month:

Ta-daa!!!! Registration is now open on our

website: **TCFCanada.net** for our summer 2017 Gathering:

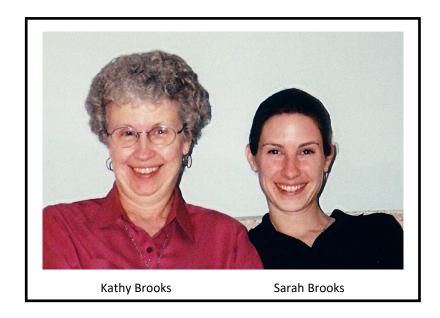


We'd also like to introduce our Keynote Speaker for Friday, August 25: Ruthmarijke Smeding. We will have more details and a photo in our next newsletter, but here is a taste of what this Swiss woman is up to in May. Ruthmarijke writes:

From a sunny morning in Switzerland, I greet you warmly! Yes, I will give the opening lecture with pleasure for TCF Canada, not only because I owe them in my own bereavement so much, but also because I am delighted to serve this important group of people....I am heading into a very international May, with a professional contribution in a large conference in Stuttgart/ Germany tonight and many small inputs during the conference, a complicated lecture (really!) in Halle/Germany, a week of team work in a hospital in Liverpool, UK, and then on to Madrid, Spain, for the European Palliative Care Association's tri-annual conference....I am grateful for this honor and humbled that my life, once so dependent on what Canada and the US had to offer me in my grief, now is in a place where indeed I can give back!

#### And yet more pleasure:

We are delighted to introduce to you another recent appointment to your Board of Directors for TCF Canada. Kathy is rejoining the board after a few years' absence, and has offered to take on the role of Treasurer, a perfect fit for this capable, organized individual, who has a great personality as well.



## **Kathy Brooks - Treasurer**

I joined TCF Victoria in 2009, shortly after my husband Martin and I moved to Victoria from Ontario. Our youngest daughter Sarah died by suicide in July 2003, age 28, three tumultuous and traumatizing years after being diagnosed with schizoaffective disorder.

By joining TCF and connecting with other bereaved parents, I was finally able to find a way to understand and cope with Sarah's illness and death and function reasonably well. We have two surviving daughters, their husbands and four grandchildren who bring us love and joy and we have a lot to be thankful for.

My background is in office administration so it wasn't long before I took on those various duties for the Victoria chapter – treasurer, record keeping,

communication, etc. I also volunteer in a similar capacity in my local community.

I agreed to join the TCF National Board to help reach and expand our goals and provide help to others going through the profound grief of losing a child.

#### Now, to business:

Chapter Annual Reports: So far we have only received reports from a dozen chapters, so we are hoping that your chapter will send in its report soon to let us know who you are and how you are doing, so that we can answer any questions that you have and respond to your needs. If it is possible for your chapter, we do appreciate an annual donation in support of the work of your national TCF organization. We suggest \$100 per year per chapter, but any donation is welcome, and at any time of the year. We'll attach the Annual Report form with the next several newsletters, just so you always have a copy on hand.

Nominations for Directors on the Board of TCF Canada: A nomination form is attached to this message. This will be our second and final call for nominations for elections to be held at the Annual Board Meeting scheduled for June 10, 2017. Please do consider participation at the national level as we work to further the aims of The Compassionate Friends: "Transforming the pain of grief into the elixir of hope." (Rev. Simon Stephens, TCF Founder)

Chapter Facilitator Training: Our Chapter Development team recently held a Saturday training session in their home for six new facilitators from the Ottawa and Perth chapters. The next opportunity for facilitator training will be on Friday, August 25, at our Gathering in Medicine Hat. We can also help to make arrangements for Canadians to join in Chapter Leader training sessions organized by TCF USA as part of their annual National Conference, this year in Orlando, FL, July 28-30. Contact us at our National Office for further information.

#### **Facts about Medicine Hat**

Medicine Hat is a city of approximately 63,000 people

Located on the Trans Canada highway

169 km east to Lethbridge

295 km southeast to Calgary

435 km to Banff

300 km to Waterton National Park, Alberta

Average August temperature: High 26, Low 11 Celsius

Enjoy the many cultural, family-friendly and outdoor activities

Experience dining, the arts and many local attractions available in Medicine Hat

Visit Tourism Medicine Hat at: http://www.tourismmedicinehat.com/