



# The Heart Beat



Principal:  
Vice-Principal:  
School Council  
Chair  
Superintendent:

Mr. M. Kuntz  
Mrs. L. Fischer  
  
Mr. W. Poechman  
Mr. G. Casey

**Sacred Heart High School**  
450 Robinson Street, Box 1480  
Walkerton, Ontario N0G 2V0

Director of Education: B. MacPherson  
Trustees: D. Slosser  
B. Eckensweiler  
L. Di Castri  
F. Gross

October 2011

## PRAYER FOR WES

God himself will be with them;  
he will wipe every tear from their eyes. (Revelation 21:3-4)

## Keep on Smiling

If at times you feel you want to cry.  
And life seems such a trial.  
Above the clouds there's a bright blue sky.  
So make your tears a smile.  
As you travel on life's way  
With its many ups and downs  
Remember it is quite true to say  
One smile is worth a dozen frowns.  
Among the worlds expensive things  
A smile is very cheap  
And when you give a smile away  
You get one back to keep.  
Happiness comes at times to all.  
But sadness comes unbidden  
And sometimes a few tears must fall  
Among the laughter hidden.  
So when friends have sadness on their face  
And troubles round them piled  
The world will seem a better place  
And all because you smiled.

## EQAO RESULTS

Individual results from the 2010-2011 EQAO Grade 9 Math Testing will be mailed out this week. A summary of our school results are outlined in the charts below:

### Grade 9 Academic Level Math:

	% of Students Scoring at Levels 3 & 4
Sacred Heart High School	76%
Provincial Average	83%

### Grade 9 Applied Level Math:

	% of Students Scoring at Levels 3 & 4
Sacred Heart High School	51%
Provincial Average	42%

Students enrolled in Grade 9 Academic Math (MPM 1D1) or Grade 9 Applied Math (MFM 1P1) this semester will write the EQAO Grade 9 Math Test in their regular math class during the week of January 16<sup>th</sup>.

## INTERIM REPORTS

Interim Progress Reports will be sent home with the students on Monday October 17<sup>th</sup> by each classroom teacher. Please review the results with your child. If your child does not bring home their interim reports or if you have concerns regarding your child's progress, please contact your child's classroom teacher.



Parent-Teacher Interviews will be held on Thursday October 20<sup>th</sup> from 5:00 - 8:00 p.m. in the school gymnasium. All parents are encouraged to attend.

## PRINCIPAL'S MESSAGE

The past week has definitely been a tough one here at the Heart. Thanks to everyone for pulling together during this difficult time.

Our condolences are extended to the Cameron family.

Thanks to Board Crisis Response team for their support. Also, special thanks to our neighbouring schools and community members who sent condolences and treats (food) for our staff and students.

Everyone grieves loss in their own way and at their own pace. If you feel that you require support in the coming days, weeks and months ahead, please let us know. We are here to help.

Parents—If your child is struggling let me know.

Students—If you or a friend are struggling please let me know.

Sincerely,  
M. Kuntz



## Late Bus/ Taxi

October 3,5,6,11,12,13,17,18,24,25,26  
November 1,2,3,7,9,10,14,15,17,22,23,24,28,29  
December 1,5,6,7,13,14,15,19,20,21,22

## The Heart of Art Cabaret 2011

students at Sacred Heart High School are busy creating and working on the 21<sup>st</sup> Annual Cabaret production. This year's Cabaret, *The Heart of Art*, will be held on Wednesday, December 7<sup>th</sup>, 2011 at 7:30 p.m. in the school auditorium. In case of inclement weather, the snow date will be Thursday, December 8<sup>th</sup>, 2011.



The Cabaret is set at the prestigious Cane Art Gallery. The plot explores the behind-the-scene antics of the art world as they prepare for the annual Christmas Talent Gala (aptly titled "Christmas Wonderland"). The cast includes several eccentric artists, former models, art lovers, gallery owners and security staff. The highlight of the gala features the unveiling of a new masterpiece painted by the infamous reclusive "Mars". Like Murphy's Law, anything that can go wrong goes wrong at the gala and soon the cast of colourful characters find themselves embroiled in a plot of mayhem that becomes the set for the perfect crime.

As usual, the highlight of Sacred Heart's Cabaret will feature a roster of acts including singers, dancers, instrumental musicians and our talented school band. The originality of the script and the dazzling array of performers will certainly please an audience of all ages.

Tickets will go on sale on **Monday, November 7<sup>th</sup>, 2011** and will be available at Sacred Heart High School's Main Office and Holst Office Supplies in Walkerton. The admission prices are: \$9.00 for adults, \$5 for students/seniors and \$3.00 for children under 12. For more information call the office at 519-881-1900.

*"A great artist is always before his time or behind it."*  
- George Edward Moore

## HOMEWORK COLLECTION

It is the student's responsibility to keep up with school work missed due to absences. Students are encouraged to establish a network with classmates to get their school work when absent. With 775 students in the school, it is impossible for the main office to gather homework on a daily basis for students who are away due to illness.



---

## SAC - A Message for the Heart



*Here are some dates for future SAC events at the Heart:*

**Oct. 3rd - 22nd** - School Clothing Campaign  
*Look for the Coloured Flyers*

**Oct 13th** - School Mass

**Oct 24-31** - Spirit Week

Spirit Week is a week devoted to getting you involved and doing something different. Each day of the week has a special theme. Be sure to participate with your friends and classmates. Remember that you will receive points for your Grade. Watch announcements closer to the date to find out what each day will bring!

**November 13-15** - Ontario Student Leadership Conference;  
Niagara Falls

**November 17** - Semi-Formal Dance

---

## Grade 9 Appreciation Day

On September 17<sup>th</sup> the Grade Nine's were dressed up and directed to the field for Grade 9 Appreciation Day. The afternoon was filled with games, spirit, and cheering. Of course, it was also filled with pouring rain, cold temperatures, and a little bit of hail but the students persevered and we finished our day in the Cafeteria with hot chocolate and announced the "Rockstars" as the winners, who later received SHHS foam fingers as their prize. Thank you to all our leaders and participating students, for helping make some good first memories with our newest members.

## To The Students of Sacred Heart High School

When those we love go away, they never really leave us; they are with us now, wherever we are. Cherish each other without holding back. Now. Today. This minute. We will survive the shock, the denial, sadness, the sleepless nights and when we are under the weight of silence and all that it means, we will slowly begin to remember the one we lost in a different way... The laughter, the irrepressible spirit, the big heart, the way their smile made us feel, the encouragement they gave even as their own dreams were dying. Those who we have cherished, live on forever, because love wraps itself around the *Heart*. Although it's difficult now, someday beyond our tears and all the world's wrongs; beyond the clouds and all that we can see and touch, there is hope. For those who had the privilege of knowing him and those who did not, we are in this together, here for each other, remembering forever.

He's a part of us all, Stay Strong Sacred Heart.

-Jennah Dohms, SAC Public Relations

## EARLY DISMISSAL DAYS

The following dates will be early dismissal days this school year; Wed.Oct. 19, Wed. Nov. 30, Wed. Mar. 28, Wed. May 9. Students will be dismissed 2 hours earlier than normal on these dates at 1:19 p.m.

## Welcome to another exciting year of Mathematics at Sacred Heart High School!

Here are some important websites and information about Math Contests for you.

---

### Homework Help Mathematics for Grades 7, 8, 9 and 10 <http://homeworkhelp.ilc.org>

The Tutor Chat Rooms are open Sunday to Thursday from 5:30 pm to 9:30 pm.

More math homework resources and tools available 24/7.

- Locker: All your chat sessions are saved automatically to your virtual locker as a video. It's great for test and exam review.
- Tutorials: fun interactive tutorial games on popular math topics.  
Can you find the hidden xy treasure?
- Best Sessions: Watch the best chat sessions created by students like you.
- Listen & Learn: Watch, listen and learn as tutors lead you step-by-step through the top 20 most common math problems.
- Plus a scientific calculator and a glossary of math terms too!

---

### Ontario Educational Resource Bank (OERB) <http://resources.elearningontario.ca>

An enormous collection of games, videos, activities, lessons, maps and other resources. Great for review and enrichment.

ID: bgcdsbstudent  
PASSWORD: oerbs

---

### University of Waterloo Math Contests

#### Canadian Senior and Intermediate Mathematics Contest

Tuesday November 22, 2011

#### Pascal (9), Cayley (10) and Fermat (11) Contests

Thursday February 23, 2012

#### Euclid Contest (12)

Wednesday April 11, 2012

*Please contact Mr. Hicks S104 to register or  
to get more information.*

### SCHOOL COSTS

Our school recognizes that expenses for such things as field trip costs and other school fees can cause unnecessary stress in some households. If you find yourself in this position, please contact Mr. Kuntz (by phone or note) to see what arrangements can be worked out. Confidentiality will be maintained.



### GRAD PHOTOS

The Group Grad Photo will be taken on  
October 19, 2011 immediately following  
morning announcements

Grad Photos will be set for the week of  
November 14-17, 2011

There is a sitting fee of \$20.

This fee entitles the student to the proofs as well as a  
copy of the school composite.



We are also asking all grads to submit a  
baby photo or an elementary school photo  
to be used in the yearbook.

If you have any questions or concerns,  
contact Mrs. Hopcraft

### Breakfast Club

Breakfast Club is up and running for another year with the help of our dedicated volunteers. Bagels, toast, spreads, fruit, yogurt, milk, cereal and juice are available from 8:30 - 9:00 a.m. Tuesdays, Wednesdays, and Thursdays.

Funding is provided by different organizations but at times we do run short. Monetary or food donations would be greatly appreciated.

When students start their day without breakfast their energy levels, memory and problem solving skills are all affected. It is our aim that all students have an equal chance to start their day with a nutritious breakfast.

### EPI-PENS

It is very important that the staff of Sacred Heart be aware of all students with life-threatening allergies.



Each year the school develops an anaphylactic plan to ensure that we know who carries an epi-pen and where the epi-pen is located in the event of an emergency. At the high-school level, students should carry their epi-pen with them at all times. It is also recommended that a spare emergency epi-pen be left in the main office. If you are a student who carries an epi-pen (or have any other serious medical condition) please see Mr. Kuntz to ensure that we have the information required to assist you in the event of an emergency.

**KIDS HELP PHONE - 1 800668 6868**  
or  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## Outdoor Education Class



On September 13 and 15 students enrolled in Outdoor Education at Sacred Heart High School visited the P+H centre in Hanover and partook in canoe skills course. Students engaged in a variety of skills including canoe rescues, strokes, safely exiting and entering a canoe while in the water and rescues. On October 3rd students will venture to Issac Lake for a day of canoeing and core camping skills. Thank you to Outback Sports for the use of the canoes and the staff of the P+H centre.



**Did you forget your money on Photo Day  
OR were absent on Photo Day?**



Then this information is for you!  
You can still order photo packages,  
student cards and yearbooks.

The deadline for ordering a yearbook is  
**Friday, October 21, 2011.**

Photo Retake Day is  
**Friday October 14, 2011.**

If you have any questions or concerns,  
contact Mrs. Hicks in S102  
([deborah\\_hicks@bgcdsb.org](mailto:deborah_hicks@bgcdsb.org))



## DATES TO MARK ON YOUR CALENDAR

Monday October 10 <sup>th</sup>	Thanksgiving Holiday
Tuesday October 13 <sup>th</sup>	School Mass
Monday October 17 <sup>th</sup>	Interim Report Cards Sent Home by Classroom Teachers
Monday October 17 <sup>th</sup>	School Council Meeting - 7 p.m.
Wednesday October 19 <sup>th</sup>	Early Dismissal Day - 1:19 p.m.
Thursday October 20 <sup>th</sup>	Parent-Teacher Interviews 5 - 8 p.m.
Friday October 21 <sup>st</sup>	Deadline for Ordering a Yearbook
Friday October 28 <sup>th</sup>	PA Day
Friday November 11 <sup>th</sup>	Remembrance Day Service
Friday November 18 <sup>th</sup>	PA Day
Wednesday November 23 <sup>rd</sup>	Mid-Term Report Cards Sent Home
Wednesday December 7 <sup>th</sup>	Cabaret
Thursday March 29 <sup>th</sup>	Literacy Test
Wednesday June 27 <sup>th</sup>	Graduation - 7 p.m.

### *A Global Experience!* **Canadian Education Exchange Foundation**

**Fondation canadienne  
des échanges éducatifs**



*A not-for-profit  
organization!*

*France Belgium Luxembourg*

*Spain Italy Germany*

**RECIPROCAL INTERNATIONAL  
EDUCATIONAL EXCHANGES for...**

• **Individual Secondary School Students**

*(14-17 years old, 3 months abroad,  
3 months hosting. Belgian exchange is 2  
months abroad and 2 months hosting.)*

• **July-August 2012 Summer  
Cultural Exchanges**

*(France, Spain)  
(1 month abroad, 1 month hosting)*

**Canadian Education Exchange Foundation**  
250 Bayview Drive, Unit 4 Barrie ON Canada  
L4N 4Y8

Phone: 705 739-7896

Fax: 705 739-7764

E-mail: [info@ceef.ca](mailto:info@ceef.ca)

Web Site: [www.ceef.ca](http://www.ceef.ca)

*at SHHS - Contact Mrs. Jackie Mayer*

## Thanksgiving Cafeteria Menu

**Wed. Oct. 5th**

Turkey on a Bun, Gravy  
Fries and a Drink

**\$5.00**



## Driver Education Classes Semester I 2011/ 2012



<b>Session #1</b>	<b>Sept. 20 - Oct. 13</b> <i>Sept. 20, 22, 27, 29, Oct. 04, 06, 11, 13</i>	<b>Tues. &amp; Thurs.</b> <i>8 - sessions 3:30 - 6:10 p.m.</i>
<b>Session #2</b>	<b>Oct. 15 - Nov. 5</b> <i>Oct. 15, 22 29 Nov. 5</i>	<b>Sat.</b> <i>4 - sessions 9 a.m. - 3 p.m</i>
<b>Session #3</b>	<b>Nov. 21 - Dec. 14</b> <i>Nov. 21, 23, 29, 30 Dec. 05, 07, 12, 14</i>	<b>Mon. &amp; Wed.</b> <i>8 - sessions 3:30 - 6:10 p.m.</i>

## HANOVER TRIPLE THREAT MIDGET BOYS BASKETBALL TEAM (Born in 1996 or 1997)

The Hanover Triple Threat Basketball Club (HTTBC) is currently entering its second year. We are an Ontario Basketball Association (OBA) team, based out of Hanover and affiliated with the Toronto Triple Threat Basketball Club. We continue to develop a competitive program to deliver an interactive, sport and life-skills opportunity through basketball.

### TRY OUTS

Try outs for the 2011/2012 season will be held on **SUNDAY, OCTOBER 23rd** at SACRED HEART HIGH SCHOOL in Walkerton from 12:00pm - 3:00pm. If needed there will be a second try out day on **SUNDAY, OCTOBER 30TH** also at SACRED HEART HIGH SCHOOL in Walkerton from 12:00pm - 3:00pm. If you are interested in trying out, please call 519-364-0545 to register. Once the team is chosen, you will receive more information including Seasonal Expectations, Player/Coach Parent Conduct and Expense Expectations for the Season. Please bring both a white shirt and a dark shirt and ample water.

For more information please visit our website at [www.hanovertriplethreatbasketball.com](http://www.hanovertriplethreatbasketball.com)

## UNIVERSITY/COLLEGE INFORMATION SESSIONS SACRED HEART HIGH SCHOOL 2011

DATE	TIME	UNIVERSITY/COLLEGE	LOCATION
Mon. Oct. 3	10:30 am	Huron University College	London
Tues. Oct. 4	9:30 am	Sault College	Sault Ste. Marie
Tues. Oct. 4	10:30 am	Ridgetown College	Ridgetown
Tues. Oct. 11	1:00 pm	Georgian College	Owen Sound, Barrie & Orillia
Wed. Oct. 12	2:00 pm	Carleton University	Ottawa
Thurs. Oct. 13	9:30 am	Canadore College	North Bay
Thurs. Oct. 20	1:00-3:00	University Information Session	JDSS
Wed. Oct. 26	10:30 am	Renison College	@ U of W Waterloo
Thurs. Oct. 27	1:00 pm	Loyalist College	Belleville
Thurs. Oct. 27	7:30 - 1:00 pm	College Fair	Conestoga
Mon. Oct. 31	1:00 pm	Cambrian College	Sudbury
Tues. Nov. 1	9:30 am	Lambton College	Sarnia
Wed. Nov. 2	10:30 am	Brescia @ Western	London
Thurs. Nov. 3	9:30 am	Laurentian University	Sudbury
Thurs. Nov. 3	1:00 pm	University of Guelph	Guelph
Fri. Nov. 4	9:30 am	Kings University College	@ Western, London
Mon. Nov. 7	11:00 am	Nipissing University	North Bay
Tues. Nov. 8	9:30 am	St. Clair College	Chatham & Windsor
Tues. Nov. 8	1:00 pm	Brock University	St. Catharines
Wed. Nov. 9	9:30 am	University of Windsor	Windsor
Mon. Nov. 14	9:30 am	Wilfrid Laurier University	Kitchener
Tues. Nov. 15	1:00 pm	Fanshawe College	London
Thurs. Nov. 17	11:00 am	University of Ottawa	Ottawa
Mon. Nov. 21	2:15 pm	Humber College	Toronto
Tues. Nov. 22	11:00 am	University of Western Ontario	London
Tues. Nov. 22	1:00 pm	St. Jerome's @ UWO	London
Wed. Nov. 23	10:30 am	Redeemer University College	Ancaster

## SCHOOL COUNCIL

Our first School Council Meeting of the year will be held on Monday October 17th in the school library at 7 p.m..

Members of the School Council this year include: Murray Kuntz (Principal), Nancy Skiba (Teacher Representative), Michelle Walker (CUPE Representative), Michelle Eccles, Sherri Hagan, Megan Hendriks, Shirley Anne Lair, Wayne Poechman, Lori Spielmacher, and Christine Zettel-Kocher.



## THANKSGIVING FOOD DRIVE

Once again this year our school community will have a Thanksgiving Food Drive. Contributions of non-perishable food items will be collected. Listen to the morning announcements for more details.



## 2011-12 Student Cards

The following businesses have generously offered the following discounts to Sacred Heart High School students who present their **2011-12 Student Cards**.

Business Name	Discount	Location
A little of Everything	10%	Walkerton
Lifeology	5%	Walkerton
White Rose Coffeehouse	Get a "buy 10 get 1 free card"	Walkerton
Creations by Susan	10% off regular priced items	Walkerton
Cava Coffee	10% off food items	Walkerton
Tranquility	10% off products	Walkerton
RJ Video	\$1.00 off previous visit, not on Wednesday	Walkerton
Kisses	10%	Walkerton
Holst Office Supplies	10% off calculators	Walkerton
Godfather's Pizza	50 cents off a slice and pop	Walkerton
Essential Aesthetics	\$5 off service or free eyebrow wax	Walkerton
Loung Sing	10% off everything except dinner buffet	Walkerton
Simply Deli-icious	10%	Walkerton
Victor Lair Jewellers	15% off regular priced merchandise	Walkerton
Harley's	free fountain pop with food order	Mildmay
Schuett's Furniture	5%	Mildmay
Liesemer's Home Hardware	10% off bike parts, accessories and tune-ups	Mildmay
Frankies	10%	Hanover
Crabby Joe's	10%	Hanover
Neo Primitive	10% off merchandise only	Hanover
Coffee Culture	10%	Hanover

If you did not order a Student Card, but would like to purchase one you can bring your \$20 to Mrs. Wilkin in Portable B. As well, if you are a business who would like to offer a discount please phone the school and the discount will be presented in next month's newsletter.

## University Information Program/ College Information Events

University applicants are invited to attend the UIP (University Information Program) hosted by John Diefenbaker Secondary School on Thursday, October 20<sup>th</sup>. All Ontario universities will be represented at this event. Students must register at our guidance office and pay a \$5.00 bussing fee in order to attend. College applicants are invited to attend the CIP (College Information Program) hosted by Conestoga College on Thursday, October 27<sup>th</sup>. All Ontario colleges will be represented at this event. As well, Conestoga College programs will be highlighted. Students wishing to attend must register at guidance and submit a \$10.00 bussing fee. See guidance for further details.

## Take Our Kids To Work Day



Grade 9 students across the province will be participating in Take Our Kids to Work Day on Wednesday, November 2, 2011. Students are encouraged to learn more about the world of work by accompanying a parent, relative, friend, or community host to their workplace. Information regarding this day and the required consent forms will be sent home with grade 9 students during the first week of October.

## TRANSPORTING EQUIPMENT ON SCHOOL BUSES



- Musical Instruments  
May be transported in cases only and shall be kept on the student's lap.
- Skates  
All skates transported shall have the blades suitably protected with guards and shall be tied together or be in a suitable equipment bag. The skates shall be placed on the floor at the student's feet.
- Hockey Equipment  
Hockey sticks may only be transported with the approval of the school Principal and Bus Operator. Hockey equipment **may not** be transported on a school bus on a home to school route. On a charter basis, hockey equipment may be transported if it is stored in the storage space underneath the bus or inside, provided it does not block any exits or the aisle of the bus.
- Skis, Poles & Snowboards  
**May not** be transported on a school bus on a home to school route.
- Skateboards  
**May not** be transported on a school bus.
- Laser Pointers  
**May not** be transported on a school bus.
- Animals  
**May not** be transported on a school bus.

## 40 Volunteer Hours

A reminder that students must complete 40 hours of volunteer service prior to graduation. The Guidance department is visiting Grade 9 classes next week to explain this requirement.



Students who plan to graduate in June are asked to submit the required paperwork to the main office.

**COME CHEER ON YOUR CRUSADERS!**

**Sr. Boys' Volleyball Team**

Coaches: Mr. M. Dunn  
Mr. G. Blackwell

Colin Black  
Josh Busby  
Ben Carroll  
Sam Eckert  
Kurtis Inglis  
Brendan King  
Riley Knox  
Zach Petteplace  
Justin Reinhart  
Brennan Senra  
Andrew Walsh  
Eric Zettler



**Jr. Boys' Volleyball Team**

Coach: Mrs. L. Blackwell

Max Barclay  
Matt Borth  
JP Catelo  
Mitch Eckert  
Alex Herbert  
Keith Hundt  
Matt Lang  
Tyson MacLennan  
Dan Miller  
Tyler Petteplace  
Dan Poechman  
Brad Reinhart  
Luke Zettel



**Boys' Golf Team**

Coach: Mr. T. Kittel

Mitchell Eckert  
Zachary Petteplace  
Tyson Soers  
Garrett Weigel



**Girls' Golf Team**

Coach: Mrs. J. King

Marley Goetz  
Natasha Merchant

**Sr. Girls' Basketball Team**

Coaches: Ms. B. Kroeplin,  
Mrs. E. Wilkin

Taylor Summers  
Becky Quinn  
Justine King  
Jocelyn King  
Katrina Young  
Kayla Housego  
Kelly Cummings  
Carly Moore  
Samantha Weber

Nikki Schwartz  
Jenny Strader



**Jr. Girls' Basketball Team**

Coaches: Ms. B. Kroeplin,  
Mrs. E. Wilkin

Sarah Biesenthal	Sydney Binkley
Samantha Glasier	Olivia Markauskas
Victoria Carroll	Breanna Hahn
Darci Schellenberger	Joelle Busby
Alison Murphy	Leah Kittel
Alicia Schmidt	Malorie Woods
Jillian Donnelly	Melynda McKenzie
Amber Smolenaars	Abby McLean
Alyssa Inglis	Emma Borho
Kailyn Soers	

**Jr. Girls' 7's Rugby**

Coach: Erin Wilke

Baillie Vyhna	Anya Nadeau
Sabrina Gebhardt	Raquel Sousa
Emily Daurio	Becca Reinhart
Jamie Van Loon	Jenah Van Loon
Janelle Weber	Megan Mazur
Sarah Petkov	



**Sr. Girls' 7's Rugby**

Coach: Erin Wilke

Deanna Ditner	Erin Canton
Lexie Bell	Tina Mazur
Sara Strader	Alicia Seifried
Sarah Schnurr	Becca Seifried
Courtney Schnurr	

**Jr. Boys' Soccer Team**

Coaches: Mr. D. Striukas  
Mr. D. Johnson

Nevinn Becker	Matt McArthur
John Paul Catelo	Mackenzie McGlynn
Connor Charette	Brady Osterdorff
Tyler Coville	Marcello Pagnotta
Austin Culver	Parris Radan
Mackenzie Durrer	
Alex Herbert	
Brian Hess	
Keith Hundt	
Quentin Jarvis	
Owen Johnson	
Josh Lech	
Sebastian Loncar	



**Cross Country Running Team**

Coaches: Mrs. C. Mount,  
Mr. C. Hambrock

Emily Cormack	Matt Vandenberg
Anna Elliot	Dacoda Hatch
Leah Kittel	Taylor Casciano
Rebecca Rier	Tyler Cooke
Marisa Roefs	Mitch Eckert
Jana Ernst	Travis Hennessy
Becca Reinhart	Owen Johnson
Heather Cummings	Matt McArthur
Kelly Cummings	Craig Stewart
Hayley Fischer	Brendan Alexander
Melissa Girdler	Naythan Evers
Chantelle Graf	David Hennessy
Kristen Luinstra	Ben Ruetz
Lauren McLean	Devlin Schellenberger
Kelsey Ruetz	Ben Waechter
Sarah Schnurr	Dan Walter
Jaclyn Spitzig	Eric Elliot
	Kurt Inglis



Thursday, Oct. 6 - Waterloo County Oktoberfest Run  
Bechtel Park,  
Waterloo

Friday, Oct. 14 - OSCVI Invitational Meet  
Sawmill Ski Trails,  
Hepworth

Friday, Oct. 21 - BAA Championship Meet  
Sawmill Ski Trails,  
Hepworth

Thursday, Oct. 27 - CWOSSA Championships  
Brantford

**FREE Evening Workshop: Monday November 14**



## **Grief After Suicide: Finding Hope and Healing**

**FREE Evening Workshop: Monday November 14: 7:00 pm - 9:30 pm**

- ◆ Suicide of a loved one can have a profound and devastating impact on those left behind.
- ◆ Survivors struggle with the social stigma of suicide and may be at risk for elevated rates of complicated grief.
- ◆ Surviving the suicide of a loved one is a life-changing ordeal requiring great resilience and all the support that family and communities can provide.
- ◆ Topics include the impact of suicide on individuals and the family, the myths of grief recovery, things that survivors can do to help themselves and when to seek professional help.
- ◆ The workshop is geared towards people who are grieving the loss of a loved one to suicide, but will also be of great value to those who wish to support a grieving survivor.

John (Jack) Jordan is a licensed psychologist in private practice in Wellesley, MA, and Pawtucket, RI, where he specializes in working with loss and bereavement. He was also the Founder and the Director until 2007 of the Family Loss Project, a research and clinical practice providing services for bereaved families. He has specialized in work with survivors of suicide and other losses for more than 30 years. As a Fellow in Thanatology from the Association for Death Education and Counseling (ADEC), Jack maintains an active practice in grief counseling for individuals and couples. He has run support groups for bereaved parents, young widows & widowers, and suicide survivors, with the latter running for over 13 years.

**Harry Lumley Bayshore Community Centre  
1900 3rd Avenue East, Owen Sound, Ontario N4K 3M6**



Contact  
**Victim Services of Bruce Gray & Owen Sound**  
611 9<sup>th</sup> Avenue East, Owen Sound, ON N4K 6Z4  
**adaria@victim-services.com**  
519-376-7474

Registration Deadline  
October 7, 2011  
Register early  
seating is limited