

# Reflections *of life* MAGAZINE

*Your complementary subscription:*

Thoughts and  
ideas to help  
you through  
your journey

- **What to Say? Skip the Cliché!**
- **Different Cultures. Different Customs. Same Feelings.**
- **The Trans Canada Trail**
- **The Power of Ritual:  
What We Can Learn from  
Public Mourning**
- **Our Deep Need for  
Memorialization**





There's no doubt that cultural diversity is an important part of life in Canada. Our country has been built on multiculturalism and in communities from sea to sea much effort is expended each year in celebrating this fact.

Over the years it has been our pleasure at Remco to serve people from every walk of life, from every religious and ethnic background. It's interesting and challenging for us to create memorials that include special symbols or reflect important ceremonies of a family's culture.

We hope you enjoy this issue of Reflections of Life. In these pages, you'll find articles that explore interesting ways of remembering special people, whether it's through a memorial that reflects culture or a public ceremony for a famous person.

We're pleased to provide you with this complementary issue, with our thanks for inviting us to serve you.

Dave Reeson  
President

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*Our gift to you*

# Reflections of life<sup>®</sup> MAGAZINE



## From the Editor

In this issue we bring you articles that we believe will be comforting and informative for individuals and families who have recently experienced loss.

For example, What to Say? Skip the Cliché! offers insights from Erin Linn, one of North America's most respected writers and speakers. Linn addresses why clichés are usually not

appropriate, and how to respond if someone says them to us.

We'll take a look at how culture impacts our choices for memorialization in Different Cultures, Different Customs, Same Feelings. In this issue we focus on ways that are often chosen to dignify the legacy and lives of Aboriginal people.

Our story The Trans Canada Trail is the first in a series that explores this national treasure that provides a wonderful way to restore the soul.

Once again we invite your feedback so that we can continue to provide articles that are timely and relevant.

*Brenda Caswell*

Respectfully,  
Brenda Caswell  
Managing Editor

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## Reflections of Life

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# What to Say? Skip

**During her life, Erin Linn became one of North America's most respected writers and speakers. She wrote from knowledge and personal experience. The thoughts in this story are drawn from one of her articles widely published in local Compassionate Friends newsletters in many cities.**

It is human nature to want to reach out and help those who are in pain. When we know of someone who is grieving, we offer words that we hope will both soothe and comfort.

Unfortunately, our soothing words may be the most feared of all verbal weapons: the cliché. By its very definition, a cliché – a trite and commonplace expression – is misused, misunderstood, or overworked. We found this out when we lost our son.

**Many clichés focus on the future and do not deal with the real problem – the actual pain of the bereaved person at that very moment.**

For example, saying “You’re young and you will be able to make a new life for yourself” or “There is no sense dwelling on the past” discounts the immediate pain of the bereaved person at a time when the future seems impossible to comprehend. When your loved one has died, you will feel stuck in “yesterday,” and even getting through the existing day will seem to be a monumental task. “Tomorrow” is out of the question, and the future can seem light-years away.

**Sometimes clichés express how the consoler thinks the bereaved person “should” feel, and usually this is in direct contradiction to how the bereaved person really feels.**

“You should be over this by now” is possibly one of the most offensive and destructive of all clichés, because it is usually said long before the full effect of the loss has even begun to sink in, and it causes bereaved people to think that there must be something terribly wrong with them if they are still grieving. It is a cruel quirk of fate that most grieving people are just beginning to realize the depth of their despair at the time when those around them presume that they are almost healed.

**Clichés also try to give profound answers and easy solutions to overwhelming problems.**

How often have we heard it said, “Only the good die young.” If this is true, shouldn’t we all pray for death at birth? If it is true that “God never gives us more than we can handle,” then why do people commit suicide or attempt to obliterate reality through drug abuse? “He is happy now for he is with God” can make the bereaved person want to say: “Wasn’t he happy with me?”

**Some clichés are true if taken at face value, but are too difficult for the bereaved person to believe in the midst of his grief.**

“Time will heal” sounds so easy and it is usually true, but in the beginning it is hard for any bereaved person to believe that the unbearable pain will ever stop. “If you look around, you can always find someone who is worse off than yourself” is certainly true, but who wants to feast on the misfortune of others?

**Last but not least, clichés can place expectations on a bereaved person that are impossible to meet.**

“You’ve got to get hold of yourself” sounds like good advice, but is obviously said by those who have never lost a close loved one and never experienced despair. As Shakespeare said, “Every man can handle grief but he who has it.” “Big boys don’t cry” – why not? Crying is therapeutic.

**Offended? Don’t be.**

In defense of the consolers, their intentions are honorable and they really want to help. What may appear as insensitive comments from friends and relatives can really be words of love – simply expressed in a clumsy, awkward way.

**What do you do when you’re suffering a loss, and people say exactly the wrong thing?**

# the Cliché!

As a bereaved person, try to keep in mind that the comforter – like you – is also searching for answers and ways to deal with tragedy.

Death (along with taxes and clichés) is something we all have to face at some point of our lives, but is the last thing we want to read about, hear about, talk about, or learn about. So we fall back on things that are familiar and comfortable in times of stress, including phrases that have perpetuated themselves from one generation to the next.

Most comforters cannot accept the fact that a hug and three simple words, “I am sorry,” is all they really need to say. If we speak from our hearts with all the honesty and love we each possess, these canned remedies – clichés – would not be a necessary. Why can’t people just say, “I feel so terrible that I don’t know what to say.”

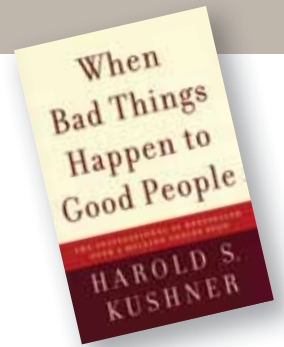
As awful as some clichés can be, it is usually better to be hit in the face with a bad cliché than to be tortured with silence.

**A “conspiracy of silence” can be worse than all the bad clichés that were ever written.**

And we have to remember that someday we will be called upon to set aside our role as the comforted and become the comforter. Hopefully we will have improved in both wisdom and understanding so that we may become the comforter that we would have wished for ourselves.

**It’s going to happen, but it doesn’t have to get you down. First-hand thoughts from a respected writer on grief and recovery.**

Read This!



## When Bad Things Happen to Good People

Harold S. Kushner  
ISBN 0-380-60392-6  
Avon Books

The son of Rabbi Harold Kushner was diagnosed with the degenerative disease progeria at three years of age. Two days after his fourteenth birthday he died.

Rabbi Kushner wrote this compelling book as he attempted to understand his son’s suffering and death. He allows himself to ask the questions “Why?” and “Why, God?” He searches the Bible messages, such as the story of Job, to explore these questions.

The author uses his experience to demonstrate how, when tragedy and death strikes, people respond with anger and need a place to vent the emotion. He identifies the many other emotions that also appear, including guilt, sometimes real and most often imagined. He explains how “pain is the price we pay for being alive.”

This most helpful book sheds light on our grief and our need to not be alone in our pain when we experience the death of a loved one. We need sympathy, empathy and compassion. We need to validate our grief. We need reassurance that we are good people. And, above all, we need hope.

~reviewed by Adaline Leir



Culture reflects the world view of a society through shared beliefs, values, traditions and rituals.

# Different Cultures. Different Customs. Same Feelings.

Culture and memorialization are woven together in the fabric of our lives. When we think about honoring and remembering a loved one, each of us has a strong sense of what we feel is the right thing to do. Those feelings and perceptions are, in whole or in part, shaped by our culture.

Culture reflects the world view of a society through shared beliefs, values, traditions and rituals. Culture sets expectations of behaviors and relationships. It also defines ways to enforce those expectations.

We usually don't give a lot of conscious thought to our own culture because it is so much a part of who we are. Our culture does not necessarily dictate exactly what we will do to honor the memory of a loved one, but it will definitely influence our thoughts and our decisions.

The same is true of people from every culture. Even in societies where memorialization customs are strictly defined and rigorously enforced, people will always find a way to include some individual expression of their feelings.

A growing number of people around the world are also influenced by more than one culture. As the world becomes a smaller place, everyday life and family composition become more cross-cultural, populations become more diverse and cultures become more intertwined.

More and more often, individual choices in memorialization have to respect the beliefs and traditions of more than one culture. In a matter so close to the heart this can create real challenges. Yet the same diversity may also open new ways of expressing and sharing our emotions.

In coming issues we will explore influences specific cultures have on memorialization. On the following page we begin this series with the Aboriginal culture. ■

As the world becomes a smaller place, everyday life and family composition become more cross-cultural, populations become more diverse and cultures become more intertwined.

# Reflecting Aboriginal Traditions & Heritage

**N**o matter who we are, our own culture and the cultures of those around us will continue to influence our values and choices, including the ways we choose to honor the memories of our loved ones.

Joseph Bear, a member of the Ochapowace First Nation, is founder and president of Canada's premier Aboriginal memorial company, AMI Memorials.

Since he became involved in the funeral service industry in 1994, Bear has seen a change in attitudes toward memorialization and a growing need for a company dedicated to dignifying the lives and legacies of Aboriginal people.

"In the past to honor someone who passed on, or went to the spirit world, our communities or families would host traditional gatherings such as pow-wows or feasts," he says.

"Some form of traditional ceremonial practices was almost always part of these gatherings."

Until recently, it was difficult for Aboriginal people to find their traditions and heritage expressed in most memorials. Today, Bear is a leader of the growing trend towards memorialization that reflects key elements of Aboriginal culture.

"With each generation, more and more of our people are using traditional markers as a means to memorialize loved ones. By including the beliefs and traditional ceremonies that were passed down from generation to generation we can incorporate aspects of our culture that were passed down to us from our elders," he says.

Bear sees Aboriginal families are turning to memorialization products and services because of the beauty and uniqueness the products offer, plus the ability to create a highly personal memorial.

"Symbols and designs such as dream catchers, sweetgrass, eagles, eagle feathers, peacepipes and animals are important symbols to us," Bear says.

"Also like me, many people carry the names of animals and use these as symbols on memorials."

Bear sees an increasing industry interest in culturally sensitive memorials. "More and more companies are creating and producing designs that cater to our symbolism. Our company, AMI, has developed a line of memorials based on shapes that reflect our symbolism. That's a first in North America," he notes.

By responding to the need for memorials that respect the unique culture and heritage of Aboriginal people, Joseph Bear is building a growing, respected business. Even more, he feels he is making a real difference in the lives of his people. "The gratification one feels in being able to help a family who lost someone so special and loving to them is very important to me," he says. "Being there for them is a passion I have." ■



# “People’s stories should be remembered forever.”

– AMI Memorials



At AMI we provide memorials that convey the symbols and messages of Aboriginal people.

Our firm is Aboriginal controlled. We work in a partnership that combines the understanding of Aboriginal leadership with the guarantee of Remco Memorial’s product quality.



Joseph  
Bear



Dan  
Pelletier

◀ **AMI’s memorial to RCMP officer Constable Robin Cameron tells her story, and provides a proud symbol and role model on her reserve in Saskatchewan.**

Information is available at funeral homes and Remco offices across Western Canada.

Visit our showroom and head office:

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**AMI**  
MEMORIALS



# The Trans Canada Trail

A Recreational Wonder and a Unique Way to Remember a Loved One

The Trans Canada Trail was launched in 1992 as part of Canada's 125th Anniversary celebration and is already a national icon. What many don't know is that the Trail is also a wonderful opportunity to memorialize a loved one.

(continued on page 8)

The 18,000-kilometre recreational corridor links all Canadian provinces and territories and connects over 800 major cities and small towns along its winding path. It's a network of hundreds of local and regional trails and when completed (it's 65 per cent ready now) will be the longest trail of its kind in the world.

The Trail offers a world-class outdoor facility to enjoy Canada's diverse nature, cultures and communities year-round. At the same time, the Trail provides opportunities for Canadians to be more active and healthier.

The goal is for every kilometre to be capable of accommodating five core recreational activities – hiking, cycling, snowmobiling, skiing and horseback riding.

The Trail's web site has a Trail Locator. To find a section of the Trail close by, go to [www.tctrail.ca](http://www.tctrail.ca) and select the tab called The Trail. Beside the map, click on Navigate the Trail. You can enter your postal code or address to see a map of the nearest Trail sections.

Each section of the trail is owned, managed and maintained by municipal, provincial or federal governments or local trail groups. This strategy ensures that the Trail is fully embraced in every community through which it passes.

## Bringing the Trail to Life

Heritage Canada has granted \$15 million towards trail construction and related activities. The Trail office raises additional funds from various sources and provides these to Trail-building groups throughout the country.

These funds are leveraged at the local level to raise the balance of funds to complete construction. Local donors, associations, businesses, municipalities, provincial/territorial governments and matching grants from all levels of government all contribute to the total.

A critical component of most Trail-building projects is the work of volunteers who provide labour, management and organizational skills.

Over the past 12 years, the Trans Canada Trail has been blessed with the generous support of over 100,000 individual Canadians, who have symbolically purchased metres of the Trail or become members.

## How You Can Create a Permanent Memorial

Every donation of \$50 helps to build one metre of Trail and, in recognition, the donor's name or the name of someone remembered is permanently inscribed in any of the Trail Pavilions.

The 76 distinctive, red-roofed Pavilions stand out as landmarks along the route, serving as gathering places where anyone who has contributed to the building of the Trail can feel a sense of belonging.

If you have memorialized a loved one in this manner, you may discover a special sense of connection when visiting the Pavilion you've chosen. The Pavilions also represent an emotional bond between the host community and the Trans Canada Trail. Pavilion unveilings are important and often emotional community events.

In coming issues, we'll share some of the many interesting stories about the Trail and the people who are working hard to create this national treasure.



The 76 distinctive, red-roofed Pavilions stand out as landmarks along the route, serving as gathering places where anyone who has contributed to the building of the Trail can feel a sense of belonging.



### **Trans Canada Trail Goals**

Between 2005 and 2010, the goals of the Trans Canada Trail are to:

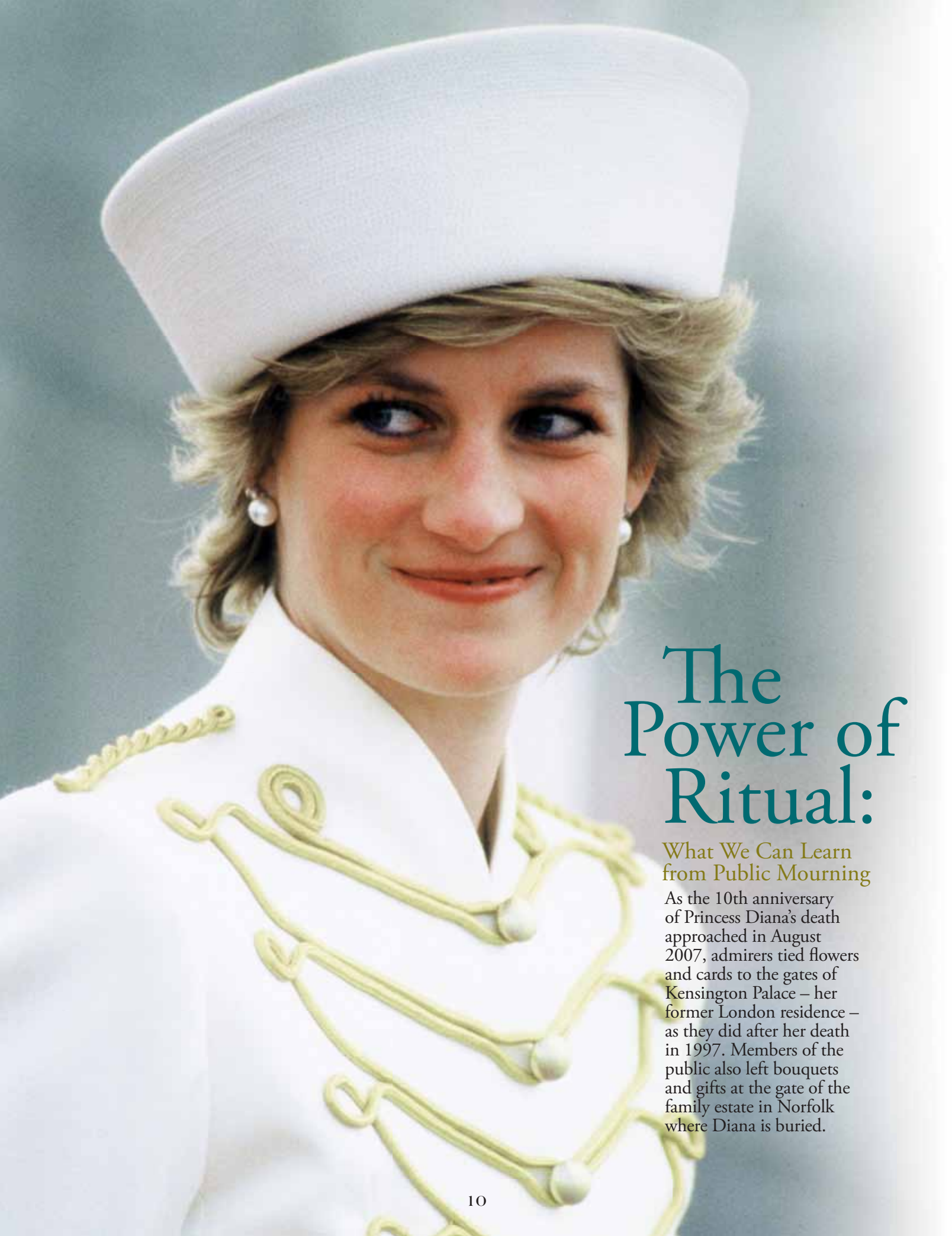
- Complete the main route of the Trans Canada Trail
- Raise \$25 million to finish construction of the Trail
- Raise \$6 million to sustain vital Trail-building support services.
- Research and document the Trail so that users will have the maps and guidebooks needed for their safety and enjoyment



Over the past 12 years, the Trans Canada Trail has been blessed with the generous support of over 100,000 individual Canadians, who have symbolically purchased metres of the Trail or become members.



*Acknowledgement and thanks to the Trans Canada Trail office for access to information, maps and photos.*



# The Power of Ritual:

## What We Can Learn from Public Mourning

As the 10th anniversary of Princess Diana's death approached in August 2007, admirers tied flowers and cards to the gates of Kensington Palace – her former London residence – as they did after her death in 1997. Members of the public also left bouquets and gifts at the gate of the family estate in Norfolk where Diana is buried.

In many ways, the anniversary seemed like a replay of the extraordinary outpouring of public grief in the week following her death. During that unprecedented period of public mourning Kensington Palace was the focal point for uncounted numbers of people who left flowers and other tributes, or who just stopped for a few moments to pay their respects.

Over a million people lined the four-mile route when the funeral cortège with her coffin made the trip from Kensington to Westminster Abbey. Millions more around the world watched on television as Princess Di was eulogized and laid to rest.

Ten years later, events marking the anniversary seemed to rekindle the public's fascination with "the people's princess." In communities around the world impromptu shrines – floral tributes, signs, letters and stuffed animals – popped up seemingly overnight, as they had a decade ago. Millions of people – most of whom knew her only through the ever-present media – felt they again needed to participate in some way.

The anniversary remembrances to Princess Di are reminders of how we all need rituals and ceremonies to mark important milestones in our lives. Ceremonies like graduations, marriages, baptisms and farewells give us opportunities to show that we share our common beliefs with others. Together, we share our joys and our sorrows throughout life's journey.

Few of us will ever experience anything like Princess Di's funeral in person, but every funeral service serves a healthy purpose when it helps people accept their deepest emotions. A healthy funeral not only serves as a farewell to a loved one, but also enables each individual attending to accept that the loved one is gone. This is a painful reality. However, when individuals come together at a funeral to share their expressions of faith and feeling they affirm their belief in the future. Having faced their own experiences of loss and pulled through, they assure the family they will find their way through their loss and begin to live again.

The rituals and ceremonies of a funeral, then, are healthy tools to help us through a period of emotional upheaval and move on with our lives.

Millions of people – most of whom knew her only through the ever-present media – felt they again needed to participate in some way.



# A Different Kind of Christmas



*Whether religious, ethnic or civic, your holidays are different when someone is missing. Don't despair. There's so much you can do to keep the day special.*

Holidays are a time for traditions and gatherings with family and friends. Special memories are linked to these special days. Togetherness with family and friends is almost always part of the celebration. If you're living with the recent loss of a loved one, it's no wonder if you find holidays suddenly difficult.

One holiday that's challenging for many bereaved Canadians is Christmas. Rather than being a joyful time, the Christmas season can bring feelings of sadness, loss and emptiness. Traditional activities and symbols become reminders of someone who is precious to us, but no longer here to share the festivities.

There are many things you can do to help yourself through the Christmas season – good ideas that can apply to other holidays as well.

**1. Talk openly with caring friends and family about your grief during the holidays.**

They will help you feel understood. Spend time with people who will encourage you to be yourself and accept your feelings – both happy and sad.

2. **Discuss honestly with family members what each wants to do on the holiday.**  
It may be more comfortable to follow traditions or make some changes, perhaps for this year only. Give yourself permission to not do things. Once you have your plans in place, let others know your wishes.
3. **Carry on with Christmas preparations that you enjoy.**  
Feel free to eliminate or change the ones you don't enjoy.
4. **Get help with decorations.**  
Decorating together can preserve the warmth of the season. And you should also let yourself be free to save the decorations for another year if that's what feels right. You can save Christmas cards for another year, too, if that activity is a difficult task.
5. **Consider shopping early, and in new ways.**  
Buying gifts may be upsetting. It may be easier to shop by phone, catalogue or on-line. You may want to take an understanding friend with you or perhaps a family member will shop for you.
6. **Christmas dinner doesn't have to be the same as always.**  
You can change the menu, the time of day or the room in which you dine. If you don't feel like cooking Christmas dinner, make alternate plans. You could enjoy a meal prepared by family or friends.
7. **Take it easy and get lots of rest.**  
Holidays are tiring – both physically and psychologically. Lower your expectations and give yourself plenty of time to just relax.

### **Candle Lighting Ceremonies Can Make the Holidays Special**

A candle lighting ceremony may be a meaningful way for you to remember your loved one during the Christmas season. Watch for information about such services in your community.

An example is the Compassionate Friends Worldwide Candle Lighting, held the second Sunday in December. Annually, tens of thousands of families, united in loss, light candles that burn throughout a one-hour service.

Believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting creates a virtual 24-hour wave of light as it moves from time zone to time zone.



# Our Deep Need for Memorialization

By Todd W. Van Beck

## Why remembering the past is so important to going forward.

In a simple and elegant way, an elderly lady I served many years ago summed up the human motivation to memorialize a lost loved one.



When her husband's monument was finished and ready for her to see, I took her to the cemetery. All was silent as we quietly walked through the myriad of other monuments. The walk itself was a powerful message coming from stone about the finality and reality of death.

We finally arrived at her husband's resting place. She stood in absolute silence for a time, and finally said to me, "I have done the right thing." There it was – the power of memorialization to bring peace of mind.

Life will always be a cycle of life and death, and we will always be uneasy with it. The loss of a loved one creates a chasm between the past and the future. Memorialization provides a bridge to move forward into the future, without losing the vital touchstones of the past.



Monuments are erected as a sign of love and respect, but they also reassure the survivors that each life will be remembered. In an almost mystical sense monuments and the processes of memorialization give people peace of mind, a priceless psychological gift.

People are always motivated to proclaim their beliefs, and give voice to their anguish and hope, and also to exercise our artistic inclinations. Monuments and memorialization ceremonies can accomplish all three.



Cemeteries, for example, exist more for the living than for the lost. These resting places are, in a sense, open air galleries or museums of memorial art and symbols and messages – the depiction of human stories – for current and future generations to experience. That's why memorialization has been marked and commemorated since the beginnings of human culture.

Monuments and memorials – whether within the cemetery walls, or at a public place, or in religious buildings – are a true and lasting repository of our values and expressions about living life. Our memorials proclaim beliefs, express personalities and communicate the insights of the ages. These messages carved in stone can be reviewed and renewed not only by family but even by every visitor who passes by. “In order for me to understand a community all I have to do is visit their cemetery,” said Benjamin Franklin.

Memorialization is usually motivated by the visual – we see and touch the monument, we can read the inscriptions. We can select an object of memorialization and take it home to keep in a significant and meaningful place. The visual expression allows us to hold close to those things that help us cope with loss: expressing important personal insights, declaring belief and faith, and conveying social values. We share these messages through the process of memorialization on behalf of those who are no longer here. Rarely in life does one encounter such a powerful connection.



# Comfort Food

Contributed by Bill & Lorna Quine

Comfort food is part of almost everyone's life. We make comfort foods part of our celebrations, with specific dishes that are a must-have part of holiday meals. We turn to comfort foods for support and consolation in times of trouble.

From macaroni and cheese to congee, navratan korma to minestrone, tourtière to "tater-tot hot dish", every culture, country and region has their own unique comfort foods. While some dishes may seem exotic, all share common ingredients like warm, happy memories and the ability to lift our spirits and brighten our day.

While tomato sauce has always been at the heart of comfort food throughout Italy, it has become a staple through much of the world. Many cultures have their own versions of tomato sauce and use it as a starting point for a host of different dishes.

In North America, tomato sauce and pasta have become staples in almost every kitchen, whether it's called pasta alla bolognese, spaghetti and meat sauce or noodles with the red topping.

But that "red topping" can do so much more than just sit on top of pasta.

This is a quick and easy recipe for a basic tomato sauce that you can vary to suit your taste, plus a few suggestions for some uses you may not have thought of. But that's just the tip of the iceberg.

Add a few dried chilies for hot and spicy or stir in a little cream for a rich rosa sauce. Add more veggies? You've got a primavera. Any combination of seafood? That's pescatore. Love mushrooms? Add lots and you've created "con funghi".

The possibilities are endless, so double, triple or even quadruple the recipe, freeze small portions to use later and don't be afraid to experiment. Because no matter what you add to it or add it to, tomato sauce adds familiar, friendly flavor – and that's comfort food.



From macaroni and cheese to congee, navratan korma to minestrone, tourtière to "tater-tot hot dish", every culture, country and region has their own unique comfort foods.



## Basic Tomato Sauce

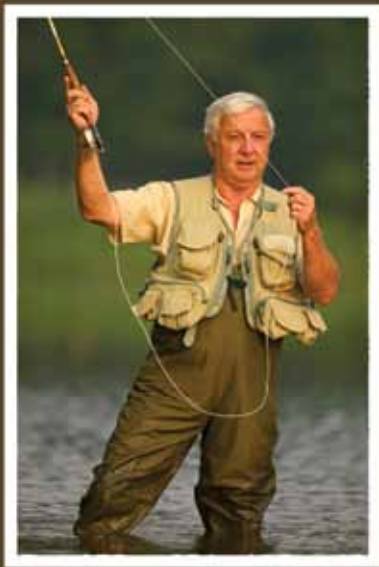
2 tablespoons olive oil	2 cloves garlic, minced
1 medium onion, chopped	1 medium green pepper, chopped
1 – 28 oz. can diced tomatoes	1 small can tomato sauce
2 teaspoons sugar	1 teaspoon salt
½ teaspoon dried oregano	½ teaspoon dried basil

Saute garlic, onion and green pepper in oil on medium heat till onion is translucent. Add remaining ingredients and bring to a boil. Reduce heat to a simmer, cover and cook for 40 minutes. Remove cover and cook for an additional 20 minutes. This sauce freezes very well.

This is a very versatile sauce that can be used in any number of ways, such as:

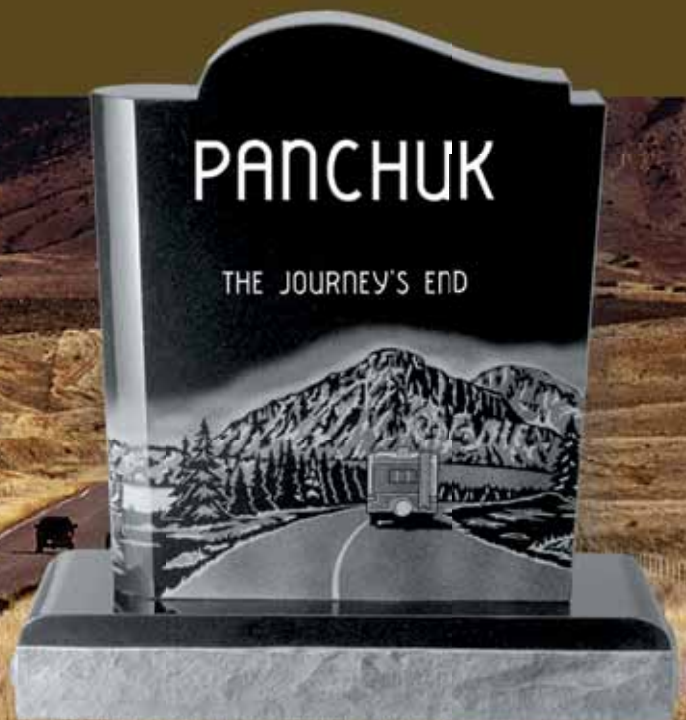
- Toss with cooked pasta and top with grated parmesan cheese (add sautéed mushrooms to the sauce if desired).
- Spread about a cup of sauce over two chicken breasts which have been browned. Top with your favourite cheese and bake until chicken is cooked through (about 30 minutes at 350 degrees)
- Brown Italian sausages (or bratwurst) and poach in the sauce until cooked through. Serve with rice, pasta or polenta
- Spread some of the sauce on top of your favorite meatloaf before baking

# Creating a Loving and Meaningful Tribute



**W**hen the time is right for a family to start thinking about a memorial for a loved one, knowledgeable counsellors can make the process much easier. These individuals are skilled in working with families to create an appropriate and well-executed tribute.

Reflecting on a loved one's life is the first step. With a goal of determining possible symbols that represent important memories and life experiences, family members might consider such things as personality traits, accomplishments, activities and special events.





**Here's the story of one family:**

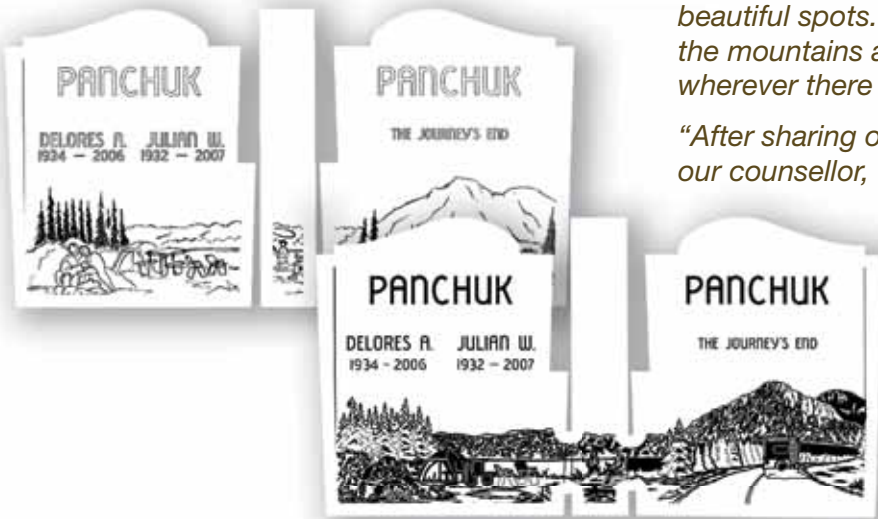
*"Mom and Dad, when they were first married and money was tight, would go camping every chance they could. In the early years, a small dome tent Dad had left over from his Scouting leader days was their shelter. There wasn't much space inside but they didn't mind as they spent every moment they could outdoors. In the evenings they would huddle around the crackling fire enjoying the clean fresh air.*

*"As time passed and there was more money, they invested in a motor home. In their retirement years, Mom and Dad embarked on long trips, camping along their route at many beautiful spots. They especially loved camping in the mountains and would fish the icy cold streams wherever there was a good spot along the shoreline.*

*"After sharing our story with memorial artists through our counsellor, we were able to see a rough sketch of the ideas that were discussed. We appreciated the opportunity to make revisions at this stage.*

*"Once the drawing was finalized we gave our approval of the design, lettering styles and placement before work began on the granite we had chosen.*

*"Then craftsmen used their skill, training and experience to carve and letter the design, resulting in an artistic and thoughtful final product."*



# SETTLING AN ESTATE

When a person dies, someone must look after their estate. If the deceased person has left a will and named an executor, the executor will carry out his or her duties according to the will and the law. However, before an executor can begin to act on behalf of the deceased he or she must file several documents with the court. The court then issues Letters Probate giving the executor the authority to act. Once that happens, the executor's main duties include:

- paying any debts owed by the deceased or the estate;
- distributing the estate according to the will and the law; and
- accounting for the distribution of the estate.

While an executor is not legally required to seek assistance from a lawyer, the requirements listed above illustrate why most executors do rely on a lawyer or other professionals, such as accountants. Reasonable professional fees can be charged to the estate.

More help is available. The nearest Court of Queen's Bench in your jurisdiction may have an information kit that will guide you through the court's requirements. In many provinces the local branch of the Public Legal Education Association (PLEA) provides a brochure on Wills and Estates that covers an executor's responsibilities. Information is also available online through the PLEA website for your province, or from your provincial department of justice.



# Be a part of something huge. Put your name on the Trans Canada Trail.



Photo by Mike LeBlanc

**VALERIE PRINGLE** is a broadcast journalist and Chair of the Trans Canada Trail Board of Directors.

“Join the thousands of Canadians from every province and territory, from all walks of life, who are helping to build the longest recreational trail in the world.

When you help to build a metre of Trail, you’ll be permanently adding your name—or the name of a loved one—to the Trail. Your or his or her name (you can also honour the name of a school, a company, any organization) will be engraved in the Trail pavilion of your

choice. There are currently **76** of them between St. John’s and Victoria, between Windsor and Tuktoyaktuk. A personalized Trail certificate will also be issued, along with a tax receipt.

**Donate today! This is your chance to play a supporting role in the completion of Canada’s great 18,000-kilometre national dream!”**



**Yes!** I / We want to support the Trans Canada Trail and wish to donate **\$50 for each Trail Metre.**

**Number of metres:** 3 x \$50 = \$150  ; 2 x \$50 = \$100  ; 1 x \$50 = \$50  ; \_\_\_ x \$50 = \$\_\_\_\_. Additional donation to cover increasing costs: \$\_\_\_\_.

Mr.  Mrs.  Miss  Ms

PLEASE PRINT

**Total Donation: \$**

DONOR'S NAME All receipts will be automatically sent to donor.

NAME to be inscribed in Pavilion and on Certificate (surname first; maximum 25 characters inc. spaces and punctuation)

ADDRESS APT.

PROVINCE/TERRITORY and nearest city where you wish name to appear in Trail Pavilion

CITY PROVINCE POSTAL CODE

NAME and address where certificate will be sent – if different from donor's

TELEPHONE: HOME WORK

ADDRESS APT.

E-MAIL

CITY PROVINCE POSTAL CODE

I/We wish to make my/our donation by: Cheque  Visa  Mastercard

TELEPHONE: HOME WORK

CARD NUMBER EXPIRY DATE

RELATIONSHIP of donor to person inscribed in Trail Pavilion

SIGNATURE

Is this donation in memory of a departed loved one? Yes  No  Yes, I'd like to receive more information on Planned Giving  Material to be sent in: English  French

**If you are contributing more than one metre, please print additional names and all other information on a separate sheet.**

**Please make cheque payable to Trans Canada Trail**

From time to time we make our donor list available to a few carefully screened firms. If you prefer not to receive such mailings, please check here .

Mail donation form(s) to 43 Westminister Ave. N., Montreal West, QC H4X 1Y8

Fax: (514) 485-4541 E-mail: [info@tctrail.ca](mailto:info@tctrail.ca) Internet: [www.tctrail.ca](http://www.tctrail.ca)

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To make a donation by telephone: **1-800-465-3636**, by Internet: **www.tctrail.ca**

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