



Issue 4

Reflections *of life*[®] MAGAZINE

Your complimentary subscription:

**Thoughts and ideas
to help you through
your journey**

- **Today's Reality,
Tomorrow's Hope**
- **Do You Remember?**
- **The Trans Canada Trail
in Alberta**
- **Messages to Heaven**
- **Good Music for
Hard Times**



Remco Memorials Ltd.

611 – 6th Avenue E.
Regina, SK S4N 5A3
(306) 569-0621
Fax: (306) 522-9449
Remco.memorials@sasktel.net
www.remco-memorials.ca

Our Gift to you

Welcome to the fourth Issue of Reflections of Life.

We hope you'll find some comfort in this issue's articles on memories, comfort foods, and music therapy.

Part of this publication's mandate is to explore the many variations of rituals that follow the passing of a loved one. In these pages you'll find a review of how Pierre Elliott Trudeau's passing was marked with both private and public salutes; and a look at the traditions and importance of military funerals.

We hope you enjoy this complimentary issue, and we thank you for inviting us to serve you.



Dave Reeson
President



Reflections of life[®] MAGAZINE



From the Editor

Greetings from the editorial and production team at Reflections of Life[®].

We all feel privileged to work on this unique publication and we hope it is of benefit to you.

In the first four issues we've included articles on dealing with grief, self-care, unique ways of memorializing loved ones, funerals of the famous, healing activities, book reviews, comfort foods, and more. We invite you to suggest new topics for inclusion in the coming issues or give us feedback on the first four issues. You can contact us at editor@hjlinnen.com.

Brenda Caswell

Respectfully,
Brenda Caswell
Managing Editor

Features



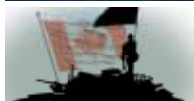
2 Do You Remember?
By Darcie Sims



4 Today's Reality,
Tomorrow's Hope



7 The Trans Canada Trail



10 Soldier to be
laid to rest today



12 First Nations Cemeteries



14 Comfort Food
Sugar & Spice



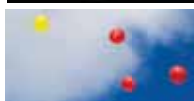
16 A Single Rose: Thoughts
on Pierre Trudeau's
Funeral



18 From Mozart to
Mick Jagger - Healing
Through Music



20 Good Music
for Hard Times



21 Messages to Heaven

Reflections of Life[®]

200 - 2161 Scarth St.
Regina SK S4P 2H8
Phone: (306) 586-9611
Fax: (306) 586-6211
Email: editor@hjlinnen.com

Publisher: Harvey J. Linnen
Email: harvey@hjlinnen.com

Managing Editor: Brenda Caswell
Email: editor@hjlinnen.com

Contributing Editor: Virginia Wilkinson
Email: virginia@hjlinnen.com

Distribution & Advertising Manager: Lynn Hamilton
Email: lynn@hjlinnen.com

Art Director: Brian Wood
Email: brian@hjlinnen.com

Contributors: Bill Armstrong, Adaline Leir,
Darcie Sims, Bill Quine.

Reflections of Life[®] is published twice yearly at HJ Linnen Associates, 200 - 2161 Scarth St. Regina SK S4P 2H8. The magazine is distributed to individuals and families who have experienced bereavement. To have your name removed from the mailing list or to send address corrections contact the Distribution & Advertising Manager listed above.

Return undeliverable copies to:
200 - 2161 Scarth Street, Regina SK S4P 2H8
Publication No. 41541019

All rights reserved. Reproduction in whole or part without the written permission of the publisher is prohibited. Views expressed in this publication are not necessarily those of the publisher, sponsor or advertisers. All material submitted to the magazine is accepted on the basis that the author accepts the assessment of the Publisher as to its commercial value, and that copyright in the work will be vested in the Publisher who assumes all rights worldwide, in all forms and media. Submitted materials cannot be returned unless accompanied by a stamped addressed envelope. In any event the publisher can accept no responsibility for loss or damage to contributions. All material submitted to the magazine is subject to editing.

The Reflections of Life[®]
publishing team at
HJ Linnen Associates

Back row, left to right:
Brian Wood, Lynn Hamilton,
Harvey J. Linnen.

Front row, left to right:
Virginia Wilkinson, Brenda Caswell





Do You Remember?

*Adapted, with permission, from an essay by Darcie D. Sims, Ph.D, CHT, CT, GMS
(To read the unedited version visit www.griefinc.com)*

Do you remember being six? Getting ready for the new school year? Being worried about getting on the wrong bus?

Do you remember a favourite teddy bear? Watching clouds drift by on summer days? Running barefoot through the grass and sledding down the big hill alone for the first time?

Does being sixteen ring a bell somewhere in your memory? Do you remember trying out for the football team, the cheerleading squad, the lead in the class play? Being nervous about giving a speech or asking someone to dance?

Can you recall the first time you ever fell in love? How you managed to survive the first break-up, and then the second one, and the third? And then swearing you would never fall in love again? And then you did...

Do your memories bring comfort or pain or a little of both? What do you remember and what are you going to do with all those memories?

Fall is the gathering time, and just as the animals begin to stockpile their hideaways with nuts and berries in preparation for a long winter's sleep, we too, seem to be gathering. When the air turns cool and the leaves begin to colour, our thoughts often turn to yesterday, and we begin to take inventory of ourselves and our lives. What have we accomplished? Where have we been and what have we done? We begin to gather in our memories and sort them, one by one, living and reliving the events that have shaped our lives.

Are squirrels selective in their gathering of nuts, or do they simply want to get as many stored away as possible? Why do we have to hold onto some things and toss others away? Isn't there room for all of our experiences? Isn't the human mind and heart and spirit large enough, flexible enough, strong enough to hold all of our thoughts, fears, guilts and happiness, at the same time? Why do we have to be selective in our memories?

I want to remember it all!

Every moment I have lived has been worth something.
I do not want to lose anything that I have experienced.





I want to remember Grandma's special cookie recipe and Grandpa's stories. I want to remember the warmth of being held, and I want to remember the joy of being loved.

And if that means I will have to carry with me all of my memories, because I am too tired to sort them into the proper categories, then I will claim them all.

I will remember the fears, the guilt, the funeral, the gloom, the thunder and the rain, because I want to remember the sun, and the joy and the love. I cannot separate my life into neat little compartments, each designed to hold only selected memories.

I'm more like the squirrel, I guess. I will simply stash my memories away for some cold winter's night when the fire is low and the night is dark. Then I can pull out some of the glorious moments of summertime, youth-time, love time and remember again, the joy of giving and receiving love.

Fall is the gathering time and I have spent my life gathering in memories. I intend to gather in some more, too. Who knows, something incredible may be just around the next corner. I might find love again... and that is worth remembering!



Time Remembered: A Journal for Survivors

Dr. Earl A. Grollman, Rabbi

This book is for the newly bereaved who wonders how to survive the death of their loved one, as well as for people who have been on the roller coaster ride of grief for some time. Rabbi Earl A. Grollman offers helpful tips about the grief journey as well as shares quotes from others. He explains there is no timetable for grieving and the bereaved need to be patient with themselves.

This is not only a book, but also a journal that encourages the bereaved reader to acknowledge and write about the pain, moods and deep emotional feelings they are experiencing and to document their search for healing resolution.

The author suggests that within the pages of this journal, the bereaved person is provided with an opportunity to see how far they have come in their journey; as well as to see how much further they must go to learn to live with their grief.

Earl Grollman is hopeful that later on, by reading the journal entries, the bereaved will be able to look back and say: "I've done it. I made it from despair to where I am today. I've gone on living."

-Reviewed by Adaline Leir

Today's Reality, Tomorrow's Hope

Orthodox funeral services celebrate ancient rites

Different cultures within the Christian tradition have developed unique rituals and rites centred on the core beliefs of the faith. *Reflections* continues its series on culture and memorialization with a look at the distinctive memorial and funeral rituals of the Orthodox Church.

The Orthodox Church actually comprises several churches, based on unique ethnic and cultural backgrounds, but with a shared history. The Orthodox funeral service of today has its origins in the late 5th century, and has been enriched over time with the addition of meaningful hymns, prayers and symbolic acts.

Underlying all aspects of the Orthodox funeral is the belief in Christ's Resurrection, which the faithful departed will share with Him. Death is viewed as a time of repose rather than an absolute end to existence.

"There are two central messages during the funeral service," says Father Spirodon Vandoros of St. Paul's Greek Orthodox Church in Regina. "The first is the reality of death. The second message is that of hope, that Christ is the Resurrection and the life."

This message of hope is reflected in the vigil, or Trisagion, which the priest usually conducts at the wake the night before the funeral and again at the grave site. "The Trisagion prayers ask God to grant rest to the departed person's soul and to grant them forgiveness of their sins," says Father Vandoros. "What better time to ask for these things than at the vigil and the grave site, when the feelings of loss and uncertainty are most prevalent?"

The Orthodox tradition is to have an open casket during the funeral service to acknowledge the reality of death and allow for last respects. The open casket faces east, Father Vandoros explains, so that the deceased faces the direction where Jesus will come again at the Second Coming. At the end of the service all of the faithful are invited to give a final kiss to the departed, another powerful statement of the Orthodox belief in the life to come.

Symbols also permeate social events like the funeral luncheon, called the Makaria. Fish is served as the main dish, as it was an ancient symbol for Christians. A boiled wheat and honey dish, Colyvo, served at memorial services after the burial symbolizes that the seed of the body placed in the earth will sprout forth new, resurrected life when all the dead are raised at the Second Coming.

"There are more symbols and rituals," says Father Vandoros. "The funeral service is one of joyful sorrow, because it plainly states the person has passed away, but that those who believe in Jesus will pass from death to eternal life. That is a great consolation."

“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.

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

Visit our showroom and head office:

Treaty Four Governance Centre

Fort Qu'Appelle, SK, S0G 1S0

- Phone: 306-332-4551
- Toll-free: 1-866-408-6264
- Email: joseph.bear@ami-memorials.com
dan.pelletier@ami-memorials.com
- Web site: www.ami-memorials.com



Joseph Bear



Dan Pelletier



AMI
MEMORIALS





EAT WELL. LIVE LONGER.

We're helping Canadians eat healthier. Enhanced food labelling, Health Check™ shopping choices and reduced trans fats are just the beginning. Make healthier choices today; visit heartandstroke.ca.

THIS IS WHAT HAPPENS WHEN YOU PUT YOUR HEART INTO IT.™



**HEART &
STROKE
FOUNDATION**

Finding answers. For life.

The Trans Canada Trail in Alberta

A Feast for the Eyes, Food for the Soul

From prairies to foothills to mountain ranges, Alberta has one of the most diverse landscapes in Canada. For outdoor enthusiasts this means a wealth of options for recreational activities.

An important component in Alberta's recreation scene is its growing network of trails. Alberta TrailNet is Alberta's provincial trail council, a charitable society whose mandate is to develop a provincial plan for trails; facilitate liability insurance; provide practical information on trail planning, construction and operation; and help fund trail development. In addition, the society has a formal agreement to represent and promote the Trans Canada Trail (TCT) in Alberta and to allocate resources provided by TCT to local groups.

The Wild Rose Trail System

Named after Alberta's provincial flower, the Wild Rose Trail System is the name for Alberta's provincial trail network. The long term vision is for community trails to link to other local trails, over time forming a trail network that connects communities, recreation and tourism areas across the province. Certain routes, like the Trans-Canadian Snowmobile Trail and Trans Canada Trail will connect onwards to neighbouring provinces. As is the case across Canada, many segments of these trails are developed and maintained through the efforts of dedicated volunteers and local sponsors.

The Trans Canada

Albertans, and visitors to their province, will have the pleasure of enjoying several routes of the Trans Canada Trail through their communities. Alberta is the hub where the east-west land route, and the Arctic land and water routes meet. In the first phase of trail development the east-west route enters the province at Onion Lake – east of Edmonton – and heads west to Edmonton, then south to Calgary through Devon, Leduc, Wetaskiwin, Ponoka, Red Deer, Olds and Airdrie. During the next phase of development the southern branch of the east-west route will enter Alberta at Cypress Hills then head northwest to Medicine Hat and Calgary, connecting onwards to British Columbia through Canmore, Banff and Kananaskis Country.

Farther north, the Arctic land route connecting to the Yukon leaves Edmonton and Fort Saskatchewan and heads north to Athabasca, Peace River, Fairview, crossing to northern British Columbia at Cherry Point. The northern water route connecting to the Northwest Territories traces the path of the historic fur traders from Athabasca – along the Athabasca River northeast to Fort McMurray, Fort Chipewyan and Fort Smith in the NWT.

Mapping the Way

In response to a growing need for maps of the trail system, Alberta TrailNet, backed by other stakeholders, has undertaken to produce a series of provincial maps that show approved trails and highlight tourism sites of interest and the natural and cultural history of the region.

The first task was to develop a prototype map of a pilot project area in northeastern Alberta. Now completed, the map shows officially approved trails in NE Alberta – including motorized and non-motorized, land and water routes. The Trans Canada Trail runs through this area and is a prominent feature on the map. The map is intended to promote the use of managed



Trail in Alberta

trails therefore increasing the recreational experience and opportunity, protecting the environment, reducing conflicts, enhancing public safety and benefiting the local economies.

The map was launched in the community centre in St. Paul, Alberta on January 19th, 2008. This same celebration applauded the efforts of all the volunteers who created the Iron Horse Trail from the old abandoned CN line. Connecting 15 historic towns in the province's northeastern "Lakeland" region, the Iron Horse Trail travels through boreal forest, farmland and wild animal habitat. The Iron Horse Trail was officially opened on June 8th, 2003 and 183 of its 300 kilometres are part of the Trans Canada Trail.

The map is available at www.albertatrailnet.com or through Alberta TrailNet at atnadmin@telus.net or 1-877-987-2457. During the summer months maps will also be available at all Travel Alberta visitor centres.

Travelling the Trail

Whether you're planning to traverse the Trail through Alberta's major centres like Calgary or Edmonton, favourite mountain towns like Banff or Canmore or enjoying the natural beauty of the foothills region, you can access trail descriptions and maps on the Alberta Trailnet website at www.albertatrailnet.com.

The Trans Canada Trail

The Trail was initiated in 1992 during Canada's 125th anniversary and holds the record of being the world's longest recreational trail. When completed, the trail will reach from the Atlantic to the Pacific, to the Arctic, covering 21,500 kilometres. About 70 per cent of the trail is ready for use – covering more than 14,500 kilometres.

Thousands of people are using the Trail to get active and enjoy the outdoors by walking, hiking, cycling, cross-country skiing, canoeing, snowmobiling or horseback riding.



The Trans Canada Trail is a non-profit, registered charity with a mission to promote and assist in the development and use of the Trail in every province and territory. More than 100,000 Canadians from all regions and all walks of life have helped build the Trail by symbolically purchasing metres. Donors who contribute \$50 or more, and sponsors are recognized in the Trail's 87 pavilions.

Major corporations, foundations and all levels of government have contributed generously to the Trail.

For more information or to contribute visit www.tctrail.ca.



We are all far too familiar with newspaper headlines like this one. We all share a sense of grief and loss – and a desire to recognize their sacrifice. The military funeral plays an important role in honouring these bravest of souls.

Deceased members of the Regular or Special Forces, members of the Reserve Force who die on service and holders of the Victoria Cross are eligible for a military funeral. The Chief of the Defense Staff can also approve a military funeral for members of the reserve who pass away when not on service, or to former members of the services.

The military funeral for soldiers who have fallen in combat actually begins with the “ramp ceremony”

that many of us have seen in the news. This ceremony is an opportunity for fellow soldiers in the field to honour their fallen comrade. It also begins the soldier’s final journey home. Every step is in the hands of trained, experienced armed forces personnel.

All members of the Canadian Armed Forces who die overseas are repatriated to CFB Trenton. The military makes arrangements for the deceased’s immediate family to travel to the base to meet their loved one and to accompany him or her to Toronto. From Toronto, the fallen soldier is returned to their home community.

In the soldier’s home community, the military works closely with the family, the funeral director, clergy, police and others to ensure that the service

“Soldier to be laid to rest today.”



both follows military tradition and reflects the individual soldier. The growing desire of the public to show their support adds another dimension to the planning required.

David Schurr of Acadia-McKague's Funeral Chapel in Saskatoon recently saw first-hand what was involved. From the moment the soldier arrived home to a military honour guard at the Saskatoon airport, military personnel oversaw every detail.

Schurr was impressed by the behind the scenes coordination required. "While a typical service requires one to two days of preparation and planning, our full staff was involved for nine days." Schurr said. Details and logistics of the trip to the church, every aspect of the service, travelling to the cemetery and the interment were all planned with the utmost care.

The service itself began with eight military pallbearers carrying the casket into the church, led by a single piper. The casket must always be carried in a military funeral. The deceased soldier's



beret and medals are placed atop the casket during the service.

Following the church service, which combines military tradition with hymns and readings selected by the family, the pallbearers carry the casket to the hearse for the journey to the cemetery.

At the cemetery, the family is presented with their loved one's beret and medals, along with a folded Canadian flag, by senior members of the military. Soldiers honour their fallen comrade by firing their weapons in salute.

For Schurr, one of the most memorable aspects was the hundreds of members of the public who lined the procession routes to honour the sacrifice of a true Canadian hero most had never met.

"For us, it all reaffirmed what it is to be Canadian." Schurr said. "Sometimes we all take our lives for granted when others are fighting for us. It was an honour and a privilege to serve this soldier, his family and the military."

How To Go On Living When Someone You Love Dies

Dr. Therese A. Rando, Ph.D

Dr. Therese Rando wrote this book to help define the grief process – its intensity and the uniquely personal experience with each loss, having its own distinct issues and specific requirements for a positive resolution or reconciliation of one's grief. The author explains the processes that are important to coping in a positive and healthy manner; how one can keep loved one's memories alive in appropriate manners; and how to deal with our forever changed identity.

Dr. Rando also emphasizes that time does not heal all, nor does grief diminish with time but rather time can be therapeutic in helping us put things into perspective. Time also helps us adjust to this change. There is no magic timetable for one's grief – and although people will try to rush us through our grief, the process can last much longer than the once thought period of six weeks, two months, six months or up to a whole year, after all the 'firsts' have been dealt with.

The author suggests, that above all else, people should remember they can seek professional help to find a positive resolution or to get unstuck in their grieving process.

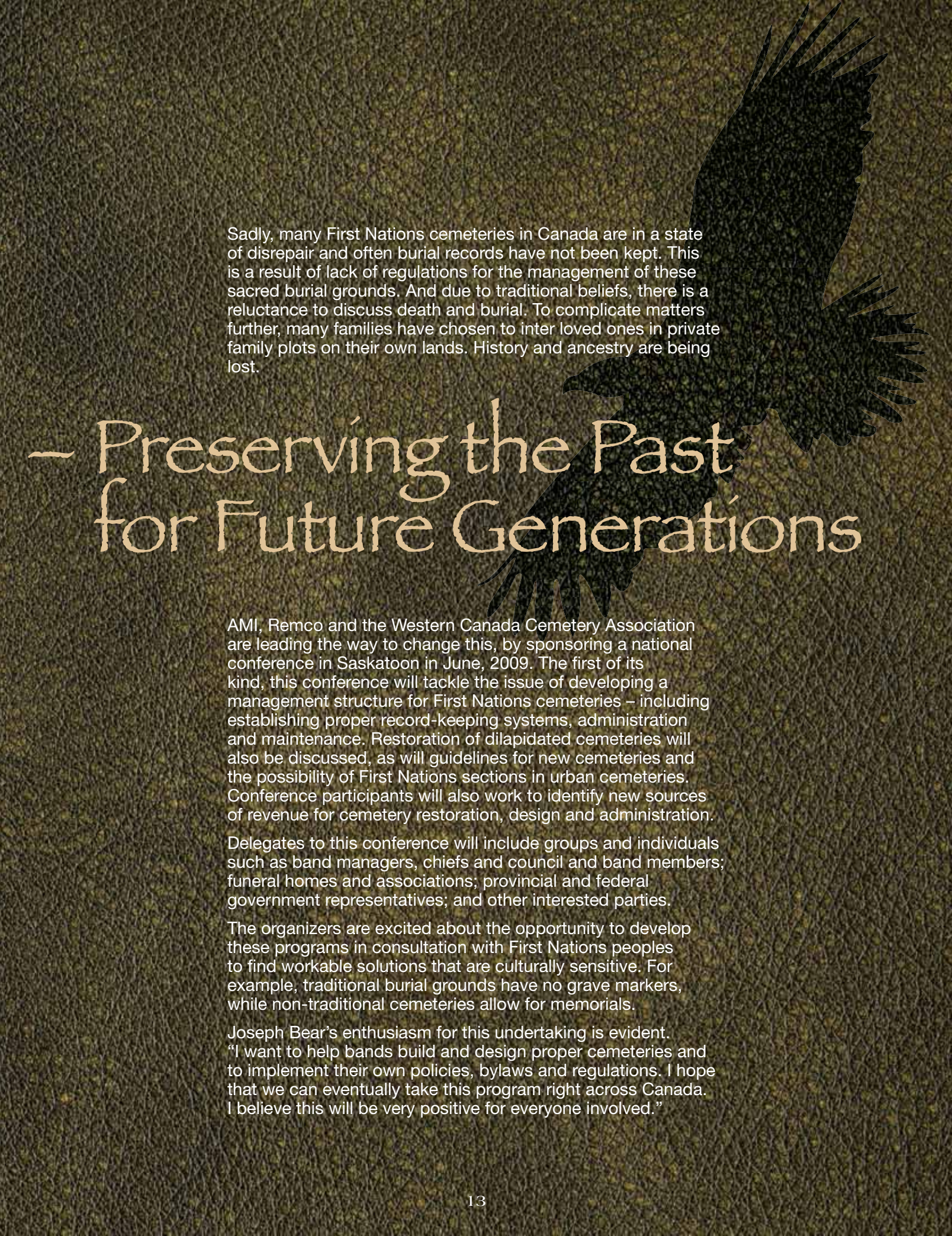


~Reviewed by Adaline Leir

Joseph Bear is a Cree Indian from the Ochapowace First Nation near Broadview, Saskatchewan. Joseph is also the president of AMI Memorials, a unique company he co-owns with Remco Memorials. AMI specializes in culturally sensitive First Nations memorial products, incorporating symbols of special importance to First Nations people. Every day he assists families in remembering loved ones and through this work he has developed a deep appreciation of cemeteries as very important places.

First Nations Cemeteries





Sadly, many First Nations cemeteries in Canada are in a state of disrepair and often burial records have not been kept. This is a result of lack of regulations for the management of these sacred burial grounds. And due to traditional beliefs, there is a reluctance to discuss death and burial. To complicate matters further, many families have chosen to inter loved ones in private family plots on their own lands. History and ancestry are being lost.

- Preserving the Past for Future Generations

AMI, Remco and the Western Canada Cemetery Association are leading the way to change this, by sponsoring a national conference in Saskatoon in June, 2009. The first of its kind, this conference will tackle the issue of developing a management structure for First Nations cemeteries – including establishing proper record-keeping systems, administration and maintenance. Restoration of dilapidated cemeteries will also be discussed, as will guidelines for new cemeteries and the possibility of First Nations sections in urban cemeteries. Conference participants will also work to identify new sources of revenue for cemetery restoration, design and administration.

Delegates to this conference will include groups and individuals such as band managers, chiefs and council and band members; funeral homes and associations; provincial and federal government representatives; and other interested parties.

The organizers are excited about the opportunity to develop these programs in consultation with First Nations peoples to find workable solutions that are culturally sensitive. For example, traditional burial grounds have no grave markers, while non-traditional cemeteries allow for memorials.

Joseph Bear's enthusiasm for this undertaking is evident. "I want to help bands build and design proper cemeteries and to implement their own policies, bylaws and regulations. I hope that we can eventually take this program right across Canada. I believe this will be very positive for everyone involved."

Sugar &

An ancient Assyrian myth claims that the gods drank sesame wine the night before they created the earth. Ever since, spices have played an important role in the development of civilization.

Over the centuries, every world power fought for control of the spice trade. Marco Polo, Vasco De Gama, Ferdinand Magellan – all were trying to find shorter routes to the riches of spice. In fact, if not for spice, Christopher Columbus might never have discovered America!

For centuries, spices were as precious as gold. A year's supply of cinnamon was burned at the funeral of the Emperor Nero's wife in a display of honour. There was plenty of gold to be made from spice as well. The fortune that former British East India Company clerk Elihu Yale made in the spice trade was ultimately used by the Boston native to found Yale University.

Today, spices are no longer rare, exotic luxuries for the wealthy. They enrich all our lives by creating the welcoming smells and familiar tastes that say "home" with warmth and welcome.

Here are two recipes for simple, quick and classic fall desserts that feature ginger and cinnamon. Enjoy them on a crisp autumn day and you just may agree that spices are still worth their weight in gold.



Spice



Contributed by
Bill & Lorna Quine



Gingerbread Cake

1 ½ cups	all-purpose flour
1 tsp.	baking soda
1 tsp.	ground ginger
¼ tsp.	salt
⅓ cup	vegetable shortening at room temperature
½ cup	granulated sugar
1	egg
½ cup	light molasses
¾ cup	boiling water

In a small bowl, sift together flour, baking soda, ginger and salt. In a separate large bowl, beat shortening until creamy. Beat in sugar until light and fluffy. Beat in egg, then molasses.

Gradually beat in flour mixture until combined. Stir in water. Turn into a greased and floured eight inch square baking pan. Bake in a preheated 350°F oven for 35 to 40 minutes or until a toothpick inserted in the center of the cake comes out clean.

Cool in pan five minutes. Remove from pan and cool on a rack. Serve with applesauce or whipped cream, or for a real treat, ginger ice cream.

Scotch Apple Crisp

6 packed cups pared, sliced cooking apples (Granny Smiths are good)

1 tsp.	cinnamon
½ tsp.	salt
½ cup	water
1 T.	lemon juice
1 cup	flour
1 cup	quick-cooking oatmeal
⅔ cup	butter
1 ½ cups	brown sugar

Place apples in an 8" x 10" baking dish. Sprinkle with salt and cinnamon. Pour water in at one side of pan. Drizzle with lemon juice.

In a bowl, mix the flour, sugar and oats. With a pastry blender, cut in the butter until the size of peas. Turn out over apples and pat down firmly. Bake at 350°F for one hour.

Ginger Ice Cream

1 pint	of your favourite vanilla ice cream
¼ - ⅓ cup	crystallized ginger

Remove ice cream from freezer and let sit on counter until soft enough to handle. Chop the ginger finely and mix into the ice cream. Return to freezer.

A Single Rose:

When you read the words “Je t’aime Papa” you are immediately drawn back to the day in October, 2000, when Pierre Elliott Trudeau was laid to rest. Those words from Justin Trudeau’s eulogy for his father mark the emotional high point of five days of public mourning for the former Prime Minister, who died on September 28, 2000.



Pierre Trudeau was an often-controversial figure during his time as the 15th Prime Minister of Canada. In his retirement he retreated from public view, but the public understood his devastation when his youngest son, Michel, was killed while skiing in British Columbia in November 1988.

Pierre Trudeau’s death less than two years later prompted a remarkable outpouring of public respect and mourning. Over the two days and nights that Trudeau’s body lay in state in the Hall of Honour on Parliament Hill about 60,000 people paid their respects. Many of them also brought roses, Trudeau’s signature flower, to leave at the Centennial Flame at the entrance to the Hill.

Pallbearers chose at random a 10-year-old girl, Isabelle, to lay a single red rose on the flag-draped casket.

Thoughts on Pierre Trudeau's Funeral

The public mourning continued during Trudeau's final train ride from Ottawa to Montreal. His sons, Justin and Alexandre, asked that the train slow down along its route through eastern Ontario so that the crowds along the tracks could pay their respects.

In Montreal another 15,000 people filed by during the time Trudeau's body lay in state at City Hall. More than 3,000 politicians, dignitaries and friends of Trudeau from across Canada and around the world crowded into Notre Dame Basilica for the State Funeral. Members of the public also congregated outside the Basilica to watch on giant screens. Just before the casket entered the Basilica, on Justin Trudeau's instructions, pallbearers chose at random a 10-year-old girl, Isabelle, to lay a single red rose on the flag-draped casket.

Speaking in both English and French, Justin Trudeau gave us insights into the loving father we didn't get to see. "Many people say he didn't suffer fools gladly," Justin observed, "but I'll have you know he had infinite patience with us." He also noted that his father, "Came back (into the public debates over the Meech Lake and Charlottetown accords) to remind us of who we are and what we're capable of. But he won't be coming back anymore. It's all up to us, all of us, now."

And then it was over. Roses fade away and life continues. The funeral rituals for Pierre Trudeau reminded us that signing a book of condolence, watching events unfold, listening to an inspiring eulogy and even carrying a rose of remembrance are all healthy ways to accept the painful reality of death. And, as Justin Trudeau noted, then it's up to us to carry on with our own lives.

*And then it was over.
Roses fade away
and life continues.*

*And the night shall be filled with music,
And the cares that infest the day
Shall fold their tents like the Arabs
And as silently steal away.*

-Henry Wadsworth Longfellow, The Day Is Done

From Mozart to Mick Jagger



Music can have a huge impact on your emotional and physical health, your general outlook, and your ability to experience life.

Whether you're a musical virtuoso, or have a "tin" ear; and whether you love opera or Alice Cooper, involving music in your life can significantly impact your overall health.

Music has been integral to life almost since the beginning of time. However, few of us really understand the important role music can play in our health. The healing attributes of music were recognized as early as the times of Plato and Aristotle. But it wasn't until the 1940's, that the first ever music therapy degree program was initiated at Michigan State University.

"Music therapy takes a holistic approach to health and wellbeing. We help people work towards their own specific goals, using music as the tool," said Ruth Eliason, Music Therapist with Palliative Care Services in the Saskatoon Health Region.

For more information on music therapy,
or to find a music therapist in your area, contact:

Greystone Bereavement Centre in Regina
Marlene Jackson – (306)766-6947

Music Therapy Association of Saskatchewan
Lana Wilkinson – mtas@musictherapy.ca

Music Therapy Association of Alberta
Krista Hewson – mtaa@musictherapy.ca

Music Therapy Association of BC
Susan Summers – www.mtabc.com

– Healing Through Music

Although Eliason believes music therapy can be used to help us with many aspects of our lives, her recent focus has been on using music to help people who are grieving the loss of a loved one.

“Most people can relate to music. It affects our mood; it stimulates thought; it can connect people to their spirituality; it promotes relaxation and stress reduction; and it allows people to reminisce,” she said.

Eliason said one of the most important attributes of music is that it triggers memories, and enables people to keep a beautiful connection with their loved one, through those memories.

Marlene Jackson, a music therapist, and the Bereavement Coordinator with Palliative Care Services in the Regina Qu’Appelle Health Region, has also seen the benefits of music in dealing with loss.

“Grief can be very confusing. There are so many emotions coming at you. Sometimes people don’t have the words to express how they are feeling – music can sometimes say it for you,” she said.

Music therapists work with patients to help them address their grief, both by creating music, or by listening to it. The therapy sessions are often one-on-one with a therapist, but can also be part of a grief support group. The type of music used in the sessions depends upon the tastes of the patient.

Jackson and Eliason believe that both listening to music and creating it can play an important role in the healing process. While listening to music can assist people in sorting through their feelings, the creation of music can assist us in releasing pent-up and often confusing emotions.

“We use music as a therapeutic tool to help people with different aspects of their lives. Music is universal – people can connect with music if it resonates with them. It enables us to express and experience our emotions safely, in times when they are often too difficult or painful to express or experience on our own,” said Jackson.

Eliason said that in addition to helping individuals deal with their grief, music is also used to help them learn how to live again. Patients are encouraged to incorporate upbeat music into a regular exercise routine to motivate physical activity.

But music therapy isn’t used only to assist people who are grieving. The Canadian Association for Music Therapy website suggests this therapy can be effective in addressing: acquired brain injury, AIDS, autism, developmental disabilities, emotional traumas, geriatric care, hearing impairments, mental health, neonatal care, obstetrics, oncology, pain control, palliative care, speech and language impairments, substance abuse, victims of abuse, visual impairments and more.

Eliason says that anyone who believes music could assist them in dealing with health issues should begin incorporating music into their lives. She advises being deliberate in the music selected, and setting time aside to actively listen to music for relaxation purposes.

Good Music for Hard Times

by Adaline Leir

As I was growing up, music played an important part in our family life and was a means of expressing ourselves. Little did I realize just how important music would be to my own family.

Our first and only child was born both physically and mentally challenged. It didn't take long for us to realize that music was playing a very important part in our child's life as well. We soon learned which types of music were more relaxing for our daughter, and which types would stimulate her. Soft background music soothed her while she slept.

Kimberley died at the age of six years and that was the day the music stopped. It was too hard to listen to the music anymore, when our hearts were breaking; although the silence in our home was deafening. Yet, on the other hand, an acquaintance has explained that music was extremely helpful in her healing process after losing a child. In fact she would sit at the piano for hours on end and pound the keys playing classical music. Grief is indeed unique.

One day I was randomly thumbing through the pages of a grief magazine when an article's title caught my attention – When All is Said. Highlighted in the middle of the article were the words to a song by the same title that I kept reading, over and over. I immediately called the toll-free number listed to place my order for the album. It arrived about a week later. The words of the song were truly talking to me... "When all is said, when all is done I will remember you with love... You're the thread that weaves my soul..."

A Sampling of Sad Songs

Sir Elton John's version of Candle in the Wind 1997 for Princess Diana
Céline Dion - "My Heart Will Go On"
Garth Brooks - "The Dance"
Eric Clapton - "Tears in Heaven", for his 4 year old son
Conor who died tragically in a fall
Cindy Bullens - "As Long as You Love"
Sarah McLachlan - "I Will Remember You"
Billy Gilman - "It Happened Anyway"
Tami Briggs - "Cradled on Wings of Love"
Reba McEntire - "If I Had Only Known"
Alan Pedersen - "Tonight I Light this Candle" and many others on 3 albums in memory of his 18 year old daughter Ashley who died in an accident in 2001.



This song is written and sung by Paul Alexander, a songwriter, author, actor, psychotherapist and Hospice Social Worker who has worked for many years with terminally ill children and their families.

Since that day many years ago, I'm much more tuned in to music and the artists, noting that many songs have been written by and for the bereaved. Music is the way many people choose to express grief – their story of a loved one who died – or their caring and empathy for their friends who are grieving.

A quick survey of every music genre, from country to rock to spiritual, reveals good music for hard times.

Having good music for hard times has certainly helped my husband and me to endure. Our child, Kimberley, is forever in our hearts and minds – she is the thread that weaves our souls.



Pretty Balloon

I am sending you this pretty balloon
And hoping you receive it soon
From my hands to yours let the breeze help it soar
Watch it rush through the skies
Finding joy in your eyes.

I am sending you kisses and hugs
New blankets and shoes and a heart full of love
A crayon so you can draw your own star
And I'll follow you wherever you are.

Let it go, let it fly
As colours touch the sky
Soaring free, soaring high
with family and angels nearby
There is time to heal
to be with all I feel
As I reach beyond the veil
You are there.

And I know that you're with me
Just a thought away
A rainbow out of nowhere
the words someone may say.
A butterfly that hovers
A flock of birds on wing
The tingle in my skin
A song somebody sings...

Words and music by Paul Alexander ©1995 all rights reserved. Paul Alexander is a singer, songwriter, psychotherapist, author, actor and performing artist who has shared his music and message of hope throughout the United States and Canada. Learn more about his music, concerts and workshops at www.griefsong.com.

Messages to Heaven

Paul Alexander, whose music is often chosen for memorial ceremonies, wrote the poignant song *Pretty Balloon* especially for memorial balloon lifts.

Balloon lifts, also referred to as balloon releases, are an opportunity for families and friends to honour and remember the lives of loved ones. Memories, wishes, regrets – all of these and other sentiments may be expressed as these colourful symbols travel up, up and away. Written messages are often attached to the balloons as they are sent into the skies and are sometimes found many miles from the launch site. The names of those whose lives are being celebrated may be recited as the balloons are released.

Balloon lifts are organized around the world by grief support groups, funeral homes, charitable organizations and others. Consider being part of, or organizing one, in your community.

Latex balloons are made from the sap of rubber trees, a completely natural substance that breaks down when exposed to the elements of nature in about six months (the same rate as an oak leaf). Studies have shown that when released, helium-filled latex balloons will float up to a height of approximately 5 miles. Then they become brittle and shatter into miniscule pieces and fall back to earth. Foil or mylar balloons do not disintegrate in the same manner, nor do ribbons or strings so these should not be used. Balloons should be properly inflated and not have a lot of weight attached so this shattering process can occur. Otherwise there is potential danger to wildlife and the environment.

It is also recommended that balloons be released in small quantities – less than 500 at one time.

*Remembering
Now & Forever™*

“Our guarantee
says ‘forever’
... and actually means it.”

REMCO
MEMORIALS LTD

- No loss of legibility
- No cracking
- No checking or disintegration
- No loss of colour or finish
- No time limit.



Remco's Exclusive Everlasting Guarantee is your promise of quality that will stand the test of time. Contact your Authorized Remco Memorial Counselor for complete details.



Dave Reeson,
President