

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

Issue 5

*Your complimentary subscription*

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



**A Physician's Perspective on  
Grief and Grieving**

**Trees & Memories**

**The Trans Canada Trail in Saskatchewan**

**Art Therapy**

**Hope Cemetery**

# Our Gift to you



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*Reflections of Life*® was created for families and individuals who have recently experienced the loss of a loved one.

In this 5th issue we'll introduce you to Paul Alexander's poignant Griefsongs; suggest ways you can continue on your healing journey through involvement with art; and offer reviews of a couple of books that you may find helpful.

On a lighter note, we take a look at the Trans Canada Trail in Saskatchewan; and our chefs, Bill and Lorna, are back in the kitchen with a couple of variations of the popular Caesar salad.

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

A handwritten signature in black ink that reads "Dave Reeson".

Dave Reeson  
President



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



## From the Editor

Do you believe in serendipity? I do. I was talking to Paul Alexander about the article detailing his music and I mentioned we planned to include information about tree planting ceremonies in this issue. Amazingly, that very morning, Paul had received a wonderful story about a little girl and a tree that was perfect for sharing with our audience. We hope you enjoy The Evergreen Tree and all of the other features in Issue Number 5 of *Reflections of Life*<sup>®</sup>.

As always, we welcome feedback at [editor@hjlinnen.com](mailto:editor@hjlinnen.com).

*Brenda Caswell*

Respectfully,  
Brenda Caswell  
Managing Editor

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## Reflections of Life<sup>®</sup>

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# A Physician's Perspective on Grief and Grieving



**D**eath is one of only two sure things in this life, the old saying goes, and yet accepting the reality of death is a difficult and emotional process for most of us.

Dr. Bev Spring, the medical leader of Vancouver’s Home Hospice Palliative Care Service, works with patients who have life limiting illnesses. She helps patients – and their families – through the illness and the grieving process. Bereavement and grieving are natural processes in life, Dr. Spring says, and should be treated as such. Every person, she adds, will react differently, and this too needs to be recognized.

“The wound of loss will always be there,” she says, “but it will change over time. From a raw open wound at first it will gradually cover over, and people find that they are able to cope with the loss differently.”

Dr. Spring notes that our culture gives a grieving person “permission” to take a couple of months to grieve a death. After that, some people around the grieving person will lose patience, encouraging the person to “get over it,” perhaps because they don’t want to be reminded of their own vulnerability and face the possibility of loss.

“Some people try to suppress their grief, but it will eventually surface, so it needs to be acknowledged,” Dr. Spring states. “It’s not a weakness to grieve. Quite the opposite: it’s courageous to face our losses. If we frame our grieving in a positive way, it becomes a way of remembering the one we have lost. Then the memories can have a sweetness to them. They may be bittersweet, but that too, will mellow over time.”

## **A PATH THROUGH LOSS – A Guide to Writing Your Healing and Growth**

Author: Dr. Nancy Christine Reeves

This book, designed by Nancy C. Reeves, PH.D., a well-known author, clinical psychologist, and workshop facilitator in the area of grief, loss and trauma around the world, serves as a guide for people experiencing grief. Nancy understands well the grief, pain and emotions encountered after the death of a loved one. She knows how important grief tools and aids are in the journey through grief.

The guide has a practical framework for checking progress through grief. Dr. Reeves gives assistance through the grief process, covering the adjustment process as well as healing and growth issues such as lack of energy, guilt, and complicated grief. There’s a Grief Experience Checklist to chart the ebb and flow of feelings. Blank pages are included for recording things like dreams or self-care strategies.



-Reviewed by Adaline Leir



# Connections to Your Past

Genealogical Societies are a great resource when it comes to researching your family tree. Among the benefits offered are genealogical publications & records, seminars, special interest groups, query opportunities as well as assistance and advice from seasoned genealogists.

Learn more about the Genealogical Societies in your province and how they can help you connect with individuals in your personal history.

## **British Columbia Genealogical Society**

**Location:** Walter Draycott Library  
211 - 12837 76th Ave. Surrey, BC

Mailing Address:

*British Columbia Genealogical Society*

*PO Box 88054, Lansdowne Mall*

*Richmond, BC V6X 3T6*

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**E-mail:** [bcgs@bcgs.ca](mailto:bcgs@bcgs.ca)

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## **Alberta Genealogical Society**

Unit 162 - 14315 - 118 Avenue NW

Edmonton, AB T5L 4S6

**Phone:** (780) 424-4429 **Fax:** (780) 423-8980

**E-mail:** [abgensoc@interbaun.com](mailto:abgensoc@interbaun.com)

**www.**[abgensoc.ca](http://abgensoc.ca)

## **Alberta Family Histories Society**

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**Phone:** (403) 214-1447

**E-mail:** [library@afhs.ab.ca](mailto:library@afhs.ab.ca)

**www.**[afhs.ab.ca](http://afhs.ab.ca)

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**Location:** Saskatchewan Genealogical

Society Library & Research Room

110 - 1514 11th Ave. Regina, SK

Mailing Address:

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*PO Box 1894, Regina, SK S4P 3E1*

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**www.**[saskgenealogy.com](http://saskgenealogy.com)



## Adapting Rituals and Traditions to Local Conditions

For families from India, memorializing a family member who dies in Canada is a good example of adapting an immigrant's cultural and faith practices to a dominant culture. One good example is the usual intention to cremate the body within 24 hours of death. It is only in recent years that cremation has become more common in Canada as an alternative to traditional burial.

# Culture and Memorialization



“The Hindu, Jain, Buddhist and Sikh faiths all call for cremation,” explains Krishnan Kapila, a leader in his local Hindu community in Canada. Kapila says that only those considered “without sin,” like infants and holy persons, are likely to be buried.

The various scriptures allow for five different burial methods, he adds, and if the family of the deceased is very poor in India, one option is to place the body in a flowing river.

“I have read about it, but I have never seen it,” says Kapila, saying the lesson from scripture is that these options “illustrate that the soul is more important than the body.” And that affects how memorialization is practiced in Canada, where burial and cremation are the legislated and traditional methods.

Kapila was instrumental in organizing Hindu Temple Bereavement Support, a volunteer group that answers questions families have about the rituals required to honour a loved one. The group has also addressed some practical needs, including making arrangements for cremation and developing understandings with some local funeral homes for funerals that are “simple, affordable and flexible,” as Kapila puts it. For example, the desired casket will be all wood, with no metal nails or fixtures.

The handling of the ashes after cremation is beginning to show an interesting adaptation to Canadian ways. Hindu tradition calls for a member of the family to take some or all of the ashes back to India to be spread over flowing waters. However, the Hindu faith says any flowing water will do, Kapila points out, and so some families who left India are now exploring the option of domestic sites in place of the rivers of India to complete this ritual.

Because there is no place of burial in such cases, Kapila explains that people gather for holy days in September or October (according to the lunar calendar) to share a meal and remember their ancestors. It is important for the community to memorialize those who have passed on, he says. 🌸



# The Trans Canada Trail in Saskatchewan



Outdoor recreation is good for the body and good for the soul. What better way to rejuvenate oneself than to enjoy the beauty of nature while exercising!

In past issues of Reflections of Life we introduced you to the history and philosophy of the Trans Canada Trail (TCT), and covered details of the Trail in British Columbia and Alberta. In this final article in the series, we explore the Saskatchewan portion of The Trans Canada Trail.



*Photos courtesy Louis-Jean Faucher*



# An Ever-changing Landscape

## More Than Just Prairie

The Trans Canada Trail concept was first embraced in this prairie province in 1994 when Saskatchewan Parks and Recreation determined where the Trail corridor should be developed to connect with the Manitoba and Alberta portions. The path chosen takes the Trail through fertile plains, rolling hills and boreal forest, along shimmering lakes and colourful valleys.



Featuring park, rural and urban portions, the Trail offers a wide variety of outdoor experiences. Trail goers enjoying the Trail in Duck Mountain Provincial Park get a taste of the terrain in northern Saskatchewan. From there, the route heads south to the incredible Qu'Appelle Valley and then on to Regina, where it winds along Wascana Lake past the Legislative Building and its gardens.

West of Regina, the Trail leads one first to Wascana Valley Natural Area Recreation Site and then Lumsden, a scenic valley town built along the banks of the Qu'Appelle River.

After that, you find Moose Jaw, a prairie city that has developed a strong tourist following based on history, folklore and Temple Gardens, one of Saskatchewan's great mineral spas.

North of Moose Jaw the Trail meanders through the Qu'Appelle Valley once again, this time through the Buffalo Pound Provincial Park in the Nicolle Flats Nature Area.

Next on this route is the community of Craik, famous for its award-winning Eco-centre and focus on sustainable living; then it's on to Douglas and Danielson Provincial Parks on the shore of Diefenbaker Lake, a spectacular 225-kilometre long reservoir, designed as a multi-purpose source of water for irrigation, industry, communities and recreation.

Canada's longest pedestrian bridge is located in Outlook, Saskatchewan. This attraction is three quarters of a mile long and stands 156 feet above the South Saskatchewan River.

The City of Bridges, also known as Saskatoon, adds its own special charm to the Trans Canada Trail, providing more urban opportunities. The Meewasin Valley Trail, which winds its way along the beautiful South Saskatchewan River, is part of Trans Canada Trail. Wanuskewin Heritage Park, just three kilometres north of Saskatoon, salutes the Northern Plains Peoples, with summer and winter camp sites, bison kill sites, teepee rings, a medicine wheel, and artifacts such as pottery fragments, plant seeds, projectile points, egg shells and animal bones. There are walking paths, performance areas and a soaring teepee-style visitor's centre.

Just west of Saskatoon, the trail follows the North Saskatchewan River and makes its way to Battleford and North Battleford – two of Saskatchewan's most historic communities and home to much First Nation and Métis history. From here the trail heads northwest to the Alberta border at the community of Onion Lake.

## The Trans Canada Trail in Saskatchewan Has Something for Everyone

Whether you want to walk, hike, cycle, ski, horseback ride, or snowmobile, the Trans Canada Trail in Saskatchewan offers prairie folks and visitors many opportunities.

## Who Manages the Trail in Saskatchewan?

Saskatchewan Trails Association was formed in 2004 as a non-profit organization mandated to build multi-use recreational trails.

Urban portions of the Trail are developed and managed by the cities in which they exist. Sections located in provincial parks are the responsibility of Saskatchewan Parks. In many parts of the province secondary roads are used to connect developed portions of the trail.



## Finding Your Way

Maps of urban sections of the Trans Canada Trail in Saskatchewan can be found at [www.sasktrails.ca](http://www.sasktrails.ca) or on the websites of the city whose portion of the trail you're visiting. Maps of urban and rural sections are available on Trail Locator, which is accessible from the home page or at [www.tctrail.ca/tlocator/](http://www.tctrail.ca/tlocator/).

## Safety First

Guidelines have been developed to ensure a safe and enjoyable trail experience.

- Respect the Trail's natural resources – pack out what you pack in; keep your dog on a leash; do not collect natural materials along the way, and leave heritage features in place so others can enjoy them, too.
- Be aware of and courteous to other trail users. Obey all posted signs. Stay on the Trail. And observe all fire restrictions and take due care with fires.
- When biking or hiking long distances, ensure you have the proper equipment on hand; advise family or friends of your travel plans; use common sense and recognize your limitations.
- Be prepared to be self-reliant in case of emergencies.
- Know how to avoid bears and cougars, and know what to do if you encounter them.

## The Trans Canada Trail

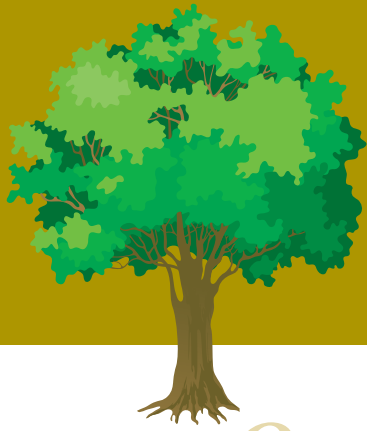
The Trail was initiated in 1992 during Canada's 125th anniversary and is the world's longest recreational trail. When completed, the Trail will reach from the Atlantic to the Pacific to the Arctic Oceans, covering 21,500 kilometres. About 70 per cent of the Trail is ready for use – covering about 14,500 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 meters. Donors who contribute \$50 or more are recognized in the Trail's 87 pavilions, eight of which are located in Saskatchewan – at Edam, Ellisboro, Meota, Moose Jaw, North Battleford, Regina, Saskatoon and Yorkton.

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

For more information or to contribute visit [www.tctrail.ca](http://www.tctrail.ca). 



Trees & Memories

# The Music of Paul Alexander Soothing the Hurting Heart

Paul Alexander is a singer-songwriter and a certified social worker who has shared his music and message of hope throughout the United States and Canada. His recordings are resource tools being used by church groups, funeral homes, hospices, and hospitals as well as bereavement support groups and individual caregivers.

Paul's contemporary style, combined with his compassionate lyrics and compelling vocal delivery, touch the heart and soul of the listener and provide healing. His music has been inspired and enriched through his work as a psychotherapist and hospice social worker. The unique integration of artistry and sensitivity to the hurting heart is what brings meaning to his voice and music.

Paul has created music specifically for special memorial events such as candle lighting, balloon releases and tree planting ceremonies.

You can learn more about Paul and his music at [www.GriefSong.com](http://www.GriefSong.com) 🌿



## Tree of Memory

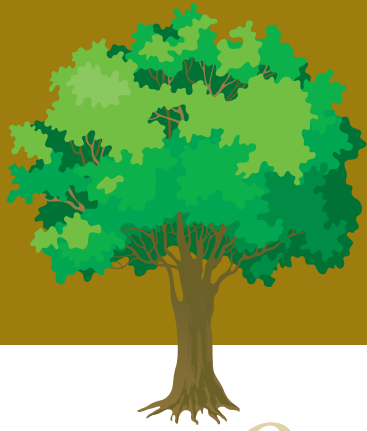
*And forever this will be a tree of memory  
Growing tall, growing strong  
With a promise that all we shared  
Still belongs to the flow of life  
A legacy.  
A living sign that we are part of history  
Forever.*

*Branches reaching upward  
Reaching to the sky  
Knowing that there's more to see  
Than meets the eye.  
The lessons learned, the paths we've turned.  
Are forever etched upon our souls  
and upon our minds. (Refrain)*



*I will not forget you  
Though the tides of life have changed  
And a thousand nights and thousand dreams  
will take us from this day.  
But through it all we're rooted deep  
In a love that's ours to keep  
nurtured for all time. (Refrain)*

Words and music by Paul Alexander ©1995 all rights reserved.



## Tree Planting Ceremonies

*Trees & Memories*

Symbolic tree planting ceremonies are part of many cultures around the world and have been for centuries. The planting of a sapling represents life, hope, growth and continuity.

Tree plantings have been used to mark special occasions, celebrations of life and lives well lived. Graduating classes, veterans, and even victims of a weather disaster have been recognized this way. Trees are often called living memorials as they continue to grow and change over the years.

A treeplanting is also a beautiful reminder of loved ones who are no longer with us.

McInnis & Holloway Funeral Homes in Calgary launched a tree program in 1996 as a shared initiative with Fish Creek Provincial Park. Since then more than 22,000 trees have been planted.

“As part of our service, each family that McInnis and Holloway serves is offered a tree that will be planted in either Fish Creek Provincial Park in LaFarge Meadows, or in Fletcher Park Memorial Forest in Airdrie,” explains Ernie Hagel, President and owner of the funeral home company.

“Families can choose from aspen, poplar, spruce, saskatoons, dogwoods, wolf willows and schubert and choke cherries native to the park areas. About 2,200 trees are planted every year”.

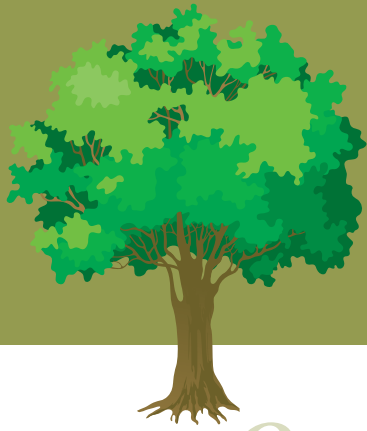
A permanent granite marker lists the names of all individuals remembered with a tree in each forest, and individual trees are marked with a small tag.

Every year dedication ceremonies are planned for each forest location and are attended by several thousand people. The event includes music and thoughtful messages.

The Memorial Forests program allows McInnis and Holloway to give back to the community by enhancing the growth of parks in the Calgary area. At the same time it offers a special way to memorialize a loved one. 🌿



Tree plantings have been used to mark special occasions, celebrations of life and lives well lived.



Trees &  
Memories

Our  
evergreen  
tree lives!

# The Evergreen Tree

## A Very Personal Story Sent to Us

by Eileen McCarthy DiTomasso

In the early spring of 1991, a baby girl was born. She was born with a very sick heart. She would need to have surgery. We took her home in April and we named her Katherine Mary. She was our daughter.

During that same spring, we planted a little tree. An evergreen tree. We planted it on our front lawn and waited for it to grow tall.

During that first year, our daughter grew. She thrived and laughed and loved. She ate and grew strong and healthy. She brought happiness to everyone she met. We loved her very much.

During that same year, our tree grew several inches. It sprouted fresh new green needles. We loved to watch it grow. We even decorated it for Christmas. It brought joy to the people that saw it.

During the second year, Katie didn't grow as quickly. She tired easily, ate poorly and seemed sicker. She developed pneumonia and needed to be hospitalized. It was time for Katie to have her surgery.

During that second year, our tree stopped growing. It stopped sprouting needles. And just sat there looking worn out and tired. Our tree was sick too. We trimmed it and watered it and waited.

In the late winter of 1993, Katie had her surgery. Katie was much sicker than we thought. She underwent eight hours of open heart surgery. Our Katie died that winter. We had a funeral and Fr. Bob Clerkin spoke of Katie's mission on earth to give and receive love. He cried with us and said we had a little saint in heaven. We cried and we prayed and we buried Katie with my grandparents.

In the late winter of 1993 I looked at our tree. It had stopped growing and was covered with old brown brittle branches and needles. Our tree had given up. Our tree died too. We thought about digging it up and planting a new tree. A tree for Katie.

In the early spring of 1993 we looked at new trees. And then, I remembered Fr. Bob's words. I said a prayer to my little Saint Katie. I asked her to please save our evergreen tree.

In the early spring of 1993 we looked at our tree once again. It had new growth coming from seeming dead branches. We watched it and watered it and waited. Soon it was covered with fresh, new green needles. Our evergreen tree lives!

In the late spring of 1993, we went to the cemetery. We only stayed for five minutes. Katie isn't there. Katie lives too ... in my heart. 🌲



*Katherine Mary*

# Unique Memorial Art Gallery Celebrating Life

Tucked away on a quiet American hillside is one of the most stunning and unique art exhibits in the world. This amazing exhibition isn't in a museum or a gallery – it's in a cemetery.

Hope Cemetery is located in Barre, Vermont, home to one of the world's largest granite quarries.

Early in the 20th century the abundance of quality granite attracted many gifted European stone cutters and sculptors to Barre, where the craft still thrives today.



Hope Cemetery, created by renowned landscape artist Edward Adams, opened in 1895. Its location in Barre provided local stone artisans with a gallery for their work. When it first opened it was 53 acres and has since expanded to 65.

The outdoor exhibit contains an amazing 10,000 monuments, many of which are distinctly unique and intricately carved. All are created from Barre Grey granite.

One of the cemetery's most unusual monuments is a pajama-clad couple holding hands in what looks like a bed, their torsos against a single headboard, their legs in twin tomb beds. The inscription on the monument reads: "Set me as a seal upon thine heart for love is strong as death – Song of Solomon 8:6."



Another loved one is remembered in a raised relief of a soldier smoking; a woman's face floats in the haze wafting from the cigarette.

Other stone sculptures feature items such as a large soccer ball, a race car, lumber trucks, airplanes, a life-sized, stuffed easy chair with Bettini inscribed into it, and a square monument simply inscribed "Hurry."

One riveting monument is cut from a single block of granite and is inscribed "Elia Corti." It features a life-sized image of a man sitting on a rock ledge in a contemplative pose. The hand-carved sculpture is so detailed and intricate that the figure looks as if it might spring from the rock. The carving was done by the brother of the deceased. Both brothers were stone cutters.

In fact, many of the monuments were created by stone cutters for other deceased stone cutters or their families. There are stories that suggest some cutters created their own unique monuments before passing on.

"The desire to be remembered is something that differentiates human beings from other animals," says Dave Reeson, president of Remco Memorials, a close follower of memorial practises in North America.

Reeson said more and more people are looking for special ways to keep the memories of their loved ones alive.

"It's one of the last things a family can do for a loved one that has passed on. It allows those who are grieving to say goodbye, while knowing there is a permanent spot where they can return, to visit."



Reeson says monuments such as those at Hope Cemetery allow families to memorialize the personality of the deceased.

"It's not the recording of the date of birth and death that's important, it's everything in between. What's important is what the monument says about the life of that individual."

Hope Cemetery attracts thousands of visitors from around the world. All visitors share in the warm memories that creatively and permanently honour those who have gone before. 🌿

# This Caesar Still Rules



The ubiquitous Caesar salad can be found on menus from fast food chains to fine dining establishments. Whether it's a starter, a side salad served with your favourite steak or a main course topped with grilled chicken or shrimp, Caesar salad is part of millions of meals every year.

Many of those enjoying their Caesars might be surprised to learn that the salad has no connection to the emperor and originated not in Rome, but in Tijuana, Mexico.

While there are probably as many stories surrounding its creation as there are renditions of the recipe, the dish is most often credited to Tijuana restaurateur Caesar Cardini. Swamped by American tourists



on an extremely busy fourth of July holiday in 1924, Cardini invented the salad late in the day using what was left in his depleted pantry.

The famous tradition of preparing the Caesar salad at the table may have been a bit of drama. Cardini added to make his customers think their meal was truly special. It worked so well that 85 years later most upscale restaurants still prepare their Caesars tableside, with a flourish that would make the salad's inventor proud.

Here are two very different renditions of Caesar's creation. The first is a traditional version. Don't be afraid to try anchovies; they give the salad a unique character. The second is a flavourful low fat version that we really enjoy. 🌿



Contributed by  
Bill & Lorna Quine



### Traditional "Steakhouse" Caesar Salad

4	tablespoons olive oil	1/2	teaspoon salt
2	tablespoons cider vinegar	1/8	teaspoon pepper
2	tablespoons lemon juice	1	large head romaine lettuce torn into bite sized pieces
1	clove garlic	1/4	cup grated parmesan cheese
2	anchovy fillets or 1/2 teaspoon anchovy paste (or to taste)	1 1/2	cups croutons
1	egg yolk*		

Chop garlic and combine with salt. Using a mortar and pestle (or the side of a knife on a cutting board) mash the two together until the garlic becomes a fine paste. Add the anchovies and mash well into the garlic and salt mixture. Mix this together with the vinegar, lemon juice, pepper and egg yolk until well mixed, then add the oil in a fine drizzle, whisking continuously so that the mixture emulsifies.

Toss the dressing with the lettuce until well coated, then add the parmesan and croutons.

\* *If you are concerned about the raw egg, boil it for one minute, then place in ice water until cool enough to handle.*

### Low Fat Caesar Salad

1	head roasted garlic*	1/3	cup low fat yogurt
2	minced anchovy fillets or 1/2 teaspoon anchovy paste (or to taste)	1/4	cup grated parmesan cheese
1	teaspoon Dijon mustard		Salt and pepper to taste
1	teaspoon Worcestershire sauce	1 1/2	cups croutons
2	tablespoons red wine vinegar	1	large head romaine lettuce torn into bite sized pieces
2	tablespoons olive oil		

Combine first nine ingredients in a blender or food processor and refrigerate until ready to use. Just before serving, toss the desired amount of dressing with the lettuce (this makes a lot of dressing, so you will not use all of it) then toss in the croutons and serve.

\* *To roast garlic, remove any loose skin from the garlic bulb and wrap it loosely in aluminum foil. Roast in a 350° oven for about an hour, until very soft. When cool enough to handle, squeeze cloves from their skins.*

# Pavarotti's Music



Luciano Pavarotti was one of the greatest opera stars of our time. Millions of people around the globe loved the music of this Italian tenor, and the world mourned his loss to cancer at the age of 71 in September 2007.

Luciano Pavarotti had a voice not to be forgotten. He was best known for his aria *Nessun Dorma* from the opera *Turandot*. Luciano learned to sing from his father, and his public performances began in the local choir. Pavarotti began his formal opera studies in 1954 under the tutelage of professional tenor Arrigo Pola. His opera debut followed in 1961 in the role of Rodolfo in the opera *La Bohème*, and his international debut in 1963 was in the same role at the Royal Opera House in London, England.

# and Humanity

## AND A FUNERAL CELEBRATED BY THOUSANDS

He toured the United States in 1965 encouraged by his soprano singing partner, Joan Sutherland. By the mid seventies he had become well known around the world, sought out for his beauty of tone and perfect pitch – especially in the upper register where his high C became one of his trademarks.

In the 1990s his worldwide popularity was further strengthened when he teamed with popular tenors Placido Domingo and Jose Carreras to perform as The Three Tenors.

Pavarotti sold more than 100 million records during his career and held the distinction of producing the first classical album to reach the number one spot on the pop charts.

He was a generous man, founding the Pavarotti and Friends annual charity concerts in his hometown of Modena, Italy where millions of dollars were earned for United Nations causes. He was invited to sing at the closing ceremony of the 2006 Winter Olympics in Turin – his last public performance.

After his death, more than a hundred thousand mourners filed past the open white casket, paying their last respects to the tenor whose charisma and voice were celebrated around the world. The funeral attracted 50,000 people, the largest crowd at a commemorative function since the funeral for Pope John Paul II.

Guests at his funeral included state and entertainment celebrities such as Italy's Prime Minister and President; a former UN Secretary; U2's Bono; tenors Placido Domingo and Jose Carreras; and film director Franco Zeffirelli.

At the funeral, inside Modena's 12th-century Romanesque cathedral, this man who made his mark on the world was remembered as "a messenger of peace and fraternity," by Prime Minister Romano Prodi. His white maple casket was covered in golden sunflowers, his favorite flowers. Outside, thousands of invited mourners watched the ceremony on large screens.

Bulgarian-born soprano Raina Kabaivanska, a long-time friend and sometimes co-star, cried when she sang the Ave Maria from Verdi's Otello. The Dance of the Blessed Spirits from Gluck's Orfeo e Euridice was played by flautist Andrea Griminelli, and tenor Andrea Bocelli sang Mozart's Ave Verum Corpus.

The most poignant part of the service was the playing of a 1978 recording of Pavarotti and his father singing "Panis Angelicus. To this, the crowd responded with a last standing ovation for a man well-loved.

Then Italy's Air Force precision flying team flew over the cathedral, releasing red, white and green smoke in the colours of the Italian flag.

The event was televised live on RAI, Italy's state broadcaster.

Pavarotti's friend, Italian rock singer Zucchero wrote this message in a memorial book. "I hope St. Peter welcomes you with a chunk of parmesan and a bottle of Lambrusco, ice-cold as you like it."

With the public outpouring complete his family moved on to a private burial at the Montale Rangone cemetery, in the family's tomb, next to his father Fernando, mother Adele and a stillborn son. 🍷

Creating art  
helps us  
remember w



Historian and philosopher Ananda Coomaraswamy once said, “An artist isn’t a special kind of person, rather each person is a special kind of artist.” Today, a growing number of art therapists and artists are helping more and more people discover that the process of creating art can be an enormous help in dealing with all kinds of personal challenges, from health issues to the loss of a loved one.

# with more joy



**Art as part of the grieving process is not a new idea.** Many academics believe the prehistoric practice of making art developed not as a search for beauty or a form of expression, but as a way to help alleviate or contain fear, crisis and threat while marking important events in the lives of families and communities. Creating art still helps us cope with challenging times.

Traditionally, members of a community could gather around those who had experienced a loss. Families tended to be close at hand. With today’s busier, more isolated lifestyles and family members frequently living far away, it can be difficult to find the support we need. Coming together to create art can provide group support in a safe and positive environment, while helping us express emotions and feelings that aren’t easy – or even possible – to put into words.

Today’s art therapists build on this historical connection, combining the creative process with the principles of psychotherapy and facilitating self exploration and understanding. Certified art therapists and therapeutic artists are qualified professionals who have completed post-graduate diploma or master’s programs.

Bonnie Chapman is an accomplished painter, glass sculptor, furniture and jewelry designer and educator. She has seen the benefits of art-making first hand by working as a hospital artist-in-residence. “Viewers relax just watching the flow of creativity and community in our open cathedral ceiling hospital studio,” says Chapman. “As people become comfortable ignoring their inner critic, they create from the heart and soul, and find answers to paradoxical questions not through logic but through feelings and open exploration. Art making is empowering, transforming, liberating – bringing a sense of health and belonging – and through it we witness our creativity and connection to all life.”

Chapman encourages everyone to think about making personal art as a way of creating a family legacy. "Through the creation of art as a memorial, people are able to find a path through the maze of grief and create something meaningful and beautiful to honour a loved one. Art as the bridge allows people to touch profound feelings in a safe, meaningful way. Meaning makes a great many things enduringable."

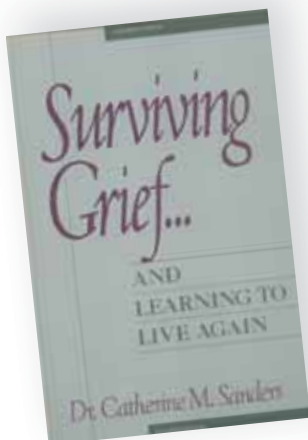
While creating art can be done alone, Chapman encourages people to gather together with friends and family in community. "As we experience our own creative source with a beginner's innocence, curiosity and humility, we find that we are all able to open ourselves to our own self and to others," she says. "We trust and honour the creative wisdom that's within all of us." 🖌️



## Bonnie Chapman's List of Resources

Whether you want to make your own creative space, gather with others to do art in community, have an internet art lesson or quiet yourself with meditation and guided imagery, these resources will assist you:

- **Art and Healing**  
(Barbara Ganim)
- **Art Is a Spiritual Path**  
(Pat B. Allen)
- **Creativity**  
(Matthew Fox)
- **Guidance from the Darkness**  
(Mary Murray Shelton)
- **Healing Environments**  
(Carol Vendolia)
- **Mandala**  
(Judith Cornell, Ph.D.)
- **The Art of Emotional Healing**  
(Lucia Capacchione, Ph.D.)
- **The Artist's Way**  
(Julia Cameron)
- **The Everyday Work of Art**  
(Eric Booth)
- **The Soul's Palette**  
(Cathy A. Malchiodi)
- **Internet Site of Guided Art Activities for Stress Management**  
[www.mayoclinic.com/health/art-therapy/MM00654](http://www.mayoclinic.com/health/art-therapy/MM00654)



## Surviving Grief. . . and Learning to Live Again

Author: Dr. Catherine M. Sanders, Ph.D.

Catherine Sanders is an accomplished author on grief. She begins this book with an accounting of her own multiple experiences of loss and her journey to healing and renewal. Through personal lessons learned, Dr. Sanders supports the bereaved through the various phases of grief from shock, denial, anger and guilt to healing and renewal. She includes information and ideas especially for those who have had a spouse, a parent, or a child die (regardless of the age or the circumstances of the loved one's death), as she addresses the anguish, pain and loneliness. This book is also appropriate for those who may not have experienced the death of anyone close, but who wish to help others who have.

~reviewed by Adaline Leir



# Restore & Respect

## A National Conference on Aboriginal Cemeteries



### Hear about the challenges our cemeteries are facing

“Why are our cemeteries in the condition they’re in?”

### Discover the possibilities for a better way

“What can be done to protect and respect the past?”

### Learn how to change things in your community

“The potential for partnerships”

### Who should attend?

- First Nations, Inuit, Métis, Haida
- Chiefs and Councils, Elders, Administrators, Cemetery Personnel, Government
- Anyone who believes in the importance of preserving our heritage

We’re gathering to talk about preserving our cemeteries for future generations.

Plan now to join us at this historic event.

Register online after May 31, 2009: [Cemeteriesconference.ca](http://Cemeteriesconference.ca)  
[www.remco-memorials.ca](http://www.remco-memorials.ca) or call REMCO @ 1-800-667-5994  
[www.ami-memorials.com](http://www.ami-memorials.com) or call AMI @ 1-866-408-6264

A conference by:



Joe Bear  
President  
AMI Memorials



# AMI

M E M O R I A L S

In partnership with



Dave Reeson  
President  
REMCO Memorials

# Helping Families Create Loving and Meaningful Tributes

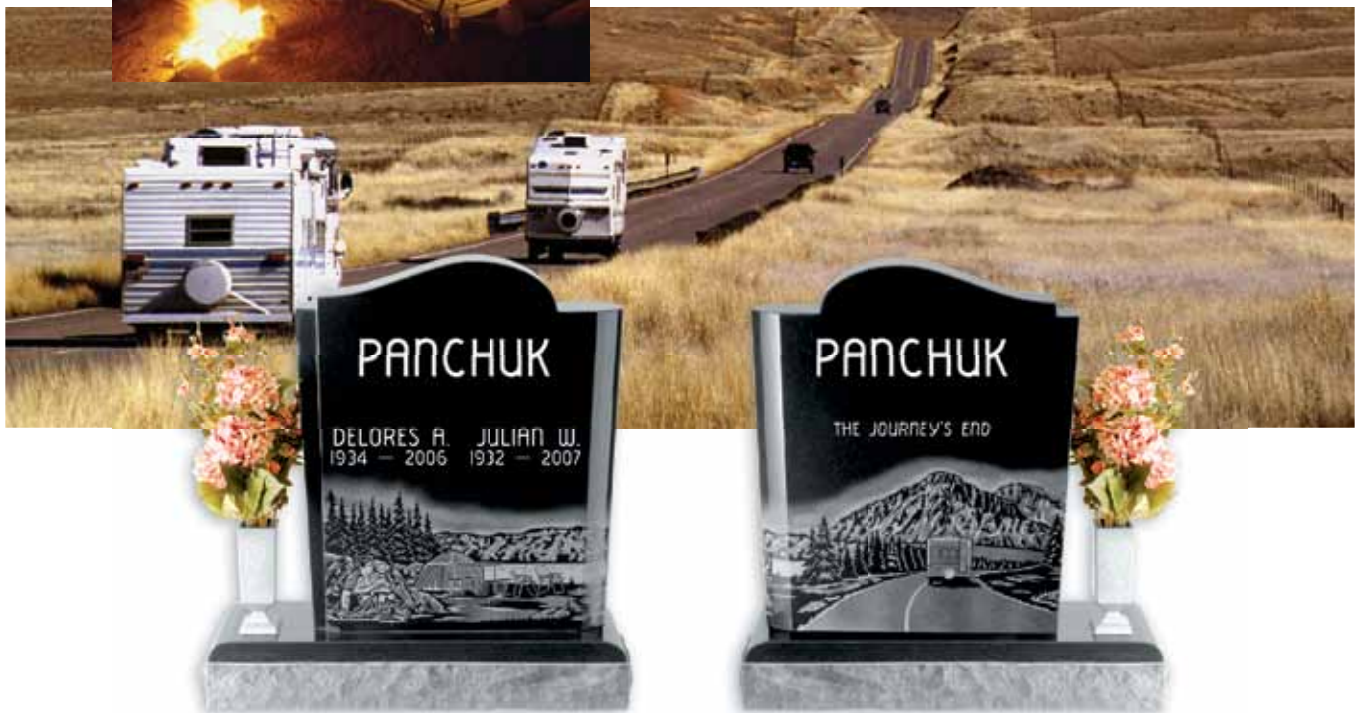
We all want to honour the lives that meant so much to us. Yet a life can fill us with so many memories, thoughts and feelings that deciding how to express what we feel can seem overwhelming.

It doesn't have to be difficult. In fact, many of the families we serve find designing a memorial is a joyful process, as they reflect together on a life that touched them in so many ways.

We'll help you turn your memories into a loving, meaningful tribute. A professional, experienced Remco counsellor will sit down with your family and work with you to create a memorial that will honour your loved one forever.

Our skilled artisans will translate your thoughts and feelings into words and images. You'll see accurate, detailed drawings of your memorial and have every opportunity to fine tune the details. When you're sure you're happy with the design, your memorial will be hand-crafted to the highest standards of workmanship and materials.

Your Remco counsellor will be there for you every step of the way.



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See the yellow pages for your authorized Remco Memorial Counsellor  
or visit [www.remco-memorials.ca](http://www.remco-memorials.ca)