

Issue 6

Reflections *of life*

Your complimentary subscription

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

**Geo-Memorials and
Northern Landmarks**

West Coast Carvings

**Greystone
Bereavement Centre**

Michael Jackson

Memorial Scholarships

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.

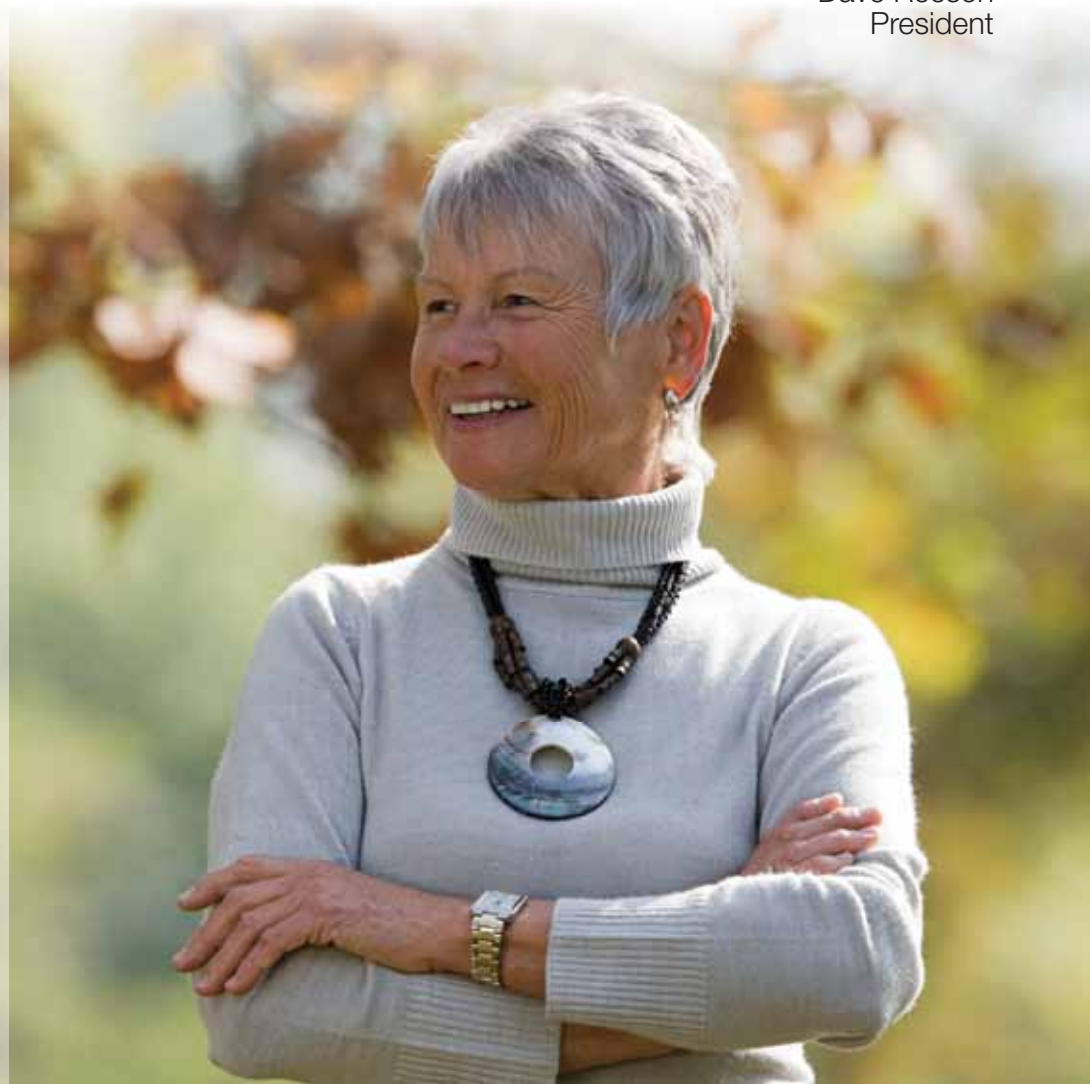
In this issue Paul Alexander, well known grief bereavement therapist, singer and workshop/concert presenter provides a thought provoking perspective on how even familiar places feel foreign when you've lost someone special.

We'll introduce you to Regina's innovative Greystone Bereavement Centre; fill you in on the memorial activities of bush pilot Doug Chisholm; take a look at Canada's west coast tribal carvings; cook up some comfort food with Bill and Lorna; and learn how participating in drumming circles can have a healing effect.

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[®] MAGAZINE



From the Editor

Several articles in this issue will emphasize the notion that recalling precious memories is an important part of the grieving process.

Doug Chisholm, a bush pilot, has made it his mission to install bronze placques on geo-memorial sites named for individuals lost in action. Doug has connected with family members in the process and now is sharing their memories in two books.

And in Memories Revisited and Cherished, we'll give you some ideas on how you can capture your memories with your own photos.

As always, we invite your feedback at editor@hjlinnen.com

Brenda Caswell

Respectfully,
Brenda Caswell
Managing Editor

Features



2 Where am I?



6 Geo-Memorials:
How One Pilot is Marking
the Northern Landmarks



9 Memories
Revisited and Cherished
Through Photos



10 Chronicles in Cedar



13 Memorial
Scholarships



14 Comfort Food:
Future
Considerations



16 Because No One
Should Grieve Alone



18 "Music has been my outlet..."
Michael Jackson



20 And the Beat Goes On

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By Paul Alexander

Where Am I ?

“Grief... is being here, when in your heart, mind and soul you’d rather be there.”

Recently I was in a big shopping mall that seemed to ramble on for miles. I decided to use the large visitor map to find the store I was planning to visit. As I looked at the many levels and numbers, trying to figure out exactly where they were pointing, I felt relief seeing the three big words: “YOU ARE HERE.”

It gave me some sense of comfort that someone might know where I was. For the life of me I could not figure it out. I couldn’t tell in which direction I needed

There are many faces of grief and we see a new one every time we look in the mirror.

to navigate to reach my chosen destination. I was here, but I wanted to be there. And when I turned around to figure out where I was, I felt dizzy and confused.

The thought came to me that this is how a bereaved person often feels. You find yourself in a new land even in what should be the most familiar of landscapes. When dealing with the death of a loved one, people yearn for the comfort of knowing where they are. The world around you seems to be operating exactly as it did yesterday, but something is tremendously different for you. Your loved one is gone, and even though the sun is still rising and setting, you are not feeling like the person you were just a short time ago.

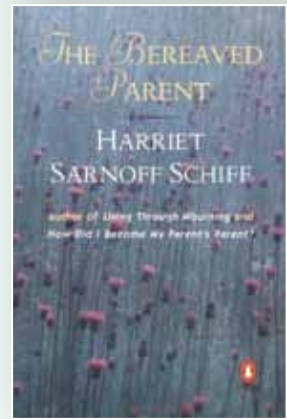
Grief deeply touches the totality of our senses and being. The death of a loved one removes an anchor and the familiar suddenly seems like a brand new world. We re-learn how to navigate the map of our lives on many levels.

There are many faces of grief and we see a new one every time we look in the mirror. We may look the same, but our inner workings and the rewiring of our heart strings need time and tender care.

In the past, people in mourning wore black so that others knew they were lost and hurting. Now people wear pins. As for me, I want a full body cast so that everyone will ask how I'm doing and offer comfort, care and a listening ear.

I need people to acknowledge that the world is different for me now. Someone precious to me is no longer alive, and the world looks and feels very different. I still can't believe I am waking up to a whole new set of expectations. Who am I now? So much of my life was lived in relationship to my loved one – what I did, how I organized my day, all the special moments and the blessed ordinary activities of life. In an instant they have all changed and my heart, oh my heart and soul are seeking refuge.

We are able to navigate the grief journey by acknowledging and honouring what is true to our own story of loss.



The Bereaved Parent

Author: Harriet Sarnoff Schiff

The loss of a child is a devastating experience for any parent to endure. It is out of the natural order of one's expectations, thus opening the door to a difficult and complicated grief. *The Bereaved Parent* by Harriet Sarnoff Schiff, a bereaved parent herself, is an invaluable book and resource. As a social worker in a hospice unit for terminally ill children, I have had my eyes and heart opened, through this book, to the struggles and questions a parent faces through the death of a beloved child.

The chapter layout covers numerous circumstances and challenges such as Bereavement and Guilt, Bereavement and Marriage, Bereavement and Functioning. Harriet shares a personal story following the loss of her son which touches on the universal experience of grief. Harriet shares that she needed to make a decision in her bereavement. "Would I have a life or existence?" She states she opted to live. This book is one result of that choice to move forward to help others in their pain and rebuilding a new normal. It is also a must read for family, friend or professional who will share in a bereaved parent's story.

~ Reviewed by Paul Alexander

Grief is not a neat series of stages we follow to completion. It is a hodgepodge of moments, rather than a race to the finish line. We are able to navigate the grief journey by acknowledging and honouring what is true to our own story of loss.

Sometimes the oceans of grief are gentle. Other times they are rough and harsh. The ebb and flow will surely be there as the natural order of grief waxes and wanes.

Don't rush the ocean. As best you can, ride with the waves when they threaten to overpower you.

Don't rush the ocean. As best you can, ride with the waves when they threaten to overpower you. Though you may feel lost or uncertain at times, you can still make choices as to how you will face the uncertainties of grief. Give yourself permission, time and whatever support you need to work your way through this complicated process and to become more familiar with your new life map.

You were there and now you're here. Breathe deeply. Rest often. Nurture every aspect of your being as you find a way to navigate this new terrain. 🍂



Paul Alexander is a licensed bereavement therapist, singer and workshop/concert presenter whose www.griefsong.com music and resources have been utilized by the bereaved and numerous support groups throughout Canada and the United States. His songs such as Light A Candle, The Butterfly Song, and Tree Of Memory are frequent musical inspiration for healing memorials and services of remembrance. Contact Paul at griefsong@aol.com (800) 538-4158.

The Fall of Freddie The Leaf

Author: Leo F. Buscaglia



As I write this review, I look out at the beautiful leaves bursting in color on the front lawn. I think back to times when I have taken a leisurely drive down country roads simply to enjoy the changing seasons. A friend often jokes, "Why do you want to see dying leaves?" Perhaps reading Freddie The Leaf is the best answer to that question.

This book, appropriate for all ages, is a gentle story which explores the concept of death and dying while appreciating the purpose and beauty of each life. A book that embraces transition and change, it draws the reader in as Daniel helps Freddie appreciate the uniqueness of each individual life .

The beautifully designed book artistically offers children of all ages an opportunity to reflect on the purpose and meaning of life and love. It is an ideal gift that will be kept as a treasure for a lifetime as well as an invitation to share the deeper questions we hold in our hearts.

~Reviewed by Paul Alexander



OUR LIVES BECOME OUR HISTORY

Aboriginal Memorials Inc. helps Aboriginal people celebrate the lives of their loved ones with an understanding of our traditions, symbols and cultures.

As an Aboriginal controlled firm, we work in partnership with Remco Memorials to assure you the highest standards of guaranteed quality in memorials that will tell your family's stories for generations to come.

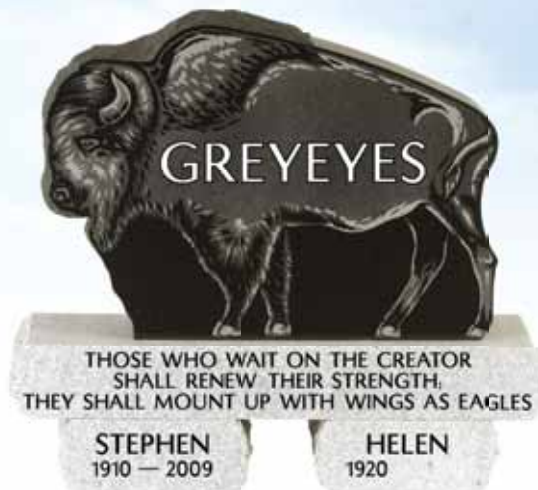
Information on AMI is available at funeral homes and Remco offices across Western Canada.



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Geo-Memorials: How One Pilot is Marking the Northern Landmarks

In 1947 our federal government began to honour Canadians who had sacrificed their lives during the Second World War. Geographic locations and features were named after our fallen servicemen, creating what are called geo-memorials. The Geo-Memorial Program was transferred to the provinces in 1960.

In Saskatchewan, more than 4,000 lakes, islands and bays have been named as part of the Geo-Memorial Program which has now been extended to include casualties from the merchant navy, the Korean War, armed forces personnel, police officers and emergency responders, and people of prominence who have made an important contribution to society.



Doug Chisholm is an aircraft mechanic with the provincial government water bomber fleet and an avid bush pilot and aerial photographer based in La Ronge. Early in his career maps became a huge part of his life and studying them a necessity of flying in the remote north.

His intrigue with the geo-memorial project began more than 10 years ago, when he agreed to a request from a friend to photograph an island on Lac La Ronge named in honour of a young airman from Saskatoon.

He found the island and took photos from the air. Then he landed his plane and collected some sand and rocks from the shore. These were sent with the photos to the airman's sister who expressed great appreciation for this memento of her lost family member.

Spurred by this small act, Chisholm became intrigued to learn more about this young man and the others for whom geographic features have been named.

Eventually he decided to begin photographing the geo-memorial locations through his company, Woodland Aerial Photography.

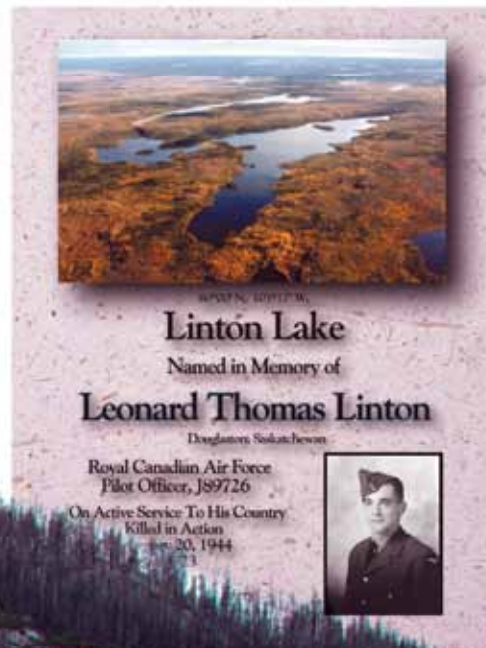
Today, using the photo of a geo-memorial feature, and a service photo of the individual, Doug creates a beautiful printed memorial, suitable for framing. The memorials are then available to families for a minimal charge of \$100.

Over the last decade Chisholm has spent much time photographing nearly all of the named geographic features.

"Sometimes when I take a photo of a particular lake or island, it is as a result of a specific request from family members," he says. "Most times, I run merely on faith and the hope that at some time in the future, I will be contacted by a brother, sister, son or daughter, niece or nephew, or someone who cares.

"I continue to be amazed by how many families are not aware that the province named a lake or island in memory of a long-lost brother or uncle, and it is enormously satisfying to be able to provide information when requested.

"Thus far, I have been able to provide aerial photo tributes to over fifteen



hundred families, and it is has been through their encouragement and support that I have been able to continue my research.” says Doug.

His filing system is a database of four thousands names, locations and photos as well as each man’s rank, hometown and circumstances related to his casualty. The database has become a valuable resource that he plans to eventually donate to provincial archives.

“Sometimes families request that I place a bronze memorial plaque at the site. On those occasions I not only photograph the site, but I land my 1954 Cessna 180 floatplane at a suitable location. After I mount the bronze plaque to the bedrock, I play an audio cassette of the Last Post and Reveille. The entire event is video recorded for the family.” His fee for this service is just enough to cover the plaque and his flying costs. On several occasions family members have accompanied him to the site for the installation.

“I feel honoured to share some of my aerial photo images of those geo-memorial sites, together with a collection of individual stories and family photos. It is hoped that these powerful images will reach beyond immediate family members, filtering out to extended

“The naming of the lakes and islands was a fine tribute by our province, in memory of Saskatchewan servicemen who lost their lives in the Second World War” Doug Chisholm, Woodland Aerial Photography

families across the province and across the country.

“It is the younger generations who must be given these stories so they, too, can remember. Sadly, the stories of some 4,000 men and women will, in fact, never be told, because those who once remembered them are themselves gone.”

Chisholm’s work was published in 2001 in the award-winning book

Their Names Live On.

In October 2005 his collaboration with Bill Barry and Beth Parsons resulted in the book *Age Shall Not Weary Them: Saskatchewan Remembers its War Dead.*

“While their stories are gone, their names live on - in Saskatchewan’s official gazetteer, on the province’s map, and in the quiet beauty of our remote islands, lakes, and bays – lest we forget.”

Families interested in Doug’s geo-memorial products and services or those with information to add about someone lost in action can reach him at Woodland Aerial Photography in La Ronge, Saskatchewan. Call 306-425-3186 or email Doug at woodlandphotos@sasktel.net www.woodlandaerialphoto.com 



MEMORIES

A picture is worth a thousand words. The photos we collect along the journey of our lives become even more precious when a loved one is no longer with us.

Photos are treasures

With photos we capture milestones such as births, weddings, christenings, birthdays, anniversaries, and graduations. We shoot special moments during life's adventures – vacations, holidays, sporting events, parades, baby's first steps. And most important, we record the special people in our lives – mothers and fathers, grandparents, brothers and sisters, children and grandchildren (and even great grandchildren), colleagues, friends and neighbours.

Today, digital cameras allow us to amass huge numbers of photos with little cost. And technology has provided new ways to look at our favourite photos, reliving and preserving memories.

Selecting photos to tell someone's story is a great way to review a life well lived and a person well loved. It can even promote healing from the heart.

A scrapbook is the treasure chest

In recent years, scrapbooking has enjoyed huge popularity and there are endless supplies you can use to create a work of art. You can do scrapbooking digitally with design and photo editing programs. Or you can do it the traditional way with paper and scissors and glue.

Check your local craft center or scrapbooking store and you'll find attractive scrapbooks,

REVISITED AND CHERISHED THROUGH PHOTOS

beautiful papers, creative tools – like stamps and stickers, and funky scissors. There are fancy, ready-to-use embellishments for any occasion. You can spend a little or a lot. You can create as many pages as you wish, and the end result will be a precious and personal masterpiece.

A published photo book is a source of pride

A more formal book can be created using on-line templates. An online search for photo books will reveal numerous sites where you can begin your own personal publication. Place your own photos and text into the templates provided and decide the size and shape of your book and how many pages you wish to include. The file is then used by the website's company to print your finished product which is then shipped to you in a few days. Check out a few of these sites before you begin to assemble your memory book. You'll find there is a variety of paper qualities, shipping rates, cost and format options available.

A digital frame is a great storyteller

A third way to display digital photos without printing is a digital photo frame. Typically available in 7 to 12 inch sizes, some can only display JPEG pictures, while others support additional multimedia content such as digital camera movies, MPEG video files or MP3 audio.

Others can send photos to your printer as well as displaying text files. Most digital photo frames offer a slideshow feature with an adjustable time interval. These frames are an attractive way to display multiple favourite photos.

Photos are a priceless reminder of the best times of our lives. No matter how you display them, take time often to treasure your photos and the moments they've captured. 📷



CHRONICLES IN CEDAR

Revered as an object of great and lasting beauty the totem pole is recognized around the world as a symbol of First Nations culture in the Canadian Pacific Northwest. It is also part of a broader carving tradition that includes masks, house posts, bowls, tools, and virtually anything else that was made from wood. While that tradition has faced many challenges, it has survived and is receiving renewed respect today.



The mistaken belief that totem poles were religious symbols was behind misguided efforts in the 19th and early 20th century to abolish the art of carving. While many irreplaceable totem poles and other artworks were destroyed, a small group of dedicated carvers kept the tradition alive.

Though never religious symbols, totem poles and other carvings served many important functions in the varied First Nations cultures of the Pacific Northwest.

Heraldic poles proudly displayed a family's crest or crests and indicated the social standing of the chief or the head of the household. House pillars or poles found inside houses also featured the owner's crests.

Potlatch poles were erected to commemorate great potlatch feasts. These tallest of totem poles marked significant events while proclaiming wealth and power.

Shame poles were raised to discredit or ridicule rival chiefs who had broken their word or acted dishonourably.

Memorial totem poles honoured the memory of deceased chiefs, while mortuary poles served as resting places for the departed.

Whatever their purpose, totem poles are awe-inspiring art. Standing up to 80 feet tall, poles incorporate the figures of animals, birds, whales and fish. Carvers used ochre, copper-impregnated clay, manganese, graphite, baked clam shells and limestone to create a varied palette of red, brown, yellow, blue-green, black and white.



Photo courtesy of Andrew Caswell



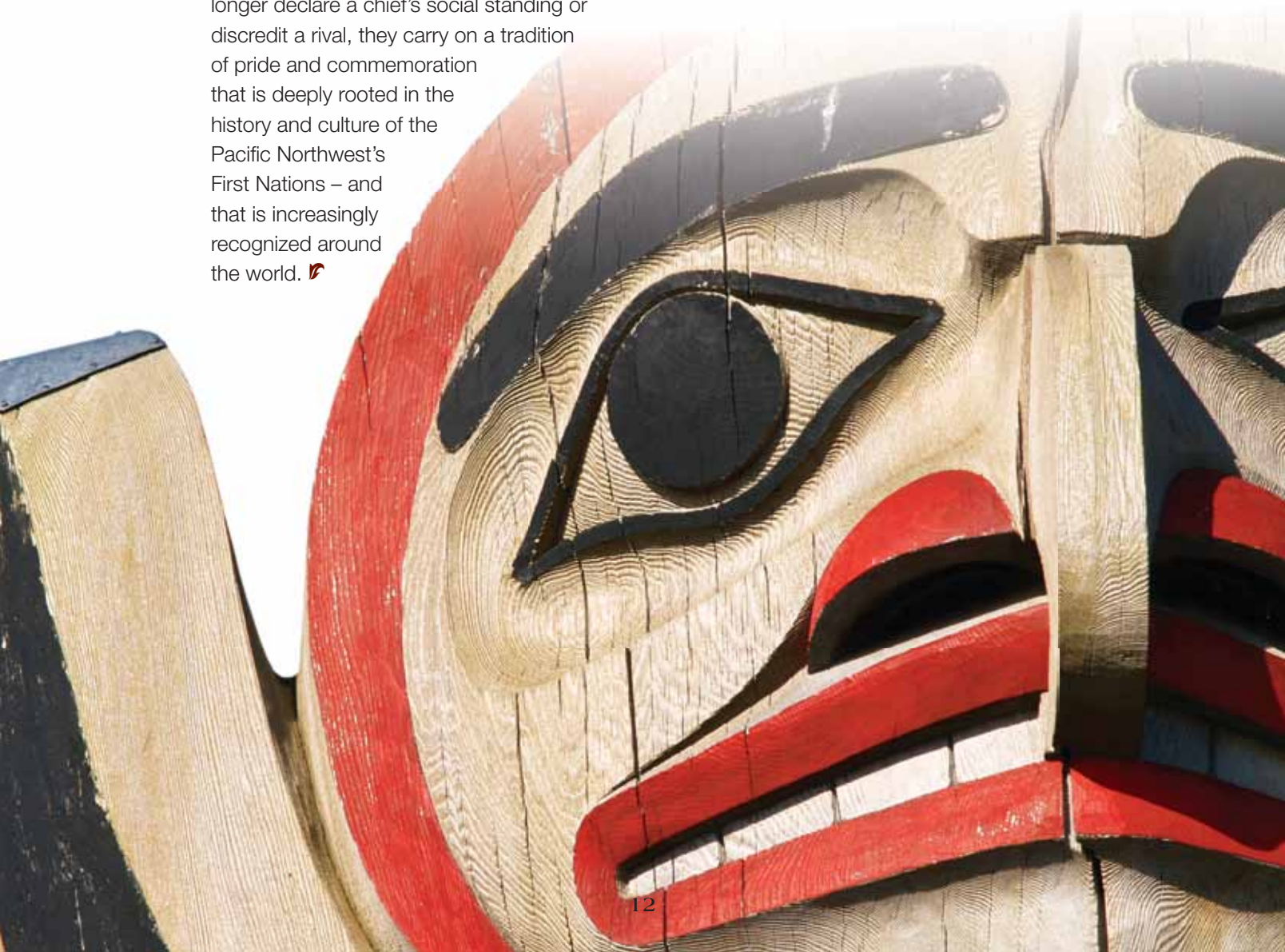
The symbols passed through countless generations of carvers are now being honoured in other forms by artists like Darren Blaney of Campbell River, BC. “I started doing art with my grandfather when I was a four year old growing up in Church House,” says Darren. “That was more than 40 years ago and I’ve been learning ever since.”

Today, Darren is designing memorials that will be provided through his new company, First Nation Memorials, slated to open this fall in Campbell River. He also acts as an independent sales representative for AMI Memorials, Canada’s leading Aboriginal memorial firm.

“More and more people want their creation stories and their family crests represented in their memorial,” Blaney says. “They see memorials as a way to pass on their history, especially since it’s becoming more common to have a number of crests for different branches of the family.

“I think that in some small way I’m like the carvers who came before me, helping people preserve their history for future generations.”

While the work of today’s First Nations artists may no longer declare a chief’s social standing or discredit a rival, they carry on a tradition of pride and commemoration that is deeply rooted in the history and culture of the Pacific Northwest’s First Nations – and that is increasingly recognized around the world. 🏹



Memorials come in many forms, but always reflect the universal human desire to honour and remember an event or person. One of the most popular ways to pay tribute to a person is the memorial scholarship. It provides a uniquely enduring and rewarding way to ensure a person's legacy lives on in the future.

If you are thinking of establishing a memorial scholarship, ask for help to make sure it's done right. Most educational institutions have staff to help you work through the planning and decision-making process.

"Work with someone who is experienced in setting up your scholarships," advises Harvey Linnen, who lost his daughter Ashley in a car crash shortly after she graduated from high school.



Memorial Scholarships

"People from the school can be helpful in establishing the criteria for the scholarship – identifying the qualities or achievements you want the person to be remembered for."

Bruce Perlson, a spokesman for Ashley's school, agrees. "The funders usually have a good idea of the qualities they want to highlight," he says.

"Sometimes they will ask us 'What do you need?' and match the characteristics of the person to fill a gap in our scholarship offerings."

Perlson cites the example of a donor who established a series of scholarships for athletically minded students. It helped meet a school need, and was appropriate to the memory of his wife, who had a strong interest in sports.

A scholarship memorial has unique rewards. Every year, the memorial touches an individual student's life in a very personal and positive way. And the awarding of the scholarship keeps the memory of a lost one actively alive in the school.

What's more, says Linnen, a school will keep the donor family up to date on each recipient, and that has a particular benefit, too.

"Each year we get a card from the scholarship winner, with a photo, a note of thanks and an indication of how the scholarship is assisting the student in a particular field of study. It's like a gift back to the family to receive that card – a very special and wonderful memorial that's new and fresh every year." 🍌



Future Considerations

When dinnertime rolls around we're often short on time and energy. It's all too easy to grab the take-out menu, frequently adding a lot of extra calories and fat to our diet ... not to mention extra expense!

At times like these it's great to have something in the freezer that's already prepared. You've made it yourself when you've had the time to do a little cooking. You know exactly what's in it. Add a quick sauce, and you'll see how much better your own "fast food" can be.

The following meals start out with a basic recipe for meatballs. Add a salad or a vegetable and dinner is on the table! ↗

Oven Meatballs

- | | |
|-------------------------|---------------------------------|
| ½ cup fresh breadcrumbs | ½ teaspoon Worcestershire sauce |
| 2 eggs | ¼ teaspoon mustard powder |
| 1 teaspoon salt | 1 medium onion, finely chopped |
| ½ teaspoon pepper | 2 lbs. ground beef (or bison) |

Place first seven ingredients in a bowl and mix well. Add beef and combine. Form into 48 small meatballs (about 1" in diameter). Place in a 10" x 15" baking pan and brown in a 375° oven for 25 to 30 minutes. Drain fat. Divide meatballs into four portions and freeze.

Meatball Stroganoff

- | | |
|-----------------------------------|--------------------------------|
| ¼ cup chopped onion | 1 tablespoon sherry (optional) |
| ½ cup sliced mushrooms | 1 tablespoon ketchup |
| 2 tablespoons butter or margarine | ¼ recipe (12) oven meatballs |
| 1 tablespoon all-purpose flour | ¼ cup sour cream |
| ¾ cup beef broth | Hot cooked noodles |

A rich and satisfying everyday meal with a touch of elegance. In a small saucepan, cook onion and mushrooms in butter until tender. Stir in flour. Add broth, wine and ketchup. Cook and stir until mixture is smooth and thickened. Add meatballs (frozen or defrosted) and cook on low heat until heated through. Add sour cream. Do not boil. Serve over noodles. Makes two servings.



Contributed by
Bill & Lorna Quine

Gingersnap Sweet and Sour Meatballs

- $\frac{3}{4}$ cup beef stock
- 3 tablespoons brown sugar
- 2 tablespoons raisins or $\frac{1}{4}$ cup
pineapple chunks (optional)
- 2 tablespoons lemon juice
- $\frac{1}{4}$ cup coarse gingersnap crumbs

- $\frac{1}{4}$ recipe (12) oven meatballs
- Hot cooked rice



Gingersnaps give this classic sauce a new twist. Bring stock to a boil. Add next four ingredients. Cook and stir to dissolve gingersnaps. Add meatballs. Cook, covered, over low heat until meatballs are heated through. Serve over rice. Makes two servings.

Meatball Subs *For barbeque sauce:*

- $\frac{1}{2}$ cup ketchup
- 2 tablespoons butter or margarine
- 2 tablespoons molasses
- 1 tablespoon vinegar
- 2 tablespoons water
- 2 tablespoons minced onion
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- Hot sauce to taste (optional)
- $\frac{1}{4}$ recipe (12) oven meatballs

A little taste of summer any time of the year. Combine all ingredients in a saucepan and simmer for 15 minutes. Add meatballs and heat through. Serve on subs or Panini buns. Makes two servings. You can also serve these with picks as an appetizer.



*“Give sorrow words; the grief that does not speak
whispers the o’er-fraught heart and bids it break.”*
- William Shakespeare

Because No One Should

It’s been just over a year since a unique centre for the bereaved opened its doors in Regina. The Greystone Bereavement Centre specializes in supporting people who are struggling with grief due to a loved one’s death.

“We are here because no one should grieve alone. We help people make the story of their lives, make sense again after a loss,” said Jeff Christiansen, Executive Director of Regina Palliative Care Inc., the organization that manages the Centre.

The first of its kind in Canada, the Centre was created through a partnership between the Regina Qu’Appelle Health Region and Regina Palliative Care Inc., as well as community members and organizations.

The Centre provides a wide range of options. Individual bereavement counseling services are available. For adults, Greystone offers support groups, drop-in coffee sessions, social events, “Cooking for One” classes, as well as education and outreach services. Teens and children who have experienced a loss may benefit from support groups or weekend camps geared especially for their age groups. A lending library with materials suitable for all ages rounds out Greystone’s core services. Recent additions include a suicide support group, a one-day camp for youth and children and a support group for families who’ve lost a baby.

Tara Osipoff lost her brother two years ago, when he was 22 and she was just 21. She joined a support group two months later. She was a bit skeptical at the start.

Special Centre
Helps Those
Struggling
With Grief



"But looking back, it was the best thing for me," says Tara today. "It really helped my healing process. I learned healthy ways to grieve, knowing that I wasn't

Grieve Alone

alone and that the feelings I had were O.K." She has since decided to volunteer at the Centre.

Volunteers play a critical role. Under the guidance of a small staff of three bereavement counselors, nearly 100 volunteers facilitate group sessions and activities, and help with youth camps. Many of the volunteers have themselves used bereavement services in the past.

"The volunteers are integral to our functioning. They bring the knowledge of the pain and difficulty of moving through grief," says bereavement coordinator, Marlene Jackson. "They also provide hope to the new participants because they can see that someone 10 or 15 years after a death loss has grown through that loss and has continued to live."

What makes the Centre different from other general counselling agencies is that its staff are specialists in bereavement care, and they host a wide range of bereavement services in one facility.

The centre grew out of palliative care programs and services provided through the local health region. Former director of Palliative Care Services with the health region, Velda Clark, was instrumental in its creation.

"We have a team of specialized people in a special place now," she says. "It has the potential to do great things for this province."

The Centre was created through contributions from corporate and private donors as well as the health region and the provincial government. In the spring of 2008, Greystone Managed Investments donated \$500,000 toward the development of the centre. In 2009, Saskatchewan's government provided \$1.75 million to expand Greystone's services.

More than 700 people will benefit from the centre's services this year. For people like Osipoff these services are critical to a healthy life: "I think of my life before my brother passed away and my life after, and it is like I am living two different lives. I owe it all to the bereavement program. It has changed the person that I am, for the better."

In the spring of 2008, Greystone Managed Investments Inc. donated \$500,000 toward the development of the centre. Greystone's Chief Operating Officer, Anne Parker, said company officials were aware of the important role bereavement services were playing in the community. They realized that a significant donation could help strengthen and raise the profile of these services.

"Grief is truly a universal experience, but it's how we deal with grief that will lead to different life outcomes. For Greystone it was something we could get involved in that would allow us to give back to the community in a very meaningful way and would enable us to assist a wide cross-section of community members," she said.

The Greystone Bereavement Centre is available to Saskatchewan residents who have experienced a death loss, and is open Monday to Friday from 9 a.m. to 4 p.m. For more information, contact Marlene Jackson at (306)766-6947. 📞



“Music has been my outlet”

“My gift to all of the lovers in this world.
Through it, my music, I know I will live forever.”

-Michael Jackson, Ebony Magazine, December 2007

A life of mystery, stardom and controversy. Amazing talent, unusual choices, and fortunes gained and lost. And perhaps most notable, a life of love for his children.

Michael Jackson. Rarely does a name elicit such a mixture of opinions and emotions.

To fans around the world Michael Jackson was a star, revered for his musical and dancing abilities. Despite his desire for privacy, his was a very public life. Tabloid journalism swirled around his every move. Yet, while parts of his life were often treated as a public circus, his death and memorial somehow brought millions of people together in a remarkable public display of dignity and respect.

What happened in the days after Jackson's death on June 25, 2009 is an interesting study in memorialization.

A short private funeral at Forest Lawn Cemetery in Glendale, California gave Jackson's family some time for private mourning early in the day of July 7th. The cavalcade then made its way to the Michael Jackson tribute, the first of many public events. Tickets were made available by lottery for the 17,500 seats inside the Staples Centre in Los Angeles; and a crowd of about 5,000 guests, along with thousands of journalists, camera operators and photographers gathered outside. Millions of people around the world watched the televised broadcast. Guests were handed a scrapbook of Jackson photos as they entered the Staples Centre.

The 90-minute musical extravaganza included much symbolism. Michael's brothers – once performers together in the Jackson Five – acted as pallbearers. Each of them wore a single white sequined glove, a look that their sibling had introduced earlier in his career. The opulent bronze casket with 14-karat gold plate handles, and velvet-lined interior was covered in flowers and carried into the venue to the choir singing “Halleluja, halleluja, we're going to see the King.” The stage was arranged to resemble a church sanctuary complete with a stained-glass backdrop. At the back of the stage images of Michael were displayed on giant screens.

The Jackson family, including Michael's three children, played a visible role. His brother Jermaine performed Michael's favourite song, Smile. Later in the program his entire family joined the other performers on stage for the singing of two of Michael's most well-known songs – We Are the World and Heal the World.

The list of family guests and performers was to be expected at a memorial tribute to someone whose life was spent on stage and in the public eye. Lionel Richie, Stevie Wonder, Mariah Carey, Smokie Robinson, Jennifer Hudson, Usher, Kobe Bryant, civil rights leader, the Reverend Al Sharton, Queen Latifah, Brooke Shields, John Mayer, Motown head, Berry Gordy, Spike Lee, Wesley Snipes, Magic Johnson and Britain's Got Talent winner, 12-year old Shaheen Jafargholi came to say or sing their goodbyes to Michael.



On September 3rd, family and close friends of Jackson gathered at Forest Lawn Cemetery for an interment ceremony. His brothers again served as pallbearers and his three children laid a crown on the casket, symbolic of the King of Pop. Motown legend Gladys Knight and songwriter Clifton Davis provided music for the ceremony. Several eulogies were offered, including one by Michael's father, Joe. At the conclusion of the proceedings, Jackson was laid to rest in the cemetery's Great Mausoleum.

That, however, was not the end of the memorialization of one of the most influential entertainers of all time.

Fans in Detroit, where the Jackson Five first gained popularity, have erected a granite tombstone for Michael Jackson in Woodlawn Cemetery.

The engraving on the tombstone reads:

Motown Remembers the King of Pop
Michael J. Jackson

Aug. 29, 1958 to June 25, 2009

Songwriter, Singer, Producer, Dancer, Choreographer,
Humanitarian, Jackson 5 Member, Soloist
13 #1 Singles, 13 Grammy's, 197 Awards
& 37 Top 40 hits

Rock and Roll Hall of Famer and Motown Legend
Gone Too Soon

Across the Atlantic, a September tribute had been planned for Jackson in Vienna's Schonbrunn Castle. Due to the desire of the Jackson family to have many music stars performing at this event more advance planning was needed. The tribute will now be held in London, England sometime in 2010.

And in the US, 158 entries from Jackson fans were received in response to a global competition to design a fitting memorial for him. The ideas submitted are as large as Michael's life. Three of the entries propose the building of a new island near Dubai – in the shape of either a dancing Michael Jackson or his profile.

He left us with a tremendous gift of music and dance. In return, the world continues to offer an ongoing memorial of respect and admiration for the King of Pop. 🦋

And The Beat Goes On...

When it comes to building a sense of community, you just can't beat a drum circle.

History shows that many cultures used drums for communal events such as ceremonies and celebrations.

Today drum circles are gaining popularity, simply for recreation, or for specific purposes such as conferences, health and wellness applications and corporate team building.

The concept remains remarkably similar to that of our forefathers – participants sit in a circle and together create a rhythm using percussion instruments such as drums, shakers and boomwhackers (tubes tuned to specific musical pitches that produce noise when struck).

Through cooperation and collaboration the group finds its common rhythm, a universal language that is not dependent on a shared culture or religion or age of life. Everyone is included.

There is a phenomenon called rhythmic entrainment (synchronization to a common timing) that comes into play as the beat of the drums continues, resulting in a sense of physical, mental and emotional well-being for participants.

Recreational drumming is often spontaneous – meaning that all participants play an equal role.

In other drum circles a facilitator may assist the group in achieving a common beat and then include other activities such as guided imagery and discussion, specific to the purpose of the gathering.

It is said that everyone has rhythm -- it is just the natural extension of the beating of your heart.

The success of drum circles is not in any previous musical experience of the participants, but rather the relationship that develops between members of the circle as they drum together, eventually resulting in a powerful unified beat.

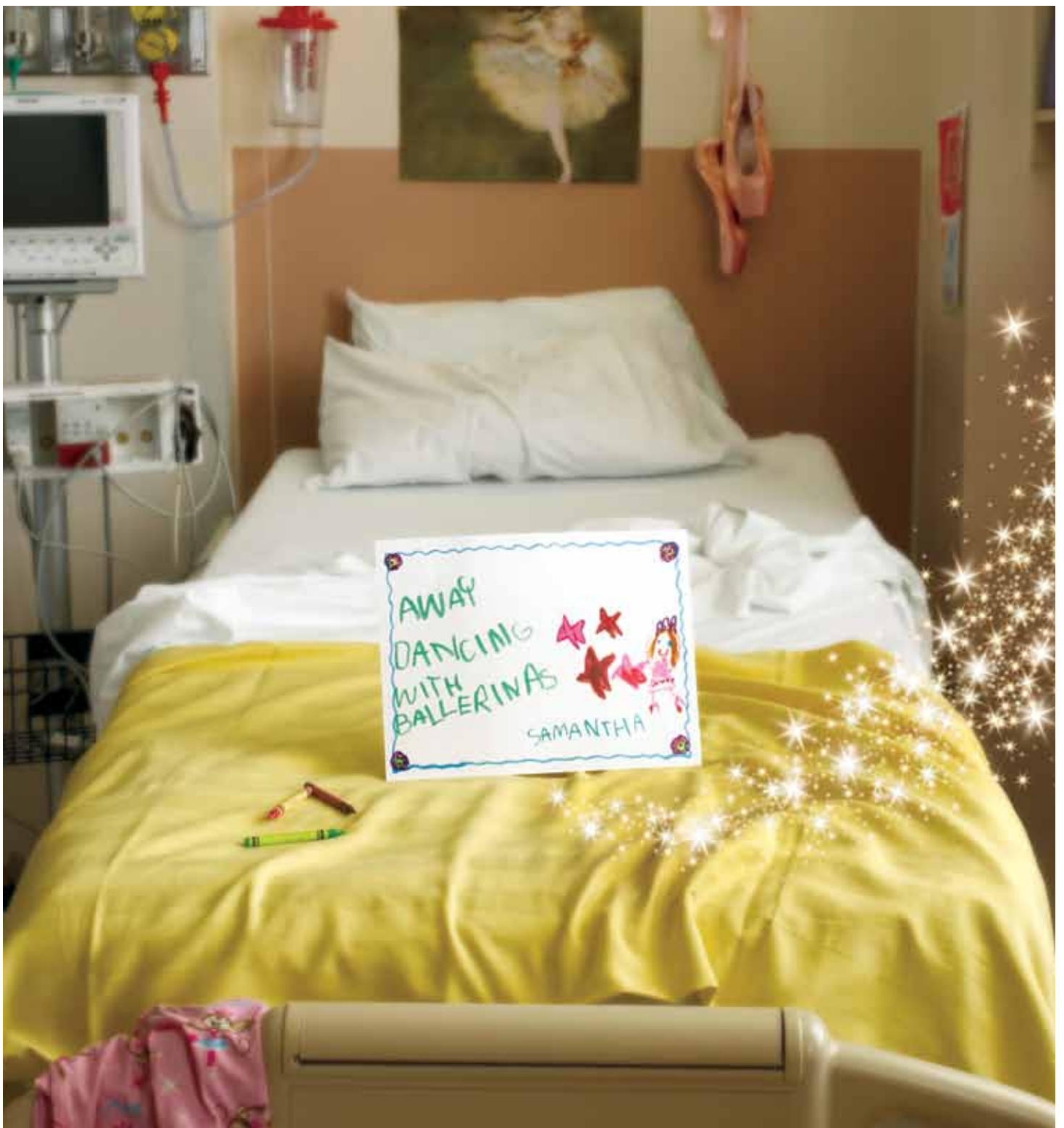
If you'd like to get involved in a drum circle, you may find there are already opportunities in your community.

More information about drum circles, and tips on how to start one of your own, is available on Calgarian Judy Atkinson's website www.circlesofrhythm.com and in these recommended books:

The Art and Heart of Drum Circles
by Christine Stevens

The Healing Power of the Drum
by Robert Friedman 🍀





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Because some wishes can't wait for someday.

Helping Families Create Loving and Meaningful Tributes

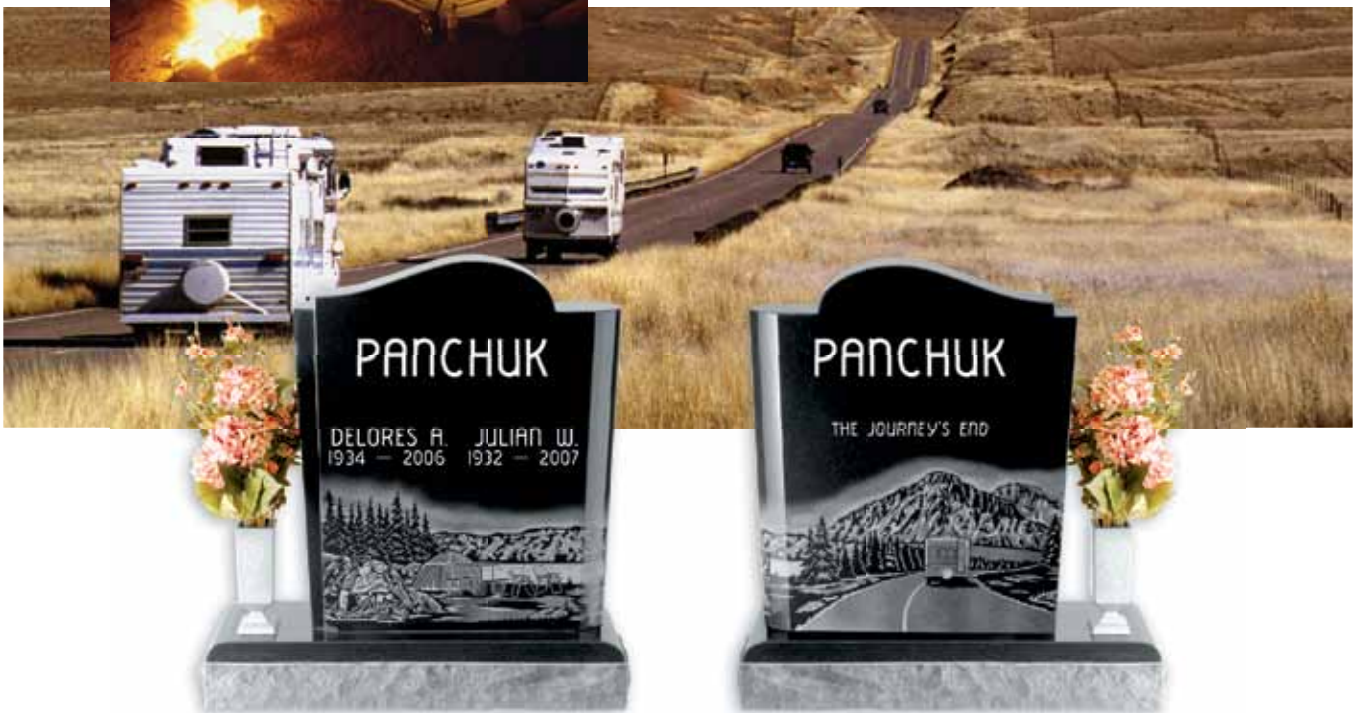
We all want to honour the lives that meant so much to us. Yet a life can fill us with so many memories, thoughts and feelings that deciding how to express what we feel can seem overwhelming.

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