

## Chair's Report

As with most groups during COVID times, FAMSS was forced to cancel the 2020 AGM due to public health requirements. Given the average age of our membership, we are a particularly vulnerable group to COVID.

At this juncture, due to vaccination for COVID, the Board felt it was possible to conduct the Annual General Meeting in person this year. We are pleased to provide some excellent guest speakers talking about our rights and options with both funeral planning and assistance in dying.

With Saskatoon, again, becoming the hotspot for COVID, we request that those attending the AGM wear masks and are fully vaccinated. We wish to ensure all the attendees are safe! We look forward to seeing you!

I am excited to inform you that FAMSS has begun renewing our Funeral Home contracts. The original plan was to visit our contracted Funeral Homes in the Spring of 2020, but that was squashed along with everything else from COVID! When Saskatchewan decided to lift the health orders, the Board began our visits to various funeral homes.

In August, we signed a five year agreement with Marten's Warman Funeral Home. They continue to give our members a 15% discount on their services. Even members who live a distance away from Saskatoon may wish to contact them to check their prices, as they are very professional, economical and willing to travel.

Many of you may not know, that Marten's Warman Funeral Home is now operated by John and Shirley's son Kevin. Kevin has been in the funeral business, running Cherished Memories Funeral Services & Crematory, in Martensville and bought out his parents a few years ago. They are finally getting a chance to enjoy some well-earned retirement time!

## FAMSS AGM 2021

Saturday Sept 25, 2021  
Mayfair United Church  
902 – 33<sup>rd</sup> St. W. Saskatoon  
2:00-4:00

Enter on East Side (Avenue I North)

**Guest Speakers** - open to the public

**Sandy Mahon** Registrar of the **Funeral and Cremation Services Council of Saskatchewan**, will provide information on legalities, rights and options surrounding funeral planning in Saskatchewan.

**Michelle Fisher** will discuss laws and processes that govern **MAID. (Medical Assistance in Dying)**

**Break: Refreshments**

**AGM to follow** – for members only

**Masks required** and hand sanitizer available

We strongly suggest anyone attending be  
**Double Vaccinated!**



## Live Each Day Like It Will Be Your Last

Mark Mueller, BA, MLIS - Regina

Saint Augustine once said that we should take care of our bodies as though we will live forever and to take care of your soul as if we will die tomorrow. In a culture pre-occupied with consumerism, careers, and living life to its fullest, and in the here-and-now, these quotes to some may appear morbid and pessimistic. At best, these reflections on death may jump-start a new appreciation of the world around us and inspire us to live life to its fullest; as these thoughts should. And yet, at the end of the day, regardless of your belief or disbelief in the afterlife, your religious affiliation or lack thereof, death will inevitably come. Death is not a pleasant thing to discuss on many levels. It gets in the way of life; it may lead to awkward and uncomfortable conversations; or it may lead some to think that there might be some "agenda" on the part of the person who dares to bring the topic up. And yet it's a reality that we should all prepare for.

(Continued in next column)

*I saw an ad for burial plots, and thought to myself this is the last thing I need!*

When I think about the topic of death, I feel that it is something that is not only inevitable but also something that may happen at any time. I also feel that we spend so much time taking care of our bodies that we will live forever, that we forget that we or our loved ones could die tomorrow. I think about the sudden death of both my grandfathers and how that was a shock to our families. Our families wanted simple funerals but the funeral homes wanted to sell the families something more elaborate for the sake of the departed. Would the funeral homes do the same thing to my champions or loved-ones if I were to die tomorrow? What would I like to have done with my earthly remains? And what will my choices be for end-of-life care? While we may not be able to control every detail of our deaths, we do have choices on some details. I joined FAMMS so that I could educate myself on those choices so that others, who may not have either my interests or the interests of those I care about, won't make those choices for me.



### Minor Child Membership Addition:

The Board at FAMSS has extended your membership to include minor children. In the past we sold individual memberships to adults. We have added to that to include minor children of members. Specifically: "If a minor (under 18) dies whose parent or legal custodian is a FAMSS Member their funeral can come under the adult parent's membership number at our contracted funeral homes."

*I became a member at Spotlight for Seniors at a TCU event. We found my husbands' funeral made easier to prepare because of you and I want to do as much for my children as preparing a funeral is much easier when you are in good health.*

*I thank you again for the help I received and want the same for my children.*

*Helene M. Saskatoon 2020*



## Potato Funeral Planning.

beings who would gather to remember you?  
Finally, what would you like your epitaph to say?

Your “memorial service” may give you some surprisingly clear ideas about the kind of life you wish to have lived. What single thing could you do to begin this life today?

Excerpt from HOW THEN, SHALL WE LIVE?:  
FOUR SIMPLE QUESTIONS THAT REVEAL  
THE BEAUTY AND MEANING OF OUR LIVES  
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## Planning Your Memorial Service

Because I am ordained, many people request that I preside at their memorial services. When we gather to remember a human life, we invariably recall the kindness, playfulness, endearing quirks of personality, shared conversations, passionate conflicts, moments of tenderness and love. What people recall are ordinary moments, particular configurations of vitality and grace that arose in the life of this person.

Your memorial will reflect your life, and a life is made of days. Each day is like a droplet of water filling the chalice of our legacy. How do we live, knowing we will be remembered for how we have lived each day?

Take an hour or so to plan your own memorial service. As you think about the structure and content of the service that will honor your life, reflect on the following questions: Do you want to be mourned or celebrated? Do you want music or tears? Do you want people to miss you or to be grateful for your company? Who would you especially like to be there? What would you like them to say? About which accomplishments would you be most proud? What would you like to be most remembered for? If you leave anything - money, property – to whom will you leave it, and how do you want it used? What is the primary legacy of your life? What footprint would you like to leave in the community of

## Profit and Loss

January 1, 2020 to December 31, 2020

Income	2020	2019
Donations	\$ 1,223.20	\$356.30
Memberships	675.00	1,100.00
Record Fees	425.00	425.00
	<b>\$ 2,323.20</b>	<b>\$1,881.30</b>
Expenses		
Office Supplies	418.13	219.23
Postage	412.00	537.79
Printing	201.61	585.91
Publicity	-	780.80
Telephone	628.21	628.91
	<b>\$1,659.95</b>	<b>\$2,752.64</b>
Net Income	<b>\$663.25</b>	<b>(\$871.34)</b>

## Balance Sheet

Assets	2020	2019
Chequing	\$ 2,108.09	\$ 1,444.84
GIC	1,271.22	1,255.53
Shares CU	5.00	5.00
	<b>\$ 3,384.31</b>	<b>\$ 2,705.37</b>
Liabilities		
Accts Payable	\$ -	\$ -
Total Assets	<b>\$ 3,384.31</b>	<b>\$ 2,705.37</b>

# Minutes Annual General Meeting 2019

April 6, 2019, at the Mayfair Branch Library.

**Board Members Present:** Kathleen Weary, David Weary, Dave Millard, Roger Schmitz, Susan Cross, Linda Smee, Wynne Andrade and Celine Andrade.

**Attendance:** 43 individuals

**Call to Order:** Kathleen called the meeting to order at 2 pm.

**Adoption of Agenda:** Agenda was adopted and approved by consensus.

**Guest Speakers:** Denise Horth discussed funeral options and home vigils in Saskatchewan, as well as legalities of family coordinated funerals. Sharon Pulvermacher gave innovative, practical examples of how we can welcome death into our lives and live large while leaving a legacy beyond the ordinary. Both speakers provided significant question and answer periods for members to obtain detailed responses. Thank you to both speakers for their generous contributions to our AGM!



“The casket is made out of sod to be 100 percent environmentally friendly.”

*Our dedicated board members are not associated in any way with any funeral home, crematorium or funeral items. This independence allows us to provide our members, clear and accurate information regarding the many choices we make when planning our passing.*

**Minutes:** Approval of the minutes: AGM, March 24, 2018 (as printed in the March 2019 Newsletter).

## Reports:

**Chair:** Kathleen discussed: the move to email and subsequent results, the approach to our non-responsive group, the new approach to the member's manual in detail, and asked for feedback from the membership. Several members took a draft for evaluation. Also she discussed changes that have been made over the past few years; Signage, Brochures, Advanced Care Directive, Family Register, and the Memorial Directives form. Members had questions/answers during her talk.

**Membership:** Susan informed the membership that FAMSS has 61 new members. Membership packages cost \$3.30 to mail out. Susan tries to hand deliver these packages if it is on her way to save postage fees.

**Treasurer:** Dave explained the Profit and Loss statement and Balance Sheet included in the March 2019 Newsletter. The donations were higher due to a generous \$1,000 donation from Regina. This donation allowed FAMSS to update our information. Our publicity costs were higher due to the new signage and printing of new brochures. Overall we are in a very similar financial situation to 2017. Moved by Susan /Wynne that we waive the auditor's review as our income is less than \$25,000. Carried Unanimously.

**Marketing:** Roger spoke of the manual reorganization into topics. The manual now flows from the beginning of the planning process to how to plan for a home death, and who needs to follow up with any loose pieces. He spoke of the time intensity of this process and that this was the focus of the marketing group for 2018-2019.

The focus for the rest of 2019 will be our new website and then the subsequent Face Book integration.

There is an expectation the Board will visit our funeral homes over the next year.

**Motion to Adopt Reports:** Moved by Wynne, seconded by Susan, Agreed by Consensus.

#### 1. Election of Directors

1. Two-year Terms Ending (These individuals are to stand for 2019-2021)
  - a. Chair: Kathleen Weary
  - b. Membership: Susan Cross
  - c. Director at Large: Open
  - d. Director of Communications: Roger Schmitz
  - e. Director at Large: Linda Smee
2. Terms continuing to AGM 2020
  - a. Vice Chair: *Open*
  - b. Treasurer/Secretary: Dave Millard
  - c. Director at Large: Wynne Andrade
  - d. Director at Large: Celine Andrade
  - e. Director at Large: *Open*

**There were no nominations from the floor.**

2. **Round Table:** Lively discussion by all about the excellent guest speakers, the wonderful turn out, snacks and location.
3. **Adjournment:** Karen Rath adjourned the meeting at 4:25 pm.

*“When my parents died I needed help, and it came from the good people at FAMSS. The process was simple, painless, and inexpensive for us, and the funeral director didn’t urge me towards a lot of fancy cosmetic effects. I will forever be thankful to the kind people in your organization.”*

*David C., Saskatoon 2021*

*\$100 donation to honour the Contribution to FAMSS of Ron Fisher – B & J Cohen -*

## We Are All mortal

- Will you know what to do when your parent or loved one passes away?
- Why add guessing to your grief?
- The funeral industry may tell you that a big funeral is necessary and expected. But, is that what your loved ones want?
- Even if they are reluctant to talk about it now, YOU can start to plan for the inevitable, in a calm and respectful way.
  - ✓ Is embalming necessary?
  - ✓ Do I need a fancy coffin?
  - ✓ How do you arrange for cremation?
  - ✓ What is a green burial?
  - ✓ How do I make a body donation?

**Check out our Members Manual for information on these and other questions!**



## Membership/Donations

FAMSS, P.O. Box 1846, Saskatoon, SK, S7K 3S2

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

I require a printed copy of the newsletter

Life Membership (\$25 each) \_\_\_\_\_

Donation \_\_\_\_\_

Total Amount Enclosed \_\_\_\_\_

**\* Your Society depends upon  
Membership and Donations as our  
primary sources of revenue.**

## FAMSS AGM 2021 Election of Officers

### Two-year Term Ending (Elected for 2 years)

1. Vice Chair: **Open**
2. Treasurer/Secretary: Dave Millard
3. Director at Large: Wynne Andrade
4. Director at Large: Celine Andrade
5. Director at Large: Karen Rath

### Terms continuing for one more year

6. Chair: Kathleen Weary
7. Membership: Susan Cross
8. Director at Large: **Open**
9. Director of Communications: Roger Schmitz
10. Director at Large: Linda Smee

I have a friend who paid for her funeral several years ago and now has changed her mind. She would like some of her money back, but that's not possible. Any leftover money will be paid to her estate after the big day. FAMSS always advised not to pay in advance for this very reason!

Jennifer C. – Regina 2021

## Lemon Almond Strips

### Almond Crust:

- 1  $\frac{3}{4}$  cups all purpose flour
- $\frac{1}{3}$  cup granulated sugar
- $\frac{1}{2}$  cup ground almonds
- 1 cup margarine

Combine the flour, sugar and ground almonds in a mixing bowl. Cut in the margarine until mixture is crumbly. Press into a greased 13" by 9" cake pan. Bake at 350 degrees for 15 minutes or until light golden. Cool 10 minutes.

### Lemon filling:

- 4 eggs
- 2 cups granulated sugar
- $\frac{1}{3}$  cup lemon juice
- 2 tablespoons grated lemon rind (optional)
- $\frac{1}{4}$  cup all purpose flour
- 1 tsp. baking powder
- icing sugar (optional)

- ✓ Beat eggs, sugar and lemon juice together. Mix in lemon rind if using.
- ✓ Combine flour and baking powder then stir thoroughly into the egg mixture.
- ✓ Pour over the baked crust. Bake at 350 degrees 18-23 minutes or until just set, and light golden. Cool, then cut into bars.
- ✓ Sprinkle with icing sugar before serving, if desired.