

UPCOMING EVENTS

Bereavement Support Groups

Open Group every Monday night 7:00- 8:30 p.m.

General Bereavement Support Groups are available to support you in a safe and nurturing environment.

1010 Botanical Drive • Burlington, ON L7T 1V1

General Inquiries: 905.527.0405

Email: bev@baygardens.ca

Memorial Service

Date: Saturday November 8th, 2008

Time: 11:00 a.m.

Location: Bayview Cemetery
740 Spring Gardens Rd.
Burlington, ON

Please join us for this moving service consisting of prayer, music and symbolic candle lighting. Food Bank donations welcome. Please RSVP number of attendees and the names of those being honoured.

Contact: Paula Benoit at Bayview Cemetery
905.522.5466

Handling The Holidays

Tips on getting through the holidays.

Speaker: Bev Wilson

Date: Wednesday November 26, 2008

Time: 7:00 p.m.

Location: Bay Gardens Funeral Home
1010 Botanical Drive • Burlington, Ontario

Phone: 905.527.0405

Community Remembrance Tree

Date: Saturday November 29, 2008

Time: 10:00 a.m.

Location: Bayview Cemetery
740 Spring Gardens Rd.

RSVP: Paula Benoit 905.522.5466

Apple cider, music and friends. Join us for this relaxed, casual and enjoyable morning of decorating the community tree with ornaments in memory of our loved ones. Bring your own ornament if you don't already have one from last year at the mausoleum. If you do not have an ornament we can supply you with one.

You are invited

to our annual
REMEMBRANCE DAY
Memorial Service

Join us in this moving service of prayer, music and symbolic candle lighting. Names of those who we wish to remember will be read during the service. However, we need to know ahead of time the names of those being honoured—please let us know when you RSVP.

Date: Saturday November 8th, 2008

Time: 11:00 a.m.

Place: Bayview Mausoleum~Upper Chapel
740 Spring Gardens Rd
Burlington/Hamilton, ON



BAYVIEW

CEMETERY • CREMATORY • MAUSOLEUM

View our online gallery at bayviewcemetery.ca

Fresh roses will be available to place with your loved ones.

Refreshments will be served following the service.

Please help us in our efforts to support the local Food Bank by bringing a non-perishable food item for donation.



Please RSVP to Paula Benoit at 905.522.5466

Summer Memorial Service

Date: Saturday June 27, 2009

Time: 1:00 p.m.

Location: Bayview Cemetery
740 Spring Gardens Rd.

RSVP: Paula Benoit 905.522.5466

We invite you to join us for a short service and concert held in memory of those whom we have lost. We will unite on the lawn under the canopy tent on the back lawn overlooking Burlington Bay for a short memorial service followed by music and refreshments.

INFORMATION ON CRYPTS AT BAYVIEW MAUSOLEUM

Bayview Mausoleum was built in 1925 for the purposes of Entombment and it was the first in the area to offer crypt-type burial. In the past, ground burial was very common and those who were placed in a crypt were from affluent families. It is an old Egyptian-style burial that was very new to Canada. There are several scholarly articles that outline the architecture of Bayview mausoleum as it was unique to the region.

Indoor crypts such as the ones at Bayview Mausoleum were made to withstand the



ages; the crypts are constructed of concrete, marble and granite. People commonly choose mausoleum burial for cultural reasons and because they are above ground, clean, dry and sealed. Today, entombment eliminates the need for expensive vaults that were (and still are) required for ground burial. Another benefit of entombment over ground burial is that visitation at the mausoleum is comfortable regardless of the weather.

Crypt spaces are becoming limited at this heritage mausoleum. If you are considering your final wishes and pre-need arrangements kindly contact us at your earliest convenience. At Bayview we offer substantial savings with a no-interest payment plan. For more information on this and other topics visit our website www.bayviewmausoleum.ca



*Rituals are important
because they are
markers that allow us
to process and assimilate
major life changes.*

THANK YOU

To those who braved the rain and attended our Summer Memorial Service—thank-you! The rain created an intimacy under the tent and the sun came out in time for refreshments and fellowship. In spite of the uncertain weather, Reverend Beth Chire gave a moving service honouring our loved ones who have passed away and entreating us to cherish our lives. After the service Cheryl-Dickson Neal and her trio played a few songs. Cheryl is well known in the area for her keyboard talents and she never disappoints. Again, thank you for attending and helping create warm memories for the cold months to come.



GRIEF & WELLNESS

Recently, Toronto Life Magazine printed the feature article “The New Etiquette of Death”. Based on her interviews and research, author Katherine Ashenberg writes about her discovery that our society is beginning to reject the modernist view of death which sees death as “old fashioned”. Today’s culture is starting to once again embrace the need for pomp and circumstance of the Victorian Era. Internationally noted author and educator, Dr. Alan Wolfelt, echoed this same idea recently when he gave a lecture sponsored by Bay Gardens Funeral Home. North Americans no longer want to feel a distance between the idea and the reality of death. We want to fully express our grief and feel a continuing connection to the deceased.

The ‘pomp and circumstance’ that is the funeral service is vital to the grieving process. The survivors of the deceased need people to gather around them to send cards, food and sympathies. Rituals are important. They are markers that allow us to process and assimilate major life changes. We engage in public rituals for important events for a reason. It is no different for death. We express our grief through the familiar customs and symbolism of the funeral ritual. Dr. Alan Wolfelt refers to the ‘wilderness of grief’ as a time where the bereaved are trying to set their footing on a new way of living and adapting.

Commonly, when the proper avenues for saying goodbye to a loved one are not present for whatever reason, people often experience what is called “complicated grief” where mourning is complicated and unresolved. The effects of grief often manifest themselves physically and with complicated grief, it can be especially painful. The body tends to respond to psychological stress with symptoms such as fatigue mixed with restlessness. This is the body’s attempt to deal with the overwhelming loss of a loved one.

The mind/body connection that has been widely accepted by the general population is starting to interest scientific research.

New medical studies are focusing on the brain and the heart. When we are experiencing emotional pain and when we have a ‘broken heart’, there are parts of the brain that are activated in ways that do not happen otherwise. There is often a parallel in the description of mind and body pain.

It’s no surprise that complicated grief shows up in our physicality. We cannot mend a broken heart completely and the gaping void of loss caused by the death of someone close to us will never be completely filled. Yet there are ways to holistically approach this new way of being. Social relationships are vital to our well-being and to our survival.

This is one reason why having some kind of ritual or service helps to direct one’s mourning—our family and our friends have come to bear witness to the loss of someone we care about and they have come to show their support for the survivors. Death is the end of a life, not of a relationship. So we need to have gatherings where we acknowledge and pay our respects to this fundamental change in our relationship to the deceased.

Grieving can be a very lonely place and without support it is difficult not to internalize our grief and bring about physical distress. Often the distress is reduced when those grieving can be supported by others who understand, are patient, and perhaps have gone through a similar journey. There is hope, there are answers, there is help. Nutrition, hydration, walking, exercising and socializing are all keys to wellness. Often the thing we loathe to do the most is the thing that is the most helpful. The natural response to loss can make your body feel tired and worn out so be gentle with yourself and take small steps. Techniques



such as massage, deep-breathing, and even just walking can assist the mind/body connection to strengthen in a healing way.

What is important to know is that you don’t need to be alone in your mourning. There are people out there who are willing to help. Speak to your family counselor at the cemetery—they have a wealth of knowledge. Have a memorial service (either public or private) to commemorate your loved one at the one year mark or at any other time that seems suitable to you. The chapel at Bayview Cemetery is free to use for all families who wish to have that one year memorial service. Seek out a bereavement support group available in your community. There is one listed on the front page of this newsletter. Drink plenty of water, eat well and be easy on yourself. If you are experiencing physical illness and are also going through the grieving process be sure to mention this to your doctor and seek out a bereavement counsellor. It is in these most stressful times that we need to be aware of what is happening and to have some idea of why. It is most important to know that this is normal, and that we must take care of ourselves.

Read the article “The New Etiquette of Death” at

<http://www.torontolife.com/features/new-death-etiquette/>



ADRENAL SUPPORT TEA

Often the first thing to be attacked when we are under great duress is our adrenal glands. The adrenal glands regulate stress in our body, which is why it is important to treat them carefully when we are under great emotional stress. Before undertaking any diet changes please consult your doctor. All of the ingredients in the Adrenal Support Tea should be readily available from your local Health Food Store or Organic Market.

2 parts borage leaves

2 parts stinging nettle leaves

2 parts oat straw

1 part basil leaves

1 part gotu kola leaves (on old Indian herb used for centuries for fatigue and memory)

½ part dried or chopped ginger root (1/4 part if using ground)

½ part dried chopped licorice root (1/4 part if using powdered licorice)

Blend together the borage, stinging nettle, oat straw, basil, gotu kola, ginger and licorice in an airtight container or a dark jar and store somewhere cool and dark.

To make tea: Crush a small amount of blend to a fine powder. Measure out 1 teaspoon per cup. Place in a warmed ceramic teapot and add 1 tsp “for the pot” and pour boiling water over the herbs. Cover the pot and put a cork in the spout. Steep for about 15 minutes and then strain into cup.

**use this tea in time of need but do not surpass six weeks consecutive use. Please consult your doctor before incorporating into your diet. Please consult doctor if pregnant.



MESSAGE FROM THE MARKEY FAMILY

When we first purchased the old Hamilton Mausoleum it was in a sorry state of disrepair. One of the first things that we did was to rename the property to its original namesake “Bayview”. It was a natural fit for this private European Style Estate Cemetery—one of the only such cemeteries in Canada. Having developed the new phase of the mausoleum in 2001 we have purchased a tract of land just off of Snake Road opposite the Gate of Heaven Catholic Cemetery and we intend to start developing that in the near future. Your continued support and participation in shaping the Bayview family is important to us and we are available to hear your concerns, ideas and comments at any time. In fact, we welcome your input and would like to thank you for your continued support in building such a unique Estate Cemetery—it is truly the hidden gem of our region.

Check out our new website!

BayviewCemetery.ca
BayviewMausoleo.ca



BAYVIEW

CEMETERY • CREMATORY • MAUSOLEUM

740 Spring Gardens Road
Burlington

(905) 522-5466

BayviewCemetery.ca
BayviewMausoleo.ca