

# Caring

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Fall 2010

## A Message from Todd Lombard

At Speers, we are fortunate to have a diverse group of individuals making up our team of professionals. I admire how everyone works together to make a difference for those who have lost a loved one. From experienced professionals to apprentices every team member plays an integral part of providing families with the very best care.



Sometimes the youngest members of our team can bring new skills and innovative ideas to the way we do things everyday. I am always amazed how some individuals seem naturally well equipped to deal with all the new technological advancements that come along almost on a daily basis.

As well, I also cherish the many years of career experience that our senior funeral professionals and senior part time professionals bring to the care we offer. We are thrilled to welcome Lorne Palmer to our team of professionals. Lorne has over 40 years of funeral experience and involvement in the Regina community.

To honor a long time funeral director and for-

mer owner of Speers, our staff have formally named one of our family meeting areas for the late Ron MacFarlane. Ron's widow, Maxine MacFarlane joined us for a coffee party to share stories about the superior care, leadership and camaraderie that

Ron brought to Speers for many years.

Take a peek at page four of Speers Caring to keep updated with the happenings and new additions to the Speers team.

As always, I welcome your ideas and questions. Contact me anytime by phone or email.

Sincerely,  
*Todd*

## Helpful Questions & Answers From Your Friends at Speers



By  
**Kelsi Kenny**  
*Funeral Service Professional*

### I'm driving along and I come across a funeral procession. What should I do?

This is a common question. Traditionally, traffic would stop to allow a procession to pass, however, in this day and age this is not always feasible or safe.

If possible, pull into the parking lane and allow the procession to pass.

If you are approaching the procession from the rear, only pass if there is a driving lane available. You may also consider altering your route to allow the procession to proceed uninhibited.

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Todd can be reached by email at [tlombard@speersfuneralchapel.com](mailto:tlombard@speersfuneralchapel.com) or phone 522-3232

## Helpful Questions & Answers *(cont.)*

Never pass using the parking lane or the oncoming traffic lane. Funeral processions must obey all traffic laws.

Speers funeral professionals are always conscious of motorists affected by a slower moving procession and will always consider the safety of all motorists while driving in or leading a procession.

*Your questions are welcome and may be submitted by emailing [reception@speersfuneralchapel.com](mailto:reception@speersfuneralchapel.com) or by calling 522-3232*

### Pre-planning Advice Just a Phone Call Away

**Glenda Ferguson**  
Funeral Pre-planning Professional



CANADA  
Purple Shield 

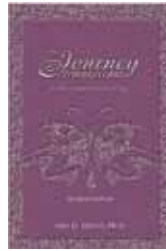
Contact Glenda at Speers 522-3232

As the summer winds down and family and friends gather, take the time to talk about and choose a memorial. It is the permanent gift that everyone can enjoy and visit for years to come.

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## Grief Resources



### *The Journey Through Grief: Reflections on Healing*

By: Alan D. Wolfelt, PH.D.

This spiritual companion for mourners affirms their need to mourn and invites them to journey through their very unique and personal grief.

Detailed are the six needs that all mourners must yield to and eventually embrace if they are to go on to find continued meaning in life and living, including the need to remember the deceased loved one and the need for support from others. Short explanations of each mourning need are followed by brief, spiritual passages that, when read slowly and reflectively, help mourners work through their own unique thoughts and feelings. Also included in this revised edition are journaling sections for mourners to write out their personal responses to each of the six needs.



### *Healing Grief at Work: 100 Practical Ideas After Your Workplace is Touched by Loss*

By: Alan D. Wolfelt, PH.D.

With a gentle and considerate style, this handbook explores what happens when grief and the workplace meet, and the drastic effects of grieving on employees, their performance, and the overall workplace environment. Touching on the different kinds of grief workers can experience, such as death, divorce, and layoffs, the effective ways to channel grief during the workday, how to support co-workers who mourn, participation in group memorials, and negotiating appropriate bereavement leave, this concise and practical resource gives both ideas for the mourner and the mourner's co-workers. A special introduction for employers, owners, managers, and human resource personnel addresses the economic impact of grief in the workplace and provides practical and cost-effective ideas for maintaining morale and creating a productive yet compassionate work environment.

# Get to Know us at Speers...



**Dee Renwick**  
*Funeral Service Professional*

Born and raised in Milestone, Saskatchewan, Dee Renwick is a Funeral Service Professional with deep ties to the community he serves. His mother was Florence Beck, originally from Lang, Saskatchewan, and Dee can boast of over 300 relatives from his mother's family. Dee's funeral ancestry can be traced back to his Great Grandfather Beck, who owned a funeral business in Illinois in the 1800s. In the early 1970s, as a child, Dee always attended funerals with his parents and thought it would be cool to work at Speers in the future.

Dee grew up on the family farm, as the youngest of three boys. The Renwick land was farmed by Dee's father and grandfather and celebrated 100 years of operation in 2002.

Dee began his career in the funeral profession in 1979 and joined Speers Funeral Chapel in 1984. In January 2002, Dee received his professional licence as a funeral director. Dee resides on the original family farm and continues to work part-time serving the community he loves: Milestone, Lang, Wilcox, Rouleau, Avonlea and Regina.

For fun, Dee collects farm toys (1/64 to 1/16 scale) and vehicle license plates. He enjoys camping, water sports,

golf, playing pool and travelling to warm climates in the winter.

Dee currently volunteers with the Milestone Rural Fire Department and Dunnet Regional Park Board. Over the years, Dee's generosity with his time has allowed him to make a difference in many local organizations such as the Milestone United Church, Pine Lodge Alumni – Indian Head and the Milestone Rink Board.

Dee knows that if he can help make one of the most difficult times in a family's life a little bit easier, then he has done his job well. He takes pride in personally meeting every family he works with at the door.

Dee can be reached by emailing [reception@speersfuneralchapel.com](mailto:reception@speersfuneralchapel.com) or by calling Speers at 522-3232.



*Professionalism  
at its finest.*

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*Speers is thrilled to announce that Lorne Palmer has joined the team. Lorne brings with him over 40 years of dedicated experience and community involvement. Welcome!*

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*Celebrating lives well lived.*

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[speersfuneralchapel.com](http://speersfuneralchapel.com)



## Julie's Granola From Kerry Lumbard's Kitchen

*Even though I've tried others, this granola recipe from our son's godmother is my all-time favorite. Enjoy it with yogurt or sprinkled over your breakfast cereal. Thanks Julie!*

- 3 cups large flake oats
- 1 cup wheat germ
- 1 cup coconut flakes (sweetened or unsweetened)
- 1 cup oat bran
- 1 cup toasted slivered almonds
- ¾ tsp salt
- ¾-1 cup maple syrup OR honey
- ½ cup canola oil
- 1 tsp vanilla extract

- Spices to taste:
- ½ tsp nutmeg
  - 1-2 tsp cinnamon
  - 2 tsp almond extract (I omit this)
  - 1 tsp ginger
- Preheat oven to 300 degrees.
  - Mix oats, wheat germ, coconut, oat bran, almonds and salt. Set aside.
  - In a small pot, heat up maple syrup and canola oil until mixture

- is warm and well mixed. Remove from heat; add vanilla extract, almond extract and spices.
- Pour liquid mixture over dry mixture and mix well.
  - Spread on cookie sheets and bake for 30 – 45 minutes, turning every 15 minutes. Watch carefully to prevent burning.

MAKES 8 CUPS

## Events



### *Speers Supports the Hospitals of Regina and the Z99 Radiothon...*

On March 19, 2010, **Todd Lumbard**, President of Speers Funeral and Cremation Services, attended the Z99 Radiothon and made a donation on behalf of families served in the past year. "This is our third annual donation since partnering with the Radiothon in 2007. Our intention is to make this our major gift to the community every year," explains Lumbard. "The funds are directed to the Neonatal Intensive Care Unit and we feel this is a very worthwhile and fitting cause for us to support. Now, every time we help a family celebrate and remember a life lived, we will be providing help at the beginning of a new life."

## A Warm Speers Welcome to...

...**Lynette Russell** who is currently enrolled in the Funeral Services Program through SIAST and is completing her embalming practicum at Speers Funeral Chapel. Lynette's conscientious nature and attention to detail make her an asset to our team of professionals in the Care Centre. Lynette was born and raised in Regina and enjoys playing soccer and crocheting. We wish Lynette success as

she completes her courses towards her full funeral professional licence this fall.



...**Amara Geick** who is a new full time member of the Speers Team. Amara brings with her a wealth of administrative and organizational experience from WaterGroup. Amara's quick mind and advanced computer and technical skills have allowed her to take on her role with confidence and ease. Her bright attitude, focused work ethic and willingness to help compliments the care and urgency of service required in the funeral profession. Welcome Amara!

## Congratulations to...

...**Crystal (Olson) Bailey**, former Speers Family and Community Resources Coordinator, who married Ray Bailey of Bailey's Funeral Home in Yorkton on June 20, 2010. This romantic story began on May 27, 2009 when, on behalf of Speers, Crystal attended a Selected Independent Funeral Homes Round Table Meeting at the Hotel Saskatchewan Radisson Plaza in Regina where she met and shared a table with Ray. Crystal and Ray were married in the very room where they met.

...**Aaron** and Veronica **Bayly** upon the safe arrival of Celeste Elaine Bayly. With great joy, Celeste arrived June 10, 2010, weighing 8 lbs 13 oz and is a smiling little sister for Ben and Rachel.

Aaron Bayly manages the business office operations at Speers and has recently successfully completed his Chartered Management Accountant professional designation while balancing his career and young family. Many congratulations and warm wishes from all of us to the lovely Bayly family.

# *Celebrating lives well lived*



**522-3232**

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[www.speersfuneralchapel.com](http://www.speersfuneralchapel.com)