

# Caring

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Winter 2011

## A Message from Todd Lumbard

Welcome to the Winter 2011 edition of *Speers Caring*. As the cold weather settles in for a few more months, I thought I would share a Regina story to warm your hearts.



In 2007, with the celebration of the 100th Anniversary of Speers, all of us wanted to do something special for the community of Regina to give back to those who embrace

Several years ago, when I moved back to Regina, that January had one of the coldest winters on record.

I found myself exploring the city, finding my way to and from appointments and tuning into the local radio to get the feel of everything again. As a bleak January settled in and February approached, more and more I tuned into a Rawlco station called Z99 to hear the touching stories of at-risk, fragile newborns and their struggles to survive. These true, local stories were all a part of garnering support leading up to the annual Z99 Radiothon.

As a father of three small children, I recalled my own journey with the joy and stress of our children's arrivals and I could see how anyone and everyone in the community would be moved to get behind Z99's quest to "Save Babies Lives" by supporting the Neonatal Intensive Care Unit at Regina's General Hospital.

and support the work we do. Through the help of Rawlco Radio and Z99, in 2007 we contributed \$26,000.00. This amount purchased one little but very specialized heart monitor that would make a world of difference to a tiny infant fighting for life.

We have continued our yearly support of the Z99 Radiothon and in 2010 we made a commitment to make a contribution for every family that we serve. This is our way of saying thank you to the families who place their trust in us and make Speers their funeral home of choice. It is also fitting that while we help families who are facing the end of life, we can also be a part of helping infants at the beginning of life.

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## Helpful Questions & Answers From Your Friends at Speers



By  
Ferlin  
McChesney  
Funeral Service  
Professional

**I used to live in another province and pre-paid my funeral arrangements some years ago. Now I live in Regina and I am concerned that my arrangements are paid for at another funeral home. Can my pre-paid arrangements be transferred?**

*Diana B., White City SK*

Regardless of where your pre-paid arrangements have been made, they are transferable to a funeral home of your choice. If you wish to transfer your previously made and pre-paid arrangements, simply give our office a phone call

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

and our pre-need specialist will be pleased to look after the details for you. The process is usually a simple one that just requires your signature authorizing the transfer.

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

## A Message from Todd Lumbard *(cont.)*

Approximately 750 infants per year spend some time in the Neonatal Intensive Care Unit, in Regina. Some stay for a few hours but many spend several months trying to become well enough to go home to their families. This year, the Z99 Radiothon will help to purchase Giraffe™ Omnibeds, overbed warmers and other essential equipment. The 2011 Z99 Radiothon will take place March 17th and 18th for 36 straight hours at the Cornwall Centre. Donations in any amount are accepted. Please visit [www.Z99.com](http://www.Z99.com) for more information on how to participate.

So, this winter, when you feel like the cold will never end and you are maneuvering the icy streets of Regina, you might want to tune in to Z99 and hear the heartwarming stories of Regina's tiniest newborns at the NICU.

Drive carefully, stay warm, and always know that I welcome your ideas and questions. Contact me anytime at [tlumbard@speersfuneralchapel.com](mailto:tlumbard@speersfuneralchapel.com) or phone 522-3232.

Sincerely,



*Professionalism  
at its finest.*

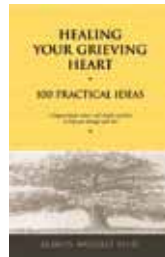
*Speers is thrilled to announce that Lorne Palmer has joined the team. Lorne brings with him over 40 years of dedicated experience and community involvement. Welcome!*

*Celebrating lives well lived.*

2136 College Avenue • Regina • (306) 522-3232  
[speersfuneralchapel.com](http://speersfuneralchapel.com)

**SPEERS**  
FUNERAL AND  
CREMATION SERVICES

## Grief Resources



### *Healing Your Grieving Heart – 100 Practical Ideas*

By: Alan D. Wolfelt, PH.D.

When someone you love dies, you must express your grief if you are to heal. In other words, you must mourn. But knowing what to do with your grief and how to mourn doesn't always come naturally. This book offers 100 practical here-and-now suggestions for helping yourself mourn well so that you can go on to live well and love life again.



### *Waterbugs and Dragonflies: Explaining Death to Young Children*

By: Doris Stickney

*Waterbugs and Dragonflies* is a graceful fable written by Doris Stickney who sought a meaningful way to explain the death of a five-year-old to neighbourhood children. This small book is beautifully illustrated by artist Gloria Ortiz Hernandez. While written for children, this story is equally as comforting for adults who have experienced loss – great for anyone 2 to 92.

### **Order NOW for Spring Installation!**

Winter is a great time to choose a memorial that honours the story of a loved one, now and for generations to come.

*Speers is an authorized distributor of Remco Memorials.*

**REMCO**  
MEMORIALS LTD

# Get to Know us at Speers...



**Janet Mitchell**

*Certified Funeral Celebrant*

An appreciation and interest in others and an innate ability to understand and care for people in her community led Janet to her ever-expanding role with Speers Funeral and Cremation Services.

Janet was born and raised in Regina and is extremely proud of Saskatchewan's heritage and the generous people who reside in this province and in her home city.

Janet's years of experience in business and health care fields have naturally developed her ability to serve families at their time of need. An appreciation and understanding of people from diverse backgrounds and cultures provides Janet with an aptitude for designing celebrant services that meet individual needs. Janet thoroughly enjoys being a part of the Speers team and appreciates the professional and supportive atmosphere.

Janet and her husband enjoy sharing time with family and friends, cooking, gardening, music and travel.

*Janet can be reached by e-mail at [jmitchell@speers-funeralchapel.com](mailto:jmitchell@speers-funeralchapel.com) or by calling Speers at 522-3232.*



**W. Douglas Keam**

*Funeral Service Professional*

As a long-time member of the Speers staff, Doug's experience as a Funeral Service Professional is highly valued.

Born in Toronto, Doug moved west and attended school in Oxbow and Regina. After high school, he worked with Bremner's Funeral Chapel and later apprenticed with Helmsing-Bremner Funeral Chapel. Doug then spent two years at Saskatoon Funeral Home before returning to Regina to join Speers in 1973.

To say that community involvement is important to Doug would be an understatement. He has become a well-known figure around Regina and has contributed to the success of organizations throughout the community. He currently holds board positions with 600 Wing, COPA Flight #4, the Regina Flying Club, the Chamber of Commerce, and Lakeview United Church. Doug is 1st Vice President of the Canadian Club of Regina, Vice President of the Mobile Crisis Unit, and Assistant District Governor of Rotary District 5550. He has held the office of President for the Regina Symphony Orchestra, the Better Business Bureau, the Rotary Club of Regina, Mutchmor Lodge, and Wa Wa Shrine and was a past board member of Santa Maria. Doug's talents have been extended to Access Communications where he is a past board member and continues to be an enthusiastic volunteer.

Doug is proud of his history with Speers and recognizes the value of being a part of a locally owned business that cares about families in his community.

*Doug can be reached by email at [dkeam@speersfuneralchapel.com](mailto:dkeam@speersfuneralchapel.com) or by calling Speers at 522-3232.*

## Carrot Patch *From the kitchen of Hazel Berkan*

For something a little different this winter, try Hazel's recipe, Carrot Patch, to serve as a yummy side dish on a cold night. Everyone at Speers is proud to have Hazel as an esteemed member of Speers Family Centre Reception Team. You can be sure this recipe will be a hit at your table, just like all the goodies that come out of the Speers family kitchens! Enjoy!

5 cups sliced & peeled carrots  
2 tsp lemon juice  
2 tsp minced onion  
½ cup butter, softened  
¼ cup sugar (or less)  
1 tsp white flour  
½ tsp salt  
½ tsp cinnamon  
1 cup 2% milk  
3 eggs

Cook and purée carrots. Add lemon juice and cover tightly until ready to mix. Beat remaining ingredients until smooth. Stir in carrot puree. Pour into greased 2-quart soufflé dish. Bake uncovered at 350 degrees Fahrenheit for 45 -60 minutes until the center is firm. Serves 6.

## A Warm Speers Welcome to...

...**Krista Christensen** who has joined the Speers Team as Continuing Care Coordinator.

...**Donna Scheidt** who has joined the Speers Team as Accounts Payable and Receivable Clerk.

...**Michelle Rohde** who has joined the Speers Team as a Certified Funeral Celebrant.

## Congratulations to...

...**Corin Wolbaum** and fiancé, Myles Yasinski, who will be married January 2011 in Regina. Corin is a Speers Family Service Specialist who finds herself constantly busy planning Speers events and celebrations for family and friends. All of us at Speers are excited for Corin and Myles as they prepare for their own celebration in the New Year!

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

**Glenda Ferguson**  
Funeral Pre-planning Professional



CANADA  
Purple Shield 

Contact Glenda at Speers 522-3232

## With Sadness...



...we announce the death of **Leo Perras** on Thursday, December 2, 2010 with his family by his side. For many years, all of us at Speers were honored to work alongside Leo as he assisted serving and caring for Speers families as a Funeral Attendant and Driver. Leo had a love for people, a zest for life and he made a lasting impression on all who were fortunate to know him.

Leo is survived and will be dearly missed by his loving wife Judy (nee Rogers); son Terry (Jori) of Regina and their children Ella and Treysen; son Todd (Sheila) of Estevan and their children Reid and Devon; daughter Jody (Chet) Culic of Regina and their children Zack and Abby; brother Roland (Delores) of Saskatoon; sister Leah (Don) Leech of Glenavon; nephews Galen Perras and Gregg Perras; and niece Lynn Perras. Leo was predeceased by his parents Hector and Rachel; brother Roger and sister-in-law Mary. A Memorial Service was held at 10:00 a.m. on Tuesday, December 7, 2010 in Speers Funeral Chapel. To leave an online message of condolence, please visit [www.speersfuneralchapel.com](http://www.speersfuneralchapel.com)



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