

ST. LAWRENCE VALLEY CEMETERY

- Est. 1957 -

*“An Historical Cemetery
Where Peaceful Waters Flow”*

A member of the OACFP (Ontario Association of Cemetery and Funeral Professionals)

P.O. Box 776, Long Sault, Ontario K0C 1P0

Office (613) 534-2915 - Fax (613) 534-8477

Email - lawrencevalley@bellnet.ca / www.stlawrencevalleycemetery.ca

THE NEWSLETTER

An annual publication - February, 2024 - Volume 17

PRESIDENT'S MESSAGE

First and foremost, on behalf of myself and the board members of St. Lawrence Valley Cemetery, we hope that this newsletter finds each and every one of you and your family members in good health, and we wish you a happy and healthy 2024.

Why should you visit our cemetery? Do you love going on walks in the beauty of nature? How about admiring expertly manicured lawns and gardens, or maybe you are a history buff!? There is so much more than the memories of loved ones at St. Lawrence Valley, and we would love for you make some plans to drop by this Spring.

St. Lawrence Valley Cemetery depends upon sales, interments, donations and future planning in order to operate. Costs to maintain the cemetery are ongoing and have continued to increase greatly. However, the challenge has been met thanks to generous financial support of individuals who donate and a very diversified investment portfolio. The Board of St. Lawrence Valley is dedicated to being good stewards of the funds provided to see that the cemetery remains a beautiful sanctuary for reflection, meditation and remembrance for past and future generations.

We had a very busy 2023 with quite a few accomplishments, as mentioned in our Maintenance Committee Report.

This year we are trying something new in reference to our Annual Memorial Service. The event will be held indoors at the Township of South Stormont, town hall. We are hopeful that this will increase attendance and alleviate any concerns about the weather. We will display a presentation of photos of our lovely cemetery, and of course you are welcome to visit the grounds before or after the service. We look forward to welcoming you there.

Once again, I want to thank Tammy our administrator, Penny our assistant administrator and Kevin our chief groundskeeper for their attention to detail, respect and pride that they offer to our cemetery. A special thanks goes out to my fellow board members, for their special skills and hours of volunteer time. Thank you.



Sincerely – Michael D. Cook, President

BOARD OF DIRECTORS – 2024

Mike Cook, President
(613) 534-2315

Doug Wereley, 1st Vice-President
(613) 534-2667

Ron Symington, 2nd Vice-President
(613) 932-8125

Tammy Shannon, Secretary-Treasurer/
Administrator
(613) 534-2915

Penny Sabourin, Administrative Assistant
(613) 534-2915

Ken Kyer, Director
(613) 938-1013

Shirley Johnston, Director
(613) 933-8709

Debbie Jones-Tinker, Director
(613) 537-8833

Linda Runions, Director
(613) 931-1493

Groundskeeper – Kevin Tobin

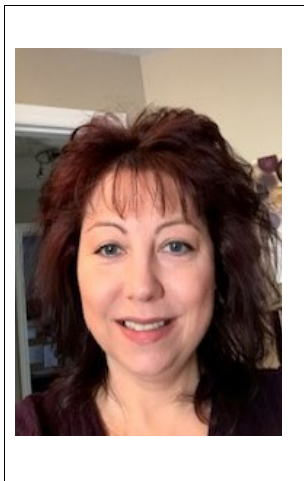
**We are always accepting applications
for board members, in the event that a
member should retire from the
Cemetery Board of Directors.**

Office Hours:

April 1st to October 31st - Monday to
Thursday - 9:30a.m. - 3:30p.m. and
Friday - 9:30a.m. - 3:00p.m.

Off-Season

November 1st to March 31st -
Monday to Thursday - 10:30a.m.-3:00p.m.
Friday - 10:30a.m. - 2:30p.m.



ADMINISTRATOR'S MESSAGE

The Power of our Thoughts

by

Tammy Shannon

Losing a loved one is painful, and causes us to feel sadness and negative emotions, and it is necessary to grieve and let ourselves feel those feelings. But the important thing is to not let ourselves stay in that low vibrational spot. Our loved ones who have passed would prefer that we focus on the love shared, not on what

we feel was lost. They want us to be happy and enjoy life to the fullest. How do we do that? We learn to control our thoughts.

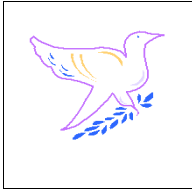
Our thoughts are so powerful. They create our reality and affect how we feel. We are able to change our thoughts to improve our lives, our health, our relationships and so much more. Therefore, we need to step up what we allow ourselves to think about and start to focus on the things we **do** want. We tend to worry about things that have not happened, and focus on what is going wrong and things that we do not want. This only creates more of what we do not want. Let's not do that! It takes practice, but we can improve this.

A good starting point is with gratitude. Even on our darkest days, we need to find something, anything to be grateful for. Even if it is a roof over our head, morning coffee, or soft slippers on our feet. Thinking thoughts of gratitude causes our energy to shift positively. We cannot feel angry and grateful at the same time. Let's start a gratitude journal and build that momentum. And when we have struggles, let's try to find silver linings, because that is how we overcome the challenges. When we believe we can overcome them, we will start to see the opportunities that come our way. If we don't believe, then we tend to only see obstacles. Thinking positively is so important.

Next, would be letting go of anger, disappointment, grudges and resentment for those who we feel have done us wrong. We should never choose to focus on revenge or punishing another. That only lowers our vibration and prevents us from moving on. If we are in that lower vibration, our loved ones who have passed can have a difficult time reaching us with their signs. For our own good, we have to forgive, let it all go and send them love. Oh, and we have to mean it!

Third, would be to use our imagination to our fullest advantage. We can visualize anything we like. Our brains don't know the difference between what we are actually experiencing or what we are imagining, so why not make it grand? Imagine ourselves living the life we want, being with people who compliments our lives, taking dream vacations, getting that new house and new car or whatever. Let's dream big and let ourselves feel as though it has already happened for us. That's how manifesting works.

Last but not least, let's just be a good person and treat everyone as we want to be treated. Let's be genuinely happy for others, never envious. Let's be the person we want to attract. And let's set an intention every day to in some way be of help to others. Because after all, what goes around, certainly does come around!



IN LOVING MEMORY - 2023

by Month of Interment

Apr. Michael O'Neil
Edgar Caron
Robert Laight
Maureen Laight
Marjorie Wickens
Dorothy MacDougal
Carl MacDougal

May Patrick Lapierre
Irene Lapierre
Carol Thompson
Yvon Tessier
Francis Tessier
Chad Bradley
Huguette Allard
Mary Jean Metivier
Robert Villeneuve
Donald Latour
Kenneth Shaver
George Sinfield
Elaine McDonald
Verna Parker
Ejgil Pederson
Jessie Gallinger
Viola Gadbois
Randy Roberts
Paulette Racine

Jun. Linda Kuipers
Doreen Hellyer
Keith Lacelle
David MacDougall
Audrey Mitton
Melbourne Radley
Darlene Bergeron
Donald Deebank
Margaret Armstrong
James Karl Armstrong
Johan Eenkhoorn
Rene Maheu
Beryl Dafoe
Margaret Yates
Stephen Dafoe
Joyce Greer
Bruce Aikman
Nancy Harris
Pierrette St-Amour
John (Robert) Diduch
Ruth Gadbois
Dean Grant
Dale Grant
Ted Bouchier
Susan Jamieson
Donald Wilson

Jun. Cont. Gordon Knox
William Brant
Earnst Stabenow
Darlene McIntyre
Marguerite Reany
Lucy Manson
James White

Jul. Keith Bowen
Carolyn Stratchan
Paulette Ruff
Thomas Duchene
Barbara Russell
Sylvie Whitton
Richard Earle
George Rodney
Lorraine Shane
Aline Rouleau
Vincent Morin
Wilfred Laframboise
Bernadette Laframboise
Dorothy Snetsinger
Judith Gorman
Barbara Kerekes

Aug. Owen Alguire
Elizabeth McGrimmon
Conrad Aube
Donald Hartle
Stella Harritt
Elizabeth Robinson
Edna Assaly
Lynn Labelle
Stephen Sauve

Sep. Joan Wibberley
Myrna Alguire
Richard Welburn
Shirley Roy
Elizabeth Gillard
Fred Goode
Marc Dumond
Carol Morin
John Lahaie
Mary Lamoureux
Sharon Pitcher
Lyll Pyke
Earl Alguire

Oct. Robert Wickham
Enid Christie
Richard Baird
Mary Ann Fedchyk
Hidde Yedema
Austin Cummings

Oct. Cont. Leslie O'Shaughnessy
Heather Richardson
Viola Dumond
Sally (Thelma) Murdock
John Murdock

Nov. Rosemary Mitchell
Peggy Hamel
Anna Belle Atchison
Anne Watkins
Patrick Henophy
Vincent Merpaw
Keith Grant

Dec. Grace Gowsell
Richard Andrews

Thinking
by Walter D. Wintle

**If you think you are beaten, you are;
If you think you dare not, you don't.
If you'd like to win, but think you can't,
It's almost a cinch you won't.**

**If you think you'll lose, you're lost,
For out of the world we find
Success begins with a fellow's will -
It's all in the state of the mind.**

**If you think you're outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself before
You can ever win a prize.**

**Life's battles don't always go
To the stronger or faster man;
But soon or late the man who wins,
is the one who *thinks he can.***

Message from Above...

*I just wanted to tell you...I finally made it here.
I've heard about this place my whole life but I have to tell
you...*

*Beautiful is an understatement. The views are absolutely
stunning. The colors, unreal.*

*I journeyed here alone but it does not feel as such. So warm,
so inviting. A reunion that was absolutely amazing. A feeling
of comfort and complete fulfillment. Truly at peace. I am
home. And I have no reason to feel anything other than pure
happiness. And love. For you.*

*Know the tears you shed when you miss me are temporary.
The pain, only temporary. For this home is yours too. I've
just gotten here ahead of you. That's all. Nobody ever knows
when it's their time to be called home.*

So for now...

*You just have more living to do. Take in those sunsets.
Breathe in the crisp Autumn air. Taste the salt of the ocean.
Listen to the rain as you fall asleep. There is still joy to be
had. Tuck me into your heart. Move forward with our
memories. Take those steps and picture me cheering you on.
And smiling when you smile. I want nothing more than for
you to smile.*

*Keep taking those steps. Oh I know they must be heavy some
days. But...*

For each day you get closer to my doorstep.

*And the reunion will be amazing when I am the first to...
Welcome you Home.*

Author, unknown

A DECADE OF OUR INTERMENT HISTORY

	<u>2023</u>	<u>2022</u>	<u>2021</u>	<u>2020</u>	<u>2019</u>	<u>2018</u>	<u>2017</u>	<u>2016</u>	<u>2015</u>	<u>2014</u>
Caskets	16	20	21	28	31	19	23	24	35	38
Urn Burials	54	61	51	38	36	43	55	49	48	38
Niche Interments	<u>47</u>	<u>57</u>	<u>76</u>	<u>39</u>	<u>56</u>	<u>49</u>	<u>46</u>	<u>56</u>	<u>49</u>	<u>47</u>
<i>TOTAL -</i>	<i>117</i>	<i>138</i>	<i>148</i>	<i>105</i>	<i>123</i>	<i>111</i>	<i>124</i>	<i>129</i>	<i>132</i>	<i>123</i>

HELP WANTED (SEASONAL)

The cemetery is currently accepting resume's for Groundskeepers

**Please contact the Administrator for details
Tammy Shannon, 613-534-2915
lawrencevalley@bellnet.ca**

THE CEMETERY ANNUAL MEETING

with the Board of Directors

will be held on

Tuesday, April 9th, 2024 at 6:00p.m.

At the cemetery office building

All rights holders are welcome to attend.

The meeting will be comprised of committee reports, motion to appoint our auditors, passing of the general by-laws and election of the Board of Directors for 2024.

PROMOTION COMMITTEE REPORT

by Debbie Jones-Tinker and Linda Runions

Committee Chairpersons

ANNUAL MEMORIAL SERVICE

will be held on

SUNDAY, JUNE 23, 2024 at 2p.m.

at the

*** Township of South Stormont Hall ***

2 Mille Roches Rd.

Long Sault, ON K0C 1P0

Thank you to all who donated to our cemetery last year. Your generous donations are greatly appreciated and welcomed at any time of the year and will go towards current projects and the future development of our beautiful grounds. Receipts will be issued for income tax purposes.

MAINTENANCE COMMITTEE REPORT

By Ron Symington

Committee Chairman



Usually, this is the time of year that a lot of people are anxious for the winter to end. This year a number of us are wondering when it is going to start. Hopefully, we won't have to pay dearly for this unseasonably mild weather we have experienced so far.

We had a very busy 2023 at St. Lawrence Valley. Four new columbaria were installed in a newly designed layout, two along the waterfront under the name of Wales Court # 1 and 2 and two were added to the Gateway group as Gateway # 4 and 5. The new design included a fair amount of interlocking brick walkways which were also completed.

To ensure that the operation of our cemetery was up to date with current regulations, we reviewed and revised our cemetery bylaws. We received approval of our new bylaws from the Bereavement Authority of Ontario in December 2023.

Since Harmony and Sunset Cremation Gardens are nearing capacity, we established the location of our next garden, which will be named Sunrise Cremation Garden, just east of the administration building.

While we don't expect to have major capital projects planned in 2024, we are very fortunate to have a great team at our cemetery, who keeps quite busy with the ongoing maintenance of our beautiful grounds and make us all feel proud.

As always, if you have suggestions or concerns about our operations please forward them to our Administrator so that they may be brought before the Board for consideration.

SERVICES, MEMORIALS AND PROGRAMS

4' x 10' in-ground burial lots for caskets and urns / 4' x 4' in-ground cremation lots for one or two urns

Columbaria niches for one or two urns

Solid bronze vases, emblems and porcelain pictures / Completion inscription service

Winter Vault Committal / Pre-Need Planning Services

Flat bronze or granite markers with or without a vase

Memorial Tree and Bench Programs / Genealogical Research Assistance / Annual Newsletter and Memorial Service

One-time Care & Maintenance fee on lots, niches and foundations

Website - www.stlawrencevalleycemetery.ca and "Like" us on Facebook at "St. Lawrence Valley Cemetery"