

# 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**

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## THE NEWSLETTER

An annual publication - February, 2025 - Volume 18

### PRESIDENT'S MESSAGE

As I sit here writing this message in mid February, I am looking out the window noticing the amount of snow (with more coming), and the cold temperatures we have been experiencing. This is a winter we have not had in a long time and Spring feels like a long time away. It is difficult to comprehend our Spring clean up and making arrangements for our grass cutting.

The Board of Directors has already had several meetings to get ourselves ready for the 2025 season. The finance committee has also met to forecast and budget for the year. The finance committee has done a great job investing in a diversified investment portfolio to secure our future growth.

We would like to thank our rights-holders for your patience and understanding for the sub-standard lawn care we experienced during some of 2024. We were grateful for Buzzcuts Respectful Lawn Care for taking over with such short notice and doing a fantastic job at returning the grounds to our standards. We have recently made new arrangements with a grass cutting company called Budget Cuts Lawn Care, and we are looking forward to working with them.

As mentioned in the Maintenance Report, we are moving forward with purchasing two more Columbaria to put on our water front in the New Wales Court area.

Moving forward with the future growth of our cemetery, we are looking into expanding our existing building but keeping the aesthetics and functionality of our administrative office building. Presently, we are trying to finalize building designs and then we will contact contractors for quotes.

We are also planning for our Annual Memorial Service. Please keep Sunday June 22<sup>nd</sup>, 2025 open on your calendar for this event that we will be hosting **indoors** at the Long Sault Town Hall. Last year, we did experience rain and strong winds on the day of our service and we realized that keeping this event indoors is a wise choice that we will continue. We appreciate your support and understanding with this.

I would like to take this opportunity to thank Kevin Tobin, who retired in 2024 as groundskeeper. He served us for many years and we all appreciate his care and dedication. We wish him well with his future endeavours. We welcome our new groundskeeper, Mike Levy who we are confident will be able to fill such big shoes.

Once again, I want to thank Tammy and Penny our administrative staff and also my fellow Board members for their special skills and the many hours of volunteer service.



***Sincerely – Michael D. Cook, President***

## **BOARD OF DIRECTORS – 2025**

Mike Cook, President  
(613) 534-2315

Doug Wereley, 1<sup>st</sup> Vice-President  
(613) 534-2667

Ron Symington, 2<sup>nd</sup> Vice-President  
(613) 932-8125

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

Penny Sabourin, Administrative Assistant  
(613) 534-2915

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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

Rainer Pethke, Director  
(613) 762-9175

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Groundskeeper – Mike Levy

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

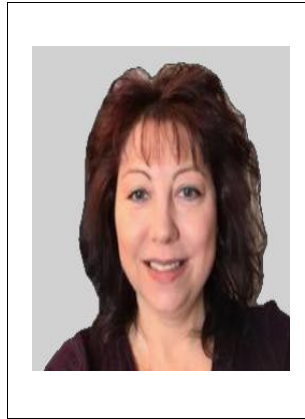
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### **Office Hours:**

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

### **Off-Season**

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



## **ADMINISTRATOR'S MESSAGE**

### **Your Soul's Plan by Tammy Shannon**

If you are going to read this article, I need you to have an open mind. My intention is to share something that could offer a deeper meaning and purpose to our life's most difficult experiences, and help heal from those experiences.

“Your Soul’s Plan” is a book I have enjoyed by author and hypnotist Robert Schwartz. Robert specializes in a form of hypnosis called Between Lives Soul Regression (or BLSR). His books focus on why we plan our greatest challenges BEFORE we are born. When I first read that concept, I was very intrigued and had to learn more.

From Robert’s website, I learned that before he wrote Your Soul’s Plan, he had been searching for deeper meaning of his life and he viewed his life challenges as nothing more than meaningless suffering. A breakthrough came for him in 2003 after he had a session with a psychic medium. Through her, he was able to speak to his spirit guides who explained to him that he had planned many of his life challenges before birth and that it was not for the purpose of suffering, but instead for the growth that would result from these challenges.

If we knew that we planned our own life challenges, would we be able to see them with a new purpose? Could that knowing ease our suffering and could we then consciously learn the lessons we planned for ourselves? If you are still reading this, and this topic has sparked your interest, I invite you to visit Robert Schwartz’s website <https://yoursoulsplan.com/>. You may enjoy his articles and blog, and if you wish, you can also purchase his books.

Your Soul’s Plan was not the first book I read on this topic. I have enjoyed many books by Dolores Cannon who is an author, self-trained hypnotherapist and publisher. She developed and refined her own unique method of hypnosis known as Quantum Healing Hypnosis

Technique<sup>SM</sup> (QHHT®), which is being taught all over the world today. By helping thousands of people relive their past lives and heal themselves by using QHHT®, Dolores Cannon discovered vast amounts of lost knowledge and insights that she shared as an author of 19 extraordinary books.

Another of my favorite authors is Dr. L. Brian Weiss. He is a psychiatrist and hypnotherapist who uses vivid past life case studies, to show how regression therapy can help people overcome many life challenges, heal grief, create more loving relationships, heal trauma, and even uncover hidden talents. When he first started out, he had a very practical approach and was not open to believing in such things as reincarnation or life after death. But his experience changed that. Reading his books has been uplifting and inspiring.

I have not had an experience with hypnosis, nor do I even know if it would work on me, but reading these books gives me hope that we really are more than just our physical bodies and that death is not the end.



# **IN LOVING MEMORY - 2024**

## **by Month of Interment**

### **Apr.**

Sharon McPhail  
Nina Crump  
Jean Farlinger

### **May**

Pierrette Bazinet  
Karen McLean  
Raymond Loucks  
Edgar Funke  
Dorothy Funke  
Zachary Mayer  
Dale Mutter  
Darin O'Shaughnessy  
Jeanette Prieur  
William Hutchings  
Bryan Bird  
Joyce Leger  
Doreen Shane  
Ronald Hartle  
Grace Andress  
May Goodhew  
Jean Roger Guevremont  
Betty Groves  
William Smyth  
Marie Francis Hartle  
Muriel Britton  
Kenneth Morris  
Moya Sweet

### **Jun.**

Kathryn Hummel  
Giuseppe Ritorto  
Jozefa Leszkowiat  
Anna Connolly  
Roy Connolly  
Yvonne Willard  
Rudolf Nowak  
Calvin Killoran  
William Pitcher  
Timothy McDonald  
David Eamon  
Jim Vandermeer  
Amber Hickey Brunet  
Patricia MacRae  
Lena Baker  
Joyce Thompson  
Robert Moore  
William Duncan  
Vincent (Chico) DiCola  
Willy Looyen  
Marjorie McLean  
Anita Weagant  
Barbara Hyderman  
Sherry Ann Burson  
Joan Van Putten  
Arie Van Putten  
Cheryl Besaw  
Jean-Guy Lapierre

### **Jun. Cont.**

Claudette Dennis  
Keith Gover

### **Jul.**

Robert Eddy  
Rita Cooper  
Norma St. Pierre  
Lyle Fickes  
Robert Dube  
Margaret Dube  
Elwood "Woody" Rice  
Betty Gadbois  
William Rankin  
Gerald Dobbyn  
Anneli Kapila  
Ann Konink

### **Aug.**

Adam Evans  
Joyce Leroux  
Neale Casselman  
Peter Bray  
William Ingram  
Kathleen McConkey  
Marion Colucci  
David McGill  
Colin Marshall  
Brian Lough  
Thomas John Magee  
Lawrence Welch  
Gordon Forrest  
Fernand Quesnel  
Georgette Quesnel  
Jeannine St. Pierre  
Roger Foster  
Yvonne Last

### **Sep.**

Charlotte Light  
Donald Kenny  
Chrystal Marsolais  
Therese Cutler  
James Driscoll  
John Maxwell  
Lloyd Sylvester

### **Oct.**

Guy Haineault  
Nellie Morgan  
Denis Hamelin  
Verna Kathleen Colbran  
Burns Coutts  
Gervais "Gerry" Pelletier  
Jeanne Coolins  
Aaron Tremblay-Primeau

### **Nov.**

Marjorie Hammerli  
Daniel Hammerli  
Nelson Boals  
Heather Blakeley

**Nov. Cont.** Nelly Ainslie  
Ronald Latour  
Thomas Aitken

**Dec.** Esther MacDonald  
Charles Fenton

**Remember Me**  
by Margaret Mead

*To the living, I am gone,  
To the sorrowful, I will never return,  
To the angry, I was cheated,  
But to the happy, I am at peace,  
And to the faithful, I have never left.*

*I cannot speak, but I can listen.  
I cannot be seen, but I can be heard.  
So as you stand upon a shore gazing at a beautiful  
sea,  
As you look upon a flower and admire its simplicity,  
Remember me.*

*Remember me in your heart:  
Your thoughts, and your memories,  
Of the times we loved,  
The times we cried,  
The times we fought,  
The times we laughed.  
For if you always think of me, I will never have gone.*



**Memorial QR Codes**

Are the newest technology in memorializing passed loved ones. They can be added to a monument or niche door and can contain photos and information that create a meaningful life tribute. For more information visit **Faces of SD&G** at;

<https://facesofsdg.blogspot.com/>

**Inspiring Quotes to live by...**

Albert Einstein - "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

Stephen Covey - "Live out of your imagination, not your history."

Wayne Dyer - "If you change the way you look at things, the things you look at change."

Mark Twain - "The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time."

Louise Hay - "I choose to make the rest of my life the best of my life."

Jim Rohn - "Happiness is not by chance, but by choice."

Oprah Winfrey - "If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough."

Jane Goodall - "What you do makes a difference, and you have to decide what kind of difference you want to make."

Nelson Mandela - "The greatest glory in living lies not in never falling, but in rising every time we fall."

George Bernard Shaw - "Life isn't about finding yourself. Life is about creating yourself."

Dolly Parton - "If you don't like the road you're walking, start paving another one."

Muhammad Ali - "Don't count the days, make the days count."

**A DECADE OF OUR INTERMENT HISTORY**

	<u>2024</u>	<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>
Caskets	16	16	20	21	28	31	19	23	24	35
Urn Burials	46	54	61	51	38	36	43	55	49	48
Niche	<u>48</u>	<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>
<b>TOTAL -</b>	<b>110</b>	<b>117</b>	<b>138</b>	<b>148</b>	<b>105</b>	<b>123</b>	<b>111</b>	<b>124</b>	<b>129</b>	<b>132</b>

## **THE CEMETERY ANNUAL MEETING**

**with the Board of Directors**

will be held on

**Tuesday, April 15<sup>th</sup>, 2025 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 2025.**

## **PROMOTION COMMITTEE REPORT**

**by Debbie Jones-Tinker and Linda Runions**

**Committee Chairpersons**

### **ANNUAL MEMORIAL SERVICE**

will be held on

**SUNDAY, JUNE 22, 2025 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**



The year 2024 has come and gone and brought about a number of changes at St. Lawrence Valley Cemetery. Our groundskeepers were kept busy with many internments as well as the on-going maintenance work such as ground levelling, monument levelling and/or

straightening, foundation installation, hedge and shrub trimming, weeding and general clean up. On top of the usual work, they also relocated the Union Memorial Garden to a more suitable and visual location at the north west corner of the cemetery. They also found time to pressure wash and re-sand all of the interlocking walkways. While this was taking place they had to oversee the removal of a number of ash trees as well as new grass cutting contractors.

This past year our long time groundskeeper, Kevin Tobin decided to retire to a warmer climate, really, who can blame him? He has been a great asset to our cemetery, he will be missed and we wish him well.

Mike Levy, who assisted Kevin for the 2024 season will be stepping into his shoes. We look forward to working along with him in his new position.

Since the sale of niches in Wales Court has been so brisk in 2024 we plan on installing two more columbaria in 2026. The foundation installation is planned for later this year.

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

## **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](http://www.stlawrencevalleycemetery.ca) and "Like" us on Facebook at "St. Lawrence Valley Cemetery"