Haliburton Highlands
GREEN BURIAL SOCIETY

~ Forever Green ~

Volume 3, Number 2, Fall 2022

"Why Green Burial?" Presentations Begin

A series of introductory public presentations on Green Burial by the HHGBS, in conjunction with the Haliburton County Public Library, have started and will continue across the County during October and November. Entitled "Why Green Burial: Your Ecological Legacy After Death", the series began at the Minden Hills Branch on October 13th and will continue at the Wilberforce and Haliburton Branches on November 9th and November 23rd, respectively. Both presentations will take place at 5 – 6pm.

The central message of this series is that the ecological advantages of green or natural burial over both conventional burial practices and cremation are very substantial. While not zero, the lower carbon and environmental footprints of green burial are due to the systematic removal of the barriers to human body decomposition and the related elimination of both above and below ground carbon and resource-intensive installations such as cement vaults, highly-finished caskets and individual monuments.

In addition, green/natural burial grounds do not require the level of carbon-intensive lawn maintenance and the applications of herbicides typical required in conventional cemeteries.

While cost is not typically the most important consideration for people opting for a green/natural burial, it is an important consideration for many individuals and families. The Burial Society has recently undertaken some local research comparing the relative cost ranges between a typical conventional burial, cremation and green/natural burial. That research estimated the following price ranges for the three different dispositions:

Conventional Burial	Cremation	Green/Natural Burial
$4,570 - $18,245	**$2,690 - $8,990**	**$2,294 - $5,145**

A chart with the complete breakdown of relative costs can be found on the HHGBS website at www.haliburtongreenburial.ca or be requested by sending an email to the HHGBS at the following address: hhgreenburialsociety@gmail.com.

Green Burial Actions We Can All Take Right Now

While we continue to press the Townships to establish green burial sections within their existing cemeteries, it is important to remember that, outside of the winter months when no burial of

any kind is allowed in the County, cemeteries can already accommodate a number of green burial related requests. Embalming is not mandatory nor is the use of concrete vaults or non-biodegradable caskets.

So, if you or a loved one wish to be buried as green as possible, make that fact very clear to your family as well as funeral home and cemetery administrators. Putting your wishes in writing will eliminate any confusion down the road.

Green Burial in The Highlands:

Making It Happen

Since at least 70% of pre-pandemic deaths in the County resulted in cremation and the pandemic has accelerated that trend, policy makers are more inclined to support the purchase of columbaria to house cremated remains than creating green/winter burial sections.

The covid-19 emergency measures have, if anything, resulted in an increase in the proportion of cremations. So, if we're going to see movement toward more environmentally sustainable end-of-life dispositions, we're going to have to make that desire very clear to decision-makers.

By demonstrating to Councillors and senior Township staff that there is a demand for green burial sections, we can encourage them to support green/winter burial initiatives. Please keep us in the loop with regard to any conversations you have with Councillors or staff about green/winter burial options.

Why Become a HHGBS Member?

By becoming a Burial Society member you are helping to green after-death practices in Haliburton County while, at the same time, passing on your commitment to environmental stewardship to future generations. Membership in the HHGBS helps extend your support for more ecologically sustainable after-death practices while you are alive into a legacy that will keep on living after you have passed on.

By pooling our resources, the members, volunteers and Board members of the Haliburton Highlands Green Burial Society can encourage the adoption of greener options to conventional high carbon burial and cremation practices, thereby reducing our individual and collective ecological footprints.

Who Should Join? All those desiring increased green and winter burial options in Haliburton, anyone interested in the cultural and environmental future of their communities, as well as those wanting access to green end-of-life planning, educational and resource material.

The cost of individual membership is $20 per year while a couple's membership is $35/yr. You can join or renew your membership by going to the Membership Tab on the website www.haliburtongreenburial.ca. The membership year runs from January 1st – December 31st and we're encouraging all current (and former) members to renew their memberships for 2023, as soon as possible.

The website provides an option for membership fees and donations to be paid via etransfer or you can send a cheque made out to the Haliburton Highlands Green Burial Society (HHGBS) to the HHGBS Membership Secretary/Treasurer, Shirley Moore, 1193 Braeloch Rd., Algonquin Highlands, On, K0M1J2.

Introducing Nancy Gosse, Death Doula

Nancy Gosse, an energy healing practitioner, Metaphysical Minister and Spiritual counsellor in Haliburton Highlands, is expanding her offerings through her training as a death doula. She's working on her certification, which she hopes to accomplish by the end of this year, through the Home Hospice Association.

A death doula can provide support through all stages of the dying process, from a terminal diagnosis through the funeral process and even grief and bereavement support to loved ones after death has occurred. They support the client and family by talking about what is happening and what supports there are in the community, help navigate the legal steps when death happens and guide the family through the grief that they are dealing with.

Death doulas study legacy work, vigil, active dying and bereavement support, often focusing on one area more than others. Gosse feels particularly drawn to legacy work and support during vigil and active dying; however, her training and skills allow her to cover the entire range of experiences that a person and their family are going through. For Gosse, the legacy work centres on meaning-making and assisting individuals in embracing what the life experience has given them.

It's more than creating fond memories that might be compiled in scrapbooks or photo albums; it's about celebrating the deeper experiences that have enriched a person's life that helps loved ones to carry on. Among the ways to do this is through story-telling, writing, conversations and making connections among friends and family so that they can feel strengthened.

Much of the discomfort around talking about death comes from the idea that death is an isolated and separate experience that closes us off from life. Allowing space for acknowledging our thoughts and views about death can actually make our experience of life that much more meaningful and powerful because we'll be moving through it in a space of compassionate grace instead of through fear.

We are brought up being taught that we need to develop our own mind, to be empowered in our choices and reach for our dreams to create the kind of life we want to live. When we reach a place of knowing that death is entering into our experience, it can be an equally empowering and self-defining experience to decide for ourselves how we want our dying and death experience to play out rather than closing ourselves off. If we enter it in fear we are essentially allowing all our efforts to create a good life to stop on the threshold of what could be a deeply meaningful and life-changing experience for everyone involved; we just need to choose how we enter into it.

If you want to get in touch with Nancy, please drop us a line and we'll forward your request directly to her for reply.

Donations Are Really Helpful!

The HHGBS operates largely on the basis of people volunteering their time and energy. However, there are some things, like a great website, that require outside professional services.

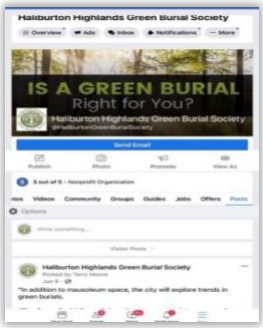
If you have the means and the inclination, donations can really help us get to where we are going faster and can be made to the **Kyle Moore Memorial "Green Burial Initiative".** Information on how to make a donation via e-transfer or cheque can be found on the "Donation" Tab on the website **HERE**.

Your HHGBS Board Members

We currently have six (6) members on the HHGBS Board but have spaces for nine (9) - which means that we have three (3) open positions available.

If you're interested in serving as a Director, please send us an email at hhgreenburialsociety@gmail.com.

Current Members of the HHGBS Board of Directors

Officers: Terry Moore, President, Jennifer Rieger, Vice-President, Shirley Moore, Secretary/Treasurer, Board Members: Carolyn Langdon, Greg Roe, Jenn Watt

To visit the HHGBS Website or the HHGBS FaceBook Page Click on the Images Below