



ONE FOOT IN...

FUNERAL CONSUMERS ALLIANCE OF HUMBOLDT
AN ALLIANCE FOR END OF LIFE PLANNING

SPRING 2014

We are pleased to welcome back Michael D. Fratkin, M.D. as our keynote speaker at this year's Annual Meeting of the Funeral Consumers Alliance of Humboldt. The focus of his topic will be:

A PERSONAL LIFE AND/OR A PERSONAL DEATH

It's not a paradox; the words "life" and "death" are interchangeable. It is not a tragedy that we die, but a miracle that we live at all. The crux of the matter is to carry that with you every day. During his talk, Michael will share what he is learning as he walks beside and behind people as they face the challenge of living fully while actively dying.



Dr. Fratkin, father, husband and physician, is dedicated to the well-being of his community. Since completing his training and settling in rural Northern California, he has served as a primary care provider and consultant in a community health system, a medical director of our local hospice, and current director of the Palliative Care Service at St. Joseph Hospital.

Dr. Fratkin has progressively found inspiration in the care of the dying and their families and has developed himself as a teacher and community resource.

Hear Dr. Fratkin on the radio, along with Jan Rowen, member services secretary:

Monday, March 3,
7:00 - 8:00 pm KMUD
(88.1 FM)

"Hospice Talk"

Tuesday, March 4,
1:00 - 1:30 pm KHSU
(90.5 FM)

"Homepage"

See the video of Dr. Fratkin's 2011 presentation on our website, fcahumboldt.org.

Funeral Consumers Alliance of Humboldt
An Alliance for End of Life Planning

Annual Meeting

Saturday, March 8, 2014

1pm - 3:00pm

Humboldt Unitarian

Universalist Fellowship

24 Fellowship Way, Bayside

FCA Members and the public are cordially invited to attend. Join us early for socializing, information gathering and refreshments.

Keynote presentation begins after a short-n-sweet business meeting.

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PRESIDENT'S REPORT

Dear FCA of Humboldt Member,

This past year has been a big one for our board of directors. The proudest feather in our cap is that we officially achieved 501(c)(3) public, nonprofit, tax-exempt status. This has reactivated our sense of purpose, not to mention adding a lot to our to-do list!

Each of us on the board is inspired to create change in how our culture views and relates to death and dying. This comes as no surprise, as the FCA began in the 1960s as a social justice group challenging the underpinning philosophies and myths promoted by the funeral industry (i.e. a viewing is necessary for closure; a dead body is a health hazard and must be immediately removed from the home; a fancy casket is how you show respect).

The multibillion dollar funeral industry has disempowered the people in the United States. Many customs and rituals that families once engaged in upon a loved one's death have been virtually erased from society's memory. These customs and rituals allowed families to make peace with their beloved deceased and laid the foundation for a healthy grieving process. Up until the early 1900s, death wasn't big business, it was a rite of passage that belonged in the private domain of the home, the family and the community. (Note that in most cultures, the realm of death, like the realm of birth, *still* belongs in the hands of the people.)

In keeping with our 1960s founders, we are again seeking to meet the needs of our changing society. We recently worked with a consultant to help us reexamine our goals, our mission and our vision. At the essence of our objectives is a desire to bring more people into this conversation.

We want to broaden our organization's appeal to include not only people currently in their golden years, but also baby boomers and people in Generations X, Y and Z. We want to expand our reach and be a face you see at your next community event. We want people to know that death and dying, if embraced, offer an opportunity for authentic communication, compassion and deep spiritual growth. Toward this effort we'll be extending our name to include *An Alliance for End of Life Planning*. We want our name to clarify what we do and also appeal to a younger audience. Our hope is to get people talking earlier and thereby promote all-around awareness of end of life issues, free of fear.

If you (or someone you know) really cares about this topic, we invite you to become a board member! We have a few long-time board members who are ready to step down, but they are dedicated to the cause so much that they are waiting for others to first step up. We are a warm and informal group that meets eight to ten times a year. We'd like a few new board members who'll bring fresh ideas (legal and financial experience would be great!) and who are willing to commit to a two year term.

The FCA of Humboldt, an Alliance for End of Life Planning , is a most valuable and rare resource. Through education, information and direct assistance we help people reclaim their rightful role in death and dying.

Please help us spread the word.

Your continued support is most appreciated!

Sincerely,

Joellen Clark-Peterson, President

Funeral Consumers Alliance of Humboldt
An Alliance for End of Life Planning

MEMBER SERVICES TIP

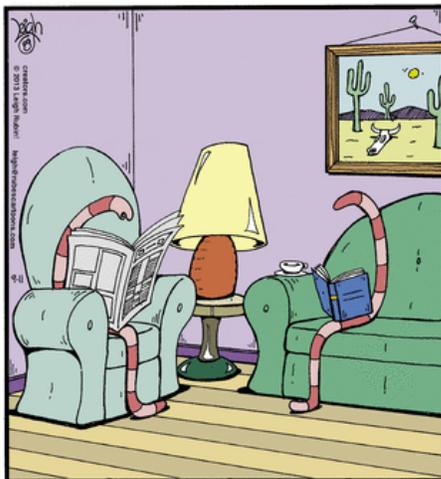
from Jan Rowen

FOR SALE Oceanview Cemetery plot in the devotion lawn area.

Originally sold for \$2,365 and selling for \$1,800. Contact: Dian Emerson (503) 747-7077.

16466 SW 130th Terrace #18 Tigard, Oregon 97224.

An aside on the above ad: Every month in the Senior News someone has a cemetery plot for sale--- month after month the same one. Also, frequently, there are ads for one or more cemetery plots for sale in the local papers. The message here is PREPLAN. DO NOT PREPAY AT CEMETERIES. CIRCUMSTANCES CHANGE. FAMILIES MOVE. IDEAS OF CREMATION VS. BURIAL CHANGE. A plot appears very hard to sell, just saying.



"It says here that some cemeteries are now providing all-natural, formaldehyde-free burials. Well, hallelujah. ... It's about time they started offering us more organic dining options."

*"Wisdom is knowing I am nothing, love is knowing I am everything, and between the two my life moves."
Nisargadatta Marjaraj*

*"Let the Lord watch over us while we are separated from each other."
Genesis 31:49*

*"They say such nice things about people at their funerals that it makes me sad to realize that I'm going to miss mine by just a few days."
Garrison Keillor*

WORD ON THE STREET

ASKED IN NORTHERN HUMBOLDT

BY JOELLEN CLARK-PETERSON

"How often do
you think about
death and in
what way?"



"Not often because I'm not afraid of it. My belief system does not entertain death as a negative, but rather as a positive transition that'll feel like taking off a shoe that hurts." – Don, Dows Prairie



"5 times a day. I think about people I've loved who've died. I worry about people I love dying. And how we'll all die and there's no getting around it." – Melanie, Freshwater



"Not much. Maybe with car accidents. Maybe watching Penny, my cat, going into the road or people falling asleep and dying in their sleep." – Stella (age 8), Sunny Brae



"All of the time. I've had several people die in the last few years and two died 11 days apart. It's difficult for the survivors and you immediately appreciate those who remain." – Thor, Arcata



“Because of my age I think about it more and more. Whether I’ll be able to accept it and be at peace or whether I’ll be disturbed and upset at its coming. I don’t know what it’s going to be like. And I think about whether or not there’s an after-life. I’m not convinced.” - Orr, Eureka



“Everyday. My neighbor is getting ready to die so I’m using it as a spiritual touch point. It’s a good journey to plan for.” – Holly, Briceland



“A few times a day. It’s the nature of our mentality and our limited lifespan on this planet; it’s a natural thought.”
– Jaime, Freshwater

WE RELY ON YOUR SUPPORT

We appreciate any contribution you can offer.

____ Enclosed is my tax-deductible donation of
\$10 ____ \$20 ____ \$50 ____ \$100 ____ Other ____.

____ Enclosed is a tax-deductible donation of \$ ____ in
memory of: _____.

____ Yes, I would be willing to consider serving on the Board.

____ Yes, I can volunteer for a few hours. My interests are:
Public Speaking ____, Writing ____, Computers ____,
Financial ____, Legal Advice ____, Other _____.

____ No, I can't volunteer right now, but I have some good
ideas. Please contact me to discuss them.

Please Print Your Information:

Name:

Address:

Phone:

Send your reply to:

Funeral Consumers Alliance of Humboldt

P.O. Box 856

Arcata, CA 95518

707-822-8599

info@fcahumboldt.org

HAS YOUR CONTACT INFORMATION CHANGED?

Help us to better serve you by keeping your contact information current. **Please print the following:**

Name:

Old Address:

New Address:

Old Phone Number:

New Phone Number:

Email Address:

I have moved from our service area. Please cancel my membership.

Transfer my membership to the FCA affiliate in my new locale.

Send your reply to:

Funeral Consumers Alliance of Humboldt

P.O. Box 856

Arcata, CA 95518

707-822-8599

info@fcahumboldt.org

Privacy: We never rent, sell or share your information with organizations outside of the Funeral Consumers Alliance.

TREASURER'S REPORT

Year 2013 Highlights

Active Members 938

Inactive Members* 339

Total 1297

New members 26

Income from Donations and New memberships**

New Memberships \$650

Donations (**thank you**) \$2763

Total \$2820

**Members that have not provided change of address information.*

*** All donations and membership fees are now tax deductible.*

For More detailed financial information please see the Profit & Loss Sheet for FY 2013 on page 7 of this issue of the newsletter.

**FUNERAL CONSUMERS ALLIANCE
OF HUMBOLDT
AN ALLIANCE FOR END OF LIFE
PLANNING**

P.O. Box 856 • Arcata, CA 95518

707-822-8599 • fcahumboldt.org

A nonprofit 501(c)(3) organization.

All donations are tax-deductible.

**CLARIFICATION OF MEMBER'S
REDUCED RATES FOR LOCAL
MORTUARY SERVICES**

On August 3, 2012, the FCA Board discontinued our long-standing agreement for reduced mortuary services prices at Goble's Mortuary, Paul's Chapel and Pierce Mortuary. This has caused some concern among our members, thinking that they might not receive the discount that they were expecting. Here's the good news – all three mortuaries will generously continue giving our members reduced prices.

Goble's Mortuary will honor reduced prices for all of our members.

Paul's Chapel and Pierce Mortuary will honor reduced prices for members who joined FCA before our agreement with them ended on August 3, 2012.

There were two main reasons that the Board made the decision to end the reduced price agreement: lowered prices for local mortuary services for the general public; and FCA was pursuing a 501(c)(3) status.

In 2013, FCA became a 501(c)(3) public, nonprofit, tax-exempt organization. As such, we are not allowed to offer special prices or benefits exclusively for our members, but rather serve as an educational resource assisting in providing access to simple, dignified funeral and mortuary services for all.

"Death ends a life, not a relationship." –Tuesdays with Mori

"When you die, you will be spoken of as those in the sky, like the stars." – Yurok

"True compassion does not come from wanting to help out those less fortunate than ourselves but from realizing our kinship with all beings." – Pema Chodron

Board of Directors

President, *JOLEEN CLARK-PETERSON*

Secretary, *Nancy Ortiz*

Treasurer, *Lionel Ortiz*

Member Services, *Jan Rowen*

Denise George

Peggy Dickinson

Aisha Coriell

Paula Rhude

Board Candidate

Lois Crawford

Advisors To The Board

Charlotte August

Karen Roemke

Tracy Jordan French

Gretchen Ziegler



FCA OF HUMBOLDT PROFIT & LOSS

January through December 2013

Income	
Donations to FCAH	
Memorials	70.00
Donations to FCAH-Other	2,693.20
Total Donations to FCAH	2,763.20
Gorey Pouch revenue	124.00
Interest Inc	2.98
Memberships New	650.00
Other Income	300.00
Services	
Brochures	31.50
Caskets	50.00
Total Services	81.50
Uncategorized Income	200.00
Total Income	4,121.68
Gross Profit	4,121.68
Expense	
Ads	341.00
Annual meeting expenses	
Guest Speaker	100.00
Annual meeting expenses- other	400.00
Total annual meeting expenses	500.00

FCA OF HUMBOLDT
PROFIT & LOSS

January through December 2013 Continued...

Annual Newsletter Layout	800.99
Cash	100.00
Donations	
National FCA	124.76
Total Donations	124.76
Dues	
FCA-Cal	75.00
National FCA	409.64
Dues-Other	60.00
Total Dues	544.65
Education	315.00
Misc	55.00
Miscellaneous, Bus	255.94
Office	200.00
Post Office Box Fee	54.00
Postage and Delivery	208.09
Printing and Reproduction	195.03
Utilities	
Telephone	464.24
Total Utilities	464.24
Web Domain	168.32
Total Expense	4,327.02
Net Income	-205.34

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P.O. Box 856 Arcata, CA 95518

(707)822-8599 fcahumboldt.org

**Consumer
advocacy for
dignified and
economic
end of life
care.**



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Arcata, CA

Permit No. 32

LEGISLATION AFFECTING FUNERALS

by Peggy Dickinson

The major effort in funeral related legislation during the past year has been the Cemetery and Funeral Bureau's (CFB) work on implementation of SB658 which went into effect on January 1, 2013. The CFB started seriously enforcing SB658 on January 1, 2014. This law requires all licensed funeral establishments, that maintain a website, to post a list of funeral goods and services, to be included in their General Price List (GPL), pursuant to Federal rule. The website must include a statement that the GPL is "...available on request." The posted information is to provide a link to the home page of the website, or it can be posted on the website home page as "price information" with a statement that includes the word "price" and a link to their GPL. This legislation is designed to protect grieving survivors from exploitation at a very vulnerable time.

The Cemetery and Funeral Bureau has a newsletter that is posted twice a year, and is easily available by googling California Cemetery and Funeral Bureau/newsletter. It has minutes of their meetings, with public comments, including some by members of FCA. It also has interesting articles: a report on a visit, several years ago, by a Chinese delegation studying California's rules and regulations on cemeteries and funerals; a list of colleges providing education and licensing preparation for the funeral industry; and a list of enforcement actions. The CFB is soon to publish the newsletter in Spanish.