



One Foot In...

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

Spring 2020

2020 ANNUAL MEETING

Green Burial in Humboldt County: Options and Aspirations

Have you ever considered green burial? With a green burial, the body is simply placed in a biodegradable coffin or shroud and buried. The goal is complete decomposition and the grave site is allowed to return to nature. Have you been wondering what your options are for a green burial in Humboldt County?

The FCAH board voted this year for our Annual Meeting topic to be about green burial. We are excited to announce to you that we have invited Michael J Furniss to come and share with us his knowledge on green burial. Michael is considered to be a local expert on this topic and is a professor at HSU in the Environmental Resource Engineering and Forestry Departments. Michael consults on a wide range of topics both in the US and internationally. He is the Chairman of the Forest Management Committee for the Arcata Community Forest, and is a member of the Board of Directors of the Smith River Alliance and the Trust for Working Lands.

Here is a little something Michael wrote: "Walking along a gently used path, family members gather on the forest-covered hillside just as the sun breaks through the fog. Downhill, it will be a couple of hours before the grey mists disperse, exposing a sweeping view of the ocean and shoreline from the ridgetop redwood groves. The walk to the family grove always brought the conversations to a halt, for a moment. *(continued on pg 4)*

Please Join us on **Saturday April 4th, 2020, from 1:30 PM to 4 PM at Hospice of Humboldt at 3327 Timber Fall Ct, Eureka, CA.** Our business meeting starts at 1:30 PM, followed by Michael Furniss' presentation and a Q&A session. Please don't hesitate to email: (fcahumboldt@gmail.com) or call us: (822-8599) if you have any questions. Looking forward to seeing you there.

Board of Directors

President
Katherine Ortiz

Vice President
Catherine Hart

Secretary
Nancy Ortiz

Treasurer
Tracy Jordan French

Board of Trustees
Kenna Reed
Jan Rowen
Judy Fagot (nominee)

To volunteer contact us at:

822-8599
fcahumboldt@gmail.com

Follow us on
Facebook and
Instagram!



Presidents Message



Happy Spring everyone! I am happy to report that as of last year's Annual Meeting we have a full board again. Two former Board Members, from years past, have volunteered to serve on the board again. We also had another member who joined after last year's meeting. If you would like to learn more about them, please visit our website's "About Us" page. If you are interested in serving on the board please visit our Contact page.

Our board meetings have been very productive, and we are getting lots of things done. We continued updating the FCAH Bylaws to be sure they are written in a way that everyone can understand. This will guide future generations toward running an efficient and great FCA. We are just about done with this project.

I can report that two members of the FCAH board also serve on the FCA-California board. They stay informed on statewide issues involving the funeral industry. Did you know that California has a law that funeral homes are required to post their general price list (GPL) on their website (if they have a website)? This is the law, but unfortunately a lot of funeral homes do not comply with this law. At the state level, we are working on setting up a page on the state website (fca-calif.org) that lists all the funeral homes and cemeteries in California. The list of funeral homes with websites will be given a green check (compliance) or a red X (non-compliance). This is a big project and is going to take a few people from every affiliate across the state to accomplish.

FCAH will participate in this, but our work is mostly complete for Humboldt because we provide our membership with a price survey of cemeteries and mortuaries every year via our newsletter. We also post this survey on our website.

The next big project we tackled was planning our upcoming Annual Meeting and producing our Annual Newsletter. The board voted to have our topic this spring be about green burial. One of our board members was able to secure our speaker Michael Furniss who is a local expert in green burial. He will be talking to us about the options we have in Humboldt County. It should be a great talk and there will be lots of time for questions and discussion.

I am excited to be able to bring this to you this year, but it is not just me alone who has made this possible. All of our board members have put in a lot of time and hard work to get this together for you. And let's not forget our wonderful membership and community. In the past two years, we have been able to raise enough money via your donations and new memberships to continue our mission and bring you a great informative Annual Meeting, and also a great newsletter. We have just enough money in our bank account to be able to make this happen this year. Next year this may not be the case.

(continued on pg 3)

Presidents message continued...

(continued from pg 2) Looking towards to our next year/s meetings, we will need our community to continue to step up and donate. Our financial report will show you that it costs us about \$1,000 just to assemble, print out, and mail our newsletter. This covers just the paper, printing and postage. All of the articles and the design of the newsletter is all done by the Board Members. This does not include other costs we have like our website annual fee and monthly phone bill.

The board thought it would be a good idea to suggest a \$25 yearly donation to help us cover the costs I have mentioned above. If you would like to see us continue to provide education, information and support for consumer rights in our community on End of Life choices, we need you to donate. We can't do it without you. You can donate at our Annual Meeting, or our [website](#). Thank you. If you have any questions or concerns please don't hesitate to email, call or come and speak with me at our Annual Meeting. Thank you and see you at the meeting on April 4th.

~Katherine Ortiz, FCAH President

A recent study has found that women who carry a little extra weight live longer than the men who mention it. (Bay Area, FCA)

DID YOU KNOW?

We maintain an email list of FCAH members. If you'd like to be included in the email list or to receive the Newsletter digitally, please contact us via phone, mail, email or through the [website](#). Through emails and our website, we are able to notify members of news and events happening in our community and at FCAs across the State and the country. We have a goal this year to try to connect as many affiliates as possible across the state and country. The internet is the best way to do this.

FINANCIAL STATEMENT FOR FISCAL YEAR 2019

You may view a Financial Statement for Fiscal Year 2019 on our website at fcaumboldt.org or call 707-822-8599 to request a copy. Printed copies will be available at the Annual Meeting.



(Continued from Page 1)

Green Burial in Humboldt County continued...

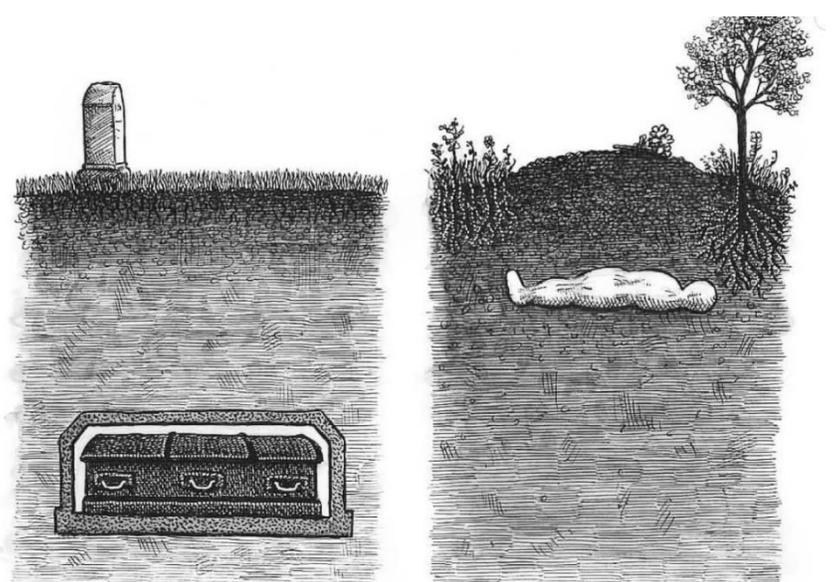
The families each bring their own cultural traditions, but share an awe of the place where they have come to remember their departed ones.

The memorial sites on the hillside all have in common what they lack: no headstones or above-ground monuments, no crypts or vaults, no toxic embalming fluids. Bodies are buried in simple caskets or shrouds, meant to decompose, or added to the earth as cremated remains. Family groves are available, ranging from planting a small redwood grove yourself, to adopting an existing second-growth or old-growth grove, or being buried under a fruit tree in an orchard.

Memorial sites are not limited to human remains. A family pet, a placenta, or a tree planted for a newborn child or another family event are all within bounds. The notion is to foster traditions of marking key events in family histories and associating them with a place in nature that will be preserved as it has existed for centuries.

Incorporation in the active root zone of trees makes 100% of the body's nutrients available in the local ecosystem. Much to be taken up in the redwoods and other conifers "Entrement" is offered as an alternative to interment, with the body's physical elements ascending into the trees. Our entreed bodies become one with the earth, providing their nutrients to enrich soils, roots, and trees, becoming part of the web of life that sustains forest and meadow ecosystems."

~ Michael J. Furniss-www.watershed.org



"I spend a lot of time thinking of the hereafter-each time I enter a room; I wonder what I'm here after." ~Tim Conway

WE RELY ON YOUR SUPPORT

FCAH's mission is to educate and advocate for funeral consumers about a universal and important event in all of our lives -- our own death and the death of our loved ones. We strive to empower individuals to achieve the funeral arrangements that fit their beliefs, values and pocketbooks. We serve our members and are a resource to the larger community. Though we have no paid staff, we do have ongoing costs for printing, mailing, the Annual Meeting, maintaining a website and phone service. Our help is free, but the work we do is not. Please consider donating today. Donations are tax-deductible.

Donate Now!
fcahumboldt.org

In the Community

Green Burial: From the Perspective of a Well-Known Community Member:

After a five-year hiatus, it is nice to be back on this board whose mission I have long supported. The green burial concept is not directly related to FCAH, but is definitely a parallel one that FCAH will support as Humboldt moves forward in educating the public in their End of Life options.

As I age, grateful that I am in fact, aging, I am aware of the decisions I want to make around my death. Some would say "Does it really matter? You won't be here, not your problem."

But I do feel a responsibility to the environment and that has led me to want to pursue the reality of a green burial site in Humboldt County. Cremation has been a popular choice for a number of years, in large part due to cost. But the concept of a simpler, more cost effective, environmentally friendly burial seems like a better choice to me.

I encourage you to attend the Annual Meeting of FCAH to hear more ideas about this and to have a time for questions and discussion on this topic that has been talked about in our community for a while. I hope to see you there. ~Jan Rowen FCAH Board Trustee

HUMBOLDT ADVANCE CARE PLANNING COALITION

Live Well, Die Well. Complete an "Advance Directive for Health Care." You are not a mind reader. Neither are your loved ones. Talk with your family and your health care provider about your wishes for care at the end of life; then put it in writing! Hope is not a plan.

To schedule a free "Advance Directive for Health Care" workshop for you, your organization, club or place of employment, contact them at humboldtacpcoalition.com. Your family will be forever grateful that you eased their burdens at a very difficult time.



2019 CALIFORNIA LEGISLATIVE REPORT by Marjorie Bridges, Bay Area FCA

AB 1152 -- Vital Records (Holden):

This permits the California county recorders to dispose of local registrar's copies of birth and death records after two years with the approval and supervision of the State Registrar. The original copies of the records have to be on file in the State Registrar's office. A local health jurisdiction that exclusively serves cities may issue a record older than two years, if the record is the most accurate on file with the State.

SB 740 -- Unclaimed Life Insurance and Annuities Act (Mitchell):

This adds an article to the Insurance Code that provides standards for identifying a deceased individual whose death may require insurance benefits and proceeds to go to beneficiaries. Previously the funds owed under a life insurance policy or annuity escheat to the State as unclaimed personal property if unclaimed and unpaid for more than three years. This bill requires an insurer to match its insured's name with deceased individuals in the U.S. Social Security Administrations's Death Master File, using specified methods and a thorough search for one year. The company should give claim forms and instructions to beneficiaries within 15 days of them being located. A civil penalty would ensue for failure to meet requirements.

Bills to be re-considered in 2020:

SB 711, authorizing the CFB (Cemetery and Funeral Bureau) to investigate the premises where human remains are disposed.

AB 200, naturalized Hmong U.S. veterans who died in California would be eligible for burial in California Veteran Cemeteries.

AB 650, tracking violent deaths by sexual orientation and gender identity.

It is good to have an end to journey toward, but it is the journey that matters in the end. ~ Ursula K LeGuin (Arizona FCA)

ALWAYS LOOKING FOR NEW MEMBERS

There is no better advertising than a personal recommendation. New members sustain our organization. Help spread the word about FCAH. Someone you know might be curious about what we have to offer. Invite them to join you at this year's Annual Meeting. Share our website link (fcahumboldt.org) with family and friends through social media.



LET'S STAY CONNECTED

Help us to better serve you. Please notify us of any updates to your name, mailing address, email address or phone number. If you move out of the county, let us know.

fcahumboldt.org

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

A BIG THANK YOU TO OUR DONORS!

The funds you have donated to FCAH, over the past year, have made it possible to send out the Newsletter, provide educational materials to our members and the public, offered phone and email support to all who called/contacted us and continued the research for the Price List of Mortuaries and Cemeteries.

We are grateful to each of you for your continuing support and we are thankful that you value the Funeral Consumers Alliance of Humboldt.

Thank You!

Stay Tuned:

In early Fall 2020, FCAH will be hosting the Funeral Consumers Alliance of California Annual Conference. It is open to all, and we are excited to offer this to our community. There will be presentations and you will also learn more about what FCA is doing on the state level. Visit fca-calif.org for more info coming soon.

FCA National's Biennial Conference is June 25-28, 2020, in Austin, TX. Anyone can attend.

Visit funerals.org for more info.

From FCA National:

Green Burial, An Environmentally Friendly Choice

WHAT IS GREEN BURIAL?

Green (or natural) burial emphasizes simplicity and environmental sustainability. The body is neither cremated nor prepared with chemicals such as embalming fluids. It is simply placed in a biodegradable coffin or shroud and interred without a concrete burial vault. The grave site is allowed to return to nature. The goal is complete decomposition of the body and its natural return to the soil. Only then can a burial truly be "ashes to ashes, dust to dust," a phrase so often used when we bury our dead.

WHY CHOOSE GREEN BURIAL?

Green burials are not new. Most burials before the mid-19th century were conducted this way, as are many Jewish and Muslim burials today. Green burials are enjoying a resurgence in popularity, for a number of reasons: simplicity, lower cost, conserving natural resources, eliminating hazardous chemicals & preserving natural areas. We have printed copies of this brochure available. Or view this brochure on FCA National's Website.

FCAH (707)822-8599 fcahumboldt.org

FCA-CA (209)427-6086 fca-calif.org

FCA National (802)865-8300 funerals.org

FUNERAL CONSUMERS ALLIANCE OF HUMBOLDT

P.O. Box 856 Arcata, CA 95518

(707)822-8599 fcahumboldt.org

Nonprofit Organization

U.S. Postage

PAID

Arcata, CA

Permit No. 32

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

Return Service Requested



Funeral Consumers Alliance of Humboldt's Annual Meeting

Saturday, April 4th, 2020

1:30pm – 4:00pm

Hospice of Humboldt

Conference Room

3327 Timber Fall Court

Eureka, CA

Please join us for the Annual Meeting,
socializing, information gathering and
refreshments.

This event is Free

(\$25 suggested donation or join as a member)

**Green Burial in Humboldt
County:**

Options and Aspirations

Have you ever considered green burial? At its best, green burial allows your death to leave almost no physical damage on the natural world. Have you been wondering what your options are for a green burial in Humboldt County?

Come hear Michael J Furniss speak about green burial in Humboldt County and answer your questions.