



## Updates — December 2012

### *CINDEA* — Nonprofit Society

*CINDEA* is now a registered nonprofit society. We would welcome you to become a "Friend of *CINDEA*" — see <http://www.cindea.ca/organization.html> — and make a donation to enable us to continue to provide this service (we regret that we are presently not able to give tax receipts).



### Resources — Books, Movies, & Documentaries

*CINDEA* has added a new set of Resources pages, called [Resources — Books, Movies, & Documentaries](#) — see <http://www.cindea.ca/resources-media.html>. We have included hundreds of book and movie titles on death and grief/bereavement, for both adults and children. The primary new page has books and movies for both adults and children, from Canadian sources. There are links on it to separate Books and Movie sub-pages, containing the most useful non-Canadian material we have found. Please let us know if you have any other titles to suggest — especially if they are from a Canadian source — by emailing us at [contact@cindea.ca](mailto:contact@cindea.ca).



### Burial Shrouds

*CINDEA* has designed 6 different kinds of burial shrouds — two unsewn and 4 sewn. The patterns for making the shrouds are on the website at <http://www.cindea.ca/home-funerals.html#designs> (which links to a separate page just on designs for shrouds) — the patterns have both written and graphic instructions. The designs have been approved for use at Royal Oak Burial Park's 'Woodlands' (Canada's first green burial ground — see <http://www.robpc.ca/>). Ecologically-minded traditional burial grounds and crematoriums may also allow the use of shrouds, as an option to coffins. We would love to hear about situations in which these shrouds (or others) have been used — please write us at [contact@cindea.ca](mailto:contact@cindea.ca)



### "DNR/No CPR" Tattoos

One woman has made a choice to ensure (as far as humanly possible) that she will not receive any form of resuscitation, by tattooing "DNR" on her right wrist and "No CPR" over her heart. Photos of these tattoos can be found under "One Person's Choice" at <http://cindea.ca/advance-planning.html#tattoo> .



### Returning to a Natural Ending

"Returning to a Natural Ending" is a two-hour PowerPoint presentation covering the basics of Death Midwifery, home funerals, and green burials, etc. We have given two presentations to date on this subject in Victoria, BC, Canada. These presentations included a demonstration of shrouding a human body, using a volunteer from the audience and one of the simplest forms of unsewn shrouds. Photos can be found at <http://www.cindea.ca/home-funerals.html#mock> .

If you are a member of an organization that might be interested in having *CINDEA* do a workshop or presentation in the greater Victoria area — whether "Returning to a Natural Ending" or other subjects such as comprehensive advance directives; how to do a home funeral; creating and using shrouds; the evolution of the pan-death movement; etc. — please let us know at [contact@cindea.ca](mailto:contact@cindea.ca) .



### How to Opt out from Updates

*CINDEA* e-mails will be sent only when we have updates or new information. You have been added to the list for receiving the *CINDEA* updates because of having been in contact with us in the past. If you don't wish to receive these updates, please let us know and we will remove you from the list. Be assured that we will not share your contact information with anyone without your permission.

# *CINDEA*

*Canadian Integrative Network for  
Death Education and Alternatives*

*Supporting personal choice and meaningful alternatives,  
and the sustainability of our planet,  
throughout all of the facets of the pan-death process.*

[www.cindea.ca](http://www.cindea.ca)  
[contact@cindea.ca](mailto:contact@cindea.ca)