



Beth Poste (née Lyons)

August 17, 2022

It is with deep sadness that we announce the death of Beth Poste (née Lyons), in her 94th year, at the Newmarket Health Centre on August 17, 2022. She was predeceased by her husband George (1988) and survived by her children Jeff (Maria Primavera), Shelley Williamson (Bob), Steve (Linda), and grand-daughter Sadie.

Beth was predeceased by her seven siblings, Grant (Jessie), Ken (Leslie), Lois Shaver (James), Donald (Rhoda), Carol Montgomery, Malcolm, and Norman. She is survived by step-brother Clayton Lafleur (Mara), and sisters in-law Joan Lyons and Sandra Lyons. Also, she is survived by many beloved nieces and nephews, including Colleen Germann (Peter), their daughter Kim, Sue Montgomery (Larry Bertin), Christy Lyons, Douglas Lyons (Alicia), AnnDeveen, and Rose Hutter (Bruno).

Beth was born in Ottawa on May 15th 1929 to parents James and Mabel (Grant) Lyons. Her mother died when Beth was 4 years old. Despite the hardships of growing up without a mother, and being raised during the Great Depression and World War II, she developed a sense of optimism and a sense of humour that guided her throughout her life. Without fail, she would find the silver lining in difficult or challenging circumstances and would always recognise the good in people.

Beth married her beloved George in 1951 and shortly thereafter, they moved to Hamilton. They eventually purchased their home on Fay Avenue in 1958. While they were raising their children, Beth was active in the neighbourhood and the greater community. She worked part-time at Sherwood Pharmacy and then later worked for many years as a full-time bank teller at the Bank of Montreal at Fennell Avenue East and Upper Ottawa Street. Beth loved to bowl and belonged to the bowling league at Sherwood Lanes, a hobby that she continued well into her later years even after her eyesight began to fail due to glaucoma. For many years, Beth was a volunteer at what was then the Henderson Hospital on Concession Street. She was also a member of The Order of the Eastern Star. Beth enjoyed her philanthropic pursuits and experiences as a Lady Shriner.

Beth was very social, a skilled communicator who would strike up a conversation with anyone. She was a fabulous cook and enjoyed entertaining family and friends. Many wonderful memories were formed from those happy gatherings. Beth had an amazing memory, especially for people, and consequently she remembered everyone and never forgot anyone. She was an incredibly empathetic, compassionate, kind, and charitable person. Beth will be sorely missed and remembered fondly by all those who knew and loved her. She has finally gone home.

In lieu of flowers, please consider donating to the Alzheimer Society of Canada at <https://alzheimer.ca/en/take-action/donate> and becoming an organ or tissue donor by registering at <https://beadonor.ca/>.

Tribute Wall

DN

“ Dear Friends.I have great memories of your dear mother and she was such a great friend to my mother as well. It has a challenging time for you and her during these past few years but I know you will cherish all the wonderful memories you have of your Mom. Please be assured of my prayers and thoughts for you. Sincerely Dennis Noon

Dennis Noon - September 11, 2022 at 09:30 PM

CE

“ Deepest sympathy to the family on the loss of your Mother Beth. We met Beth through my parents, Joyce and Henry Erickson. She, along with her good friend Ron Sinker, attended many of our family's holiday celebrations here in Hamilton. She was a very kind and caring person and was always someone who was fun to be around. She is missed.
Carolyn and Francois Essner

Carolyn Essner - September 10, 2022 at 01:29 PM