The Carillon
PASSAGES





HELEN CECILE FOSTEY (NEE ROWAN)

Born: Apr 13, 1946

Date of Passing: Feb 25, 2024

HELEN CECILE FOSTEY (NEE ROWAN)

April 13, 1946-February 25, 2024

It is with heavy hearts that we announce the passing of our mom, Helen Cecile Fostey, (Sprague, Manitoba) at the age of 77, after a six year battle with cancer.

Helen is survived by her daughters Wendy (Rodney) and Alana (Holger), husband Allan, sister Louise Smith, brother John (Julie) Rowan, grandchildren Nikita (Danny), Marko (Cassandra), Jocelyn, and Nathan, and numerous and much loved great-grandchildren, nieces, and nephews.

Helen was predeceased by her mother Delia, father Frank, and her daughter, Valerie.

Our mom had the most positive outlook on life, and dealt with her cancer diagnosis and the many years of tests and treatments without complaint or despair. She took the greatest pleasure in being around her family, especially her grandchildren and her great-grandchildren (Rylan, Weston, Austin, Myles, Scarlett, Walter, and baby Kaulin). Mom loved to travel and took any opportunity to go on Caribbean cruises, winter getaways to Mexico, and exotic destinations including Russia, Saudi Arabia, Jordan, Kuwait, Thailand, and the Netherlands. Later in life, she developed a love for fishing on Lake of the Woods, and she enjoyed eating pickerel fish as much as actually catching them! Her cat, Frou-Frou, became her trusted companion and great source of comfort over the past several years.

Her greatest source of pride was her family and she treasured time with all of us. Family gatherings were such a highlight for her and she would make every effort to be part of our lives.

Helen gave and received love without condition, and had a great deal of empathy for others. She resisted gossip and judgement of people, and she was kind to everyone she met.

We would especially like to thank the following people for providing kindness and care to our mom over the last six years: Dr. Darren Reimer, all the nurses at Steinbach CancerCare, the entire staff at Vita & District Health Centre, Jennifer Trinkies, Melanie Beamish, and all the remarkable women from Southern Healthcare who provided daily homecare and friendship, Aunty Louise, and friend, Beatrice.

Our family will be honouring mom’s life at a private service at a later date.

In lieu of flowers, donations may be made to Never Alone Cancer Foundation (nacf.ca) or East Borderland Community Housing Foundation (ebch.ca)

Rest in Peace, mom.

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As published in The Carillon on Feb 29, 2024, Feb 29, 2024