

Helen Sinclair

February 28, 1954 - February 27, 2025

Wake Services

March 5 & 6, 2025
Margaret Henderson Parish Hall
Opaskwayak Cree nation, Mb

Funeral Service

Friday, March 7, 2025 at 1:00 p.m.
Church Of The Redeemer
Opaskwayak Cree Nation, Mb
Presider: The Ven. Lydia Constant
Music: Russell Cook Memorial Singers

Interment

Friday, March 7, 2025
St. Michael and All Angels Cemetery
Opaskwayak Cree Nation, Mb

Pallbearers

Cody Brown, Quinton Martin, Bruce Whitehead, Jarrod Whitehead, Rocky Chaboyer, Scott Sinclair, Duane Whitehead, Clifford Lathlin, John Paul Martin, Charles Whitehead, Chance Chaboyer, Josh Brown, George Flett, Harley Whitehead, Kyle Jackson and Darren Jackson.
Mom also listed the late Ayrton Kadachuk, and late Irvin Constant (godchild) as her Pallbearers.

Honorary Pallbearers

Janet Young, Norma McLean, Marlene Carriere, her nieces and nephews, all her friends.

The family would like to thank the staff at St. Anthony's General Hospital and St. Paul's Personal Care Home for the care and support you have given to our mother during the last year of her life. Thank you to nurse Kelsey Bolton for taking extra care of mom, and Wilma Bloomfield for caring for her, visiting her and talking to her in her first language, Cree.

Hemauer Funeral Home, The Pas, Manitoba

www.hemauerfuneralhome.com

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My Mother Kept a Garden

My mother kept a garden, a garden of the heart.
She planted all the good things that gave my life its start.
She turned me to the sunshine and encouraged me to dream,
fostering and nurturing the seeds of self-esteem...
And when the winds and rain came, she protected me enough
But not too much because she knew I'd need to
stand up strong and tough.
Her constant good example always taught me right from wrong-
Markers for my pathway that will last a lifetime long.
I am my mother's garden. I am her legacy –
And I hope today she feels the love reflected back from me.
~Author unknown~



Helen Sinclair of Opaskwayak Cree Nation passed away on Thursday, February 27, 2025, with family by her side at the age of 70 years.

Helen (our dear mom) was born February 28, 1954, to John and Jessie Whitehead, the second eldest and first daughter of 13 children. Mom was raised on Riverside in Opaskwayak. As the eldest, she became a help to her mother, her unwavering support was displayed throughout their childhood. Mom was a devoted daughter, and the love between her and her mother was evident. To her younger siblings, she was a beacon of love and wisdom.

Helen was married to James Albert Sinclair at the Church of Messiah on December 31, 1970. Together they had five children, Shelley, Kirby, Tricia, Natasha and Jeremy. Helen shared the importance her marriage and keeping her family together. Mom and dad build a home together to ensure our family would have a foundation forever. Mom was the rock in our family. She worked hard to ensure her husband and children were well looked after. Mom was overjoyed when her grandchildren and chapans came into this world. She would often call her children to make sure they were safe and well taken care of, dressing them warm (peyteyas) loving and hugging them.

Mom was active in her younger years. She played fastball with the Reserve Nines and then with her sisters The Pas Chargers playing centerfield. Mom was very proud and honored to play along side her sisters, winning tournaments, including the Women's Fastball League in The Pas. Mom was the fastest runner, and was known as "Pink Panther" as she was the swiftest.

Our mother worked at The Pas IGA as a cashier. She was also an entrepreneur, she owned a taxi business, concession booth and catering company. Mom took pride in her owning her businesses. As a taxi driver, she loved driving the elders around as she was able to talk to them in Cree. During Opaskwayak Indian Days mom set up her concession booth as she wanted to make money to purchase clothes and supplies for her children before the new school year started. In her later years, Mom went into the catering business. She hired her sisters and niece, Paywahpun, to help her with her business. They shared that mom was such a leader in the kitchen; she knew what to cook and how much to cook and feed everyone. Mom was successful in whatever business she had. However, the most important job she held was being a homemaker and mother to her children. Her children were grateful for having mom home everyday. They always looked forward to seeing her as soon as they got home from school. Mom would greet them with the biggest smile and ask about their day. Even though mom stayed home, she still worked, fixing the furs that dad brought in from the trapline or cleaning the ducks and muskrats for supper. Auntie Elaine (Lala) described mom as one of the hardest workers that never complained, she worked hard for her family.

Mom's home was filled with love. She hosted many gatherings such as birthday parties, dinners at Easter, Thanksgiving, Christmas and News Year's. Mom always thought about the children organizing Easter egg hunts and Valentine's Day Tea Parties that many will remember forever. Mom always made people laugh, her humour was contagious. Everyone knew mom had the greatest love for her family, especially her nieces and nephews, who affectionately called her the "Queen". Her presence was all that was needed to feel the love she had for everyone.

Mom was diagnosed with Parkinson's disease in 2014, which caused her to slow down

significantly. However, Mom continued to do the things that she loved such as attending family gatherings; paying her respects at wakes and funerals along side with her granddaughter Rainea and sisters Brenda (Data), Millie, and sister-in-law Linda; and visiting her friends, "Larry" and "Cleopatra" at the casinos saying it was her time to relax. In 2024, mom made the difficult decision to move into St. Paul's Personal Care Home as her level of care increased, she remained at the care home until her passing. Our dad devoted his time comforting and visting her every day.

Mom leaves us with a message, "Love is the most important of all, the gift God has given us".

Helen is survived by her husband James Albert Sinclair, children: Shelley (Tucker), Tricia (Derek), Natasha, Jeremy and George; daughters-in-law Whitney Constant and Julianna Cook, son-in-law: Roderick Spence Jr.; grandchildren: Randi Blair, Rainea, Reagan, Melodine, Ethan, Harold, Jordan, Blossom, Charmaine, Braesyn, Jeremiah, Isaiah, Josiah, and Kaitlin; chapans: Rayden, Rylan, Rayce, Maisy and Vivian; daughter in godchildren: Charlotte Constant, George Flett, Bobbi-Faye Sinclair, her siblings: Frank Whitehead (Eleanor), Millie Delaronde (Ken), Olive Beardy (Moses), Margaret Whitehead, Maureen Brown (Don), Elaine Kadachuk, Alvin Whitehead, Brenda Nelson, Bobbi-Faye Sinclair (Scott), extended family Marcella McGillivray; and in-laws: John George Sinclair (Lillian); Norman Sinclair (Shirley), and Linda Lathlin.

Mom was predeceased by her son: Kirby Sinclair, parents: John and Jessie Whitehead, baby sister: Harriet Matilda, mother-in-law: Eva Sinclair, Louisa and Ben Sinclair, uncle and auntie: Roger and Olive Carriere, uncle: Frank Budd granny Louisa Buck, sisters: Kathy Whitehead, Joslin Jackson, brother: Melvin "Chip" Whitehead; sisters in law: Christina Halcrow, Margaret Whitehead, brother-in-law Peter Lathlin, nephews: Junior Halcrow, Ayrton Kadachuk, nieces: Elaine Cook and Francesca Whitehead, chapan: Ryder Armstrong.

