



WAKE SERVICE

Wednesday, April 1, 2026
7:00 pm
Church of the Messiah,
Opaskwayak, MB

FUNERAL SERVICE

Thursday, April 2, 2026
1:00 pm
Church of the Messiah,
Opaskwayak, MB
Presiders:
Rev. Deacon Allan Bignell
Rev. Dr. Kara Mandryk
Music Ministry:
Russell Cook Memorial Singers

RECEPTION

Church of the Messiah,
Opaskwayak, MB

*In lieu of flowers, donations to
the OCN Youth Centre, would be
appreciated by Alesia's family.*

PALLBEARERS

Ashton Constant,
Dustin Constant-Cameron,
Quinn Constant, Carl Crane,
Edward Lathlin, Logan McLean,
Phoenix Constant,
Braxton Constant-Kuba

HONORARY PALLBEARERS

Melissa Ballantyne, Christie
Wilson, Victoria Custer, Bridget
Young-Constant, Brittany Young,
Carlena Potan, Vanessa Lathlin,
Samantha Kostyk, Kachiri Howat,
Evan Ross, Rena Gott, Meagan
Bushko, Nadia Young, Colette
Hohn, Mandy Cook-Tornquist,
Nicole Genialle, Mandy
Ballantyne, Nicole Knutson-Crane,
Bo Constant, Leslie McGillivray,
Lucinda Young, Stacey Banhegy,
Savanna Henderson and many
other family, friends and
teammates.

If we forgot anyone, it was not
intentional.

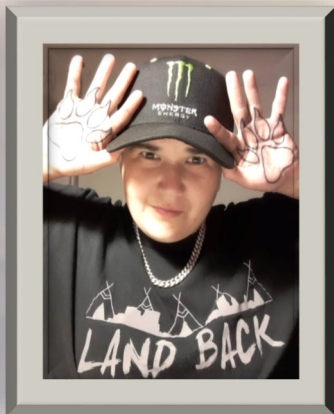


Hemauer Funeral Home, The Pas, Manitoba

www.hemauerfuneralhome.com

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In Loving Memory of
Alesia (Abe) Leola
Constant

"Thunderbird Who Sits In The Center"

June 18, 1989 - March 19, 2026



Alesia was born on Sunday, June 18, 1989 at Brandon Regional Health Centre in Brandon, Manitoba to Claire Constant. She passed away peacefully at the

Health Sciences Centre in Winnipeg, Manitoba with her mother by her side, at the age of 36 years old. Abe was a proud Cree woman from OCN and is part of the Wolf Clan. Her spirit name "Thunderbird Who Sits In The Center" was gifted to her in a ceremony when Alesia began seeking her Indigenous roots and teachings.

Alesia was raised in OCN and started playing as a hockey player at the age of 5 years old on the OCN Squirts team. In her second year, she was a player and a goalie. The team had no goalie so everyone took turns being the goalie. This is where she decided to stay as goalie for the rest of her hockey years with Shorty Lathlin, Roxy Dick, and the late Derek Fontaine as her coaches. She enjoyed playing with various hockey teams across Manitoba up until the age of 19 years old. Abe was a talented goalie, and her hockey jersey was always #1 because she always thought she was #1 lol! Sometimes, she was #31 but didn't mind because her favourite NHL goalie, Carey Price wore the same number. During her high school days, Alesia played basketball and lacrosse at Joe. A. Ross School where she graduated from grade 12 in 2007. During the summer months, she enjoyed playing soccer as a mid-field player and goalie with the OCN Vipers, OCN United, HPMG: Henry Personius Memorial Girls, Superstars, and Team Cynthia. Abe loved sports so much that she often volunteered to coach the next generation's of youth in her home community of Opaskwayak. She loved working with the youth.

Abe was adventurous, who loved to hike and take in nature. She was spontaneous and was always down for a trip or adventure whether it was with other people or just herself. Alesia was a nomadic traveler who was not afraid to face the world on her own. Abe ran with her spirit dog Mahkësis (Fox) who kept her company on her journeys when she was away from home in B.C. Alesia didn't care what people thought of her because she had pride in her own way of being.

Alesia was a generous soul who was always giving. She made friends easily wherever she went, impacting others with her bright personality. Abe did not hesitate to make great memories with everyone she met. We will remember her in this way forever. Some of her

teachings she lived by were from granny Lydia, who taught her to always give back and to be humble. Alesia would always say, "As long as you can do one good deed a day, that's a golden ticket to heaven." Abe was a fighter and she would fight for the greater good in humanity, the land and for those around her. Abe was always one call away; she would drop everything to help those in need. Alesia had a warrior spirit and was not afraid to fight for what was right.

Alesia deeply loved her Motherbird Claire and Sisterbird Celeste. She often watched over her little sister Celeste, as her love and devotion for her family was strong. She took her role as a big sister with great pride. Alesia would often boast about her sister Celeste's accomplishments and who she has come to be a loving and humble person as well. As a big sister, Alesia always wanted the best for her younger sister Celeste.

Abe loved to visit and make time for her family, friends, and who she considered family. She loved deeply for all. She was always there for people in their time of need. Alesia was close to her friends and their children; she loved their children as Nieces and Nephews and was known as Uncle/Auntie Abe. She often spent her time helping her friends and caring for them and their families. Alesia had a gift of laughter; She would often tease people and crack jokes so they would smile. Her smile and light were contagious. She often gave nicknames to people, which was her gift to them. Abe had a passion for music. She was always finding new music and would relate to song artists and their music to her life. Abe would often be seen walking with her headphones on, and she had the gift of bringing a room to life with her music. Abe had a passion for journaling daily; She often wrote heartfelt poems. She had a natural way with words. If you needed someone to talk to, she was always there to give her best advice.

Alesia was a very wise young woman, and her teachings will carry on with us forever. She enjoyed arts and crafts which brought out her creative side. She loved to sit and bead as it helped her get through the hard times when she needed it. Her creativity was at its best when she focused her energy into her passions. She always kept busy whether it was inside creating art, or outside enjoying nature and the land. Abe always kept moving forward with light and love in her heart. Thunderbird Who Sits In The Center was working toward her traditional journey and healing. She found comfort in her traditional ways of being.

Alesia leaves behind her family; **mother** Claire Constant-Cook (Abel); **sister** Celeste Cook; **adopted sister** Verna Cowley; **grandmother** Ven. Rev. Lydia Constant (Gary); **uncles** Omar Constant (Crystal), Morley Constant (Angie); **cousins** Quinn Constant, Dustin Constant Cameron (Devyn), Karalee Constant, Logan McLean, Phoenix Constant, Braxton Constant Kuba, Ravis Constant-Kuba; **niece** Kayci Cameron-Constant; as well as numerous family, cousins, nieces, nephews, and friends. If we forgot anyone, it was not intentional. Alesia was predeceased by her late **grandfather** Leo Arthur Constant.