



*Do not stand at my grave and weep;  
I am not there my spirit has gone on a journey,  
I am the thousand winds that blow;  
I am the setting sun painting bright colours  
in the sky;  
I am the sunlight glistening on the rippling  
waters of Mosakahiken;  
I am the gentle rain cleansing mother earth.  
When you awaken in the morning dawn,  
I am the swift uplifting rush of the wind  
Whispering your name  
in the gentle breeze of the wind.*

*Flying with the eagles in circled flight high above.  
I am the soft stars that shine at night, looking down at you.  
So please, do not stand at my grave and weep.  
I am not there: my soul has simply begun  
its spiritual journey home.*



**WAKE SERVICES**  
Saturday, July 9<sup>th</sup> and Sunday, July 10<sup>th</sup>  
Moose Lake Community Hall

**FUNERAL SERVICE**  
Monday, July 11<sup>th</sup>, 2022 1:00 pm  
Moose Lake Community Hall

**INTERMENT**  
St. Dominic's Catholic Cemetery  
Mosakahiken Cree Nation

**OFFICIANT**  
Reverend Cameron Buck  
Pastor Allard Nasecapow

**PALLBEARERS**  
Chip Scott, Clinton Mercredi, Brian (Pete) Cook Jr.,  
Floyd Easter, Faron Sinclair-Bercier, Charles Mercredi,  
Dennis Buck, Sage Beecham, Janine Ballantyne,  
Teagan Cook, Zane Mercredi.



**Hemaier Funeral Home, The Pas, Manitoba**

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IN LOVING MEMOMORY OF  
**ALANA CRYSTAL COOK**  
AKA "CHOOKS" AKA "CHOOK-KAP"

**BORN:** September 22, 1978 Thompson, MB

**DIED:** June 27, 2022 Thompson, MB

Chooks will be lovingly remembered and forever ingrained in the hearts of:

**Her children:** Jess Michael Cook (Whitney)  
Kalen Rain Cook  
Blaine Cassius Trueman

**Custom Adopted son:** Preston Wood

**Parents:** Brian and Mabel Cook

**Siblings:** Jaclyn, Brian (Pete), Arielle, Teagan

**Custom Adopted sister:** Rita Bignell McNabb

**Nephews:** Jonan, Christopher, Stephan, Christian

**Maternal Aunts/Uncles:** Ovide, Pearl (Ross), Marcel (Lois), Catherine, Marie (Mimi), Nicole, Marilyn

**Paternal Aunts/Uncles:** Jason (Carol), Delores (Charlie), Marty (Connie), Edna (Wally), Cecile, Yvonne (Greg), Malcolm, Olga, Eddie (Cheryl)

Alana has many cousins, nephews, nieces, too numerous to mention.

She was predeceased by both maternal/paternal grandparents, aunts/uncles, cousins too numerous to mention. Her Godparents are also both deceased.

It is not our intention if we missed anyone, please accept our apology, everyone is near and dear to our hearts.

Chooks aka Chook-kap as she was known by many people, had numerous friends, she adopted people as family members whom she met along her journey. She befriended many of the street people she met along the way, took them to her parent's home to shower and feed. She paid her way into university to get her masters degree and completed three quarters of her studies. Her work profession was a teacher which she loved to do. She loved to play practical jokes on her siblings especially to her cousin Cameron (Cammie). She loved family gatherings and was the life of the gatherings.

Sadly, Chooks began her spiritual journey in the early morning hours of June 27<sup>th</sup>.