

Catherine Joann Brecht

MAY 1, 2020

Catherine Joann Brecht (nee Seitz) was born on July 30, 1961 in Regina, Saskatchewan. Cathy was one of eight children born to John (Jack) and Rita Seitz. She was raised in Regina and attended St. Augustine and Miller High Schools. She loved working at the grocery store in the Regina Food Bank. Cathy found a deep sense of purpose and meaning in giving back to the community. She truly believed in this work and participated in food drives, charity events, and spent countless hours volunteering. Cathy always found time to talk with every single customer and truly got to know her clients.

One of her biggest passions was starting the Regina Chapter of BACA (Bikers Against Child Abuse) along with 10 others. BACA is a worldwide organization that exists as a body of Bikers providing safety to empower children to not feel afraid of the world in which they live. They volunteer their time Day or Night, working or not, irregardless of their personal commitments or their vacation time. If an abused child called Cathy, who is known as Sky, she would drop everything and show up for that child. She was loved by the children and respected by the adults. She said what she did and did what she said. She will truly be missed by the BACA members and the children she helped. You can read more about the work she did at BACAworld.org.



Another passion of Cathy's was baking. She really enjoyed making puffed wheat and rice crispy cake with her daughters. Cathy also enjoyed teaching others how to bake buns and bread.

Cathy was predeceased by her parents John (Jack) and Rita Seitz. She is survived by her daughters Cheri (Tyler) of Edmonton, Megan (Mike) of Ottawa and Laura of Regina; numerous nieces and nephews; as well as brothers and sisters Bernadette Lorence (David), Barb Creasy, Tom Seitz of Vancouver, Dan Seitz (Karen), Elizabeth Seitz, John Seitz (Desiree), Joe Seitz (and the white dogs); special friend Ken and the whole Euteneier Family.

Cathy will be missed by her family and friends and all those whom her sincere kindness touched. She was loved and respected by everyone who knew her; a true friend who would never let you down.

No memorial service will be held and flowers are most gratefully declined. Donations, in memory of Catherine, may be made to the Canadian Cancer Society or to the Regina Chapter of Bikers Against Child Abuse.

Messages of Condolence

Chloe and I will miss you terribly. Miss our card game. Love my sister and auntie

— **Barb Creasy**

I will love you as my sister Cathy. I miss you so much. Go rest high my friend.

— **Brenda Obrigewitsch**

Cathy,

You were an amazing woman especially towards Chloe and Barb. That is how we met through them and the person I know now as of today will be remembered as the working woman we always bumped into at the Food Bank or Value Village where we would share wonderful conversations. It was a pleasure to meet you and the kindness about you will never be forgotten. The love you had for others was incredible. Your memory will live on to those that knew you and may it take you to a place where there is peace, happiness, and all you ever dreamed. Thank you for being a blessing in my life and my family. You will surely and sorely be missed.

Cherish & Family

— **Cherish Pelletier**

We offer our most sincere condolences. You three ladies had a wonderful mother and she will be missed.

— **Ray and Denise**

My Dear Friend Cathy, I miss you so much already but cherish all that we shared! You will forever have a piece of my heart with you. I treasure all the times we shared, talks we had and the many many laughs we enjoyed (and a bit of mischief we got into)! There very few tears as we made a deal(kind of hard to keep this past week but I am trying). Cathy you were a Very special friend and I truly admired your strength and dignity in which you fought hard and long! I will hold all the memories of you very near and dear to my heart until we meet again my sweet sweet friend.

— **Sharon Saip-Ezewski**

To all of Cathy's family. I have never met a more loveable lady than Cathy was. She would have given you the shirt off of her back if you had asked her. She was always a treat to see her and her loving ways she treated everyone. There was never a person walk into Value Village that she did not greet with her friendly smile and a warm hello. Cathy you will be remembered by so many people who loved you dearly. I will miss you and will always Love you with all my heart. I hope you found Dennis like you said you would, bring him down and play for me one last time. I miss you both so much.

— **Marjorie Ethel Flavel**

Oh Cathy I miss you, we all cherish our memories with you so much!! You would always drop everything and be there for us or whomever needed you without question. Cheers my Beautiful Friend! My heartfelt, sincerest condolences to Cathy's family. Meg, Cheri and Laura I have no words but I have arms to hug you and shoulders big enough to carry you! Xoxo

— **Shontell, Vince, Alexis, Cassidy**

Oh Cathy! Your low key nature, so very humble and kind, stands as a template to us all. Your final escort to eternity, screamed to the entire world that you were a woman of substance, a woman who was loved.

— **David K**



<https://www.myalternatives.ca/obituaries/brecht-catherine-joann>

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