

Sandra Lynn Rose Harwood-Hrappsted

NOVEMBER 23, 2023

**Sandra Lynn Rose Harwood-Hrappsted (nee
Erfile)**

September 13, 1946 - November 23, 2023

Sandra was born in Rockglen, Saskatchewan.

Predeceased by her parents and two sisters, her
1st husband, Richard Harwood, and 2nd
husband, Kenneth Hrappsted.

Sandra is survived by her beloved children, daughter Shannon (Dean) Heinemann,
beloved grandson, Richard Heinemann and her 5 beloved cousins, Jules, Guy, Joan,
Ian and Brenda. Her son, Ryan Harwood (Raelynn), and her beloved
granddaughters; Brooke Harwood and Annika Harwood.

There will be no Funeral Service out of respect for Sandra's wishes and in lieu of
flowers, donations may be made to the Allan Blair Cancer Society.

"I give thanks to the wonderful doctors at the Allan Blair Cancer Society. You gave
me back my life, not once but many times."

When we are born into this world, we do not choose the family we are given, only
the friends we yearn to keep. Throughout my life there have been many, some
fleeting, some steadfast, who stood, not by me, but with me, through the proverbial
thick and thin. I cannot name you all, but you know who you are, and I cherish my



place in your life. You have unselfishly given me both your presence and your time. I can only hope that, in return, I did not fail to return the favor.



<https://www.myalternatives.ca/obituaries/harwood-hrappsted-sandra-lynn-rose>

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