

Brian Joseph Helfrick

NOVEMBER 20, 2019

Brian Joseph Helfrick passed away early in the morning on November 20, 2019 at the age of 65 years. He was predeceased by his father Joseph “Porky” Helfrick.



He is survived by his mother Leota (Helfrick) Ireland; children Twylla (Gordon) West, Kimberly (Trevor) Jackson, and Gregory Helfrick; grandchildren Henry, Charlie, Emma and Adam; and sisters Judi (Mike) Paradis and Bonnie (Wayne) Tardif; nephews Marc Paradis and Sean Paradis; nieces Nicole Tardif and Kaleta (Jeff) Strain.

Brian was raised in Sedley, SK. He grew up with all his “Fergie” cousins around, and the comfort of a small town community. Several of his cousins believed his name to be O’Brian as his mother could often be heard muttering, “Oh, Brian...” His confidence in a potential NHL career was pushed aside for the greater good, and he chose to forget about the lucrative life of a professional athlete to give back to the people of Saskatchewan. He expanded his math-focused mind at SIAST and became an electrical technologist, spending 40 years working for SaskPower in Regina.

Stumbling upon a baseball game in Mexico, Brian had the unique opportunity to play a game with the Toronto Blue Jays. Obviously he could've taken the opportunity to join the team and entertained the life of the rich and famous, but again chose to return home, share this tale with everyone who would listen, and later encourage his grandchildren at their sporting events.

Brian was known not for his gift giving, but for his greeting card choices. It wasn't unusual for him to give a birthday card at Christmas, a Halloween card at Valentine's Day, or a sympathy card for a milestone birthday.

Brian loved to travel, build homes, share his opinions about the Saskatchewan Roughriders, hunt, fish, and spend time with his family. He hated politicians, speed limits, seat belts, the Bombers, people worrying about him, and being late. He was very nearly never late. Tardiness happened just one time, and it was on one of the most memorable days of his life: the day he walked his daughter Kim down the aisle.

Life highlights include raising his three children, befriending his sons-in-law, welcoming with loving arms his four grandchildren, and spoiling his beloved dogs. Brian retired in June 2019 and spent his last years living in Buena Vista, with a view of the lake upon which he spent many days in a boat with his family and friends.

Funeral Mass will be held on Thursday, November 28, 2019 at 10:30 a.m. in Our Lady of Peace Roman Catholic Church, 425 Broad Street N., Regina, SK. Private

family interment in Sedley Roman Catholic Cemetery, Sedley, SK. In lieu of flowers, memorial donations may be made to Children Believe (formerly Christian Children's Fund of Canada).

Messages of Condolence

Brian's best accomplishments are summed up in three marvelous children and four wonderful grandchildren! Rest well on those laurels!

Jackie and Trevor

— **Jacqueline West**

Kim, Twyla and family,

So saddened to hear of your Dads passing. May the memories you shared help hold you up through this most difficult time.

□

— **Fran Link**

Twyla and Kim and Family.

So sorry to hear of your Dad's passing. Please accept my sympathy

— **Bev MacDougall**

Kim, I'm so sorry to hear of your dads passing. If I can do anything for you, please don't hesitate to ask. Hugs my friend.

— **Alanna Brady**

Twylla, Kim and Greg.

We were so very sorry to hear about your dad.

Sending you all love and our most sincere condolences.

Love Auntie Rey, Uncle Neal and Sydney.

— **Rey LaRocque**

Twylla, Kim and Greg. I'm so sorry to hear about your dad. Brian was a great friend to have. I worked with him at SaskPower and appreciated his kind and expressive attitude, especially how he enjoyed &/or would share a joke!

— **Gerry Epp**

Twylla, Kim and Greg. So sorry to hear about your dad. I have not seen him for years but remember his love for you three and his tropical fish collection. I housesat for Brian and Judy a few times when you three were small and they would go away. Your dad complained often because when I made the bed I used I had the sheets tucked in too tight. Thank god I looked after you three and the fish.

— **Peggy Drake**

Kim, Twylla and family, so sorry to hear about the loss of your loved one. May you take comfort in that He will Forever be in your Hearts and Memories. My Sincere Condolences

— **Susan Weinberger**

Twylla, Kim, Greg and all of the family, our thoughts are with you all at this sad time. Brian was a Proud Dad and Grandad.

God Bless Brian.

— **Marg and Ernie**

So sorry to hear of your Dads passing thinking of you all at this sad time xx

— **Susan Coley**

I was very shocked and saddened to hear of Brian's passing. Having worked with Brian for most of my 37 years at SaskPower I got to know him pretty good. He definitely loved his dogs and grandchildren. He had a sense of humour I will not forget and will forever tell people all the pranks he played. I will miss him and his companionship. God bless.

— **Walter Mueller**

Brian was the most loyal person you could have met. He was loyal to his family, his co-workers at SaskPower, team mates in any sport he participated in, and any task or volunteering he was asked to do. He was a very good Kaiser card partner at work too. Brian was a great help to us to keep the Sue Carlson Curling League alive and well. You will be missed buddy. Rest In peace.

— **Kirby & Jo-Anne Sanden**

To Leota, Judi, Bonnie and Family,

I am sorry for your loss.

One of the great joys of living in a small town like Sedley for more than 50 years has been knowing you, Leota, your dearly departed husband Porky, and your family. I will never forget the warm welcome you and Porky gave to Charles and I when we first moved to Sedley. That warm feeling of 'warm welcome' seems never to have ended.

Brian was one of the students that Charles taught and, we like to think, encouraged in school. Bonnie and Judi were truly a godsend to a couple with 5 children in need of trusted babysitters. Brian, who was destined for SIAST, was far too smart to get involved in a 'tough job' like that.

The untimely and tragic loss of a 'good guy' like Porky in 1976 was a shock for the entire community. I can only imagine how hard it was on you and Brian and Bonnie and Judi. The strength and resilience you showed was nothing less than amazing.

When age began to take its inevitable toll and some assistance around the 'family home' was required, Brian was more than happy to move back to Sedley and lend a hand. After Sunday service at Our Lady of Grace R.C. Church it was a treat to visit with Bryan and to learn of his many and varied adventures and construction projects.

Please know that you are in my thoughts and in my prayers and the thoughts and prayers of the members of my family at this difficult time.

May you take some comfort in the thought that Brian's loss, here, on earth is heaven's gain.

May God grant unto Brian eternal rest and a reunion with his Father . . .

Dolores Nugent and Family

— **Dolores Nugent**

Sending my condolences and love to Twylla, Kim, Greg, Gord, Trevor and children and also to Leota and the rest of the family. Brian was a wonderful man who was taken too soon, I will remember him fondly. Thinking of you all. Alison and family.

XX

— **Alison Cox**

My condolences to Brian Helfrick's family on his passing. I had the privilege to meet & work with this young man at National Drugs. He was caring, & loving, with a wonderful sense of humour. He will be sadly missed by all who knew him.

— **Patricia Fitch**

Twylla and family, our thoughts and prayers are with all of you, as you go through this very difficult time. Gerry & Cindy Clermont

— **Cindy and Gerry Clermont**

My condolences to Brian's family. I was dept. technician for Electrical Technology while Brian was a student. He worked for me the summer of 1978 calibrating meters and scopes as well as lab improvements etc. He helped me build my garage that summer for which I have been eternally grateful. We drank many beers and had a lot of fun while doing that. Brian had a unique sense of humour which I have never forgotten. May he rest in peace.

— **Bruce Weighill**



<https://www.myalternatives.ca/obituaries/helfrick-brian-joseph>

Printed on June 3, 2026