

# Chris Helman

OCTOBER 10, 2020

Chris Helman passed away suddenly on Saturday, October 10, 2020, at age 38.

He was predeceased by his grandparents John Helman, Betty (Helman) Gropp, and Chuck and Tillie Martin; and his cousin Wyatt Schneider.

Left to cherish Chris's memory is his wife Rhonda and children Brooklyn (8), Wyatt (5) and Jake (2); mother and father Fred and Brenda Helman; siblings and nieces and nephews Waylon Helman (Lindsay, Marek and Maddox), Josh Helman (Trish, Hunter and Hayden) and Jenna Krein (Aaron, Rhea and Callie); step-grandfather Donald Gropp; and numerous other family members and friends.

Chris was an amazing father. From the time the kids were born, they were brought along fishing, ice fishing and hunting, to sight in guns, and to check his traplines, riding in the toboggan behind him. On his days off, he would often keep the kids home from daycare to have extra time with them. As the kids got older, they always had fun stories of their day with Dad when Rhonda got home from work. Whether it was checking out a new kid play place, going skidooing, fishing or quadding, shooting BB guns, practising hitting baseballs or spending the day catching minnows in some random creek, the kids lived for their next adventure with Dad. Chris has a mountain of notes and pictures from B and Wyatt telling him how much they loved him and how he's the best Dad ever. From the way the kids screamed "Daddy!" and ran into his arms every single time he came home, you



know their hearts felt every ounce of his love for them.

Chris was a loving husband to Rhonda. Rhonda and Chris met in a bar she waitressed at. From the first moment Rhonda saw him, she was in love. That same night, Chris told his brother Waylon he had met the girl of his dreams and he continued to frequent the bar to talk to her, finally asking her for a dance and then a date. From then on, it was a whirlwind of Rhonda watching Chris's homemade deer videos; Chris trying to get Rhonda to pay attention while fishing and walk quietly while hunting; Chris picking up Rhonda's beloved piles of clutter; and Chris coaching Rhonda on her card playing. Every year when Chris asked Rhonda what she wanted for her birthday or Christmas, the answer was always the same: time with you. So, he'd plan a date night to the Keg or day of golf, fishing, quadding or looking for sheds. She wanted nothing more than to share his love of his hobbies.

Chris was a good-looking guy who had a unique sense of style: button-up shirts with board shorts; denim on denim; camo; excessive rings, necklaces and wrist gear; a bit too much cologne. It all somehow worked. The night Rhonda met him he was wearing a neck warmer on his head and he made it look cool.

Chris lived to hunt, fish, ice fish, shed hunt and trap. The courier companies were well employed bringing endless packages of the latest and greatest gear. He had a network of amazing people in and around Regina and his hometown of Sceptre who let him do these activities on their property to his heart's content. He made his own jigs, jerky and pickles and could always be found working on his beautiful yard, planting flowers, tending to his over-seeded garden, or raking leaves to stuff Halloween leaf bags for the kids. Chris and Rhonda took a lot of trips as a family, never leaving the kids behind. Chris loved fishing in Mexico, watching the baseball training camps in Florida and trying every seafood dish he could get his hands on. Although Chris seemed like a quiet guy to some, his family and closest friends saw the animal within, particularly when it came to Tom Brady and the Patriots.

“Passionate” doesn’t begin to describe Chris while watching a Patriots game, especially when Bieds was with him. They ended up in various states of undress with crazy dance moves to celebrate every good play. The kids loved joining in the Super Bowl parties as they had so much fun dancing to the cranked up tunes.

A dear friend of Chris’s shared the following:

“Chris treated everyone like a good friend. Many of us have spent thousands of hours at work with Chris and he was easily the most universally liked guy at the plant. Guys would gather around for every hunting, fishing, trapping, livestock slaughtering, chicken-shovelling story because he was the wise outdoorsman. And never in a boastful fashion, always honest about any screwups incurred along the way.

A very proud father - I always knew how well Brooklyn was doing in school and swimming, or Wyatt mastering the BB gun carving up cans in the backyard, and Jake being tougher than his Dad during the COVID swabbing. I have a video of him taking the time to help my daughter open her frustrating LOL surprise at her birthday party. Really sums him up. So eager to put himself out there to be helpful in any situation.”

As you can tell, Chris was truly an incredible man and his death is a tragic loss to the countless people who love him and were so grateful to have been a part of his life.

Prayer Service will be held on Friday, October 16, 2020 at 7:00 p.m. in Resurrection Roman Catholic Church, Regina, Sask. Funeral Mass will be held on Saturday, October 17, 2020 at 10:30 a.m. as well in Resurrection Roman Catholic Church. If you wish to attend either service, you must RSVP to Rhonda Helman at 306-737-0527. Masks are mandatory. You can also join via livestream:

<https://livestream.com/accounts/17094656>.

Graveside Service will be held on Sunday, October 18, 2020 at 3 p.m. in Lemsford Cemetery, Lemsford, Sask.

In lieu of flowers, please make donations in Chris's honour to the Great Sandhills Museum, Box 29, Sceptre, SK. S0N 1H0.

## Messages of Condolence

Our deepest heartfelt condolences of the loss of a great son father and friend!

— **Rene Wagner**

Being Aunt and Uncle was our luck, on his day of baptism a skunk had left it's deposit under the house they lived in. So his connection with nature was part of Chris from day one. He truly was a great husband, father, uncle, son and nephew. Will miss him at Family functions. May he Rest In Peace in the arms of our Lord.

— **Ron and Sharon Hoffart**

Fred and Brenda my heart breaks for you

— **P Phillip**

So very sorry to hear of your tremendous loss. Hugs Brenda & Fred! ☹ ☹

— **Ernie & Paulette Andreas**

Chris was a quiet but wise man as I soon realized being his supervisor for a time at the refinery. He was a pleasure to work with, always willing to help anyone with any task. It seems he was like that away from work as well. An exceptional trait this day and age. My thoughts and prayers are with family and friends as Chris is laid to rest. We lost another good one! So sad!

— **Dale Heintz**

My sincere, deepest sympathy with your loss. My heart breaks for you, Rhonda, and your family. You are in my thoughts.

— **Donna Feld Racanelli**

My heart breaks immensely for all four of you guys. There's absolutely no doubt the love he had for his beautiful babies and amazing Rhonda, and I believe he will be with you all in spirit. Words probably don't bring much comfort as they're just that but know always that we love you all and are always here.

— **Tara, Derek, Diamond and Dax**

Lyle and I send our thoughts and prayers to the family.

God Bless

— **Joyce (Schmaltz) & Lyle Bachmeier**

We were so very saddened to hear of your great loss. Though words bring small comfort please know that we keep you in our thoughts and prayers at this difficult time.

— **Kerry and Mary Wrishko**

Chris, I never knew you, however, Rhonda was a student of mine many years ago. Gigantic hugs to you and your family as well as, your husband's family, Rhonda. Thinking of you and your children, now and for a long time to come ☐ ☐ ☐

— **Korine Mojelski**

Rhonda, my heart breaks for you and your children. The unthinkable happened to you and your family. I empathized! No words, people or hugs can take away your pain.

I lost my spouse similar, no last words said and so much hurt.

I know Chris's family well. I went to a school with Josh.

In time or ever if you need an ear to connect please contact me. Josh will be able to connect us. Losing a spouse is something that family and friends can't connect with. There are young widows out there, not many but we understand one another and the battle that are encountered dealing with the unfortunate hand.

Call me if you want to connect.

— **Danelle Yeast**

Sending your family love and strength.

— **Steve Baerwald**

My most heartfelt condolences to all of you! My heart breaks for you on your tremendous loss.

— **Pat Jorgenson**

I am so, so sorry for your loss Rhonda & family. You are in my thoughts and I wish you strength in this trying time.

— **Ramona Cowie**

My condolences to all the kids and my cousin. Prayers and thoughts during this time. Stay strong. Time will pass. My love to you. I will not be there in person but I'll be there in spirit.

— **Katrina**

We are deeply saddened by your loss. Sending our deepest sympathy and prayers for all of your families.

— **Wes & Kelly Morrow**

We are so sorry for your loss. Our deepest sympathies.

— **Sheridale Pearman**

I am deeply saddened to hear of Chris' passing. If there ever was a great guy, this was him. I graduated with Chris but haven't seen him since June 2000. He will remain in my mind as one of the nicest guys I've ever met. He was helpful, generous, funny, and always smiling. I've never met his wife and kids but my heart is truly breaking for you and the rest of Chris' family. Goodbyes hurt the most when the story was not finished...

— **Mindy brown**

Our deepest condolences to you and your family Rhonda.

— **Todd and Sheri Cooley**

A beautiful person. 100% true to being his true self. A devoted husband and dad. Holding you in our hearts, Rhonda.

— **Cristine and Don Saxon**

Our deepest and most sincere condolences to Rhonda and the children, Fred and Brenda and all the families.

— **Corine Zubot**

Rhonda, we are so upset to hear of your husbands passing. Please accept our deepest condolences. Hugs to you

— **Heather and Jon Kurz**

Sending you my thoughts and prayers. I am so sorry for your loss ☹️

— **Lee Elsasser**

Condolences to you and your family

— **Gail Grohs**

Words can not adequately express the sorrow we feel for your loss. Our thoughts and prayers are with you all during this difficult time. Hugs to you all!

— **Pat & Linda Boser**

We were so sad to hear of your beloved husband's passing. Our thoughts and prayers are with you and your family at this time of grief and hope you will always relish in all those happy memories!

— **Todd & Cindy Schultz**

Rhonda and family,

I'm deeply sorry your family is experiencing the pain of a loss like this. My heart goes out to each of you.

Tracy Szeles

— **Tracy Szeles**

So incredibly sad for this tragic loss. My thoughts and prayers are with Chris' family.

— **Allison**

Sending our condolences and prayers to Fred, Brenda, Rhonda, Waylon, Josh, & Jenna, & all of your families. Keeping all of you in our prayers.

— **Bruce & Lana Marshall**

We were so saddened to hear the news. Sending you our love and prayers. Take Care! ☐

— **Brian & Gail Lawson & Family**

Thoughts and prayers to all who shared in Chris's life

— **Eileen Hartman**

My deepest sympathy to the Helman family! This truly breaks my heart. Chris was such a wonderful guy and will be missed by everyone who knew him. Sending lots of prayers in this difficult time.

— **Lyndell Franklin**

Our deepest condolences Rhonda and family. You found a real soul mate Rhonda and it sounds like you made use of your time to create lots of memories to cherish. Lots of hugs at this difficult time.

— **Jackie Rutledge**

Rhonda, Brooklyn, Wyatt and Jake, and family! Deepest sympathy's on your families loss, Chris was an amazing dad his love for you all was so transparent. He was kind and caring, gone to soon. You all are in my thoughts and prayers☐

— **Laura Riffel**

We were so sad to hear of your husband's passing. Our thoughts and prayers are with you and your family at this time.

— **Dianna SureauMcKay**

Very sorry for your loss. Thinking of all of you.

— **Daphne Andreas**

I am so sorry for your loss, thoughts and prayers are with you Rhonda and family

— **Adrienne Gardiner**

Dear Rhonda, Brooklyn, Wyatt and Jake... I pray for your heavy hearts at this time of sorrow. My heart is absolutely breaking for you all. Sending love and strength.

— **Daunine McLaughlin**

So very sad. Our deepest sympathies to all of the Helman family. Thinking of you during the unimaginably difficult time.

— **Tyler Case**

We are heartbroken to hear of your loss Rhonda. You and your family are in our thoughts during this difficult time.

Trisha, Trevor, Violet & Nathan Ottenbreit & Beth Gaschler

— **Trisha Ottenbreit**

Shelley and I were totally devastated when we heard that Chris had passed on suddenly. Our sincerest condolences to all of you. Only the good die young sums up Chris to a T.

— **Wayne Hittel**

Rhonda, I am so sorry for your loss. My thoughts and prayers are with you and your family during this difficult time.

— **Joline Matsalla**

Our love and prayers are sent to all of your family. Chris left behind the love and memories you all showed and shared with him. You are in our thoughts at this sad time.

— **Sheila Osterman-macdonald**

We are so sorry for your loss. Our hearts and prayers go out to all the family.

— **Dan and Judy Gies**

Rhonda I got to know Chris over the years through his cousins Clayton and Jesse and fished with them. As I got to know him and met you and 2 of your kids at the Sask Landing fishing tournament a few years ago. Chris was fun to be around and always remembered Him and Jesse / Clay and cousins competing on who would catch the biggest fish or the most. It breaks my heart that you and the kids lost an amazing Husband and Father.

My thoughts and prayers are with you and your child and the rest of the family.

— **Bill Veltkamp**

Our deepest sympathy to you Fred and Brenda and to your family...Hugs

— **Rae & Bette Jahnke**

Our sincerest condolences to Fred and Brenda and especially to Rhonda and the children. A special Mass will be said for Chris and the entire Hellman family on December 13th, 2020.

Love, Uncle Michael and Aunt Rosalyn

— **Michael and Rosalyn Martin**

Our deepest sympathy to you Fred and Brenda and to your family...Hugs

— **Rae & Bette Jahnke**

Rhonda and family,

I'm so sorry for your loss. Sending my condolences to you and your families.

— **Josi**

Our Deepest Sympathy to you and family. May your cherished memories of your loved one keep and sustain you through this difficult time.

— **Ken and Brenda Krein**

We are deeply saddened to hear of the tremendous loss of your husband and Daddy. We are sending our deepest sympathy and our thoughts and prayers are with you all. Melissa, Jason, Reegan, Dylan and Joran Frey

— **Melissa & Jason Frey**

We are so heartbroken over the news. Chris was an absolutely wonderful person, always calm, cool, and kind. He had a warm smile and laugh, was welcoming to everyone he met, and would do anything for his family. He left a mark in the world and a hole that cannot be replaced. Our hearts are heavy.

Amber & Patrick

— **Amber Schneider & Patrick Toner**

Deepest sympathy to Fred and Brenda and family. Such a tragic loss!

— **Wendy and Allan Blott**

So sorry to hear of your loss prayers are with you and your family

— **Natalie and Brad mayer**

Fred, Brenda, Waylon, Josh, Jenna and the entire family.

There aren't words that seem adequate. With heartfelt and broken prayers we send you our most sincere condolences.

— **Beth Heatcoat**

Thank you for sharing such beautiful memories of the joy and love in Chris' life. Sending love and strength to my dear friend Rhonda and kids Brooklyn, Wyatt and Jake, Chris' parents Brenda and Fred, siblings, family and close friends. You are in my thoughts and prayers during this trying time.

— **Charmaine and Jesse Green**

Rhonda and family, I'm so sorry for your loss. Sending my condolences to you and your families.

— **Steven Kunz**

I am so sorry for your loss Rhonda. May God be very near to you and your children.

— **Susan Taylor**

I did not know you but know of your family through the heart of your aunt-Pam To all the family and friends who are grieving...tremendously sorry for your loss

— **Liz Sharma**

We are very sorry for your families loss our deepest condolences to all

— **Ron & Barb Hitchens**

My deepest sympathies to Rhonda, the children and all your loved ones. Keep and cherish every memory as they are so precious. Sending hugs to all of you.

Mado

— **Madeleine Marcoux**

So sorry to hear of Chris's passing. Love and prayers to his wife, kids, and family. Such a amazing man. I worked with Chris at the refinery for a number of years. He was always smiling, happy, helpful, and just a joy to be around. He made time for me outside of work to golf, have beers, fish, or just hangout. I'll never forget how energizing his spirit was. Heartbroken for his family. Love and miss you buddy

— **Chris Kutcher**

Rhonda we are so very sorry for the loss of your husband, such an awful loss for you and your beautiful kids, you are all in our thoughts and prayers. Sending you lots of hugs and our deepest sympathies! Love you all ! Aunt Sheila and Uncle Terry

— **Sheila and Terry Collins**

Words can't express the sorrow you and your family are going Thorough. Our condolences to all he will be sadly missed by all

— **Sandra & Clarence Archer**

Heartfelt sympathies, love and prayers to the family....

Love □

Daryl, Eileen & Ed

— **Daryl, Eileen & Ed**

Rhonda my heart is hurting for you and your families. I am truly sorry for the heavy loss you have all endured. A beautiful individual gone too soon. This reflection of his life and love you created is simply magnificent. Keep all the amazing memories close to your hearts and through conversations. His spirit and kindness will remain with you always through you and your children.

— **Linda Obrigewitsch**

What a beautiful tribute to such a handsome and charismatic guy. His love for you, Rhonda, and your kids was always obvious to us. You guys are in our thoughts and prayers xo

Tyler, Andrea, Ethan, Hunter and Isla Baumgartner

— **Andrea Baumgartner**

So sorry for your loss, Rhonda, Brooklyn, Wyatt and Jake. You're in my thoughts and prayers.

— **Adrienne Bilodeau**

Sorry for your loss

— **Aaron kaufmann**

Our condolences and prayers to Fred, Brenda and family and to Rhonda and her family .

— **Larry and Joanne Schneider**

My heart goes out to you and your family. So sorry to hear of your loss.

— **Christy Hook**

Rhonda, I just heard the news this morning and I am so so so sorry to hear that this has happened. I can't even begin to imagine what this has been like for you and I so wish it was not your reality. Life is just so unfair sometimes and it is always the good people who get the short end of the stick. You and your family are in my thoughts and prayers.

— **Deborah Walker**

Thoughts and prayers to all who shared in Chris's life whether at work or at home.  
He will be missed by all...

— **Wanda Bilyk**

We are so sad to hear about Chris . We have met him at our place a few times and enjoyed his visits. He will be greatly missed. Cherish all your very special memories close to your hearts. Thinking about you all at this very difficult time. God be with you.

— **Rick and Rish Anderson (Evan)**

Rhonda and family, we were devastated when we heard about Chris. Our deepest condolences. Chris was such a good dad and we're heartbroken for you and the kids.

— **Cory and Melissa Posehn**

It was via Jenna that I have had glimpses into the close knit Hellman family. Now these many glimpses into the kind of man Chris was simply brings deeper understanding of that closeness. AND deepens the shock at the insanity of such a loss.

Why God in His wisdom allows what He in His providence could prevent will remain a mystery.

May the God of all comfort be with you all.

— **Dr. Keith Kowalsky**

Allison and I are so sad for you !

— **Cathy Herring**

Rhonda, our hearts go out to you and your family. So, sorry for the loss of such a wonderful man. Virtual hugs. Jennifer & Lonnie.

— **Jennifer Hogan**

Heartbreaking to hear of Chris's passing. Thinking of everyone during this very difficult time, your in my thoughts and prayers.

— **Cory Schmaltz**

Rhonda, Brooklyn, Wyatt and Jake, I'm so very sorry about your loss. You're in my thoughts and prayers today and in the days to come.

— **Paula Kohl**

Rhonda, Brooklyn, Wyatt and Jake ... my heart is broken for you, and the passing of Chris. Prayers for all of you.

— **Lindsay Folk**

My heart goes out to Fred, Brenda, Rhonda, and all the families. Its been years since i have connected with any of them but my love and respect for your family has always been there. The sudden unexpected nature of this tragedy must make it so unbelievably hard to cope. I pray that god finds a way to heal you and may your heart and soul find peace and comfort. I'm so very sorry for your loss.

— **Brandon Koehler**

Dear Brenda, Fred and Family, and Rhonda and family,

On behalf of the Ursuline Sisters, our deepest sympathy at your loss. Some of us remember Chris as a young boy faithfully coming to church with his family. Then he grew, left home and found the love of his life. You can all be proud of your son, brother, husband, father.

Our prayers are with you all.

Sister Rosetta

— **Sister Rosetta Reiniger**

Rhonda and children, Fred and Brenda, Waylon, Josh and Jenna And both his Aunts, Uncle and cousins and all his many friends..

There are no adequate words but know I feel your pain and would help carry your burden if I only could. I send you my love, my tears, my hugs and my prayers.

Though your trust may feel shaky right now, may the Good Lord give you the strength to go on , one day at a time.

— **Agnes Steier**

We know words alone can't take away the hurt your entire family is feeling, but we want you to know how much we care. We wish you love and strength in this time of unimaginable loss.

There are no words for such an unimaginable loss. You're in my thoughts/prayers/heart.

— **Darcey & Heather Schwab**

our deepest sympathy to all your family. Words can not say how deeply sad we are for you.

— **Bill and Charmaine Boschman**

Thinking of you all and sending love during this difficult time.

— **Sean, Simone, Cruz, Kairo**

Thinking of the family in the time of sorrow. God Bless.

— **Ida Di Iorio**

So sorry to the whole family. Chris was truly a good person, I'm glad I had the pleasure of knowing him for so many years.

— **Matt Moshenko**

We are so sorry for your loss and offer our deepest condolences to the whole family. Sending our thoughts and prayers from a distance....

— **Cheryl and Geoff Bosket**

Rhonda and family, as everyone else I was shocked and saddened to hear of Chris's passing. We are thinking of you and the kids, he will be deeply missed.

— **Denise Treslan**

Our deepest condolences to all the Helman families. Although we never knew Chris we felt like we did. It was through Waylon that we got a glimpse of the man he was. That shows the tight connection of the family. You in our thoughts and prayers.

— **The Newhook Family**

So very sorry for your devastating loss. Chris touched the hearts of many. Sincere condolences to all ♥

— **Tara Wyatt**

My broken heart goes out to Rhonda and precious Brooklyn, Wyatt and Jake. I am so sorry for your loss. Prayers to Fred, Brenda and Chris's siblings.

I cannot imagine what you are going through. Life is not fair.

Chris was an amazing family man and perfect in every way. So kind, calm, smart, generous, funny and handsome. It would take 100's of pages to describe how great he was and how much he meant to everyone, that was lucky enough to have known him.

I will never forget the memories we had while we were roommates and meeting our wives. I was so lucky to have met Chris. Rest In Peace Chris.

Our family sends our deepest condolences and love ☐ .

— **Tim Dereniwski**

I am so very sorry for your loss our family sends prayers your way.

— **Wendy Schmaltz**

We knew Chris through the trapping world. He shipped his fur through us when we worked for NAFA and we bought his fur in Kroneau. He took pride in his work and was just an excellent guy to visit with. Our thoughts & prayers are with your family. It is so unfair but the good ones are always called on first.

— **Karen & Don Gordon**

To Rhonda, Brenda , Fred and family. Please know that you are surrounded by Love and prayers through this very difficult time. May the Lord hold you in the palm of his hand. Sending Love Jackie , Lyle and family.

— **Jackie & Lyle Jans**

Fred and Brenda and family. Our very deepest sympathy and prayers go out to you in this tremendous loss of your loved one. Your hearts must be so broken with an indescribable ache. May God hold you ever so close as He carries you through this deepest valley. We will continue to hold you up in prayer

— **Dan and Joyce Trautwein**

Our hearts hurt and we send our sympathy to Rhonda and the children plus to so many others that Will dearly miss Chris. Hugs and blessings.

— **Sandy and Ted Dalziel**

To Rhonda, Brooklyn, Wyatt and Jake: There are no words to adequately express my deepest sympathies to you during this sad time in your lives. May my Love bring you comfort and my Prayers ease the pain of your loss.

I also want to reach out to Brenda & Fred and the rest of the family with love and prayers asking God to give you the PEACE you so need at this time.

— **Aunt Rose Fortier**

Fred and Brenda, I'm so sorry and sad for the loss of your son, Chris. As you know, I'm familiar with the pain of losing a child. I did not know Chris personally but his beautifully written obituary and all the heartfelt messages told a story of a truly wonderful man. My heart aches for you. Take care of each other. The beautiful memories you have of Chris and time itself, will eventually make it easier.

— **Del Erickson**

Our hearts are greatly saddened by the sudden and tragic loss of your beloved family member. May your many cherished memories of your loved one give you strength and comfort during this very difficult time. May God bless you all. Jo & Lance

— **Jo & Lance Appleby**

Our deepest condolences, it must be satisfying to know that you brought him home in your arms from the hospital at his birth and then died at home in your arms and now is in his heavenly home in our Lords arms God Bless and Love you all.

— **ANNAMARIE RAJCHYBA**

Brenda and family - Very sorry to hear such shocking news. Our hearts go out to you.

— **Karen Fenrich and Ray Rajchyba**

My heart aches for you. Fred, Brenda, Rhonda, Brooklyn, Wyatt, Jake, Waylon, Josh, Jenna... I am so sorry for your loss. When my dad was telling me what he heard from Don, my mind was racing... What happened, who was hurt, never once did I think of Chris!!

— **Naomi Gropp**

Our deepest condolences to the entire Hellman family. So heartbroken and sorry for your loss

Many blessings, love and prayers to all of you from all of my family.

— **Shirley Martin**

Our hearts hurt for you all. Life isn't supposed to go like this. As you all have been left with broken hearts and such unimaginable pain of losing Chris we are thinking of you and praying for your healing. Take care of each other.

— **Clarence and Lori Ries**

Deep sympathy Rhonda from us all; Lindsay, Scott, Brady and Heather. We didn't know your Chris but it's clear by the outpouring everywhere that he was an incredible man. Not surprising in that you've always been a girl Rhonda who shines as well. I'm so glad you found a life partner like yourself.

When the unthinkable happens we can know that God is in control. All will be revealed in His timing. When I'm struggling I often read or listen to the Psalms and find comfort.

You know we are in the city and will eagerly help out anytime if you wish..and not an empty offer Rhonda.

I pray for comfort and healing for you and little ones. Hugs.

Christina ☐

**— Christina Zaleschuk**

Dear Rhonda, Brooklyn, Wyatt, and Jake, Fred and Brenda, and all your wonderful family,

Our prayers and very deepest sympathy go out to you at this heartbreaking time.

You have an amazing family. Hold each other close

God bless and keep watch over all of you.

With our love and prayers, Lydia and Jerry and the Gropps, Nadine and Pryce, Nannette and Stacey, Naomi and Keith, and families.

**— Lydia & Gerald Gropp**

Our hearts and prayers are with you Rhonda, Brooklyn, Wyatt, Jake, and all of those who were blessed to have had Chris in their lives. We wish you God's strength and comfort as you move forward in life.

**— Pat and Jody Jeannot**

Fred and Brenda, oh how my heart weeps for you. There are no words that will take away the pain but perhaps knowing there are so many who care about You will help. May you draw strength for our Heavenly Father and may He carry you through the difficult days, weeks and months to come. Our deepest and sincere sympathies. Lifting all of you up in prayer.

— **Roberta (Wagman)and Wayne Windrum**

I'm so very sorry for you loss. Our love, hugs and prayers go out to you and your family. He will be missed greatly.

— **Melody O'Hare and Flom Family**

My heart hurts for Rhonda and all of Chris' family. He was a friend to me in high school and was always kind and easy to talk to. He would drive me home from school in Leader and we had many great talks. My heart goes out to everyone that he touched in life. We hadn't talked in many years, but I can still hear his voice and laugh. Prayers and love to his family.

— **Jessica Cudmore (Campbell)**

Dear Brenda, Fred, Rhonda, and family,  
so very sorry for your loss. I cannot imagine how hard this is for all of you. Wishing you peace and comfort of family and friends. Everyone from home is keeping you all close at heart.

— **Kim and Bill Gill**

There are no words to express our deepest sympathies to you during this difficult and unimaginable time. Sending all our love and strength to Rhonda, Brooklyn, Wyatt, Jake and the entire Helman family. We are thinking and praying for you every day.

— **Crystal and Gream Law**

To the Helman family: our deepest sympathies goes out to you guys; whenever something tragic happens to someone from back home, we all feel it.

Thinking of you all,

Derek and Tammy Nunweiler

— **Tammy Nunweiler**

We are so sorry to hear of your loss, and our thoughts are with family and all those lucky enough to call him a friend.

God bless.

— **Leslie Schmaltz**

My condolences Rhonda and to your family. Chris was as good as a man could be he will be missed but never forgotten Hugs to all. RIP.

— **Ward Johnson**

Lane and I are deeply sorry for your loss. You are all in our thoughts and prayers.

— **Danielle and Lane Dosch**

God Bless You and your family and surround you during this trying time. You are not alone.

— **Dennise L Dedman**

Rhonda, Brooklyn, Wyatt & Jake; our thoughts and prayers are with you all during the difficult time. I will always remember meeting you and Chris as you and I hurried toward the biggest bottle of red wine at the Lumsden marriage retreat. I know Chris was a kind family man and that he will be deeply missed by so many. Our hearts are broken for you and the kids.

— **Laura & Chris Desautels**

Brenda, Fred and family - Our most heartfelt condolences for your loss. May the love & support of family and friends and your faith in God help you during this difficult time. Our thoughts and prayers are with you.

— **Susan & Reynold Hinger**

Our condolences, Fred , Brenda & family.

God Bless you all

— **Tony & Jeannette Marasco**

Rhonda and family,

I was so sorry to hear of your loss. You are such an amazing person - fun, strong, smart - and I know that you and Chris created an equally amazing family together. I don't know any words that could bring real solace at this time, but know that there are a lot of people who care about you, are praying for you and will be there to help you out.

My deepest sympathies,

Kara

— **Kara Shabatoski**

Brenda and family.. we are so sorry for the loss of your son, husband father... may the many wonderful memories you all have of Chris be a comforting peace..

You are in our thoughts and prayers.. Bill & Zoria Shumay

— **Bill Shumay**

As a mom, I can't begin to imagine losing a child. Fred and Brenda, my heart goes out to you and Chris' beautiful family. You all have been in my thoughts these past few days, and I pray for the peace and understanding that will carry you all through this difficult time. Chris was yours for a short time, but memories of him will continue to live on with each and every one of you.

— **Judi Coombes**



<https://www.myalternatives.ca/obituaries/helman-chris>

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