

Tonya-Lee Nina Hyer

JANUARY 19, 2020

Tonya-Lee Nina Hyer passed away at her residence on January 19, 2020 at the age of 45. Tonya was born in 1974 in Regina, Saskatchewan, along with her twin brothers Ron and Les. Together the triplets would bring years of happiness to their parents Rodney and Jeanne. Tonya was full of love and laughter. She was often called the leader of the pack and was referred to as Sargent Major due to her bossy attitude towards her brothers.



At the age of 6 years old Tonya became a little mother hen to her baby brother Shawn. In family photos she can be seen cuddling and swooning over her little brother. As a child Tonya enjoyed music and sports. She was a decent little trumpet player and a timid soccer player who often ran away from the ball.

In her teenager years, Tonya had a fierce obsession with Wilson Phillips, and often played their two biggest hits on repeat.

As an adult, Tonya spent many days enjoying one of her favorite past times which was Mixed Martial Arts. She was well loved in the MMA community. Tonya fought a hard battle with addiction, and for 10 amazing years she was an ambassador to those struggling with addiction. She was a councillor at the DTES Woman's Center, and a case worker and group facilitator at Talitha Koum. All of this made her an integral part of the recovery community. She had such a huge heart, and even in her adult years she still displayed those mother hen qualities. Tonya made

many life long friends along her journey, some of which she lost to drug addiction but many who won the battle and that made Tonya so very proud.

Tonya is survived by her mother Jeanne Hyer, step father Ken Bernard, and brothers Les, Ron (Nicole), and Shawn (Aylene) and various Aunts, Uncles, and Cousins. She is preceded in death by her beloved father Rodney Hyer and her grandparents, Les and Betty Hyer and Roland and Lucille Dumont. She also lost Bev Halpin and Starr, they were both dear friends (more like family) who were instrumental in helping Tonya beat her addiction.

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

You are invited to leave a personal message of condolence for the family.

Messages of Condolence

Our deepest sympathy to all of you at this very difficult time. We were never fortunate enough to know Tonya, but I know we would have loved her as we love you all. Hugs

— **Judy and Ron Warren**

We could not have lost a more beautiful soul. I will always carry her in my heart and be reminded of her kindness and determination while helping others every single day. She was leader, a true friend, my sister :) xoxi

— **Maya**

We have known Tonya since the day she was born! Our children grew up together and went to school together! We have many pictures of all the children playing together! She will be missed

— **Sally and Keith Haysom**

So sad to hear about your daughter Jeanne. I've been seeing your posts and my heart hurts for you and your family

— **Leanne Dedekker**

So sorry for your loss to you and your family. My thoughts and prayers are with you. Marilyn

— **Marilyn Black**

I'm so sorry to hear of her passing. Jeanne, you and your family are in my thoughts and prayers.

— **Alanna Brady**

My name is Marie and I am married to Roy Mattson. I am a sister to Rodney's father Les Hyer.

Although I never met Tonya, I am sorry to hear of her passing. I met Ron and Les at a family wedding several years ago. I always felt that the triplets were special because they were born on my birthday - October 23.

I enjoyed reading about Tonya and I am so sorry that she was so young and still had so much life to live before her passing.

My condolences and heartfelt sadness for your loss.

— **Roy Mattson**

RIP my only sister, be with God now. I respected you for your truth speaking. It's rare to have that. Love you Tonya

— **Shawn Hyer**

My deepest sympathies and condolences to the family of this awesome woman. Even though I didn't have to meet her in person Shawn spoke about her with the deepest respect and love. Take time to heal and know that she is still with you in other ways. Nature will show you that she is fine. As I finish off please hugs to all.

Love and prayers☐

— **Rachel Hunter**

So sorry to hear about your loss Shawn and family. Praying for peace and justice.

KBI

— **The Rutherford's**

We are very sorry to hear of your sister's passing. The bond between siblings can be so special.

Praying for you and your family. Take care.

— **David & Deanna Pearce**

May your sorrows be replaced with joy

and special memories

Thoughts and prayers for all of you

— **Vivian crumly**

I'm so sorry about Tonya.

— **Lynda Solowinski**



<https://www.myalternatives.ca/obituaries/hyer-tonya-lee-nina>

Printed on June 3, 2026