

Helen "Gail" Kriwokon

MARCH 21, 2020

It is with great sadness we announce the passing of Gail Kriwokon (nee: Gillanders) at the age of 81 years. She is lovingly remembered by her son, Brent and grandchildren Ben, Sean and Jill; and son, Pat (Jenny) and grandchildren Jake and Leroy.



Gail was born in Saltcoats, Saskatchewan. Her father was a banker and the family lived in various communities on the prairies. As a child, she loved playing sports, and Sunday afternoon drives with her father, visiting family and friends on their farms. In high school, she met the love her life, Dick Kriwokon, while playing basketball. Their courtship lasted through high school, and after both began their respective careers, in electronics and nursing, they married and settled in Regina. They had two sons, Brent in Regina, and Pat in North Battleford, before they moved and made their home in Cranbrook. Gail loved Cranbrook, and made many lifetime friends and great memories. She was a happy, proud, sports mom, always cheering for her kids, the home team kids, and even the billet kids who frequented her household. She took up golf and competitive bridge, where she truly excelled. She loved gardening, and her yard reflected this passion. She loved to travel, and the north shores of Maui, Hawaii, became her favorite place. She enjoyed cooking, camping, music, house parties, and her connections with family and friends both young and old. Her husband Dick developed lupus, and after an extended illness, died in 1983. Gail returned to nursing, took extended trips to both Australia and Africa, and always spoke highly of those lifetime adventures. Gail loved hockey,

and was a true fan of the Cranbrook Colts, and later the Kootenay Ice. Always a true sportswoman, Gail is remembered for always cheering for both sides, wishing success on all competitors. Gail loved dogs, and always had a family pet in her years in Cranbrook. In her last decade, health issues, led to her leaving Cranbrook to be closer to her kids and grandchildren in Calgary and Airdrie. She continued to be a proud Grandma, sharing many interesting stories with family, and continued her interest in her grandchildren supporting their hockey, lacrosse, volleyball, basketball, 4H and fiddle. If friends so desire, memorial donations can be made to kidsportcanada.ca

Messages of Condolence

It was with sadness that we learned of Gail's passing. On behalf of the RGNH Grads, please accept our heartfelt condolences.

With Sincere Sympathy,

Linda Bachmann (on behalf of the RGNN Alumnae)

— **Linda Bachmann**



<https://www.myalternatives.ca/obituaries/kriwokon-helen-gail>

Printed on June 3, 2026