

Helen M. Shannon

FEBRUARY 8, 2018



Helen M. Shannon passed away suddenly Feb 8, 2018 at the age of 70. Helen will be lovingly remembered and deeply missed by her husband, Allan; children, Kristina (Christian), Alene (Delaney), John (Anna) and grandchildren, Jake, Oliver, Lily, Elise and August. Helen was born in Oyen, Alberta on June 7, 1947 to Willy and Harvey Cummins. Helen was a loving, genuine and selfless Wife, Mother and Gram. Helen had an exceptional and accomplished academic and professional career which was still ongoing. She valued her colleagues and the activities they shared. Always learning and inspiring those around her with her focus on the next step. Helen was the foundation of her family and filled an active and exceptional role in their current lives. She vibrantly pursued an active and healthy lifestyle. Travel, Cooking, Hiking, Curling, Golf and Yoga were just a few of the leisure pursuits she enjoyed. Friends and extended family were a priority in her life as she always dedicated time and energy to social engagements, clubs and family gatherings. No immediate service is planned; a gathering in her memory may be planned in the summer months. In lieu of flowers, the family requests donations go directly to the Heart & Stroke Foundation - a cause for which she fundraised and canvassed for, over many years. Helen was always "off doing something", looking forward, looking towards the horizon and the joys of what was to come.

Messages of Condolence

A beloved colleague and a warm and calm influence to any in the room, would be how I would describe Helen. She was always smiling and easily likeable. Helen was enthusiastic in her profession and always exuded competence, intelligence, and professionalism. I remember her for her encouragement, words of love for her family (especially her beloved grandchildren) and her support of her children. I bought a lot of her daughter's jewellery, because it always looked so appealing on Helen. A model mother and a loving wife and grandmother...these would be her greatest achievements. But, us simple folk got to love Helen in the workplace. Thank you God for gracing us with Helen, may she grace Heaven and be eternally at peace.

— **Wendy Porter**

I am so sorry to learn of Helen's sudden passing - such a vibrant, fun, sparkingly intelligent soul I had the pleasure of knowing through UTI & beyond. Please accept my sincere condolences for your tragic loss.

— **Jane Churchill**

I am very sorry to hear of Helen's passing. I taught her yoga at yoga shala and innovate calgary. She will be greatly missed. My love to family!

— **Christine Cox**

Please accept our sincere condolences to your family for your loss of Helen your wife, Mother, and Grandmother. She was very proud of her whole family and their lives.

I enjoyed the two years we curled together. Helen was always smiling, positive, calm and hard working.

She will be missed and remembered.

My thoughts and prayers are with you at this time.

— **Louise Marcinkoski**

Al and Helen have been long time friends of ours.

In recent years Helen joined Joan's book club and we enjoyed sharing books and visits where Helen shared stories of her travels and family events.

Our condolences go out to you as she will leave a void in all of your lives. Take comfort in the memories and good times you all had together.

— Joan and Lyle Pagnucco

Our heartfelt condolences to your family. Her vibrancy, warm smile and infectious optimism will be forever remembered. Our thoughts and prayers are with you.

Avik, Farnoush, Naya and Zarek

— Avik Dey

Helen was a force ! We truly cherished so much , all the fun times and laughs we shared together over the years. She was such a gift to us all, and my wife Candece and I , will truly miss her. It is so sad when someone so vibrant and full of energy and a zest for life is taken too early from us. Our thoughts and prayers go out to all Helen and Alan's family and friends at this time.

Bob and Candece

— Bob and Candece Chaisson

Dear Al and family,

Our deepest sympathy to all of you. Helen will always be remembered deep in our hearts, for all the good times we had(and we had many). She was certainly an inspiration to our family and her zest for life will never be forgotten. She truly was a great friend. God Bless, Mitch, Kathleen, Aaron, Christie and Lucky

— Kathleen and Mitch Fulmek

Alan and family, we were so terribly sorry to hear of Helen's passing. You will miss her very much. Condolences to you all. Dave & Merlyn

— **Dave and Merlyn Basaraba**

Alan, and your family

We were sorry to hear the sad news of Helen passing away. She was too young to go. Helen will be sadly missed by all that knew her. Our condolences to you all .

Dave & Merlyn

— **Dave & Merlyn Basaraba**

We send you all our deepest sympathies and most heart-felt condolences. Your mum was softened at the edges but tempered with a spine of steel - an amazingly strong woman with a big, beautiful smile! She greeted everyone with a warm hug, a gentle heart and always made everyone feel like family.

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"I will look after you and I will look after anybody you say needs to be looked after, any way you say. I am here. I brought my whole self to you. I am your mother." -

Maya Angelou

— **Chris, Jenn, Alyssa & Gage Ferguson**

Please accept my deepest condolences to Helen's cherished family and friends. I had the pleasure of curling with Helen for a number of years at both Garrison Curling Club and then at Inglewood. As skip and vice-skip her and I shared a strong sense of competitiveness and determination to play better (and of course, win) which made us kindred spirits and good friends. I am so shocked and sad. This world has lost a lovely person.

— **Claudette Cyr**

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— **Claudette Cyr**

My deepest sympathies to you all. Helen was a beautiful soul who will be dearly missed. Having the pleasure of working with her at UTI and calling her friend ever since, even if we hadn't spoken in a while. Helen helped me through some tough times in 2013 and it was always a pleasure to speak with her and catch up periodically with what was happening in our lives. I still owed her a lunch...damn!

— **Sandy De Vos**

To Al and family. Peter and I send you our deepest condolences in the loss of Helen. You can never prepare yourself for a loss such as this. Helen was such a wonderful lady. Taken from you way too young. She will be missed by so many. Thoughts and prayers for all. Memories are beautiful.

— **Doreen Sawatzky**

Dear Shannon Family,

I hope the wonderful memories you have of Helen, as well as the love and friendship you have around you, will support you during this time.

I did not know Helen well, but found her to be a warm and comforting soul. May she rest in peace.

— **Del Simon**

We will miss Helen. She was a wonderful family advocate, always including and inviting us to share her home and her wonderful home cooked meals. She always had time for a visit, a hike or to share a glass of wine or a cup of coffee.

— **Ed and Rita Shannon**

My deepest condolences to Allan and family for the sudden loss. Helen and Allan were an inseparable team for as long as I can remember and her passing will be deeply felt.

— **Phil Miller**

Helen Cummins and I were best friends when we attended school in Standard. We graduated in 1965 and Helen was the valedictorian. After we finished high school we moved to Calgary to a basement suite in Rosedale where I went to secretarial school and Helen went to University. She soon met Allan and the rest is history. We didn't keep in touch as we should have but I was saddened to read of Helen's passing. Rest in peace my old friend.

— **Laurie Michie**

I was very shocked and touched on hearing about the passing of John's mother and Alan's wife. Although I had never met her, but have several wonderful stories and nice instances to recollect through our son Vinay, John's good and long time friend. My wife Hansa and I convey our deepest sympathies to Alan, John and the entire Shannon Family on this sad and sudden irreplaceable loss. May God rest her soul in peace, and provide the required strength during this time, and beyond, to the Shannon Family to bear their sudden loss and cherish Helen's life within your lives. Amen.

— **Chhagan Bharadia**

Dear Al and family: I would like to express my sorrow to you and your family at the loss of Helen. She was a true lady and a lovely person. My sincere condolences.

— **George Springer**

Dear Al and Family: I would like to express my sorrow, at the loss of Helen, to you and you and your family. She was a true lady and a lovely person. My sincere condolences.

— **George Springer**

Allan, I am so shocked and so sorry to hear of Helen's passing. I always enjoyed our visits and greatly appreciated Helen's astute take on things. My thoughts and prayers are with you and the kids.

— **Linda Miller**

Dear Al and Family,

I am so saddened to read that Helen has passed away. Please know that you are in my thoughts and prayers. I do hope that you all will find comfort in the closeness of your family and be comforted by all of your wonderful loving memories. It is many years since our time at Crescent and I don't know where you are living now but perhaps we'll run into each other this summer in Sicamous.

Blessings to all of you,

Fran

— **Fran Cormack**

I knew Helen from her work at the University of Calgary. She was so friendly and supportive of the people around her. I know she helped me in numerous ways. I was saddened to hear of her passing. I extend my sympathies to all of her loved ones.

— **Anita Arduini**

I am very sad to hear of Shannon's passing and I offer my sincere condolences to her family.

I greatly enjoyed working with Helen in the tech transfer community and always appreciated her intelligence, competence, and confident collaborative style. She helped build our community and the University system and will be missed.

— **Derek Gratz**

Our deepest and sincere condolences to the Entire Shannon Family (Al, Kristina (with Christian), Alene (with Delaney), John (with Anna) and the four grandchildren - Jake, Oliver, Lily, Elise and August. My her many marvellous memories continue to live on forever! JR

— **JR Smith**

I'm so sorry to hear of Helen's death. Sending my love & prayers. Helen was always loving & caring. In book club she always had insightful comments and encouraging words. I know I'm late expressing my sympathy but I only just heard.
Yb2w73

— **April Colleen Wannamaker**



<https://www.myalternatives.ca/obituaries/shannon-helen-m>

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