



**REMEMBERING**  
**Shiela Howard**

April 1, 1949 - July 19, 2019



It is with our deepest sorrow and regret that we announce the passing of our beloved wife, mother, nana, and great nana, Shiela Mae Howard Born April 1st, 1949 in Smithers B.C. to Carl & Myrtle Mortenson. After a long courageous battle with cancer she left us on July 19th, 2019.

Shiela is survived by her loving husband & life long companion Les of over 50 years. She is also survived by Son's Kevin (Julie), Will (Ruby), Trevor (Kylie), Cory (Brandy) daughters Kellie (Gary), Susan (Lon). Brother Art (Myrna), Jim (Marylou), Sister's Karen (Ray), Jean (Tim), Louise (Bill). 10 grandchildren & 9 great grandchildren & many beloved nephews and nieces and numerous caring friends. Shiela was predeceased by her parents Carl & Myrtle Mortensen and brother John.

Shiela was a devoted wife, mother, sister and nana. Family was very important to her...always. Having raised all her children and all the extended family she adopted from the neighborhood the Howard family grew more and more over the years. She welcomed them all. For those that knew her not just to family, but everyone who had the pleasure of knowing her throughout the Taylor Drive neighborhood and beyond those boundaries she was known as "Nana ". No matter where she went she opened her heart in full to anyone who needed it. She was an avid gardener and loved spending time with her family and enjoying the outdoors. Early years were spent on the lake enjoying family outings on the boat and just getting together with family and friends whenever possible. At home the doors were always open to you for whatever you may need. She enjoyed many crazy rope swings under the apple tree with all her grandkids/great grandkids as well as neighborhood kids or chatting on the road just for a few minutes with the mom's & dad's. Her raspberry patch and garden were always a topic of conversation, she was always sure to have fresh veggies or treats on hand from everyone.

She spent many years enjoying everything life had to offer from joining groups to reading to school children and her early years of " Mom & Me " programs with her younger 2 boys, then moving on to " Beavers " & " Cubs " also the desire of making

hundreds of sandwiches to feed the local hockey players. As well as housing them. Her main focus over the last few years was being healthy and getting lots of exercise so she decided to take up dragon boating with our local team The Kootenay Rhythm Dragons. Who knew that joining this team would be the best thing she ever did as she formed many close friendships with all her team and when diagnosed with breast cancer 2 years ago this team stood by her 100% and became one of her many strong supporters throughout her journey. Shiela did it all.....never once asking for help!

Her work career was a long one which involved many hours of dedication. She worked many years for the BC Forestry Service and at that time also a dedicated support to the North Shore Fire Hall as wife to the at the time Fire Chief Les Howard she became the #1 Lady of the fire hall. From there she moved more into the emergency services sector. She dedicated well over 20 years of service to firefighters, search & rescue & several other emergency personal. This is also where her journey became what she always wanted a program to help with victims of trauma (The Critical Incident Program). She fought many late hours & months of dedication to get this program going and keep it on its toes. She knew she had to do something to help relieve some stress & trauma that could result in affecting lives of those emergency service members or their families .She wouldn't stand by and do nothing. She knew it would take everything she had to fight for the program, many hours of volunteered time went into this and in the end "success ". From there she dedicated time to be on call no matter the time or day. She then moved into training others who she referred as " family " to take over her legacy of the program. She had so much respect for the members of her team and she knew what she passed on was in very good hands. Even in her final days this was talked about on a daily basis as we sat and listened to her tell us all about when she started this and what she had built and the highest respect she had for her team.

We would like to express our sincere thanks to our wonderful family and friends for their love and support through our difficult time. We would also like to thank Dr.Malpass, Dr.Mieske & her cancer team including nurses she had in her final days and throughout her journey.

Celebration of Life & Reception

to be held on September 7th at 2pm The Church of Jesus Christ  
of Latter-day Saints 222 Richards St West, Nelson, B.C.

In Shiela's Memory..... Donations can be made in Shiela Howard's name at KLH  
Foundation, Nelson, B.C.

