



In Loving Memory of Helena Heran

May 29, 1930 - February 2, 2024

Helena Heran (Čížková), a woman of strength, love, and unwavering independence, passed away on February 2, 2024, surrounded by her children. Born on May 29, 1930, in Czechoslovakia, Helena embarked on a journey filled with love and family.

Helena's youth, spent tending geese and working on her family's farm, instilled in her a profound appreciation for hard work and a lasting connection to the land, shaping her identity for a lifetime. In 1968, Helena, alongside her beloved husband and children, made the courageous decision to immigrate to Canada, seeking freedom and a better life for her family. Throughout her life, Helena was a pillar of love and support for her family, embodying the roles of a devoted mother, grandmother, and great-grandmother with grace and warmth.

Helena's spirit was as vibrant as her love for music, dancing, and the joy she found in the kitchen. She was a culinary artist, delighting her family with the aromas of her traditional Czech dishes and sweet treats. Helena was an advocate of the simple pleasures in life, finding joy in spending much of her time gardening and cultivating beautiful flowers. Her love for travel was evident as she explored the world, always returning to her homeland, where her heart remained deeply rooted.

Her grandchildren and great-grandchildren held a special place in Helena's heart, being the source of her pride and joy. She cherished the moments spent with them, imparting wisdom, sharing stories, and creating cherished memories that will endure through generations.

Helena Heran's legacy is one of love, resilience, and a commitment to family. She leaves behind her brother Karel, her children Frank, Helena and Milan, grandchildren Jitka, Petr, Helen, Joseph, Yvette, Anna, Emilie, Eliska, Brandon, Tylor, Manon, Michele, Justin and Robyn and great grandchildren Adam, Leila, Arya, Saron, Ruth, David, Veronika Viktor, Eva, Nicolas, Sophie, Henry, Orlando, Levi, Olive, Stella, Arthur, Alma, Nolan, Payton, Charly, Carson, Madison and Peyton.

A celebration of Helena's life will be held on February 17@ 11am at 152 Bradford Street in Barrie. In lieu of flowers, the family kindly requests donations be made in Helena's honor to The Ottawa Czech School Children's Program (a non-profit organization teaching Czech language, traditions and culture). You can e-transfer donations to skolaottawa@gmail.com and in the comments write Helena Heran legacy.

May her soul rest in eternal peace.

