



REMEMBERING
Helen Beggs

July 10, 1943 - May 22, 2021



Helen Beggs, born July 10, 1943 at King's Daughters Hospital in Duncan, B.C., passed away peacefully at home at the age of 77. Helen was predeceased by her parents Ellis and Marion Fredrickson, her sister, Dorothy, and son-in-law, Robin Kerrone. She will be forever missed by her brother, George (Pam), and her loving children, Kelly (Colleen), Gayle, Shelly (Rick), Brad (Marni), and Rodney (Raquel), along with her niece, Donna, and many close friends and family members. Helen cherished her grandchildren, Randy (Rachel), Janelle, Lindsay, Cameron, Kevin, and Emily, and great-grandchildren, Jack, Ben, Conner and Keegan, and made sure they never left Nana's house without a full stomach and a box of her famous carrot muffins, shortbread cookies, and home-made mac and cheese. In her golden years, Helen enjoyed cooking for her loved ones, going on casino trips and travelling with her friend Harry. Please help honor Helen's life by enjoying a good meal in the company of friends and family.

