



Helen McGregor

May 28, 2008

IRON MOUNTAIN - Helen McGregor, 59, editor and co-owner of Mrs. McGregor's Fiftyplus Newspaper, passed away on Wednesday, May 28, 2008, at the Dickinson County Hospital in Iron Mountain.

McGregor was well-known across the Upper Peninsula for her efforts spotlighting issues facing adults over 50 years of age and her strong support for women in business.

Known to most as "Mrs. McGregor," her paper and editorials were read by thousands of people in the U.P. every month. Her publications included Mrs. McGregor's Mature Citizen, which later became Mrs. McGregor's Fiftyplus, and U.P. Woman Magazine.

With more than 16 years in publication, the Fiftyplus monthly paper grew to become a primary source of "senior" information to people in the U.P. "Helen was passionate about providing news and information to her readers that celebrated their lives," said Attorney Robert Anderson, of Anderson Associates of Marquette. "She was adamant about quality of life, and sharing stories and articles that focused on improving that quality for people over 50. She was a woman who lived each day to the fullest, and refused to be defined by her age."

Helen grew up in Traunik (Alger County), the oldest of eight children of Tony and Marian Knaus. She graduated from Eben High School in 1967 and attended Northern Michigan University. Her passion for writing began as a small child, and never waned. In a sixth grade essay, she wrote that she wanted to be the editor of a newspaper some day, and in 1992, fulfilled that dream.

Deciding that there was an "information void" in the Upper Peninsula for people 50 and over, she started her own newspaper and called it "Mrs. McGregor's Mature Citizen."

In 2003 the name was changed to Mrs. McGregor's Fiftyplus. With the new moniker, the paper grew and prospered. Filled with vital information for baby boomers, it also featured one of the things McGregor treasured most; humor. As an Upper Peninsula native, she was familiar with her audience and worked tirelessly to provide the type of information, advice and perspective she felt they were looking for.

McGregor was appointed to and served on the Marquette General advisory board from its inception in 1994 until 2008. She was an active member of the North American Mature Newspapers Association, and actively promoted businesses and organizations that served the Upper Peninsula's senior community.

"Helen was a complete joy to be around, all of the time," reflected husband, Ken. "She was dedicated to her profession, but had a gentle and caring nature. She always put others first. Most people didn't realize it, but for the last six months, the majority of the papers were produced in hospitals in Michigan, Florida, North Carolina and Wisconsin. In fact, the current (May issue) of Mrs. McGregor Fiftyplus was produced completely in room 805 of St. Joseph's Hospital in Marshfield, Wis. It was important to her to be near her loved ones,

but her readers also came first and she wasn't about to let them down."

The May edition of Mrs. McGregor's 50plus featured, as it did each month, "Life as I See It," an editorial by Helen McGregor. Her last words to her devoted readers included, "As I look back at these 16 years of my life this "baby" as I call her, I look back on a career filled with tremendous opportunities and blessings. I feel as if this publication is a part of who I am and what I still want us to achieve together. Aging in the Upper Peninsula is tough. I want to be a positive part of making it easier for all of Mrs. McGregor's Family. Have a wonderful month of May. There is so much to celebrate."

The May publication can be viewed in its entirety on <http://www.mrsmcgregor.org>.

Helen McGregor is survived by her best friend, soul mate and husband Ken McGregor; their son, Capt. Jason Rabideau (Jeanette) USAF Creech AFB, Nevada and her two golden retrievers, Max and Molly. Helen is also survived by six brothers and sisters, Pat (William) Porter of Traunik, Tony (Kathy) Knaus of Traunik, Connie Miller of Aberdeen, Wash., Jerry Knaus of Munising, Robert (April) Knaus of Escanaba and Paul (Laura) Knaus of Eben; two stepdaughters, Jill McGregor Hainline of Great Falls, Va. and Katy McGregor Gaietto of Arlington, Va.; and numerous nieces and nephews.

She was preceded in death by her parents and by her brother, John. Visitation will be at the Erickson-Rochon & Nash Funeral Home in Iron Mountain on Sunday from 5 p.m. to 8 p.m.

A funeral service will be held Monday at 10 a.m. at Holy Trinity Episcopal Church, 221 West B St. in Iron Mountain, with Fr. Charles Piper officiating. Immediately following the service, there will be a "Celebration of Helen's Life"

event at the Blind Duck Inn on Cowboy Lake in Kingsford.

Burial will be in Cemetery Park.

Condolences to the family of Helen McGregor can be expressed online at www.ernashfuneralhomes.com.

The family has entrusted the Erickson-Rochon & Nash Funeral Home of Iron Mountain with the funeral arrangements.

Tribute Wall

JD

“ Ken, Jason, and family, You all have ment so much to me. Helen will always be in my heart as will you. Some of my happiest days have been with all of you, words can't explain.

Jason DallaGrana - June 03, 2008 at 12:00 AM

JM

“ To the family of Helen Mcgregor. My thoughts and prayers are with you. Helen and I became great friends during our freshman year at NMU, being I was from Trenary and she was from Eben great rivalry. I was her maid of honor and I will treasure our frienship even though we lost contact over the years. Great memories riding around in my 1961 Chevy Impala and a couple bottles of Boones Farm getting to know the back roads of Trenary and Eben. She will be missed by everyone. Joyce Matula

Joyce(Carlson) Matula - June 02, 2008 at 12:00 AM

TS

“ To the family of Helen (Knaus) McGregor:

I am so saddened to hear of Helen's passing, and wanted to convey my sympathy. I grew up in Traunik with the Knaus family and simply idolized Helen and her sisters. She was the type who, even as a teenager, would talk to us "younger girls" and mentor us during our awkward years. I have never forgotten that. I noticed that she was helping others in a similar fashion via her newspaper.

Please know that there are many of us who will miss seeing her, yet many of us who will remember such good things when we will think of Helen.

You are all in my thoughts.

Tammy Shega

Tammy Shega - June 02, 2008 at 12:00 AM

LK

“ *Helen was always like a ray of sunshine no matter how bad she was feeling. You would never know that she went through so much suffering because she positively glowed, inside and out. She will be missed so much and will never be replaced. Ken, just know she is at a place where she will suffer no more, and she will be keeping a watchful eye on you until you can be together again.*

Liz Koller - June 02, 2008 at 12:00 AM

SM

“ *Ken and Jason, are thoughts and prayers are with you. Please accept our apology for not being with you's at your time of sorrow. Helen always lit up the room with her smile and we will always remember her for that. She was always so positive and looked at the bright side of things. We will miss her greatly. All of our Love. Sue and Bob*

Sue Johnson & Bob Masters - June 02, 2008 at 12:00 AM

SM

“ I'm sorry to hear that Helen has passed on. My deepest sympathy goes out to her entire family. I graduated from Eben High with Helen.

Sherry Moore

Sherry Moore - June 02, 2008 at 12:00 AM

JS

“ Jason, I think of you often and all of the great times that we had growing up together since Kindergarten. Your mom is such a great woman and will continue her greatness from heaven. Love and prayers to you and your family. -Jessica (Laux) Schwieso

Jessica (Laux) Schwieso - June 02, 2008 at 12:00 AM

TM

“ Dear Ken & Jason:

Although I was not able to attend the services, my thoughts and prayers were with you.

I want you both to know how much I cared for Helen and I remember all the wonderful times we had at and outside of the agency. You both took me "under your wings" and helped me turn a job into a life long career and I can never thank you enough.

I will miss Helen.....as will everyone who knew her! Tina Mott

Tina Mott - June 02, 2008 at 12:00 AM

TM

“ Uncle Ken, Jason, Mom and family..
I am so very blessed to have spent time w/ Auntie this last year.
Aunt Helen had a beautiful spirit w/in her of which I will truly miss.
With all of our love and prayes-Tisa, Andrea, and River.

Teresa Miller - June 02, 2008 at 12:00 AM

HG

“ I am sorry for your loss. I would have been at the funeral but got the
time mixed up. Helen and I had some fun times in High School.
Being with her was always an adventure for me. She was so out
going and I was so quiet. I remember the dances we would go to
and the basketball game trips on the bus. She was always fun to be
around and a great friend. Even though I haven't been in close
contact with her for many years, I always knew she was there. I will
Miss her...Ann Hawley Atherton and Rusty

Helen Mc Gregor - June 02, 2008 at 12:00 AM

RG

“ For Helen's family, it seems she was a blessing to all of you, and I
am saddened by your loss. I never met Helen except through her
wonderful newspaper and up/down articles - uplifting and down to
earth. I will miss her enthusiasm and wisdom and am sure many
other readers will, too.

Ruth Greer - June 01, 2008 at 12:00 AM

KL

“ My deepest sympathies to all of Helens family. I graduated with her
in 1967 from Eben High School and can tell you she was always
smiling and fun to be around.

Karen Lake

Karen Lake - June 01, 2008 at 12:00 AM

DK

“ Dear Ken, Max, Molly and family- Always a friendly hello and a smile that dazzled the world even with all of those trips to the hospital. Helen never complained no matter how she was feeling. You have let me into your lives and your hearts. You have trusted me with Hellen's most precious Max and Molly. Helen has been an inspiration for me. I will always cherish her memory. Love, Debbie

Debbie from Maple Leaf Kennels - June 01, 2008 at 12:00 AM

BO

“ All of the Oberstar's wish to send our prayers and condolences to all of Helen's family. She was a wonderful woman and is going to be missed. We are unable to come for the funeral but want you to know we are thinking of all of you and Helen at this time.

becky oberstar - June 01, 2008 at 12:00 AM

SP

“ Jason, I wish I could be there to hug you in person! I know there are no words to make this time easier for you, but please know you and your mom are being thought of and prayed for by me and many, many others. Much love to you and your family! Sara

Sara Panian - May 31, 2008 at 12:00 AM

AF

“ Dear Ken and Jason,

Hello my dear men. I am sending my love and prayers to you both during this time. It has been a few years since I have seen you all, but you are often in my thoughts. Helen was such a wonderful, amazing woman - she was my second mom when Jason and I were in high school and I loved her dearly. I love you both as well. Angela

Angela Freeman - May 31, 2008 at 12:00 AM

DS

“ Dear Family of Helen McGregor:

I am so very sorry for your loss. Helen was such a free spirit in high school (along with her sister Patsy). She smiled, laughed and seemed to love life. That spirit rubbed off on the rest of us.

Donna (Parkkila) Silta - May 31, 2008 at 12:00 AM

SN

“ *I am so sorry for your loss. I felt very honored to be in Helen's articles for my Troops projects. She was a very kind lady, and I enjoyed speaking with her on several occasions. God Bless your family. Sherry Nutt, K.I. Sawyer*

Sherry Nutt - May 31, 2008 at 12:00 AM

DS

“ Dear Ken and Family:

We have known each other for such a long time, since the 1960's, as a matter of fact. In that time, we have shared so many special occasions. They are in my memory today and I am treasuring them. I know that, having lost Bill in much the same manner as Helen has left you, that her smiling, laughing face may not be what is uppermost in your mind at this time. Do try to remember that image as much as possible, for that was so much of what she was. She brought so much joy into this world and I thank her for that.

My thoughts and prayers are with you and I send you love and peace. Darlene

Darlene Strand - May 31, 2008 at 12:00 AM

MB

“ Jason and family, It seems like yesterday that we were at your wedding watching how proud your parents, especially your mom, Helen, was. Her smile and positive attitude will always be remembered. May you find comfort in her wonderful memories.
Love-Matt and Anne Brantman and family

Matt and Anne Brantman - May 31, 2008 at 12:00 AM

BR

“ the family of helen sorry to hear of your loss, I grew up with helen my sister graduated with her, and I with her sister and brother in 1970. one can never forget her beautiful smile, and her friendly ways, and knowing her fight with the cancer, she was in treatment with my dad in Marquette and he passed away in October of 2003, she was a great friend and wrote great articles, again sorry of your loss and a friend to me Bill Rinnemaki

bill rinnemaki - May 30, 2008 at 12:00 AM

DB

“ Dear Ken and Family

So sorry to hear of Helen's passing. She certainly gave it a good fight. My thoughts and prayers are with you and your family.

*Most Sincerely,
Dahl*

Dahly Bosley - May 30, 2008 at 12:00 AM

S(

“ My prayers and thoughts are with you Ken, Jason, and family during this sorrowful time. I have so many happy memories of working with Helen and of seeing you both recently. May you find comfort in your memories. Sue Van Loon (Leggitt)

Sue Van Loon (Leggitt) - May 30, 2008 at 12:00 AM

JL

“ Ken and Family,

I'm so sorry for your loss. Over the years, I spoke with Helen a number of times. In every one of those conversations, I found Helen to be caring and compassionate. Her love for people and her work are traits that endeared her to so many. She's an angel on earth and will be missed terribly. My thoughts and prayers go to you and your family.

Jim LaJoie - May 30, 2008 at 12:00 AM

DH

“ Dear Ken and family. I loved Helen as a sister. In fact we always called each other sisters. She had a big heart and was always be willing to listen to whatever you had to say. Last week after I found out that she was not doing well I called my brother Steve Hakkola and told him. He too said that he will always have fond memories of Helen. When we were young kids living in Michigan Helen (and her sisters) would often be our babysitters when our parents would go out. It was always fun to have her sit with us. She was a fighter, and I am so proud of her. She never gave up. My love and prayers are with you and Jason and the family. Debbie

Debra Hakkola-Dealy - May 30, 2008 at 12:00 AM

LQ

“ *Mr.Ken and family,
Scott and I both loved Miss Helen very much ..She was beautiful
inside and out..I was also praying a long time for you both and will
continue praying for you.God Bless your family and we are all truly
Blessed for Helen touching our lives , such a role model and a
positive person always!..She was an angel here on earth and now is
again with her Creator...Please know that she loved you all so much
and with everything in her...*

Lucy Quick - May 30, 2008 at 12:00 AM

DM

“ *Ken and Family,
I wrote for Helen and had the privledge of getting to know her both
at the hospital at over the phone. I have been praying for her daily
for a long time. Recently Ken, you told me she wasn't doing very
well, I continued to pray and some extra. I do hope her passing was
peaceful and pain free.
If there is anything I can do please feel free to let me know. If you
need help with your publication, and there is anything I can do, I
would be happy to help. Feel free to call me at home at 774-7810
anytime, leave a message if I am not there.
God Bless!
Love, Diana L. Miller*

Diana L. Miller - May 29, 2008 at 12:00 AM