Howard was born on December 25, 1923 in Cape Croker Ontario. He was the eldest son of John Cheechoh and Lizzette Ada Jones of Cape Croker, Ontario. John and Lizzette Jones, married in April 1923, had three boys and five girls. The family, who were members of the United Church of Canada, had already been hit hard by the death of three of their children in 1944. In June 1945, only Vernon Jones and his sisters Margaret, Gladys and Vera Jones were still alive. The Jones family was First Nation and belonged to the Ojibwe tribe. Howard therefore spoke Ojibwe Indian in addition to English.

Howard attended school until he was 15 and graduated grade 8. When he enlisted in the army on July 7, 1943 in Toronto, Howard was a truck driver.

He received his basic training in Dundurn, Saskatchewan. and on February 17, 1944 he was sailed to the United Kingdom. There he was further trained and promoted to sergeant. On June 10, 1944 he was transferred to France to be deployed at the front. He was wounded there on July 29, 1944 and was sent back to a hospital in the United Kingdom. Howard reembarked in the United Kingdom on September 15, 1944 for the transition to France. He then took part in the further advance of his regiment The Queen's Own Rifles of Canada through NW Europe.

Howard was killed on Wednesday, April 25, 1945 at the age of 21 during the fierce battle of Leer in NW Germany. He was temporarily buried in Heide NW Germany before being reburied on March 27, 1946 in Holten

On his gravestone: IN LIFE, LOVED AND HONOURED IN DEATH, PRECIOUS MEMORIES LEFT BEHIND

His medals were: 1939-45 Star; France Germany Star; War Medal; CSVM & Clasp.

