

# Frederick Laurence Cote

APRIL 16, 2019

It is with heavy hearts that we announce the passing of Frederick Laurence Cote (Whitehat). Fred passed away peacefully on Tuesday, April 16, 2019 at the early age of 39 years surrounded by his wife, his family and his friends.



He was predeceased by his maternal grandparents Agnes Rose Whitehat, Patrick Flamont and Ronald Kequahtoway; his paternal grandparents Melvina Cote and Leo Quewzance; Uncle Patrick Whitehat and special extended family Sheldon, Shane, Chico, Sosa and Sara Spotted-Eagle.

Freddy is survived by his wife Nicolle Cote; children Tanis Desjarlais (Dakota), Colby Cote, Tianna Pelletier, Kiera Pelletier and Syncere Whitehat; grandson Riley and granddaughter Darla; mother Natalie Whitehat, father Fred Cote Sr., grandmother Flora Kequahtoway; siblings Metallie Whitehat, Heather Dieser, Stefan King, Desmond Whitehat, Ryan Whitehat, Valmarie Pritchard, Alice Pritchard, Kaleb Pritchard, Abigail Pritchard, Anthony Pritchard and Ryan Matatchuk; special siblings Ryan Varley, Leighla Desjarlais and Myrna Thompson; as well as numerous aunts, uncles, cousins, nieces, nephews and other special friends.

Fred's family would like to give a special thank you to the ICU Staff on the second floor at the Pasqua Hospital for making Fred's last days comfortable and manageable for him and for their kindness to his family during their time of loss.

Traditional Wake will be held on Tuesday, April 23, 2019 at 6:00 p.m. in Genesis Hall, 1165 Pasqua Street, Regina, SK. Funeral Service will be held on Wednesday, April 24, 2019 at 11:00 a.m. in Genesis Hall. Interment will be held at a later date. Flowers most gratefully declined. Those so wishing may make a donation, in memory of Freddy, to the Canadian Diabetes Association

## Messages of Condolence

Rest in peace ..you'll always be a friend of mine.. my heart goes out for you and your loves ones..

— **Jackie**

Rest easy bro. You will be missed and never forgotten. Hugs and prayers to his wife and kids

— **Jasmine S**

Two months and seven days ago you took your last breath on this earth.... two months and seven days ago I lost my best friend, my children lost their dad and my grandson lost his Mushum... two months and seven days ago I heard your voice for the last time, I held your hand for the last time, I stared into your beautiful big brown eyes for the last time. Two months and seven days ago, I heard you tell me you loved me for the last time..... two months and seven days ago my whole world was flipped upside down and changed for the worst.....

Two months ago today, your wake began and I began to prepare myself for our final goodbye.... I prepared myself to comfort our children, I prepared to begin the rest of my life without you. Two very long, very lonesome, very painful months ago, I prepared myself to send you on your journey home to the spirit world and also prepared myself to say goodbye to the woman I was up until Tuesday April 16, 2019 at 8:30PM exactly, when that woman died with you because you took such a huge piece of me with you when your heart stopped beating....

Two very long, very trying, very heartbreaking months ago, I had to say goodbye to everything I once knew.... I had to say goodbye to my best friend, my protector, my shoulder, my support, my right hand, my go to, my comfort..... Despite KNOWING in my heart, that

You are no longer in ANY kind of pain, you are no longer suffering, you are no longer hurting... it doesn't ease the pain I feel everyday knowing you're never coming back Fred.

I need you so bad right now! Our two beautiful babies need you, our grandson needs you, our granddaughter will need you once she is born in a few weeks.... we all just need you. We need your unconditional love and support, we need your advice, we need your arms to hold us and tell us it's going to be ok, we need your contagious laugh and your cheeky ways.... Fred we just need YOU.

April 16, 2019, a HUGE part of me died when you died and I don't know if I will ever be able to find myself again.... it's only been two months but these two months

feel like two eternity's Fred....

— **Nicolle Cote (Wife)**

i miss you so much dad

— **Tanis Desjarlais**

I miss you cuz I can't thank u enough all the times u saved my ass in the streets u always knew what to say or do in situations we were in to get out of.

Love you my brother

— **Wesley**

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<https://www.myalternatives.ca/obituaries/cote-frederick-laurence>

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