Margaret Rose Frederick

SEPTEMBER 9, 2022

It is with great sadness we announce that Margaret passed away peacefully, surrounded by the love of her family near and far, on Friday, September 9, 2022, at the Pasqua Hospital in Regina. She was 91 years old.

Margaret was predeceased by her parents Mary and Michael Grendovich, her husband Frank (1999) and older brother, Jim (2015). Left to cherish her memory are her children Fred (Sheryll Golden) of Richmond, Virginia; Ken (Denise) of Regina; and Joanne of Regina. She is also survived by two sister-in-laws: Pat in Vancouver, BC, and Sheila in Saskatoon. Mom is also survived by two dear cousins Mary and Ella in Calgary, and numerous nieces, nephews, relatives and friends, including her lifelong friend, George Thompson, who was like a brother to her.

Mom was born on July 31, 1931 in Bienfait, Saskatchewan, and grew up in a coal mining community nearby owned by the M & S Coal Company. She went to Taylorton School, which was located between M & S and Taylorton, and attended school up to grade 11.

While living at home she met Frank Frederick, originally from Humboldt, who ran the trains that carried coal to nearby communities. They were married on June 20, 1953, and moved to Unity, Saskatchewan, a short time later. They eventually made their way to Regina and built a home, family, and beautiful life together.

She loved being a stay-at-home mom and was entirely content with managing all the details and responsibilities that came with being one. She took great pride in all that she did, whether it was making a delicious meal, hanging clothes outside to dry in the breeze, or planting and tending to the garden, flowers and yard. Mom was always generous with her time, attention, and other resources. So many wonderful memories include the food that Mom cooked, baked and prepared...all generously sprinkled with her special ingredient, Vitamin L (love). Her borscht and Italian meatballs are legendary.

After Dad retired, he and Mom were able to enjoy time in Mesa, Arizona, for many winter months and also travelled throughout Canada and the USA. She continued to enjoy travel with her children for many years after Dad passed away. Some of the destinations included Las Vegas, Virginia, Vancouver, Mexico and Havana, Cuba.

Mom was a purveyor of the simple things in life: routine, predictability, regular phone calls with family and friends, reading the Leader-Post every day and solving the Jumble, laundry on Monday mornings, getting her hair done on Fridays, and only mustard on hotdogs. She loved the Blue Jays, Riders, Montreal Canadiens, carrots, potatoes, raw onions, perogies, geraniums, peonies, her neighbours, her grand-dog, Anne Murray, waltzing with Dad, Benny Hill, Mr. Bean, and a nip of

Scotch. Believe it or not, she had the same stove and fridge for over sixty years and both were in mint condition! Most of all, she loved Dad, their three children, and their partners.

Mom lived in the house that she and Dad built on Minto Street until August 2021, when she moved into Marian Chateau. Although it was tough for her to leave her home of over sixty years, she settled into her lovely suite and started making new friends. Unfortunately, her health continued to decline and Mom needed additional care and support. She resided at Trinity Manor for the last few months before being admitted to Palliative Care at the Pasqua Hospital.

A heartfelt thank you to the following people, places and organizations:

- Mom’s dear friend, Marian, who accompanied her to appointments, called, visited, sent cards and letters, and was so very thoughtful;
- Mom’s neighbours on Minto Street who kept watchfully caring eyes on her for many years, which helped allow her to stay in her home for as long as possible;
- The various Home Care Nurses who cared for Mom;
- Everyone at Marian Chateau;
- The staff at Trinity Manor, who cared for Mom during her worst of times;
- The M.A.I.D. program, for offering an end to her suffering, which was not enacted due to the rapid progression of her decline
- The wonderfully compassionate and skillful Palliative Care Team.

A Celebration of Life will be held at 1:00 p.m. on Saturday, September 17, 2022, at the RCMP Heritage Centre. Interment will happen, on an undetermined day before the celebration of life, with only family attending.

In lieu of flowers, donations to the Hospitals of Regina Foundation or a charity of your choice, in honour of Margaret, will be appreciated.

Messages of Condolence

Sorry to hear about the passing of your mom. Our deepest condolences.

— Annette, Warren & Brooke Lister

I was saddened to read of your loss. While I read this, I thought of my own mom, also named Margaret, and how, in many ways, their lives were identical: the Jumble, the Blue Jays, the simple things in life. Your mom’s was a life well lived, and she was well loved. May your memories wrap you with comfort and peace.

— Robin Clark

My thoughts and prayers are with you.

— Janet Benesh

Joanne & family, deepest condolences on the passing of your mamma bear

— Mandy Frohlick

Joanne and family,
We met Marg as a neighbor on Minto street way back in 1992 and always enjoyed seeing and talking with her.
She had an ever-present smile with a twinkle in her eye and kind words as we shared updates on the kids and neighborhood activities. Derek and Kelsey grew up knowing her house as a safe place to go if they ever needed it, and on Halloween was always the first stop to show their costumes. She is/was a wonderful spirit who will be missed.
Peace and hugs to you.

— Dianna, Rob, Derek & Kelsey Graves

My deepest condolences to the family and friends of Margaret Hugs Joanne.

— Michele Foss

Dear Joanne & Family

So sad to hear of your Mom's passing. Margaret always phoned me to see how I was doing after my Mom passed. I will miss her calls. Always loved our family times at the lake.

Love Lorraine & Frank

— Lorraine Moffitt

Dear Joanne and family, I am very saddened to learn of the passing of your mom/grandma. I have many fond memories of her from my childhood/youth. She was a very loving, wonderful lady. Please accept my condolences, Ed Lehman v

— Ed Lehman

Ken,Denise & Family

May your happy memories give you peace and comfort during this time. Deepest condolences to you and your family for your loss.

— Dana McNeil

Dear Ken and Denise,

We are so sorry to hear of Margaret’s passing but a wonderful life she lived. I’m so glad we were able to visit with her on her trips to Vegas. Hugs and love to both you and Denise.

— Matt, Jenn, Lola & Ella