

# Alice Mary Frigon

JANUARY 14, 2019

Alice passed away on Monday, January 14, 2019 at the age of 82 years. She left us peacefully after a short illness. Alice was predeceased by her husband Joseph Frigon; her parents Stan and Augustine Henry; sisters Mary, Freida, Gwen and Doreen; brothers John, Robert and Wayne. Left to honour her memory are her children Valerie (Rick) D'Andrea, Garry (Pam),



Deb (Marc) Roussel, Ron (Loretta), Cheryl (Rick) Healey, Gene, Dale, John (Denise), Tarl (Leanne); numerous grandchildren, great-grandchildren, brother Raymond Henry, nieces and nephews; as well as extended family, friends and neighbors; and her long-time special friend and prayer partner Betty Harmatiuk. Mom married Dad on Friday, June 13, 1952. They settled in Regina to raise their family. Mom was Dad's right hand. When he was in the construction business, she did it all. Secretary, parts delivery, and thought nothing of staying up nights to help with mechanical repairs to his caterpillar tractor. They were a team. Together they enjoyed camping and fishing. She was never too tired to treat us to a late-night fish fry. Mom's joy was her family. She had a strong belief in our Lord Jesus Christ which helped her through difficult times. She always enjoyed having children around so she and Dad surrounded themselves with nine children of their own. We in turn brought them grandchildren. Family and friends could stop by anytime for a visit, coffee or a meal. Mom had a special talent for sewing. She made wedding gowns for her three daughters. She also did custom sewing for many years. She was so meticulous that her garments could've been worn inside out and still look great. Our family wish to thank the staff on 4A and 3A Palliative

Care Units at the Pasqua Hospital for the genuine care and respect given to our Mom. Graveside Service will be held on Friday, January 18, 2019 at 1:30 p.m. in Riverside Memorial Park Cemetery, 815 Assiniboine Avenue East, Regina, SK. (meet inside cemetery gate at 1:15 p.m.). An informal gathering will be held following the graveside service at Huston Heights, 702 Sangster Blvd., Regina, SK. In lieu of flowers, pay for a stranger's coffee.

## Messages of Condolence

Ron and Loretta...Our thoughts and prayers are with you and your family.

— **Cliff and Debbie Sagel**

Our thought's and prayers are with you all.

Isabel, and the Kline Family

— **Dolores Ann Kline**

We are so very sad for your loss. Moms are heart and soul of a family. We will carry our memories of Alice close in our hearts.

— **Bob and Nina**

Auntie Alice you made all of us feel special when we were around. Always a quick smile and a laugh that was genuine and full of love. You will be missed so much but never have you or will be far from my heart.

— **Ed Frigon**

Ron, Loretta and family. Our thoughts and prayers are with you during this difficult time. You have an angel watching over you.

— **Jen & Rob**

My condolences to the Frigon family. I'm Alice's great niece, Doreens Grand daughter. Alice was always welcoming to me and my family I wish I could have made it to say my final goodbye.

— **Kym Reichert**



<https://www.myalternatives.ca/obituaries/frigon-alice-mary>

Printed on June 3, 2026