

Lindy-Lou Frigon

APRIL 13, 2025

Lindy-Lou Frigon (née Lansdell), aged 73, passed away peacefully on April 13, 2025, in Regina, SK surrounded by her family and an unmeasurable amount of love.

Our hearts are heavy but we are comforted knowing that she is now with our father and her husband, George. Flowers are gratefully declined, however a donation to the Regina Humane Society in honour of our mother is very appreciated. (Full obituary to come).



Messages of Condolence

My heart is extremely heavy, but I know she is in the arms of her mom and husband. You definitely wrote yourself a difficult journey here full of many lessons. You were always there for me in every milestone. The childhood memories that I have are ones of a strong and loving aunt with an amazing sense of humor. Camping, sleepovers, edmonton, ET, star wars coloring books, and an extremely clean house with bleach. Your homemade bread, holiday meals, poker, and summer parties will always be my favorite memories. I have all of our text messages Auntie, and my favorite one was when you said, "No matter what, always remember that Auntie Lindy loves you". Thank you for everything you did for me. You were an amazing Aunt, wife, mother, grandmother, and person. Our lives will forever have a hole in them without you. I'm so glad we got those few hours of great reminiscing where I was able to thank you and tell you how much I loved you. We reminisced and shared a lot of laughs and tender moments. Uncle George told me that he was coming to bring you home. I will forever be grateful for that message to be able to say goodbye in person. I will cherish those moments forever. I'll see you on the other side when my journey here is done. I will love you forever. Rest in love ☐

Love Always, Kristy Lee here full of many lessons. You were always there for me in every milestone. The childhood memories that I have are ones of a strong and loving aunt with an amazing sense of humor. Camping, sleepovers, edmonton, ET, star wars coloring books, and an extremely clean house with bleach. Your homemade bread, holiday meals, poker, and summer parties will always be my favorite memories. I have all of our text messages Auntie, and my favorite one was when you said, "No matter what, always remember that Auntie Lindy loves you". Thank you for everything you did for me. You were an amazing Aunt, wife, mother, grandmother, and person. Our lives will forever have a hole in them without you. I'm so glad we got those few hours of great reminiscing where I was able to thank you and tell you how much I loved you. We reminisced and shared a lot of laughs and tender moments. Uncle George told me that he was coming to bring you home.

I will forever be grateful for that message to be able to say goodbye in person. I will cherish those moments forever. I'll see you on the other side when my journey here is done. I will love you forever. Rest in love ☐ Love Always, Kristy Lee

— **Kristy Holliday**

My hearts and prayers are with the family. Lindy (mom) is in peace now and home with George. ☐ Love always and never forgotten.

— **Aaron Massey**

Sorry to hear about the passing of Lindy-Lou. Your entire family were great neighbors. May she rest in peace. Let the memories of your parents help you doing this difficult time. Bill & Shelley Becker

— **Bill & Shelley Becker**



<https://www.myalternatives.ca/obituaries/lindy-lou-frigon>

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