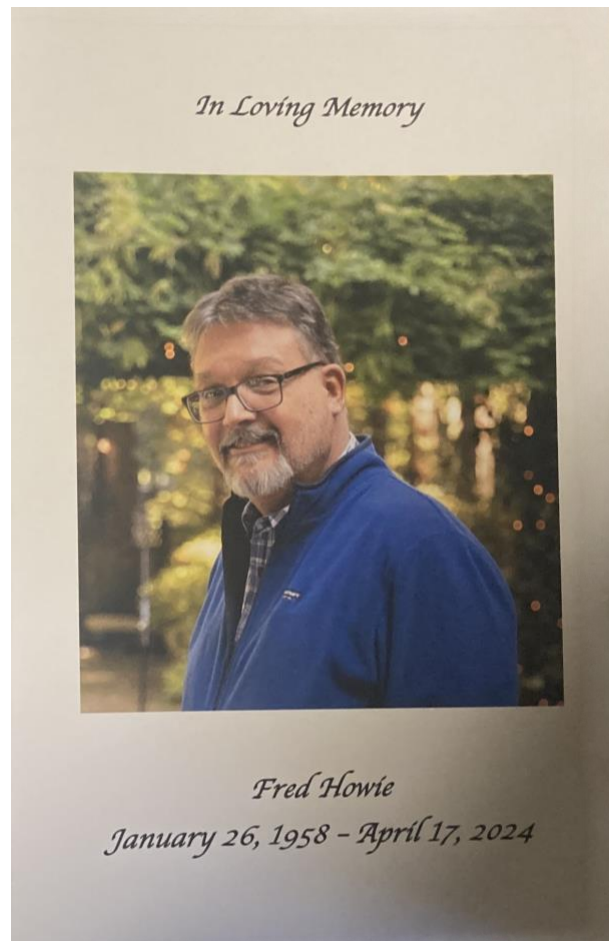


FRED HOWIE

January 26, 1958 – April 17, 2024



Frederick Edward Howie was born on January 26, 1958, in Vancouver, BC to parents Fred and Rose. Fred spent his early years in Vancouver and became a big brother a few years later when his sister, Betty was born.

In 1965, the family of 4 moved to London, Ontario where they lived for the next 12 years. They would move around quite a bit, and Fred recalled going to a handful of elementary schools while growing up. Sometime around 1971, at the age of 13, Fred joined Sea Cadets and would go to camp each summer on the West Coast. During this time, he discovered his love for the West coast. Fred said he would be moving to BC after he graduated in 1977 and so they all moved back to Vancouver.

Upon moving to Vancouver, Fred found a job as a security guard, and started attending the shoe repair program at VCC. He later started working at VCC, and then moved over to Langara College and worked in the bookstore for many years. He migrated over to the shipping and receiving department where he stayed for quite a few years as well. In 2001, he moved to the purchasing department where he would stay until his retirement in 2019. He had been at Langara for 38 years.

In 1988, Fred met Regina who was working in the Langara cafeteria at the time. He passed her a note one day, and so their story began. They were married on July 1st, 1990, and their daughter, Devon, was born in 1993.

Over the last 15 years or so, Fred had been discovering more information about his family history, and getting to know about more relatives, including his half-brothers John, Bob and Greg, and half-sister Sharon. Bob, Greg, John's son Harley, and Harley's family have also become big parts of Fred's life, and they had been spending more time getting to know each other.

Fred had many hobbies, including sketching and painting; origami; ropework and knots; leatherwork; and taking pictures. Fred's parents were in a bowling league, and he bowled with them for many years. He also built Devon a guitar, which is here up front.

Fred had various health issues that popped up over the years, including a prostate cancer diagnosis in 2016 that was still being monitored, as well as a couple different kinds of arthritis. In the fall/winter of 2023, he was doing a routine checkup for some of his other health concerns, and it was discovered that there was something on his pancreas. After many, many tests and lots of poking and prodding, Fred was diagnosed with pancreatic cancer that had spread to his lungs. A CT scan on March 1st showed blood clots in his lungs, which resulted in being admitted to the hospital, where he would stay until his passing in April. The ups and downs and constant discovery of new things meant that the start of chemo kept getting delayed. chemo never ended

up getting started. as Fred's body was not well enough to withstand the toll that chemo was going to take.

On April 16th Fred had a bit of a scare, and then was back to himself by the following day. On April 17th, 2024, while Regina and Devon were visiting, Frederick Edward Howie went home to be with our Lord. He is predeceased by parents Fred and Rose: uncles John. Fred. Frank. and Stan; brother John: and nephew Pat. He is survived by wife Regina; daughter Devon: siblings Betty, Sharon, Bob and Greg; and many more cousins, nieces and nephews.

Fred's gentle nature and quiet demeanor were a big part of who he was, and many people remember his big bear hugs and sneak attack shoulder rubs.

He will be forever loved, deeply missed, and never forgotten.

*We appreciate your love, prayers, and support over
the last few months, and especially now in
the last few weeks.*

*Thank you all for coming to celebrate Fred's
life with us today. Your presence means so much to us.*