



REMEMBERING
Alfred Kenneth Cook

February 2, 1934 - January 3, 2018



Fred Cook February 2, 1934 - January 3, 2018 Fred succumbed to his declining health these last few years. He was plagued with a variety of ailments but always rallied back. This was not to be on January 3, when he peacefully let go while napping in his favourite chair and was lovingly attended by his partner of 30 years Ann Hrynyk. Fred was born in Kelowna and raised in Oliver, BC. During his younger years, he participated in the school band playing the trumpet. He was in all sports, his favourite as a pitcher for the hardball teams competing in small towns in the Okanagan. Fred arrived in Powell River in 1952, ready to make his fortune at the paper mill. After 10 years in the finishing room department, he took an apprenticeship as a pipefitter and retired after 40 years at the mill. In 1958, he married and had three children who loved their dad very much. He was always so proud of them and his three grandchildren, encouraging them with his positivity. Ann's children and grandchildren were always welcome and showed concern and interest in his life as well. He built a lovely house almost single handedly. Fred was the youngest of 11 children; his sister Viola in Comox is the last remaining sibling. Fred's love of boating took him to many destinations "up the coast" and to Savary Island, where his young family have lovely memories. Trapshooting and hunting were other passions so he had many trips up north, some successful, others not so, but he enjoyed his partners company, too. Of course music took an integral part of Fred's time. He played chromatic harmonicas and entertained along with his band buddies at a variety of venues in town, including the outdoor farmers' market, Blackberry Festival and our seniors homes for more than 15 years. For a time he was a member of the Old Time Fiddlers association in Courtenay, playing at the dances and parties there. Ann and Fred were snowbirds for 20 years and made many friends in Yuma, Arizona. He loved the indoor and outdoor "jams" and was constantly invited to play. He even took up the mandolin. They made numerous

side trips in their motorhome in the United States, Alberta and BC. Their highlight was a trip to Australia, including a two-week bus tour of its east coast and snorkeling on the Great Barrier Reef. In recent years, Fred's health was failing but he still enjoyed his coffee-group friends at A&W; thanks guys! We so appreciate the efforts especially of Dr. Elliott and Dr Hoffert, Dr. Takhar, staff at the lab, hospital pharmacy and Rexall pharmacy staff for their kind participation in his medical journey. A celebration of life will be held on Saturday, January 13, at 1 pm at the Legion Hall. In lieu of flowers, donations can be made to Powell River Hospital Foundation, prhospitalfoundation.com, 604.485.3211 extension 4349.

