

Col. Charles Sydney Frost, Jr.

June 21, 1922 – August 6, 2009

The Colonel has joined his beloved RMC, PPCLI and RRegtC comrades. His wife of 61 years, Margaret (nee Cabeldu) is comforted by their children Norman, Janet, Catherine and their 7 grandchildren. He is survived by his brother, Robert and sister, Vyvyan. Many thanks to Dr. A. Nielson, Sunrise, RJH Richmond Pavilion and the Lodge at Broadmead. Although born in St. John's, his father's career in the Bank of Nova Scotia took them across Canada for his education at Nutana Collegiate in Saskatoon and later Saint John High School. The abbreviated 1942 RMC officer's course sent "2761" with the PPCLI to Italy and the Netherlands. Twice wounded in action, the miraculous Basingstoke surgery held for a lifetime. After marrying Margaret in Saint John, they moved to Toronto where he graduated from Osgoode Hall in 1949 and they started a family. He practiced law with Tilley Carson but later opened his own firm in 1953 achieving Queen's Counsel in 1960. Partner and friend, Alan Redway joined the practice in 1966. In 1947 he began a reservist career with the Royal Regiment of Canada. His years as Commanding Officer 1959-62 rebuilt the regiment. In 1981 as Hon. Col. 1974-1982 they attended the Royal Wedding. Beyond his lifelong service to the PPCI and RMC, he served Mercedes Benz, Havergal College, and the Royal Canadian Military Institute. After the Granite Club moved closer to their Bayview Wood home, Col. Frost regularly reviewed the dining room menu from his usual seat. He revisited the graves of his WWII comrades on many pilgrimages and cherished his European friendships. In his retirement years he wrote *Once a Patricia* (1988), *A Life Worthwhile* (1994) and *Always a Patricia* (2004). They loved playing tennis, swimming and hosting family in Long Boat Key and PEI. Striving for

excellence was his lifelong pursuit as an athlete, soldier, lawyer, author or musician. He was astonished when bands played his military marches and delighted his grandchildren by composing songs.

Private burial in Mount Pleasant Cemetery in Toronto.

A Celebration of the life of Col. C. S. (Syd) Frost will be held on Saturday, October 3 at 3:00 pm at the Royal Canadian Military Institute, 426 University Ave, Toronto, ON. tel: 416-597-0286.