

Frona Eileen Colquhoun

November 28, 1914 – March 14, 2010

Surrounded by love, Frona left her physical body on Sunday, March 14th. Though bed ridden for the last while and very tired; when alert we could still get a chuckle. Thanks to Lydia, her live-in caregiver; Elsa, weekend relief; and an amazing support system, Frona got her wish to die at home. Capable loving care was provided in her familiar surroundings, thanks to the Home Care Nurses, particularly Dana and Tina; Dr. Ted Rosenberg and staff; the Red Cross Equipment Loan Service; and Beacon Community Support Workers.

Frona leaves behind three cousins Al, Jean, Verna and their families; along with a large circle of friends and students. For over 50 years, she made her living as a musician and music educator. She enriched this work with her passion for the “study of life”. After retiring, Frona continued to educate through her writing and informal ‘counselling’ sessions over tea. Frona’s spirituality was inclusive and universal. Over the years, she explored a variety of paths resonating strongly with the work of Rudolf Steiner. We all experienced first-hand one of his beliefs: “As the physical body ages, the soul body becomes ever more blooming”, and we thank Frona for showing us how it’s done; through sheer strength of will she persevered and learned the lessons life brought her way.

Frona started her teaching career in Regina, Saskatchewan during the Depression. She performed as the principal violist in Regina’s symphony and with the University of Saskatchewan’s String Quartet. In 1962 she moved to Victoria winning acclaim for her pioneering work with the Suzuki Violin Method. She retired from performing and teaching in 1985. In 1998 she was nominated for A Women of Distinction Award in the Lifetime Achievement Category.

A service to celebrate Frona's life will be held at Cadboro Bay United Church, 2625 Arbutus Road, Victoria, B.C. on Sunday, April 11, 2010 at 2:00 p.m. In lieu of flowers, contributions may be made in Frona's name to Hospice or a charity of your choice.