

Sheila Ann Fast (née Parkhurst)

Sheila Ann Fast (née Parkhurst) passed away peacefully at home on May 15, 2024 at the age of 82. She is survived by her adoring children: Peter Fast (Beverly Hutchinson); Katherine Little and her husband James Little; Richard Fast and his wife Maureen von Tigerstrom; and Adrienne Fast. Sheila was a proud grandmother to six grandchildren: Nicole, Ethan, Liam, Keira, Naomi, and Oliver.

Born in Belleville, Ontario, Sheila was one of 12 children born to James and Ethel: Gordon, Eurithe, Alvin, Bernard, Eunice, Norma, Charles, George, Lawrence, Ross, Sheila, and Judy. She also had a loving family through marriage to Eric Fast, including brother-in-law Rudi and his wife Lee, and sister-in-law Leola. With so many siblings and in-laws she was loved by many nieces and nephews and their families. Aunt Sheila's house was the site for many happy gatherings.

After marriage she lived in Moose Jaw, Saskatchewan, before settling in Victoria with her children in 1979. She lived in the same house in Cadboro Bay for the rest of her life.

Sheila studied nursing in Montreal before proudly serving as a military nurse in Germany. Upon her return to Canada she worked as a dedicated nurse in both pediatrics and geriatrics. She especially loved working as a private nurse for the elderly in the latter part of her career, and her patients inevitably adored her. Sheila was a garage sale queen and never missed clipping coupons and spending hours going through the weekly flyers in the Saanich News.

Despite her busy schedule as a single mom of four children and being a full-time nurse, Sheila always found time for a creative hobby. Although she resisted being called a natural

artist over the years, she became an expert in paper tole, sewing, genealogy searches, scrapbooking and she loved baking and Sunday night dinners. Her favorite activity was spending time and caring for her children and grandchildren. Mom could always be counted on to drive the grandkids to swimming, soccer and attended every dance or music recital, school play, swim meet and baseball game.

Sheila lived on Maynard street for 45 years and was a loyal Saanich resident, always shopping at Peppers for her favorite Haggen Diaz ice cream and the pharmacy for Rogers chocolates. Her younger sister Judy Parkhurst lived with Sheila for 28 years and if you ever wanted to start a fight over a Sunday night dinner, we just had to vote on what was better, lard or shorting in a pastry dough. Judy predeceased Sheila in 2021.

Sheila's had lifetime friends and they were with her during this journey after her stoke in 2022. Our family is grateful for your support and visits. The family also wishes to express our gratitude to the care aids and hospital staff at the Victoria General Hospital.

Mom never told us who was her favorite, but she was certainly ours.

A Memorial Service will be held in the Sequoia Centre at McCall Gardens, 4665 Falaise Drive, Victoria, on Monday, May 27, 2024, from 2:00-4:00pm. Flowers are welcome, and can be delivered to McCall Gardens in the morning of the 27th.

Condolences may be offered to the family below.

McCall Gardens

www.mccallgardens.com