Sheila Fraser

Sheila happened to be born at home in Ottawa on April 19, 1926, third daughter of Nora and Maurice Gauvreau. She had two older siblings Maureen and Robert and she died at Victoria Hospice on September 14, 2020. As a child, she travelled across Canada from Victoria to Quebec City, to Halifax, and back and forth across to England many times. She attended catholic boarding schools and day schools in Canada and England. Her life of travel broadened her worldview and education. During her youth, she often sang on the radio ("The Way You Look Tonight") and for visitors to the schools. Sheila was raised in a navel family. Her Father Maurice was a cadet in WW1 and a Captain in WW2, brother Bobby was an officer in the Navy and Sheila was a Wren. Her Mother Nora, a multi-talented woman was an inspiration for Sheila! As a teenager, she was living at the Chateau Frontenac and met many dignitaries during the Quebec Conference. She travelled as a young adult to Europe with her parents, embarking on their round the world trip, however, this was cut short when her Mother became ill with heart disease. After being a Wren, Mom was able to retrain and follow her passion of acting and singing. She attended The Toronto Academy of Dramatic Arts with Lorne Greene and Lister Sinclair. Some of her classmates included Leslie Nielsen and et al. She received a Scholarship to attend the Pasadena Playhouse in California. Sheila met Donald Fraser in Victoria









who was in the Merchant Marine, Navy, Hydrographic Boats and latterly B.C. Ferries. Donald was mate and Captain on the Long Harbour route sailing on the Queen of the Islands, Queen Of Victoria and retired in Victoria. Retirement was bumpy as Dad



was on Kidney dialysis, which curtailed their retirement plans. They were married for 46 years. Living in Victoria and Saltspring Island she was involved with community theatre acting in many plays such as "Waiting For Godot", "The Bald Soprano", "The Sand Box", and "Plaza Suite". She had many supporters and won awards. She had a strong interest in justice issues, youth, learning and was a trustee on the Gulf Islands School Board for many years. She volunteered with the Legion as a younger woman and after retirement, senior peer





counselling. Mom was an eclectic lover of music, both classical and popular, lover of dancing, a lover of her books – mysteries, psychological, metaphysical, spiritual, and poetry. She watched PBS and KCTS programming and Jeopardy. She enjoyed crossword puzzles, scrabble, video games, and crib, all played with a competitive edge. They had dogs which they enjoyed walking. Sheila adored her family and her two girls Cathy, Heather and son in law Slav. As a Mom and housewife, there were many wonderful conversations, ideas and experiences at the dinner table. We admired her courage, compassion, kindness, sense of humour and quick wit. She was a patient listener. Sheila enjoyed her time at home, and thank you to all the helpers who made it possible: Dr Ted Rosenberg and Home Team Medical; Home Support: Beacon/ VIHA, (especially Linda); Homecare Nurses Dana and Maria; Victoria Hospice Staff"; Peggy, hospice volunteer and Nancy from Saanich



Volunteers; and others on her journey. We love you dearly and you will be deeply missed by family and friends.





A small service will be held at the gravesite Royal Oak Burial Park, Section Q on Tuesday, October 13, at 1 pm. Invitation to her home outside after service. Please bring a chair, mug, umbrella. In lieu of flowers please donate to Hospice, Salvation Army or Heart and Stroke Foundation. Your spark will be forever in our hearts. She would always say and remind us, “It was all about Love, Keep the Love, Love is the answer”.

Family Tree

Sheila Fraser (Gauvreau)
Daughter of Maurice Gauvreau & Nora MacHugh
Third Child
Siblings Maureen MacLeod, Robert Gauvreau,
Married Donald Fraser
Mother of Catherine Fraser & Heather Fraser Stasiuk (Slav)
Granddaughters, Elise Heard (David) (Great Grand children) Colton & Samara, Leanne Stasiuk,
Auntie to numerous nieces & nephews:
Nora Grove (Maggie), Richard MacLeod, Jeanne Berryman, Christopher MacLeod (Kathy), Colette MacLeod, (Barry), Brian Gauvreau (Connie), Tony Gauvreau & great-nieces & nephews: David Paul Grove, Haley Barker, Rachael, Collette Berryman, Cam & Megan MacLeod.
Relatives in Australia, Joan Smith (Richard), England, Scotland, South Africa, U.S.A.
Iain Fraser, Christine & Robin MacLaren, Sandra Mallard, David Mactavish, Tina Mactavish
Close Friends

Wendy Smith, Victoria, B.C. Dorothy West, Halifax, NS, Baruna Bhattacharjee, India, John Higginbotham, Monna Huscroft, Jean Morgan & Dan Thachuk, Arlene & Martin Anderson, Nora Grove & Maggie Sherlock, Judy Fries, Katlyn Pharis, Peggy Frank, Mary Ann Deacon, Nancy Deas, Bea Ellis, Christine, Suzy Harrison, Roman, Joyce & Paul Brunwald, Louise, Nancy, Philomena Broughton

Condolences may be offered to the family below.

McCall Gardens
www.mccallgardens.com