



REMEMBERING
Fredrick David Instant

March 8, 1944 - August 26, 2023



It is with heavy hearts that we announce the passing of Fredrick David Instant, who was born on March 8, 1944, in Gananoque, Ontario. Surrounded by his loving family, Fred peacefully departed this world on August 26, 2023, in the serene setting at Holmberg House Hospice Residence in Abbotsford, British Columbia. Special thanks to Home Care, Home Health, and Abbotsford Holmberg House Hospice for the care they devoted to Fred and our entire family.

Fred leaves behind a legacy of love, laughter, and cherished memories. He is survived by his devoted wife, Marilyn Instant (nee Stymest), and their three daughters: Carla Danielsson (Anders), Rhonda Pickering (Chad), and Tania Shelley (Bill Holloway). Fred's four grandsons, Hayden and Brady Pickering, and Maxwell and Lincoln Shelley were the apples of his eye, and he cherished every moment spent with them.

Fred's journey was paved by his parents, David Ernest Instant and Clara Louise (nee Wathan). His heart was forever imprinted by the fond memories shared with his beloved sister, Clara Jane Hessel (Robert), and he held a special bond with his brother, Ernest Instant (Elenore).

Professionally, Fred enjoyed time drafting with the Department of Highways, at Dupont of Canada, the Kingston City Fire Department, and settled into his passion-law enforcement with the Ontario Provincial Police. He retired as a Sgt in 1996 after dedicating his life to serving and protecting his community. His commitment to upholding justice and ensuring the safety of others was truly commendable.

While his professional accomplishments were remarkable, Fred's identity was beautifully intertwined with his roles as a father to his and Marilyn's girls and an avid outdoorsman. He approached fatherhood with unwavering love and support, nurturing his daughters into the remarkable women they have become. Fred's nurturing spirit extended to his love for the outdoors, where he found solace and joy in fishing, cycling, hunting, golfing, animals, and leisurely walks in

the embrace of nature. He also enjoyed movies and popcorn with his family, many vacations, and gatherings.

Fredrick David Instant's journey on this earthly realm has ended, but his spirit lives on in the hearts of those who knew and loved him. As we mourn his passing, we also celebrate the vibrant life he led and the joy he brought to everyone around him.

A celebration service to honour Fred's life will be held on Saturday, September 9 at 2 pm, at Calvin Presbyterian Church in Abbotsford, BC. In place of flowers, the family kindly requests donations be made to Holmberg House Hospice Residence in Abbotsford or the memorial garden at Calvin Presbyterian Church Abbotsford in Fred's memory.

Rest in peace, dear Fred knowing your family is comforted by each other and the knowledge that families are forever. Your laughter, your wisdom, and your gentle love will resonate within us until we meet again.

