Chow, Fon Kue

September 12, 2018



Fon Kue Chow

It is with a heavy heart that the family of **Fon Kue Chow** announce his passing at the age of 84 years on November 9th, 2018. Fon was born on October 25th, 1934 in Chung Hing Lee, Kwangtung, China and immigrated to Canada in 1951. He arrived in Vancouver, BC joining his father, Frank Chow and he eventually settled in Moose Jaw and began working at the Modern Cafe. He was a respected member of the community having served over 25 years in the healthcare industry as an Orderly with the Moose Jaw Union Hospital and as a Home Care Aide with Thunder Creek Home Care. In the early 1970's Fon went on to become one of Moose Jaw's most recognized athletes as he pursued bodybuilding at Pyle's Gym and competed on a national level with the Mr. Canada competition on more than one occasion. Beyond bodybuilding, he was a member of Moose Jaw's Wrestling and Bar Bell Club. In his athleticism, he went on to compete holding many provincial champion titles such as Powerlifting Champion, Weightlifting Champion, and Body Building Champion through most of that decade. Fon was a man of great admiration and will be

remembered by many as a man of grace, inspiration, patience, fortitude, compassion and so much more. He was a man of such dignity, integrity and the will to help those who were in need without question. He was a quiet man with immense dedication to hard work, values, perseverance, and humility. His life was full with loving family whom he was surrounded by. He is survived by his sister, **Elan** (Paul) and his children: **Kurtis**, **La Loni** (David), **April**, **Kathy** (Jason), **Christine** (Alex), **Kue Lynn**

(Shane), **Mei-Ling** (Kurt); 18 grandchildren: Joshua, Michael, Sage, Geordie, Alix, Jemma, Sally, Brooks, Darence, Marissa, Klaudia, Jaxon, Lakin, Bradley, Emily, Kyril, Katelynn and Samuel and 3 great grandchildren: Adley, Georgia and Abel. **To celebrate Fon's life, a Come & Go Memorial Tea will be held on Thursday, November 15th, 2018 from 1:00-3:00 p.m. in the Harvey Room at Moose Jaw Funeral Home.** In lieu of flowers, memorial donations may be made to the Moose Jaw Humane Society, Box 1658 Station Main. Moose Jaw, SK. S6H 7K7. Arrangements are entrusted to Moose Jaw Funeral Home, 268 Mulberry Lane. James Murdock, Funeral Director 306-693-4550

1.



Deb Urquhart on November 12, 2018 at 10:57 pm

Loni
I'm so sorry to hear about your dad. He was a great guy.
Deb

Reply

2.



Shirley Tillie on November 13, 2018 at 7:42 am

I am very saddened to hear of Fon’s passing.He was a man with a varied interests and a love for family and all others.I will never forget watching him at competitions back in the day.The look on his face with every win or near win,made us all understand why he competed. Deepest sympathy.

Reply

3.



Karen on November 13, 2018 at 8:51 am

Fon was a kind man. I worked as a nurse while he worked at the hospital. Fon was always willing to help in every way possible. He quietly did his work and was always there for you.

So sorry for your loss. He was a special man.

With sincere condolences.
Karen Smith – Williamson

Reply

4.



wayne cormier on November 13, 2018 at 8:58 am

Fon was a kind and caring friend. He was my first bodybuilding coach back in 1984 at Pyles Gym. Our thoughts and prayers are with you Loni and your family.
Wayne Cormier

Reply

5.



Shirley Lapointe on November 13, 2018 at 1:47 pm

I am so sorry to hear of the loss of your Father. I knew him through years of work at the MJUH and through Home Care. He was a very humble, gracious man who will be remembered by all who worked with him. I am very sorry for your loss. Shirley Lapointe

Reply

6.



Kerwyn Bostic on November 13, 2018 at 7:31 pm

Fon Chow was the Bruce Lee of Moose Jaw. He was funny, smart, and kind. I met back at the ymca in the nineties. I was just a teenager then. My dad met him back in Moose Jaw in fifties. Deepest sympathies to his family.

Reply

7.



Kevin Ewart on November 13, 2018 at 9:06 pm

Fon was truly one of the nicest guys I ever met. He was one of the athletes I admired the most when I first joined Pyles gym back in the late 70s when it was above Peerless cleaners on First Avenue, a guy who personified quiet strength yet was also very welcoming to newer members. He left a big impression on me and I also learned a lot from

him.

Reply

8.



Doug and Dianne Munroe on November 14, 2018 at 5:12 pm

To Kurt, Josh and Mike. Our deepest sympathies on the loss of your father and grandfather. May your memories help to soften the grief your are feeling. Doug and Dianne Munroe

Reply

9.



Michelle Novak on November 14, 2018 at 11:57 pm

You were a great father, Rest in peace uncle Fon

Reply

10.



Judy Quon on November 15, 2018 at 10:02 am

To Loni and the rest of the Chow families,
So sorry to hear about your father. My thoughts and prayers are with you during this time.
Judy Quon

Reply

11.



C. Singleton on November 15, 2018 at 11:07 am

Loni and the Chow families
We are so sorry for your loss, our prayers and thoughts are with you. Your dad kindness to us will never be forgetten.

Clara Singleton and Curtis Singleton

Reply

12.



Max Baldwin on November 17, 2018 at 10:53 am

I trained at the gym with Fon for many many years. He was an inspiration to and much admired by all us “younger” guys. A nicer person I have yet to meet. Heartfelt sympathy to the Fox and Chow families.

Reply

13.



Lewis Parsons on August 17, 2025 at 8:33 am

Had many chats with him at the YMCA he’ll be sadly messed way all rest in peace

Reply