

Frankow, Helen Elaine

August 29, 2022



Helen Elaine Frankow

It is with heavy hearts that we announce the passing of our dear wife, mother and grandmother Helen 'Elaine' Frankow (nee Mack) on Sunday, August 21st, 2022. Elaine passed away peacefully, surrounded by family, at the F.H. Wigmore Regional Hospital.

Elaine is survived by her husband of 60 years, Ed, and their three daughters: Kimberly (Barry), Rhonda (Lyle) and Dayna (Robert). She was adored by her seven grandchildren: Meah (Cam), Mitch (Maddie), Deiter (Kaitlyn), Carly (Jon), Laine (Ekatarina), Leah and Tyler. She is also survived by her three sisters: Marilyn, Caryn (John), and Norma (Doug); as well as brothers-in-law: Len (Loretta), Dave (Brenda) and Mike. Elaine was predeceased by her parents, her daughter Lana, sister Margaret, sister-in-law Debra and brother-in-law Len.

Elaine was born in Winnipeg, Manitoba, in September of 1939 to Helen and Thomas Mack. She grew up and attended school in Alonsa, Manitoba. Upon graduation, Elaine moved to Winnipeg where she completed Manitoba Teacher's College, which led to teaching positions in Kinosota, then Amaranth, Manitoba. In 1962, she married her high school sweetheart, Ed. Four daughters soon followed.

Ed's career with the RCMP took them to Ottawa, Gravelbourg, North Battleford, Moose Jaw and Sturgis, respectively. After Ed's retirement in 1997, they moved back to Moose Jaw where she resided until her passing. Although Elaine did not return to teaching, throughout the years she worked in a variety of capacities including banking, receptionist work and retail management. Through her work experience, she became meticulous with record-keeping and organization which continued throughout her life. Elaine was proud to support her community by becoming a board member for Diversified Services.

She was an avid curler in her younger years and always looked forward to watching yearly televised curling events. Many summers were spent at Lake of the Prairies where she treated family and friends to her catch of the day. Her fish fries were epic!

Elaine was blessed with a green thumb and always looked forward to gardening in early spring. Baking and cooking were also talents in which she excelled and enjoyed. Throughout the years she hosted many family functions where she went above and beyond spoiling everyone with their favourite dishes. Meals were often followed by card games or other antics accompanied with lots of laughter. She was always a good sport and could be persuaded by her daughters and grandchildren to try almost anything.

Elaine was a caring, humble woman who had the ability to appreciate and find beauty in the simple things. She always recognized the positive in others and lived by the virtues of honesty, kindness and acceptance. Although her passing has left a void in our family, we take comfort in knowing that her strength of character lives on in all of us.

"Although the song has ended, the melody remains."

The family will be holding a Celebration of Life at a later

date. We would like to extend our heartfelt gratitude for the compassionate care she received from the staff at the F.H. Wigmore Hospital, notably Deb, Joe, and Kelly. Arrangements are entrusted to Moose Jaw Funeral Home, 268 Mulberry Lane.

1.



Roger and Marianne Stewart on August 29, 2022 at 3:14 pm

Our deepest sympathies to Kim, Dayna and family on your loss. Our prayers and thoughts are with you all at this sad time.

[Reply](#)

2.



Dick Baum on August 29, 2022 at 3:47 pm

So sorry to hear of your wife passing away Ed.

[Reply](#)

3.



Lorraine Vetter on August 29, 2022 at 4:21 pm

Ed, Kim, Rhonda & Dayna. I am so sorry to read of Elaine's passing. It was fun to be your neighbour on Prince Cres. & bowling with Elaine on Wed. mornings was always a hoot!! We shared some good stories!!

[Reply](#)

4.



Carmen Kocsis on August 29, 2022 at 4:36 pm

Uncle Eddie, Kim, Rhonda and Dayna. Our hearts ache for your loss. Love you all. Sending hugs.

[Reply](#)

5.



Terry Phillips on August 29, 2022 at 6:04 pm

Ed, my deepest condolences on the loss of your wife.

[Reply](#)

6.



Carol and Robert Kohl on August 29, 2022 at 6:25 pm

Condolences to you, Ed, and your family. We only met her a few times but she was a lovely lady.

Not sure you will remember us, but I am Elsie's step daughter – Scotty's daughter.

[Reply](#)

7.



James Sinkewicz on August 29, 2022 at 8:42 pm

So very sorry to hear of Elaine's passing .There never seems to be words adequate enough to express out true sadness when we lose a loved one but we do the best we can and place our trust in the Lord our God . Please know that you will be in my thoughts and prayers at this sad and difficult time for everyone . Peace to all and God bless .

[Reply](#)

8.



Shannon on August 29, 2022 at 11:14 pm

Dana,Rhonda,Kim and Ed

My heart breaks for you all. My condolences to you all. I am so blessed to have known and been part of your family for years. Elaine was such a beautiful woman and had the most warming smile.

She will be missed♥☐

God bless..take care

Love Shan

[Reply](#)

9.



Brent Waldo on August 30, 2022 at 2:53 am

Kim and family::

So sorry for your loss. May you find peace knowing she

loved and lived well.

[Reply](#)

10.



Ron Gasper on August 30, 2022 at 12:27 pm

My sincere condolences to you and your family Ed in the loss of Elaine. She will be missed by all that had the honor of knowing her.

[Reply](#)

11.



Cheryle Burback on August 31, 2022 at 2:34 pm

Our thoughts are with you at this time. Cheryle, Cam and Curt Burback

[Reply](#)



Brenda Reilly on September 4, 2022 at 8:24 am

So sorry to hear of Elaine's passing . Cherish all your wonderful memories and take care of each other,
Sincerely Ron Mclauchlan , Brenda Reilly and Family

[Reply](#)

12.



Lennard Morin on September 2, 2022 at 10:30 pm

I'd like to extend my deepest condolences to Ed and his entire family. Elaine was a likeable friendly lady who I enjoyed visiting with when our paths crossed.

[Reply](#)

13.



Jeannette Lord on January 2, 2026 at 2:03 pm

After not hearing from Elaine for a few years, I decided to check the obituaries in Moose Jaw. I'm so sad to hear about Elaine's passing . She was a good friend of mine. My deepest condolences go out to you Eddy, and to your family.

[Reply](#)