



Mrs. Myrna Elaine Lafreniere

November 3, 1948 - January 21, 2024

Myrna passed away peacefully on January 21, 2024, at the age of 75, after a short but determined battle with cancer.

Myrna was predeceased by her parents Ruth (nee, Rodgers) and Glenn Caveny, and by 3 siblings: Allan, Dona and Jackie.

Myrna leaves behind to mourn, her husband Ron Lafreniere; her children Scott McRae, Tanis Cowan (David), Sandra Stushnoff (Jacques); her step-children Paul Lafreniere (Chealsa) and Dana Lafreniere. Myrna also leaves behind her wonderful grandchildren: Dani (Jake), Erinn, Carter, Jeremy, Jolie, Hayden, Kaitlin, Logan, Travis and Abigail; as well as a beautiful new great-granddaughter, Remi. Myrna's sisters Brenda and Lynda will miss her immensely, as will her many cousins, nieces, nephews, and friends.

Myrna was raised in Calgary and had strong family roots in Stavely. Before settling in Nanton, she traveled the world, living in Singapore and Israel among other places. Once in Nanton, it didn't take long for Myrna to become actively involved in the community. Over the years, Myrna was a dedicated member of the Chamber of Commerce, Eastern Star, the local Garden Club, the Nanton Rifle and Revolver Club, and the Nanton Library to name only a few.

Myrna always loved to share her favourite memories of coworkers and customers at Shier's Showcase and the Credit Union. Visiting with friends and neighbours filled her days with smiles. The same could be said of her time with Canada Post. She loved the chats and visits. She may have retired from the Post Office several years ago but we can assure you, she still knew the box number of everyone in town.

Myrna loved her pups, camping, gardening, cooking for a crowd, and listening to her grandkids sing. If it was a Monday or Tuesday evening you could almost certainly find her at the Gun Club practicing for her many medal filled adventures at the summer games.

Myrna's family will host a Celebration of Life at the Nanton Community Memorial Centre on Saturday, March 2, 2024 at 1:00 pm, with reception to follow at 2:00 pm. We hope you will gather with us to honour her memory with great stories and great food.

In lieu of memorial flowers, donations in Myrna's memory can be made to the Nanton Quality of Life Foundation: PO Box 910, Nanton, AB T0L 1R0.

Caring for the family is Lyle Reeves Funerals of High River (Craig Snodgrass)
403.652.4242.

Previous Events

Celebration of Life Service

MAR 2. 1:00 PM - 2:00 PM (MT)

Nanton Community Centre
21st Ave & 18th Street
Nanton, AB T0L 1R0 (CA)

Celebration of Life Reception

MAR 2. 2:00 PM (MT)

Nanton Community Centre
21st Ave & 18th Street
Nanton, AB T0L 1R0 (CA)

Tribute Wall



“ *Lyle Reeves Funerals created a Webcast in memory of Mrs. Myrna Elaine Lafreniere*



Lyle Reeves Funerals - March 02, 2024 at 01:16 PM

SG

To Brenda, precious sister to Myrna. To the family of Myrna. Please accept our heartfelt condolences on your loss. What a touching and beautiful service. I knew, through Brenda, what a lovely person she was and I enjoyed learning more about Myrna today. Words expressed and song choices were just precious and beautiful. So sorry for this tremendous loss. Our thoughts and prayers are with you at this difficult time. ❤️
-Sheila (and Rick) Galley
Calgary

Sheila Galley - March 02, 2024 at 05:56 PM

BR

To everyone who attended Myrna's Celebration of Life: On behalf of my family I wanted to say the biggest thank you. I know how far you all travelled to be present(BC, Manitoba, Ontario) Thank you for making the journey to join our family on this difficult day. We really appreciate the effort you took by driving on the snowy highway today. Each one of you was a pillar of support on this difficult day, and your presence meant the world to us. To those who couldn't make it, we understand. You were there in spirit. Bless you all ❤️

Brenda - March 03, 2024 at 11:24 AM

ML

“ *What a beautiful service and celebration of life! My most precious memory of Myrna is how she opened her arms to me as a new member in the family. I will always remember her kind heart and willingness to open their home to us as we visited.*

We will miss you Auntie Myrna

Love Marc and Cindy Lafreniere

marc and cindy lafreniere - March 02, 2024 at 06:09 PM

BL

“ *Barb Lyall lit a candle in memory of Mrs. Myrna Elaine Lafreniere*



Barb Lyall - March 02, 2024 at 03:32 PM

TA

“ *Tom & Louise Attwood lit a candle in memory of Mrs. Myrna Elaine Lafreniere*



Tom & Louise Attwood - February 03, 2024 at 08:23 PM

DP

“ *Our condolences to Ron and family. Myrna was such a lovely lady and always had a smile on her face. She will be sadly missed. Our thoughts are with you all.*
Kayla and Debbie Pearce



Debbie Pearce - February 03, 2024 at 06:55 PM

NB

“ *Norma Blake lit a candle in memory of Mrs. Myrna Elaine Lafreniere*



Norma Blake - January 29, 2024 at 12:51 PM

LW

“ *Ron and family our condolences to you all. Norm and Laurie Wright*

Laurie Wright - January 27, 2024 at 03:56 PM

LA

“ We are so very shocked and saddened to hear this. Our deepest condolences to her family. Louise and Bruce Adie



Louise Adie - January 26, 2024 at 09:37 AM

KL

“ Myrna was a gem. So friendly and welcoming when we knew her at the Post Office and through the Gun Club. And we got to know her and appreciate her even more when she worked at our greenhouse. Our condolences to Ron and family.

Karen and Tony Legault - January 26, 2024 at 01:24 AM

SS

“ Our sincere sympathy to the family. May you all hold your memories close to your hearts.

Sandi and kurt Sandberg - January 25, 2024 at 11:04 PM

LF

“ Heartfelt condolences to Ron and family. So sorry to hear of Myrna's passing. Myrna always had a smile and a happy greeting when we ran into each other.

Lori Fitzgerald - January 25, 2024 at 06:23 PM

BB

“ Ron and family - we send our sincere sympathies to all of you. We know how much Myrna loved her family, but hope you know all of us in the community will miss her too. She was involved in so many things with so many people. We pray that all the wonderful memories you have of Myrna will give you strength and courage to go through the days and months ahead. Betty & Bruce Bridgett

Betty & Bruce Bridgett - January 25, 2024 at 03:21 PM

JH

“ Sincere and heartfelt sympathy to my brother Ron and all the family at this sad time of the passing of Myrna . She was a kind and gentle soul who always put the needs of others first . I am so grateful for our visit to Nanton last September, May you all cherish her memories as I will



Joanne Howarth - January 25, 2024 at 12:00 PM

AC

“ *Sad, sad news. Our deepest condolences to all the family. Sincerely, Avril and Clay*

Avril Chattaway - January 24, 2024 at 10:56 PM

GR

“ *Our sincere sympathy to the family. May your happy memories help to heal your hearts.*

Glen and Leona Ransom - January 24, 2024 at 09:13 PM

DD

“ *Condolences from Duane and Lois Duncan*

Duane Duncan - January 24, 2024 at 07:46 PM

LM

“ *Ron, Scott, Tanis, Paul, Dana and family,*

I am broken hearted to hear of Myrna's passing. My deepest condolences to all of you. I loved Myrna's sense of humour and contagious laughter. So many great memories from my childhood. Sending you the biggest hugs and love.

Lynnette (Fries) Mercer

Lynnette Mercer - January 24, 2024 at 06:23 PM



SM

“ *Sheila Macklin lit a candle in memory of Mrs. Myrna Elaine Lafreniere*

Sheila Macklin - January 24, 2024 at 04:55 PM



NH

“ *Very sorry to hear of Myrna's passing. Thinking of you Ron & family.*

Nancy Heidmiller - January 24, 2024 at 04:14 PM

GM

“ Ron and families

I was shocked to hear of Myrna's passing. She was a good neighbour and a good friend with a heart of gold. My deepest sympathy to you all.

Greg McNeill

Greg McNeill - January 24, 2024 at 03:19 PM

DS

“ Ron. So sorry to hear of Myrna's passing. She was such a fun and loving friend
She will be missed by so many Our thoughts are with you and all the family.

Dianne Slade - January 24, 2024 at 03:07 PM

JT

“ Joyce Treanor lit a candle in memory of Mrs. Myrna Elaine
Lafreniere



Joyce Treanor - January 24, 2024 at 02:41 PM

JT

“ My heart goes out to all the family. As a little girl Myrna spent a lot of time with our family on the farm. Lived in her parents home when I went to work in Calgary. Had a lot of fun with Donna, Myrna and Linda. Fond memories! Myrna was much loved and so kind and generous. Rest in Peace my cousin ☐ 🙏

Joyce Treanor - January 24, 2024 at 02:36 PM

JL

“ Our deepest condolences. Myrna was such a bright light and as a little girl growing up on the same street - I always knew she would be there if needed. She seriously was the best neighbor ever! The last time I saw Myrna, she made a point of coming and giving me the biggest hug after mom passed away during the community garage sale - always so kind and caring.

Sending you all strength and love. May the joyful memories comfort you during the difficult days and months ahead.

Jen & Randie Lalonde

Jennifer Lalonde - January 24, 2024 at 01:49 PM

LJ

“ Sending my love and condolences to Ron, Scott, Tanis (Dave) as well as Dani (Jake and Remi), Erinn, Carter, Paul and Dana.
Myrna was a fantastic and kind big sister, gardener extraordinaire, wonderful Mom and Grandma and fantastic cook kindness overflowing. So many memories of family get togethers, wonderful dinners. Only sisters like us 5 could laugh at the most insane things. Myrna was always strong and determined.....rest in peace Sis

Lynda Jager - January 24, 2024 at 12:50 PM

LW

We are thinking of you as well,Lynda at this sad time.Laurie and Norm Wright

Laurie Wright - January 24, 2024 at 09:45 PM

AC

We are so sorry for your loss, thinking of you Ron & your family.

Andra & Sean Christie - January 25, 2024 at 11:47 AM

BL

Sending hugs to Scott, Tanis ,Paul and Dana and Ron. Myrna was a great neighbor and friend-just saw her at the fish feed and learned that she was a great grandma wow she was so excited. So sad to lose such a kind giving loving sole. May your many good memories help you thru this bad times.

Barbara Lyall - January 26, 2024 at 09:44 AM

 LYLE REEVES
FUNERALS

“ 2 files added to the album Memories Album



Lyle Reeves Funerals - January 24, 2024 at 12:29 PM

EM

“ So sorry Ron and family. 💔

EI McMullan - January 24, 2024 at 11:34 AM

BS

“ Dear Ron, Tanis Scott, Paul, Dana & Family . We are so saddened in the loss of such a wonderful gal. We will all miss her deeply and so glad that we were friends .Love Bruce& Bonnie

bonnie smith - January 24, 2024 at 10:56 AM

VK

“ Ron, Tannis , Scott Paul, Dana and families,
So sorry to hear of Myrna's passing. She was a very kind person. May your
memories keep her close.
Our thoughts are with you.
Violet and Jerry Kautz

Violet & Jerry Kautz - January 24, 2024 at 08:42 AM

RE

“ Sorry for your loss. Condolences to you and your family.
Rob & Leanne Edwards



Rob Edwards - January 23, 2024 at 08:53 PM

PA

“ To All Who Mourn the passing of Myrna,
I want to offer my condolences as I know how devastating it
is to say that final goodbye to a spouse, a mother,
grandmother, friend. I last visited with Myrna at the Kozy
Korner Christmas dinner, a lovely memory of a last
interaction.
Sincerely,
Patty Atkinson



Patty Atkinson - January 23, 2024 at 06:47 PM

LYLE REEVES
FUNERALS

“ 3 files added to the album Memories Album



Lyle Reeves Funerals - January 23, 2024 at 05:10 PM

JW

Dearest Aunty Myrna. I forgot to tell you: how much I loved having you and uncle Ron
stay with us when you visited. You were always kind loving and so appreciative.
Always there for others and especially for the ones who needed it the most. From all
the Lafreniere nieces and nephews we will always remember you for your big heart
and beautiful warm smile. We will take care of uncle Ron for you. Love you!! Jeannette
and Len Wheeler

Jeannette Wheeler - January 27, 2024 at 09:29 PM

NB

Sending love and hugs to Ron and all of the family. Myrna will be so missed by all who had the pleasure of knowing her! She was such a lovely person!

Norma Blake - January 29, 2024 at 12:54 PM

RR

Our sincere condolences to you Ron and your families, Myrna was such a beautiful person.

Sincerely Renne and Trevor Reidy

Renne Reidy - January 30, 2024 at 03:14 PM