



REMEMBERING
John (Jack) Frost

December 11, 1935 - April 13, 2023



It is with profound sadness that the family of John Henry (Jack) Frost, of Okanagan Falls announces his passing on April 13, 2023 at the Penticton Regional Hospital.

Born on December 11, 1935 in Blairmore Alberta to John and Mary Frost, he was the 3rd of 5 children. He is survived by his daughter, Janet Stewart, daughter, Toni Long (Jim), son Darryl Frost (Maria), son John Frost, sister, Joy Frost, 9 grandchildren, 9 great-grandchildren, many cousins, nieces, nephews and friends who became family.

Jack was known as a very strong, kind, gracious, funny, hard working man who never backed away from a challenge and was always willing to help anyone in need. Several family members have recently referred to him as their best friend. He was raised on the Black Mountain Ranch in Kelowna and he wrote a book, 'Daylights Burning', which replayed memories of his adventures of growing up on a ranch, he wrote cowboy poetry, worked for many years as a truck driver, and took great pride that he was still driving semis at 87 years old. Jack loved to tinker with his old cars, and to go to antique car shows, where he won several awards, but most of all, he loved and valued his family.

He will be deeply missed, but we take comfort that he is now healthy and flying high with our mother, Audrey and others who have passed before him. His voice still lingers in our heads telling us, "Daylights burning, this is the first day of the rest of your life!"

