



Jane Frost

August 12, 1949 – June 12, 2022

Jane was an “Original” – a member of the first Abreast In A Boat crew in 1996. After that first year she became known as our “visionary” when she announced at our wrap-up meeting at the end of that year that she thought we should train for the next International Regatta to be held in Wellington, New Zealand in 1998. From that point we went from a six-month experiment to an international phenomenon. She never stopped promoting BCS paddling around the world.

She chaired the committee that organized “Ten Years Abreast” in 2005, celebrating 10 years of paddling here in Vancouver with 70 teams from around the world. A huge success.

Jane was involved in the establishment of the International Breast Cancer Paddling Commission and served as its President for 8 years. After her dismissal from IBCPC she continued to travel to far flung corners to promote our sport, and at the time of her death was involved with Paddlers Abreast Canada, promoting the PAC Regatta in Vancouver in June 2022.

With Jenny Yule, Jane put together an international team of paddlers, with Dr. Don as steers, to paddle the Thames at Her Majesty the Queen’s Diamond Jubilee. What a thrill that was.

Off the water, Jane was an adoring matriarch to her three sons, their wives, and her 7 grandchildren.

Her energy, her work ethic, her enthusiasm, and friendship will not be forgotten.