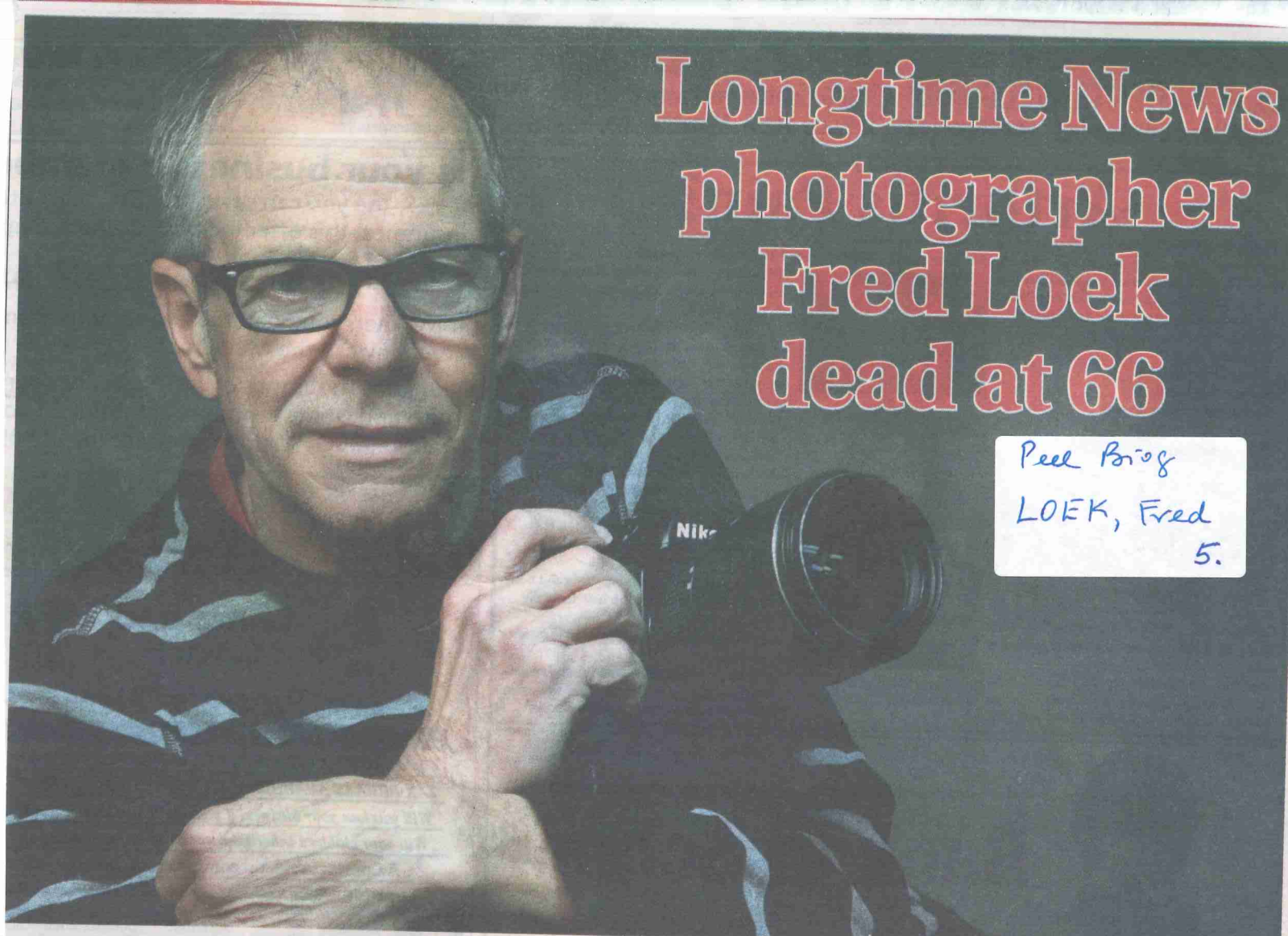


Longtime News photographer Fred Loek dead at 66

Peel Blog
LOEK, Fred
5.



For more than half my life, I've had the privilege of calling Fred Loek my friend, for a few years my rowing coach and for decades my mentor on all things health and fitness-related.

For 30 of those years, I had the pleasure of calling Fred my colleague at The Mississauga News where he was the chief photographer during the three decades we shared one side of the lower level of the Wolfedale Rd. facility we considered our home away from home.

In that sense, we were family, members of a motley crew bound together by our mutual search for 'the story' and our love for the community in which we lived and served in our own inimitable way.

Like blood-related family, we sometimes quarrelled, often worked long days that turned into nights and weekends, shared meals at our desks, were frequently

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perplexed by the exploits of the subjects we covered and poked fun at each other in the way only brothers and sisters can.



**Judy
Imerson**

And we laughed — a lot. United by a common purpose and a (possibly unwarranted) sense that Mississauga residents relied on us for the information and support they

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Fred gave it his all — heart, soul, blood and sweat

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needed to live life to the fullest in our growing town, we counted hours of work less often than the successes we mutually achieved.

And Fred was at the top of the list when it came to counting our successes. Year after year, decade upon decade, in local, provincial, national and international newspaper competitions, Fred's name was almost always called out as a winner among hundreds and sometimes thousands of entrants.

He was an award-winning, outstanding photographer, without a doubt, but he was so much more than that.

He was, above all else, a man committed to his real family, his wife, Liz, his daughter, Eve and her husband, his son, Jonathan and

his new bride, and his cherished granddaughter, Livvy.

He was also an outstanding athlete (hence the mentoring) whose achievements included coaching rower Silken Laumann

to an Olympic bronze medal and, as importantly to Fred, teaching students at one of the city's most economically disadvantaged schools the basics and love of rowing.

An avid cross-country skier, Fred would sometimes ski from his southern Mississauga home to the office when enough snow covered the ground. In warmer weather, he would cycle to Niaga-

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Memorial for Loek happens at rowing club

By Chris Clay
@ChrisMissisNews

A memorial service remembering longtime *Mississauga News* photographer Fred Loek, who died on Sunday morning, happens this Friday at the Don Rowing Club in Mississauga.

Loek, who died of an acute heart attack at his Clarkson home, was 66.

The memorial service runs from 6 p.m. to 8 p.m.

Loek, who joined *The News* in 1971 and served as chief photographer for more than three decades before retiring in 2013, captured countless iconic images of Mississauga and its people.

Loek has two children, Jon and Eve, and a grandchild.

He is also survived by his wife, Liz, and three older siblings.

He was a member of the Don Rowing Club in Port Credit since 1968.

~ with files from Peter Criscione

Tributes pour in for former photog

With a limited amount of space and many tributes to former chief photographer Fred Loek, there is just no way *The Mississauga News* can accommodate everything.

That's why we have mississauga.com. On there you will find pictures, stories, tributes and blogs from past and present coworkers and people influ-

enced by Loek, including Canadian Olympic rower Silken Laumann who wrote a tribute to her former mentor entitled *A love letter to my coach*.

Another touching tribute to Loek was written by his longtime coworker, photographer Rob Beintema, who captured the essence of who his coworker was as a professional.



Silken Laumann and Fred Loek

ra Falls and back, just for fun. And every year, he embarked on a gruelling cycling race in the U.S. that lasted days and left him aching and exhausted, but exhilarated. And for a few hilarious years, he even agreed to coach and act as coxie for a bunch of mostly middle-aged, mostly out-of-shape (with a couple of notable exceptions, including his wife, Liz) business women who'd never set foot in a shell before.

I was the stroke, the rower who set the pace and sat facing Fred, not because I was the best in the boat — by far, not the best — but probably because I was the one who most wanted to prove to Fred that I could learn to row.

As the erstwhile leader of our little editorial family, I had expected Fred to master so many new technologies and techniques; the least I could do, in return, was learn what he was teaching me, so I listened earnestly to his every word, his every direction, and rowed like hell.

Fred was very much the face of the newsroom. No matter what event we attended or covered, Fred was recognized and called by name. Originally from Holland, he was committed to his adopted country, his new city and the people who lived within its boundaries.

No matter what he was involved in, no matter which new venture he had undertaken, Fred gave it his all — heart, soul, blood and sweat.

In return, we gave him our friendship, our loyalty and our love. And now, we give him our tears, our memories and our commitment to support his family through their terrible ordeal.

But, mostly, we celebrate the life Fred lived, the moments he shared with his family (both legal and happenstance) and friends, and the lasting impact he had on the city he watched and helped grow to become one of the biggest and best in Canada.

Rest in peace, our friend. We will never forget you.

Judy Imerson is the retired director of editorial for The Mississauga News and The Brampton Guardian.