

Sister M. Anne Frederick (Tardiff), CSC

(Christine Leola Tardiff)

October 6, 1928 – June 10, 2024

These memories were lovingly prepared by Sister Anne Therese (Sinclair), CSC. She recited them at Sister Anne Frederick's funeral on June 18, 2024.

As many of us gathered last week to share memories of Sister Anne Frederick, the image of her that came to my mind as I listened was the magnificent orchestra interlude, "The Flight of the Bumblebee," by Nikolai Rimsky-Korsakov. The intensity of movement, the delight, the beauty. I invite you to listen to it sometime and think about Anne.

Until her last injury, Anne was full of energy, projects, people to see and places to go from morning to night — and oftentimes elusively during the night. Like the bumblebee, she was always on fast speed. She has been known to lovingly be called Houdini because she could disappear in a flash.

Sister Anne Frederick had a brilliant mind that buzzed with ideas until the very end. As her dearest friend, Sister Elizabeth Rossetti, CSC, reflects, Anne was a lifelong learner. Until recently, Anne wanted to study French and Spanish. She wanted to learn to play the guitar and even acquired one. Her mind never stopped. She was kind, simple, generous and thoughtful. She had a heart of gold. She would also lovingly be referred to as the absentminded professor — because she was not the least bit aware of or interested in the practical side of life. However, she was always looking for ways to bring joy or comfort to others. She kept up to date on her favorite sports teams and national news. Most of our staff who have offices and open doors have been asked by Anne, at least once, to run off as many as 30 copies of articles from The New York Times and other publications.

Anne would take these around the building or mail them to her friends because she thought people needed to be informed, or she just thought they were interesting.

Family has always been a very central and special part of Anne's life. Her niece, Andrea Squiers, shared how they loved their Aunt Lee visiting in the summer, as she always created many adventures with her nieces and nephews — Aunt Lee being the most adventurous one. They enjoyed how she loved to sing and dance and play with them. They loved receiving her long, wonderful letters. She inspired her family with the things about her life that she shared with them.

Recounting Andrea's story, it is easy to understand why Anne loved singing in the choir. She made the effort even when it was more difficult for her to stay engaged. In fact, Anne loved to be part of anything that was happening, especially if it included singing and dancing. Sister Elizabeth, "Liz," believes that Anne is now dancing with the angels.

Anne's nephew, Steven Tardiff, credits his aunt for changing the course of his life — and most likely saving his life — encouraging him to believe in himself and in his dreams, giving him the hope he needed to follow his own path. He and his children are very grateful for Sister Anne in their lives.

We are very happy that Sister Anne Frederick's niece, Susan Bickford, is here with us today. As other family members have shared, Anne was always a great inspiration to Susan.

Sister Anne was a prolific writer. If you came to her room in Rosary Convent, there was paper everywhere. For several years, Anne wrote the archives for the second floor of Rosary and took this assignment very seriously. And she wrote in longhand. Her archives, when typed, were always 30 plus pages, filled with many interesting tidbits and pieces of news.

Sister Anne Frederick spent many years serving in the field of education, both at the elementary and high school levels. English was her specialty. But her most rewarding ministry came when she was invited to help develop the Academic Enrichment Program at Bishop Ireton High School in Alexandria, Virginia. Anne tutored students who had learning disabilities or who could just benefit from academic support. They came to her for

help in any subject. In 2016, Sister Anne Frederick received the John Duty Collins III Outstanding Advocate for Persons with Disabilities Award from the Alexandria, Virginia, Commission on Persons with Disabilities.

Parents at the school shared their firm belief that through the program Anne developed and her individual attention to their children, the students developed skills and self-confidence that transformed their lives. During her 25 years both at Saint Mary's Academy and Bishop Ireton, Anne saw in students only ability, not disability. Only potential, never limitation. She made many friends from Ireton and St. Mary's Academy, who kept faithfully connected.

A good friend and colleague, Christine Mica, remembered how Sister Anne was invigorated by her students and how she thrived on their energy and humor. She was not only very devoted to her students, but she got to know their families as well. Whenever Christine would send gifts, she knew they would immediately be passed on to others. Anne was a very simple person and was very unattached to material things.

Sister Anne was a people person and could walk up to or sit down with anyone in any situation and engage in a lengthy, interesting conversation. One of her good friends was Stan, one of our drivers at Saint Mary's Convent, who was always happy to take Anne and Liz anywhere — often to their favorite spot: the Barnes and Noble Book Store. And maybe out for ice cream. Liz is disappointed that Anne didn't keep the pact they made with each other a while back: that they would die together in a car crash on the way to Barnes and Noble.

An image that comes to mind for me as I end this reflection is that of a gentle and beautiful hummingbird. Like a hummingbird, Anne loved to drink deeply from the nectar of life. She moved quickly but with intention. She loved to be outdoors in nature and her body and spirit moved gently and quickly through the world.

The hummingbird, and our dear Anne:

A melody of winged grace,

In its perpetual chase,

In the air, it leaves no trace,

But in our hearts a special place.