

# Sheldon Scot Fritz

AUGUST 26, 2020

We are heartbroken by the sudden passing of Sheldon Scot Fritz on Wednesday, August 26, 2020 at the age of 57 years.

He was predeceased by his father John and his mother Barbara.

Left to celebrate Sheldon's life are his wife and best friend of 24 years Belinda; step-daughter Jenn Vibert (Matt); grandchildren Ashtyn and Baby #2 due January 2021 around whom his whole life revolved; sisters Glenda (Rod), Anita (Brian), Lisa (Kevin), and Cheryl (Scott); nephews Kent, Devin (Michelle), and Tyler; and great-nieces Kylie, Khloe, and Abigail. He loved and was loved deeply by his extended family members and will be remembered fondly by all of his friends and the countless lives he touched.

Sheldon will be remembered for his wild sense of humour and his selfless nature. An avid sports fan, depending on the season you would find him cheering on the Roughriders, Blue Jays, Steelers, or laying on the couch "watching" golf with his eyes closed.

From his signature dance moves to his unique nicknames, everybody has stories to tell about the ways that Sheldon brought joy and laughter into the lives of everyone around him. We invite you to celebrate Sheldon's life with us by sharing those stories here.

There will be no formal ceremony held at this time, but we ask that if you are able, please donate to the Heart and Stroke Foundation of Saskatchewan in Sheldon's



honour to help fund life-saving research.

## Messages of Condolence

My heart goes out to you Belinda. Such a huge loss to you and your family. I didn't know Sheldon very well but I did know that he was your soul mate and best friend. So I can't even imagine your pain. Sending you love and prayers during this difficult time.□

Val Taylor

— **Valerie Taylor**

I am so sorry for your loss. He was just a gentle, funny guy. He could make you laugh on a bad day! I'm sure he's watching over you all! Hugs to you Belinda and your family.

— **Sandra McFarlen**

I wish I had a better memory so I could recall every moment he ever made me laugh, package it in a nice mental box and take it out whenever I needed any ounce of happiness.

Uncle Sheldon was the one person I always looked forward to see when it came time for family get-togethers. Whether it was from a lawn chair in our backyard during summer barbecues, or from a chair in the dining room at Christmas, his goofiness and sense of humour were always the moments I would think of when I went to bed that night, and the memories I think of now. He was always equipped with banter and comedic storytelling and he had a laugh that could make me smile even on my worst days.

It's a truly remarkable thing to come across a person who positively impacts every life they touch; who could perfectly balance kind and caring, funny and quick-witted, and slight pettiness when it came to loud neighbours, but at the end of the day did everything out of love. Uncle Sheldon was all of this and so, so much more. I bitterly wish I got more years to joke with him than the 20 I did, but I will cherish every moment from those 20 years for the rest of my life. I will forever be infinitely grateful that I got the privilege to know him.

We miss you, Uncle Shel, and I hope you found a resting place full of love and sweets and good cable so you can watch the Riders and Jays.

All my love to his family ☐

— **K Vibert**

My deepest sympathies on your loss. So sorry to hear this.

— **Fred Bast**

So sorry for big loss in family. God bless his soul and bless you all to bear loss. my thought and prayers are with all family.

— **Savita**

Dear Belinda and family,

I was so heart broken to hear the news. Bel, even though I've never met Sheldon, I could tell from your FB posts how great he was and your happiness together, and also with Jenn and her family. My deepest sympathies to your whole family. I hope your many beautiful, happy memories will help get you through this initial difficult time. Cherish them and keep him alive in your heart and soul. I'm really so sorry for your sudden loss, I just can't imagine. I'm so glad you have such a strong support system. Big hugs to you.

— **Cheryl Cochrane**

Dear Bel & Family - I am still so shocked that he is gone. I know that that little baby was his pride and joy. Every morning when I went to work he would be at the door to open it for me because I was usually weighed down with stuff. I would give him heck if he didn't have new pictures of that baby, and then he would finally say I got a new picture today. I am going to miss him alot because he always had a one-liner or a smart remark to make us laugh. Take care Bel & let your happy memories be a source of comfort. Rest easy Sheldon - I for one am going to miss you. Joanne Terry

— **Joanne Terry**

So sorry for your loss. No words to describe. I never met him, but he sounded like a wonderful person. Sending a hug.

— **Monika Radom-Davis**

So sorry for your loss... I was a classmate of Sheldon in elementary and high school... I agree he was the entertainment of the class... he had a crazy sense of humour and kept class funny.... I am certain he brought joy to many people's life.... it was his nature that I knew of... always remember the good times...

My prayers go out to family and friends in the grieving process

— **Merle Goll**

My deepest sympathy to Belinda and family. My thoughts and prayers are with you.

— **Barbara E Knowles**

So saddened to hear this. His ability to make my husband laugh and kind words to me when we had just met at the store - I understood why you two have a special bond. You & your family are in my prayers Bel xo

— **Tamra Mackenzie**

Belinda and family I am so sorry, Sheldon was an amazing man and was so fun and could make a bad day at work fun. I always liked listening to his stories, we shared many laughs and many drinks on occasion. I still remember the day he worked stage front security for the Jann Arden concert out in the infield at the Exhibition and it was pouring rain, and Jann Arden kept bugging him and rubbing his head throughout the concert, we still laughed at that one all the time.

Rest in Peace Sheldon you will be missed by everyone

"Don't lose hope, when the sun goes down, the stars come out"

— **Darwin (Dag) Godlien**

Very saddened to hear this news. I'm never really sure what to say at times like this, I'm not prone to emotion and tend to keep things to myself, however, this was more than just sad news.

Sheldon was one of two initial contacts for the Union at REAL and was active in a variety of roles and positions over the years. Sheldon was a trusted leader in the workplace and I had the privilege of working with Sheldon and becoming his friend. I have many stories/memories of Sheldon's selfless dedication to the people he represented and led over the years but the one that comes to mind today is the "return to work agreement" after the lockout of 1997.

A return to work agreement is negotiated after a tentative deal is agreed to, it describes how the parties are going to deal with things like releasing scabs, no recriminations, and an orderly return to work. One of Sheldon's crew had gotten himself into a little trouble on the picket line and had a restraining order preventing him from going into the workplace, Sheldon's position, "we all go back to work or none of us go back to work." The Employer knew that Sheldon could and would hold up the agreement on behalf of one of his crew, so the Exhibition agreed to pay the employee full pay at home until they could get the restraining order lifted. Sheldon could always be trusted to take a principled position, one of the many reasons he was a trusted leader.

On a more comical note, Sheldon had lots of nick names for me and all of them cannot be repeated here. I would often find them written on the side of my vehicle when visiting the Exhibition. I will miss you Brother.

Sheldon will live on through the stories we tell and in the smile on my face every time something reminds me of him. Belinda and Family, I am truly sorry for your

loss, Sheldon is going to leave an unfillable void in a lot of peoples' lives.

— **Mark Hollyoak**

So sorry Bel and Family! I have one story that sticks with me and it's one that was back in 97' on the picket line. It was a hot day and their were people driving through the line and one particular car came through and I got upset and decided to throw all my pigs eating at the trough papers in his face!! Well..... that was a mistake haha! The man happened to be an ex NHL goon and was going in for an interview for the Regina Pats! Let me say he was 5 times my size and his nose was broken in 20 different spots! Luckily Sheldon was there to save my life!! Bel was there to witness this also! Sheldon will be missed by all!

— **Ken Goff**



<https://www.myalternatives.ca/obituaries/fritz-sheldon-scot>

Printed on June 3, 2026