

# Michael Joseph Hintz

JANUARY 6, 2023

After a long struggle with addictions Mike Hintz, 45 years of age, passed away suddenly on Friday, January 6, 2023 in Regina, Saskatchewan.



Mike was born on February 10, 1977 to Rena Favel and Joe Hintz. He was predeceased by his father Joe. He is survived by his children Varrick and Neesa Hintz; mother Rena; his brother Neil (Amy); his sister Bonny; nieces and nephew Brittney, Kaden and Abby; as well as numerous aunts, uncles, cousins and various friends.

Mike spent his childhood playing various sports, particularly hockey. His fondest memory was scoring 172 goals in U9 season. He was a career chef in various fine dining establishments throughout Regina and occasionally blessed family members with a five-star home cooked meal. His love for a good debate, a good rock n' roll song, support of the Detroit Lions and an over enthusiastic game of Super Tecmo Bowl will be missed.

A Private Family Service will be held in the Spring of 2023.

## Messages of Condolence

So so very sorry to hear of Mike's passing. Sincere condolences to all the family at this difficult time. Very fond memories of Mike Prayers and thoughts with you all

— **Brad and Gwen Sparvier**

Dear Rena,

Our children aren't supposed to die before us. We are praying for you and your family. Mike didn't get the chance to live a full life. He was a hardworking young man. Some say time heals. But our memories become more vivid and that's a good thing. Going to listen to some rock n roll in memory of Mike.

Take care.

— **Shirley and Richard Reeve**

I have many memories from childhood as kids spending much time ☺ I never thought it would end like this , his suffering is over may he Rest In Peace . My heart goes out to Aunt Rena and Family

— **Marie Stone-Cook**

So sorry for your loss. I have great memories of Mike playing hockey with our son. He always had a big smile. Condolences to all and sending prayers as well.

— **Sharon Friess**

Varrick, Neesa, Rena and all of the family.. I was so sorry to hear about Mike.. he was and always will be part of my family. I was lucky enough to get to taste a few of his awesome dinners.. he will always hold a special place in my heart.. my thoughts and prayers are with you all ☺ ☺

— **Bernardine Roske**

Sorry for your loss. Me, my older brother and close friends went to the same elementary and high school with Mike, he had a big heart and cared for people. Sad to hear he passed and I hope he found peace wherever he is now.

— **Parry Thorn**

Rena and all your family I offer my sincerest condolences with the passing of Mike. I feel I've lost another little brother but know his suffering is over and he's have a great discussion (argument) with Joe. It brings a smile to have know him and all his family.

Jim Kennedy

— **Jim Kennedy**

So very sorry. My condolences to Mike's mom, Neil and Bonny. I tried my best to stay in touch with Mike's dad Joe but the physical distance was too far to travel. And anyone who knew Joe with phones. I was just sharing about Joe and looked him up on the Internet and learned about Mike. I remember Mike was quiet but always had a smile for his good friends. He was very protective of his family. May Mike be at peace and have eternal rest. In the sweet bye and bye (my favorite Cree hymn). Ekosi.

— **Steve Cowley**



<https://www.myalternatives.ca/obituaries/hintz-michael-joseph>

Printed on June 3, 2026