Ronald Alexander McClintock

OCTOBER 26, 2018

Ron was predeceased by his father William in 2004 and his mother Irma (Galenzoski) in 2013.

Ron is survived by his wife, ‘Dear’ Dira, his brother Bill (Rita) McClintock, nephews Kyle and Berke, niece Rae; brother-in-law Jason (Rose) Trehas and nieces Tessa (Scott), Quinn (Bryce) and Teal (Jason) all of Regina, Saskatchewan; and, numerous aunts, uncles and cousins.

Ron grew up in Regina and obtained his Bachelor of Admin in 1986 from the University of Regina. He had met Dira the year before, through Dira’s best friend Rita, now her sister-in - law. After a box full of rejected job applications, unable to find work in his chosen Human Resources-Labour Relations field, they moved to Victoria, B.C. August 1990. This fulfilled Ron’s childhood dream to live on the west coast and both of their wishes to pursue adventures outside of Saskatchewan. Dira’s nursing credentials enabled her to secure employment quickly and by February 1991, Ron was working at CFB Esquimalt as a clerk on the civilian side. His work ethic and need for a challenge helped him rise up the ladder to the level of Manager Human Resourses for the Civilian HR Service Centre (Pacific) over his 26 years on the base. They bought their acreage near Duncan in the summer of 1991. During those early years he learned to white water kayak, eventually becoming the chief instructor at the base kayak club for many years, teaching 100’s of people how to kayak. He participated in the base intramural hockey league, continuing with the game he had played every year of his life from 8 years old until 2016. He competed in triathlons, adventure races,

downhill skiing, running races, scuba diving, ocean kayaking & mountain biking. Ron enjoyed motorcycles, both on and off road. A passion from a young age until recently. HIs greatest love were his cars. Namely his 1970 and ½ Camaro - classic cars were always a part of his life. In more recent times he also discovered a love for Mazda Miatas and was lucky enough to buy another dream car, the 25th Anniversary Special Edition after many years driving the original 1990 version.

In his spare time, Ron, with Dira, built their acreage up from a tiny cabin, shallow well and outhouse to what affectionately became known as Red Roof Ranch. They married on the property in August 1994 only a few short days after completion of their dream home. After a few years of a tight finances and hard work they started to take the time to travel. They both loved taking off in their kayaks for week long summer camping trips, or in their “camper” Astro van with their one , then two Malamutes for land locked camping trips throughout western Canada, often to kayak festivals with friends. Eventually they worked their way up to a full size motorhome for a little more creature comfort. They also enjoyed annual winter holidays, most often Hawaii but interspersed trips to Cuba, Costa Rica, Mexico, Florida, Cruises, Arizona and Palm Springs. They also enjoyed a 6 week long bucket list trip to Europe in 2012, celebrating Dira’s retirement.

In July 2017, Ron was diagnosed with ALS after months of worrying symptoms. His calm bravery and resilience throughout the last 15 months has been remarkable. His primary emotions were sadness and disappointment at not quite making it to retirement to have more time to finish his vision for his yard, to pursue all the dreams he had for further travel and to pay back all the help he had received out here from the many friends they made in their chosen home. He passed while still collecting his nearly 18 months of accrued sick leave as he rarely missed work, despite dislocated shoulders, knee surgery and the increasing fatigue of the early stages of ALS

His final wish was to have his Celebration of Life held at his home, Red Roof Ranch.

Those wishing to do so may donate to the ALS Society of BC at www.alsbc.ca who have been instrumental in supporting Ron and Dira while navigating this dreadful disease, though he was touched that so many of you have already done so.

Both Ron and I were flabbergasted and humbled by the amount of support we have received from friends and family far and wide. Every email, text and virtual hug boosted us. Sincerest thanks to so many.

Firstly to Bill and Rita, Kyle, Berke and Rae who changed their vacation plans over the last couple years to be with us, and help us on the RRR. And especially for this week, for being here with me. I couldn't have done it without you.

To my gal pals of the Cowichan Valley, for the hugs, walks and sympathetic ear. You kept me sane.

To Ron's co-workers, especially Jennette and Lori, who kept in touch, visited, supported us in the ALS walk, had tea parties and let him know how much he was valued and missed at work.

To Ron's hockey buddies who got together with him for lunch, visited and retired his sweater #37.

To Dr Lorna Cutt, who walked this journey with us with empathy and kindness.

To our chiropractor, Dr Vanessa White, who kept Ron's central nervous system optimized.

To Dr Konia Trouton who went out of her way to support Ron's final wishes.

To Dr Gisela Wenzel-Smith who had the hardest job of all and was so gracious, quietly strong and kind.

To the staff at HealthLinc Medical Equipment (HME) Victoria who were always quick to respond to our needs, and drove out here to the boonies on numerous occasions to deliver all our equipment.

To the professionals at the ALS Clinic in Vancouver who gave us so much helpful advice and support.

To the ALS Society of BC who lent us 1000’s of dollars worth of equipment always in a timely manner.

To the multitude of respiratory, speech, dietary, occupational therapists we met along the way..

Every one of you was gracious and knowledgable and made us feel you had our backs.

To our friends who came out and helped at the “Ranch” with the hard jobs that Ron could no longer do…. tree cutting, wood stacking, yard cleaning, ceiling building, week whacking and brake changing. it was hard for him to accept but a lesson learned that allowing people to help is also a gift to them.

Thank you All.

Love, Dira

Messages of Condolence

Dave and I are so very sorry to hear of Ron’s passing. Our hearts are with you, with love and sympathy, Cathy and Dave

— Cathy Allan (StarRiderCat)

My deepest sympathy Dira! I am honoured to have known the both of you and be a part of a dream you two had. I cannot imagine the pain of your loss of your best friend.. but know you are in my prayers .in the days ahead. Big hug

— Collene Halvorsen

Dear Dira, my condolences and wishes of comfort go out to you and everyone who was touched by this sad news. I was saddened to hear of "Reluctant Ronnie‘s" passing. He was a wonderful vibrant person and I will always remember him fondly due to all the stories you told us of your many adventures. May the love of friends and family carry you through your grief

— PATTI CROZIER

A fantastical and well lived life Ron ! You lived, loved and laughed. You are in the hearts of many, including my own.
“Living in the Moment”

— Vicki McLeish (St. Pierre)

Wow, what a beautiful tribute to a life well lived…the two of you were the “dream team” doing what you loved, where you loved, with who you loved…I have no doubt that in due time you will continue to build on your shared, though altered, dream with your Ronny’s great spirit cheering you on all the way…

Our hearts go out to you Dira, and the whole family…

Much love;

Alana and Brian

— Alana and Brian

Dira, I’m very sorry for your loss. Although I worked in same building as Ron, I normally saw him on his runs and cycling during lunch time. We always waved and smiled. I’m also a cycling enthusiast.

— Donna Kerkhoven

Most heartfelt condolences. He’ll be gone from your sight but never from your heart

— Audrey webb

My deepest condolences Dira. Ron will be deeply missed.
Cousin Sonya

— Sonya Brandt

I send big and many hugs. I feel so sad for you...I am so sorry that I could never be there for you and Ron. The ALS walk the Celebration of life..Had a house full of company on the day of the walk. I was in Victoria doing my fitness Conference the weekend of the Celebration of life.. I am so sorry and I feel so bad that not once I could be there for you.... I wish I know about the days of your working bees piling wood and ect. I would of could of been there...I think about both of you many of times. That was a bad weekend. My girlfriend had a heart attack...A lady I worked will losed her father..Then Ron's passing. Then my other girlfriend best friend passed..One after another.. Was a very sad weekend....for many..
How have you been wholing up... Is there anything I can do to help..Now that my life, I think is back to normal.. I just feel like such a jurk..for not being there for you when you need your friends the most... take care love you and I'll keep you in my prays. Ooxx Vicky

— Vicky Straw

Dira - you did an incredible job capturing Ron’s spirit in this write up, as well as summarizing your lives together. My sincere heart felt sympathy for your loss. He was a real go getter and you helped make his dreams come true. Very sad that his life was cut short far too soon. Thinking of you.

— Penny McCune

Dear Dira, Your loss is immeasurable. May your many friends support you through the days to come. Your life so filled with the gift of Ron.
In your quiet moments know there are many who are there for you.
come relax in the sun whenever you want.
Rose Vertone

— Rosemarie Vertone

Why am I not surprised that your home is the RED Roof Ranch? Like when I saw the picture of Ron on his RED scooter on the ALS Walk page! It wouldn’t be anything else. Bev and I from the Service Center always teased Ron about his collection of red vehicles.
Take Care Dira,
Georgina

— Georgina Vander Steeg

You are in my thoughts, prayers and heart bless you dira bill Rita and the rest of your family

— Diane heilman

Hello Dira. I used to work with Ron for many years at HRCiv and have many fond memories of him. He was always very friendly and calm, which are rare traits to maintain when working in the difficult world of HR, and I always tried to follow in his foot steps. I thank him for teaching me to kayak, but to be honest after the third unsuccessful attempt in trying to turn the kayak over, I knew this was not a sport for me. Regardless, he was so patient and supportive in trying to teach me. As a newbee in HR, he was also a great mentor whenever I needed advice, so I really appreciated his wisdom and experience. He is truly missed by everyone who has ever met him, including me. Sending you lots of love and prayers.

— Nicole Foofat-Cheung

Dira, my heart hurts for you as I send my warmest wishes your way. In the midst of your own challenges, you and Ron made the time and effort to support our family in our recent loss. I wish I had some wise words of comfort for you. I can only say that i am thinking of you and wish you peace and comfort on your journey.

— Barbara Hagen

Travel well, Ron.
You are one of those hard to find kindred spirits.
Thank you for your friendship.
Matt

— Matt Lettau

Deepest condolences from another Balfour guy.

— Jim Kennedy

Once again, our most sincere condolences. He will be deeply missed.
Ron and Donna

— Ropn Lambert

We hadn't seen you guys for a while, so Debbie and I were shocked and saddened to hear of Ron's passing. Our heartfelt condolences, and we trust that your circle of friends and family will give you strength to deal with the pain of loss.
We will always have fond memories of the group kayaking trips to Clayoquot Sound, and the courses I helped Ron with at the base kayak club. We will miss his sense of humour and willing helpfulness towards others.
Our thoughts are with you -- love and sympathy, Keith and Debbie

— Keith and Debbie Laverty

Dira, I am very late to finding out the news of Ron's passing. I am so sorry for your loss. I have great memories of Ron, as a colleague and as a friend. We shared many a laugh while travelling for work and sometimes training together. I am sad to hear that his last year(s) were so difficult. He was a great guy - steady and true. I'm sorry I wasn't ther to help celebrate his life. Hugs to you,

Judith

— Judith Murty