

Stephanie Jean Smyth

SEPTEMBER 6, 2019

It is with profound sadness we announce the tragic death of Stephanie in Victoria.

Stephanie was the cherished daughter of loving father, Chris Montgomery, granddaughter of devoted grandparents Jane Holland, Russ and Linda Smyth and Lorraine and Larry

Montgomery. She is survived by uncles Ken,

Bob, Malcolm, cousin Mikhala, extended family and friends. Predeceased by her mother, Melissa, stepbrother Chris and uncle Matt. Steph grew up in

Vancouver surrounded by a close knit group of friends. She loved music, the outdoors, children and spending time with her family. Steph was a

compassionate, courageous, beautiful, loving person with a wonderful sense of humour. She was well supported at Thrifty Foods as a valued employee. Steph's death is a tragic example of the devastating impact mental illness can have on anyone. A memorial service to honour and celebrate Stephanie's life will be

held at the Horticultural Centre of the Pacific, 505 Quayle Road, Victoria BC at 2:00pm on October 6. No flowers by request. Donations may be made c/o

Community Living Victoria Foundation, 3861 Cedar Hill Cross Road, Victoria, BC, V8P 2M7 to establish Stephanie's Legacy Fund to benefit young people needing mental health supports.



Messages of Condolence

Dearest Jane - sending you and your family so much love during this difficult time.
Deepest condolences, dear friend. Love, Maria

— **Maria Glaze**

So very sorry for your loss Jane, my heartfelt condolences to you and your family.

— **Debra Appleby**

Extending my sincere and heartfelt condolences to you and your family in the tragic loss of your granddaughter, Stephanie.

— **Debby Simcoe**

Dear Jane, we are deeply saddened about the loss of Steph and, through you, know what a joy she was to her family. Sending you all our love and gentle hugs, xox
Rhonda, Mike, Scott, Chelsea and Carson

— **Rhonda Burden**

Jane: So sorry for your loss. Love to you and your family. Nancy & Tom

— **Thomas and Nancy Chan**

Dear Jane and family, I am sorry sorry for your loss of beautiful Stephanie, my heart felt condolences, and know that we all love you and are here for you.

— **Bonnie Fallowfield**

Dear Jane,

To you and your family. My prayers are with you in this very dark and sad time of great loss

With Love,

Betty-Jean

— **Betty-Jean Feldmann**

blessings to you and your family Jane ...no wordssimply an infinity of love beyond forever ...Daphne

— **daphne schenk**

To my kindred spirit, Jane,

May the love of friends and family surround you and sooth your heartache just a little in this time of sadness. Remember that each of us need only be responsible for today - not tomorrow or yesterday in this time of grief. Recall and cherish the great memories! Recall the brightest days despite the shadows. With love, Ethel

— **Ethel Magnus**

So deeply sorry for your loss, Jane

— **Rachelle Czerwinski**

Sincerest condolences for your heartbreaking loss. Rest in Peace.

— **Caron Graham**

Dear Jane - Barb Goode and I have just recently heard about the loss of your precious grand-daughter and wish to extend our most heartfelt sympathy to you. Such a great loss for you to face and to bare. Your sorrow must be great and we send you our prayers and wish you some moments of peace when you think about the good memories you have had of Stephanie.

Thinking of you at this time. Jule and Barb.

— **Jule Hopkins**

Dearest Jane,

Such a tragic loss of a beautiful young spirit. Heartfelt condolences to you and your family and sending you loving, healing thoughts and energy for your broken hearts.

— **Susan Cairns**

Dearest Jane. I am so sorry for your loss. I know that you were the best grandma to your sweet girl as she struggled with mental wellness. I am sending you a great, big virtual hug, my friend.

— **Karen DeLong**

Dearest Jane,

I am just so so very sorry for your and your family's tragic loss of your beautiful beloved Steph. My heart aches for you. I send my deepest condolences and heartfelt love and caring. LOVE you Jane, Cathy

— **Cathy Anthony**

Hi Jane, sending you and your family love hugs and prayers.

— **Wendy Hall**

So sorry for your tragic loss Jane.

— **Barb Penner**

Dear Jane & Family: This is devastating news. I am so sorry for the loss of a beloved granddaughter. Words seem so empty. Prayers for peace and understanding for all who loved her. I didn't know her but she looks so beautiful. Rest peacefully dear Stephanie

— **Sharron Billey**

Jane Our thoughts are with you. Our sincere condolences. Wendy, Niel and Brent

— **Wendy Langridge**

Dearest Jane and your family, our sincere condolences, there are no words, we are so sorry.

With Love and great respect

Kim, Matthias, Nick and Jacob Boening

— **Kim**

Dear Jane, My very deepest sympathy for your heartbreaking loss. My love to you and hopes that all the caring you have given to others can come back to you now in this very painful time. Dana

— **Dana Brynelsen**

Dear Jane, so sad to hear about the loss of your beautiful granddaughter. It's so hard to understand why things happen the way they do. Love and prayers to you and your family. Sue

— **Sue Salter**

I cannot imagine the sorrow. my thoughts are with you

— **Tim Stainton**

Oh Jane. I am so sorry for your loss.

— **Odette**

Dear Jane and Family , I'm so very heart broke for you and your family . Stephanie was a beautiful person. It hurts so much she has gone so young we are going to really miss her. My thoughts and heartfelt condolences . Love Robin and Family

— **Robin Mitchell**

Dear Jane and Family....I am so saddened to hear of the sudden passing of your love, Stephanie. I cannot begin to imagine your loss. I will hold you in light and hope to connect with you soon. Big Hugs, lots of love - if I could do more, I would.
Love to you all.....Jenn

— **Jennifer Whitehouse**

Jane, I am so sorry about your loss, I lost my stepson this year and I know there are no right words but just know people are thinking about you at this time.

— **Janet Forbes**

Jane and family my heart is heavy with sadness for your loss. Sending you love and caring energy.

Love James White

— **James White**

So sorry to hear this news, Jane. My heart goes out to you.

□

— **Stephen Russell**

Dear Jane, I am truly heartbroken for you and your family. There are no adequate words of comfort at such a time. My heart and thoughts are with you all.

— **Jennifer Howard**

Oh Jane, how sorry I am to hear this news. My thoughts and prayers are with you and the family.

— **Edie Dibley**

TO the Montgomery, Holland, Smyth FAMILY

Life after death. Buddhists believe in a cycle of death and rebirth called samsara. Through karma and eventual enlightenment, they hope to escape samsara and achieve nirvana, an end to suffering.

With every breath,
the old moment is lost;
a new moment arrives.

Suffering is like a disease we have all contracted

There is a pervasive belief in the Western world, generated and maintained by advertising, that it is normal to be happy and healthy, smiling with a beautiful/handsome face and body, surrounded by all the comforts of modern life. As a result, we also come to believe that to be sick, disabled, weak, in pain, anxious, discontented, unhappy or depressed is abnormal. So if I am, for example, suffering with a debilitating disease, or paralysed by grief, it follows that I will see myself as an oddity, not normal, and possibly feel that there is something really wrong with me. However, this does not accord with reality. The very first teaching that the Buddha gave was that our lives are in the nature of suffering. It is being genuinely happy and healthy that is unusual. Once we look around, and observe deeply, we see that every living thing suffers sooner or later. Furthermore the Buddha taught that there is a subtle level of discontentment or unease that is with us all the time in this life.

I AM SO SORRY FOR YOUR(our) LOSS
Jane, Chris, Lorraine, family and friends

Stephanie will be missed deeply

stephyy was smart, beautiful kind, and super funny ..good sense of humour

xoxo

Shalini Hunter

— **shalini hunter**

Deeply saddened by your loss, there are no words, sending you much love, Debbie

— **Debbie Rhead**



<https://www.myalternatives.ca/obituaries/smyth-stephanie-jean>

Printed on June 3, 2026