



REMEMBERING
Ronald Kenneth DeEll

October 20, 1949 - September 28, 2024



Ronald Kenneth DeEll, "Ken" wrote the last sentence in his book of life on September 28, 2024, at 2:18 pm. Born October 20, 1949, in Berwick, Nova Scotia to parents Leander and Amy DeEll. Ken is survived by his wife of 51 years Lois, only daughter Kimberley DeEll, and sister Gertrude DeEll. Predeceased by his father Leander, mother Amy, and brother Henry.

Ken moved to BC from Nova Scotia at the young age of 21, met Lois in 1972 and soon married in April of 1973. Ken and Lois moved to Port Alice in 1973 where Ken worked at the Port Alice pulp mill and then Crown Zellerbach in Kokish until 1975 when they moved to Cowichan Station. Ken began working for BC Forest Products in Crofton in 1975. In 1977 Ken and Lois purchased their first home in Crofton where they raised their daughter. Ken retired from the mill in 2009 after a long and dedicated career to the pulp side of the mill. Ken met many lifelong friends at the mill, many of whom he was still acquainted with until his last days.

In Ken's early teens he joined the air cadet squadron in Greenwood, Nova Scotia. In 1968 Warrant Officer Ken DeEll was awarded a trophy for "Outstanding work in Air Cadets." He was immensely proud of his trophy, of which is still in his possession. During the 1980's and early 1990's Ken was the Commanding Officer for Air Cadet Squadron 257 Ladysmith and 744 Squadron in Duncan. He was known as a firm Commanding Officer as well as one who taught respect, leadership, and service to the community. Several of the cadets Ken led continue to be in touch with him.

Ken loved Nascar racing, Dale Earnhart being a favored driver, until his untimely death. Ken also loved wood working and built a large shop in the backyard where he spent many hours building things with the highest craftsmanship.

At the age of 50 he had his first heart attack, followed two months later with a second. Shortly after his initial heart attack, Ken changed his lifestyle completely. He started walking to work, eating healthier, and made better overall health choices. He soon took over the cooking in the home and made some amazing

meals and baked really good pies.

In 2010, Ken began running at the age of 61 with the Ceevacs running group. He spent many hours training and training others. Ken ran his first marathon in 2015, but his most prized run was the 2017 Army Run in Ottawa. He completed the Commander's Challenge of running 5 kms and then followed with a half marathon. The Commander's Challenge medal is one of his most prized possessions. An additional highlight for Ken was running on the site of the original Olympics in Olympia, Greece, in 2014.

For many years Ken had a love of the Canadian Air Force Snowbird Demonstration Team. He attended as many airshows as he could. He and Lois would go to Comox when the Snowbirds were spring training on the base and take thousands of photos. Ken's last airshow was in Comox in May of 2024. He had many photos taken with the crew and the aircraft.

Ken was diagnosed with cancer in the summer of 2018, and he fought as hard as he could for 6 years. The cancer took over his body in all ways and he had to give up running shortly after diagnosis. Ken entered Cowichan Hospice House on September 14, 2024, exactly where he wanted to spend his last days. In the early hours of September 28th Ken started his final race of life. Lois and Kim were at his bedside until the bitter end with supports from close friends. Ken completed his race at 2:18 pm, finally pain and cancer free.

Special thanks for supporting Ken's final race go to the nurses of Cowichan Hospice House, his physician team: Dr. Mark Sanders, Dr. Teresa Elliot, Dr. Andrea Wilhelm, Dr. Howard Pai, Dr. Adam Fundytus, Dr. William Nielsen, and Dr. Drew Phillips

Anyone wishing to donate in Ken's name, please do so to the Cowichan Hospice House.

Celebration of Life

Saturday, November 9th at 2 pm. at

H. W Wallace Cremation and Burial Centre

2853 Roberts Road, Duncan, BC.

