



REMEMBERING

Douglas William Ridenour

October 19, 1956 - October 17, 2019



Tribute from H.W. Wallace Cremation & Burial Centre

H.W. Wallace Cremation and Burial Centre Staff send our condolences to family and friends.

Tribute from Simon Vermegen

My condolences with the lost of Doug .

Tribute from Eileen Dirom

Relation: Friend & colleague

I am so sad to hear of Doug's passing. He was one of the guys that worked with my dad over the years but in the years that I have been a nurse in our community when he arrived on scene I was always grateful as I knew my client would be treated with utmost respect. I also remember many years ago having a minor fender bender and Doug arriving at the scene and gratefully drove me and my babies home. He was one of the good ole EMT's. He went out of his way to make people feel safe and he encouraged our seniors to accept care instead of deter them. Doug you are going to be missed.

Tribute from Jill Amy

Relation: Know his parents, siblings, and knew Doug and Jane

My thoughts are with the family, so sorry to hear of Dougs passing, he was a true gentle, gentleman,

Tribute from Carol-Ann Rolls

Relation: Community colleague

My condolences to family and friends. Doug was a godsend to other first responders on the scene and was always professional and caring. He made it easier for the new police members to find their way around the valley. I still have copies of his last "pathfinder" in the vehicle and the office. Rest easy Doug,

Tribute from Sidsel Marianne Munkholm

Relation: Went to HS with him.

I remember him well from HS, he was a such a nice person then, and he grew into his promise. My condolences on the loss of a partner and a father.

Tribute from Catherine Newlands

Relation: ex-wife

I am very sorry to hear about Doug's death. He was always a good person.

Tribute from Gord and Nancy Stothart

Gord and I send condolences. We knew Doug briefly when our sons rowed together, and he was always quick with a smile.

Tribute from Judy Brown

Relation: Doug worked with my late husband Gord Brown

He will be missed . I am sorry that he had to go .Heaven already has the best of the paramedics .

Tribute from Diane Larkey

Relation: Friend of sister.

Leslie, My heartfelt condolences to you and your family. What a beautiful obituary and tribute to an amazing person. How sad for you all and the community to have lost such a great man and integral part of your lives. May the wonderful memories help make your grieving a little easier.

Tribute from Ann Sharp

Steve...so very sorry to hear of Doug's passing. Thinking of you at this time and sending my condolences with lots of love to you, Leslie & your parents.

Tribute from Andy Simon Nielsen

Relation: Friend/Training Partner

Doug was my training partner in Cyclone Fighting Arts, or as he affectionately called it "Whack Whack", for around twenty years sometimes it was consistent and many times there were extended breaks in our training. In our tradition the training partner who is having a technique applied to them is referred to as the Uke which we define as "the receiver of the gift"; I received many gifts from Doug physically but he also taught many life lessons some of which have only come to light in his passing:

Family -Doug was a family man and my children did not come along until after Doug and I had started to learn together. I still have vivid memories of Alex at some of our sessions in Doug's yard since he was the youngest and around the most. Doug not only talked about his children's successes and struggles but also gave me advice on how to try and build a good life for my own children.

*Take pride in your family

Time Management - One of the first things I saw in the Ridenour home was a large calendar where all of life's activities were organized but this is not truly how Doug managed time. The thing I observed in Doug was that he truly valued time, he would make sure to make time for the things that were important to him never leaving to chance activities that could be planned. This is how he was able to travel, exercise, spend time with his children, volunteer at rowing events, sail, windsurf, practice martial arts, volunteer at schools (he loved smashing the car windows), build an addition, create the Pathfinder Book that I wish I had when I was out of cell range the other night, work and just do the

things that were important. Heck he would even have me come to the Ambulance Station to train, God I was worried that he would get reprimanded or lose his job.

* Plan the important things.

Curiosity - Doug was very curious and we would often test the same technique over and over again session after session to ensure the theory worked and could be applied against resistance. We would learn a technique from our instructor Michael or at a seminar and then not only try and make it work but also try and make it fail once it worked well. After any seminar Doug wrote down detailed notes that we would use to try and ensure that he got the full value from the experience, his notes often surprised me with their depth. I hope to look at things more like Doug one of Doug's great skills was never assuming that he knew something, in work he would stand back and observe and in martial arts he would test.

*Be curious.

Perfection - Doug always wanted to make sure techniques were done right and he truly drilled incessantly trying to make sure his technique was sharp, he truly wanted to master Cyclone's curriculum. Doug would learn something at a seminar from a master and come back and teach it to me if I was not there, this truly required the patience of Job since where Doug is a perfectionist I am not and he would often have to pull me back from rushing a technique and not developing it properly before breaking it down.

*Do it right

Control - Doug was a great training partner because he had emotional control and maturity. It is rare to find a training partner who you can safely practice with without a third party. Doug and I rang each other's bell on more than one occasion and blood was drawn many times but I never saw Doug lose control or become angry. Frustration with the learning process is normal but Doug would always keep this in check and I never saw him harm a training partner in anger.

*Be a good uke

Generosity - Many people have commented that Doug was cheap and I tend to agree, but I would like to reframe it as smart. Doug saved money wherever he could so that when he wanted to go on some adventure or try something new he had the money to do it; going to take the family cycling in Europe (money's there), going to take up windsurfing (no problem), going to cycle across the United States from the Pacific to Cornell University in New York State (again not an issue). Doug also gave his time and volunteered at many events to help his local community, but I will always remember his adventurous side when someone would mention a seminar I would look at it from a time and finances side while Doug would get a glimmer in his eye and start talking about how travelling to this seminar could be an adventure.

*Be cheap and adventurous

Humble - Doug was humble and I learned many things about him at his celebration of life that I did not know. Over our many years of training together Doug only mentioned his education at UBC once and

never brought up how good of a Sailor he was (though I did guess at it after he travelled down to crew a boat in the Bahamas). One of my greatest regrets is that he offered to take my family sailing when my children were still not in elementary school and I deferred since I had no idea how good of a sailor he was, this was truly only brought home at his service. Doug loved to tell all kinds of stories about things that happened, but he also loved to talk about the great things his family had done. Doug's own accomplishments were rarely mentioned.

*Be humble

Self Reliance -Doug built so many things so easily small as padded training sticks and some as big as houses, even an addition to a garage where he can board a friend.

*Try to build it

Most importantly,

Be happy I think Doug was great at smiling and laughing every time I saw him, he lived in the moment and saw humour in many things.

*Live for the day

Rest in peace my friend

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