



MacDOUGALL, Sheila J. R.N., B.A., B.Ed. Born 10 August 1922 at Lashburn, Saskatchewan, died on 29 November 2014 in Victoria, B.C., after a short illness. She is survived by her son, the Honourable Eric J. Rice, Q.C.; his wife, Ann; their children, John (Karley), Alix (Tam Boyar), and Eric; and Eric Sr. and Ann's grandchildren, Lewis and Max Rice, and Connor and Benjamin Boyar. Sheila is also survived by her daughter, Elsa G. Rice, Q.C.; her husband, Donald McMann; his son, Sean (Kimberley); and Elsa and Don's grandson, James McMann. Sheila is also survived by her sister, Nancy Davis, of Victoria; and her children and granddaughter; and by her sister-in-law, Daphne Plewman; and her children and grandchildren. Sheila was predeceased by her parents, Arthur W. and Anna Plewman; her brother, Arthur E. Plewman; her first husband, John R. (Jack) Rice; her son, Kenneth Arthur Rice; and her second husband, Walter G. (Mac) MacDougall. Sheila had a thirst

for knowledge that lasted her whole life through. She was educated at the one-room Reres Hill School in the Battle River Valley near Lashburn, about a mile or so from the farm pioneered by her father; at Bedford Road Collegiate in Saskatoon, graduating in 1940 with the highest marks in the province of Saskatchewan; and for one year at the University of Saskatchewan. The war interrupted her studies, and she went to Ottawa where she worked for the government in the navy department. In 1947, she acquired her R.N. at the University of Alberta Hospital, winning the Board of Governors' prizes in her senior year for both general proficiency and highest standing in examinations. In 1947, Sheila married Jack Rice, who worked for the Bank of Nova Scotia, and moved with him as his career progressed from Edmonton to Spiritwood, Saskatchewan (1951); to Winnipeg, Manitoba (1953); to Moose Jaw, Saskatchewan (1957); and finally to Regina, Saskatchewan (1961). Along the way, their three children were born. Wherever she lived, Sheila was an active volunteer, combining prodigious energy and bright intellect into her own brand of helping others. In Regina, in addition to the customary contribution of her time and talents to her church, the Red Cross, and whoever wanted her to canvas for them, she took leadership roles in the Alexandra Club (a hospital auxiliary), the United Appeal, the Cancer Commission, and the Wascana Golf and Country Club. After her first husband died in 1970, she brought her R.N. up-to-date, and returned to hospital work. She then completed the B. A. she had started in 1940, and also a B. Ed. Her teaching career began in the fall of 1974 at the nursing program at the Wascana Institute of Applied Arts and Sciences in Regina. For Sheila, this was a perfect marriage of her two great professional passions, nursing and teaching. Gladly did she learn, and gladly teach. But it was not all work, and no

play. Sheila gave in to wanderlust, and began travelling the world. She went everywhere, taking along her endless enthusiasm and curiosity, sometimes on her own, and sometimes with companions. She also continued her love affair with bridge, a game at which she excelled her whole life through. She became a Silver Life Master in 1998. Sheila married Dr. Mac MacDougall at the end of 1976, and they retired to Victoria in 1978. As always, she threw herself into church work and bridge, but in particular devoted herself to the Canadian Cancer Society, teaching breast self-examination, fundraising, doing anything that needed doing, finally rising to be President of the Cancer Society for B.C. and the Yukon. In 1994, she was made an Honourary Life Member of the Canadian Cancer Society in recognition of her contribution. In 1985, Mac and Sheila moved into downtown Victoria, and Sheila joined Metropolitan United Church, which amalgamated with First United Church in 1997, becoming First Metropolitan United Church. Although her extensive work for the Canadian Cancer Society continued, as did bridge and world travel, Sheila was very involved in all the work necessitated by that amalgamation, and more importantly dedicated huge amounts of time and effort to making the new congregation flourish. She was the moving force behind many good ideas instituted there, and followed up with zeal and hard work to bring them about. She is loved and missed by her firstmetvictoria family. In her "spare time," Sheila frequently entertained many friends in her home, studied the German language, became computer literate, and followed the museum, theatre, symphony, and opera scene in Victoria. Sheila participated in all manner of FirstMet outreach programs for the less fortunate, sometimes spending the entire night when the church opened for the homeless. Amongst her many circles of friends, she as a matter of course sought out those in need of a helping hand, or a moment or two of company. It was just what she did. A service in memory of the life of Sheila MacDougall will be held at First Metropolitan Church, 932 Balmoral Road, Victoria, at 3:00 p.m. on Saturday, 6 December 2014. In lieu of flowers, Sheila would have wished you to contribute to the charity of your choice.

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