



## John Valance Sands

December 31, 2020

(1933-2020)

From his humble beginnings in Saskatoon, John grew to become that old oak in the centre of a grand forest. As a young boy, adorant of his father, he excelled in athletics: tennis, football, golf and especially speed skating where he represented Canada twice in the Olympics and for 12 years held the Canadian record in the 500m. With the same hard work and perseverance that carried him to success in sports, in the next phase of his life John built several successful businesses that still thrive today.

John moved to Montreal in 1958 where he met his wife Micheline of 57 years who survives him along with their three children Stéphanie (Sean), Mélanie (JJ), and Eryk. John's grandchildren Paisley, Sierra, Zoé, and Janine will always remember their Grandpapa and his unconditional love for them. John is predeceased by his parents Anne & Michael, older brother Sandy, and survived by his older sister Irene. His family has been rooted in Mississauga since 1981. John was an avid golfer, a great friend and helper to many, travelled the world and had a joke for every situation. It's with gratitude and happy tears that we share with you that in conversation last new year, before he knew he was ill, he said that he'd done everything on his bucket list and had very few regrets. John (87) passed peacefully in his home on December 31, 2020 following a brief battle with pancreatic cancer, surrounded by his family and their eternal love. He left his beloved home feet first, as he said he wanted to. The friends and family surviving John have a giant void left in their life. We love you John and will forever remember you.

Please feel free to email [rememberjohnsands@gmail.com](mailto:rememberjohnsands@gmail.com) to send a message to the family. In lieu of flowers, donations in memory of John to TeamUnbreakable [www.teamunbreakable.ca](http://www.teamunbreakable.ca) would be appreciated. This charitable organization became important to John in the last several years of his life. They work with young people, delivering mental health awareness and set up running programs as mental health therapy.

There will be no service at this time, due to the COVID-19 pandemic. The family will hold a celebration of life event once restrictions on gatherings are lifted.

# Comments

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“ 2 files added to the album Memories Album



**Aftercare Cremation & Burial Service** - January 06 at 02:18 PM