



Marie Margaret Armstrong

March 14, 2022

March 6, 1976 – March 14, 2022

Marie Margaret Armstrong died peacefully on Monday, March 14, 2022 in Toronto at the age of 46, in the presence of family. Beloved older sister of Elizabeth Orchard, Jessica Potter and James Armstrong. Cherished daughter of Lynley James and the late E. James Armstrong (2008). Treasured aunt to many nieces and nephews.

Marie was in treatment for ovarian cancer for three years before succumbing to her illness. More important than how she died, however, was how she lived. Marie strongly valued education, people, and new experiences. The positive impact she had on those she crossed paths with was shown by the many extended family members and friends who rallied around her after her diagnosis to make sure that she never had to walk her journey with cancer alone.

Marie graduated from McMaster University in 1999 with a Bachelor of Engineering and Management (Chemical Engineering) and was employed by ABB Automation, where she was a proposal coordinator who worked on many significant electricity projects. Marie was a proud resident of Hamilton, Ontario for over 25 years. While working at ABB, Marie took courses for pleasure in psychology and eventually pursued her PHD in that field.

Travel and experiencing new cultures was a passion for Marie, and she spent time in more than fifty countries throughout her life. She was also passionate about volunteering, particularly at sporting and cultural events, including her work with the Toronto International Film Festival, Hot Docs Film Festival, Rogers Cup, Skate Canada, the 2014 Olympics in Sochi, the 2015 PanAm Games and the 2018 Olympics in PyeongChang.

Marie was an exceptionally intelligent and quick-witted person who lived a life filled with love and laughter. She believed in the importance of kindness, and consistently chose to approach every situation with humour and grace. Marie asked for the following message to be relayed after her death:

“I leave with no regrets, love for all, and the belief that God is good. Thank you for being even a small part of my journey and I wish you all the best for a happy life.”

In lieu of flowers, Marie has requested donations be made to Plan Canada (<https://planCanada.ca/>). As per her wishes, no memorial service is planned, but her family invites everyone to share any photos, memories and stories of her.

Tribute Wall

SH

“ A beautiful light has gone out. I will miss Marie tremendously. I am very grateful to have had Marie in my life. She was a very special person. I always enjoyed our times together. She was my number one client. One of my favourite times with her was chatting about all of her favourite shows that she would watch. I loved our intelligent talks together. I enjoyed hearing of all the places that she adventured. One that sticks out in my mind was the Olympic Games in South Korea. I was so excited for her that she was able to go. It was also fun to chat about who she got to see when she was a part of TIFF. She was excited to have had met Anne Hathaway's parents, as one of the examples. There were many many others. It was such a pleasure to be chosen as one of her number one choices for healthcare. When I started my career as a massage therapist she was one of my first clients the very first week that I began. Marie was so loyal to me. If I didn't hear from her after three weeks I would call or text her and say hey wait wait a minute where are you is everything OK. That's how often she would come in to see me. Thinking back we have known each other for just shy of 10 years. What a great relationship we had. She will be missed tremendously. My thoughts and prayers are with you all.

Sarah Hendrie - May 07 at 04:53 PM

IK

“ *My condolences to Marie’s mother, brother and sisters!*

It was just like yesterday, I interviewed Marie at ABB. She came in a red dress and impressive resume; she won 10 different awards and yet so down to earth. My input to HR then was that she was one of the new graduates we should hire.

She showed ABB made the right choice. She was smart, resourceful, efficient and thinking outside of the box. I worked with Mary for many years since her start at ABB till my retirement in 2015.

I am very great full for her contribution and dedication to projects from small to large to huge.

I also treasure my friendship with Marie. I told her that she was like my daughter. She lived her life on her term to the fullest. I enjoyed the story she shared after each trip she took. I always was amaze at how Marie balanced her work, her travel, her volunteer work and her pursue of higher and broader knowledge. She was a special person!

I will always treasure the time I spent with Marie. Those memories will live on in my heart.

Rest in Peace, Marie.

Indra Kusuma

Indra Kusuma - March 20 at 07:41 PM

MG

“ *I’m so sorry for your loss. She was my first friend. We played together and went to church together. I’m thankful that Marie was save by her commitment to her faith. Your going to be in a better place than suffering through your life. Please accept my condolences Beth, Jessie, James and you Linda. She will be your light to guide you while your still needed her.*

Marcia Gabriele - March 20 at 08:27 AM

GC

“ *Gustavo Cifuentes lit a candle in memory of Marie Margaret Armstrong*



Gustavo Cifuentes - March 18 at 10:58 AM

DO

“ Marie was an exceptional person; wickedly intelligent, eloquent, adventurous, kind, and so interesting to converse with.
I hear her voice every time I think of her, and will miss her conversation. That seems an odd thing to say, but she was so skilled at the art of communicating ideas.
True to the namesake she bore, Marie taught by example and left those she interacted with the richer for it.
My sincerest condolences to James, Elizabeth, Jessica, Lynley, and extended family. May you take comfort in the fact that Marie lived life on her terms, and made a positive contribution in every pursuit and interaction. She was a rare and special person.

Darryl Orr - March 18 at 10:56 AM

JI

“ My condolences to her family. I worked with Marie for many years at ABB and will always remember her love of travel. No matter what we were working on, her love of life and interest in people always had her thinking and talking of her next adventure - one more interesting than the next.

John Ieraci - March 17 at 10:09 PM

JA

Dear James,
Carl and I send you and your family our deepest sympathy on the loss of your Beautiful Marie. I know how deeply you loved and admired her and how you were able as a family to give her your thoughtful attention in these last years and weeks. Marie was such an accomplished person who surely left her mark on those who knew her. May she Rest In Peace.
Carl Thompson and JoanMarie Aylward

JoanMarie Aylward - March 18 at 11:00 AM

GH

“ Marie and I worked together for many years. She never ceased to amaze me ... she had intelligence, poise, compassion, kindness, and a spirit that will live on forever. Her strength was inspiring. She will be missed... not just as a work colleague, but as a friend.
My sincere condolences to her family.
Glen Harrison

Glen Harrison - March 17 at 07:38 PM

TG

“ Although I knew about her diagnosis since she told me a few years ago, it is difficult not to feel a deep sense of loss. We had been colleagues and friends throughout many years of working together; she always showed great camaraderie and brightness. On many occasions, the stress of work was lightened by her quick wit and sense of humor. Marie evidenced great courage and determination until the end, which she approached with characteristic calm and intelligence. I always admired and appreciated her as a colleague and as a person. My deepest sympathy goes to her mom, brother and sisters; and to you Marie, in this, your last travel: I will miss you and bon voyage, my dear friend.

Tito Ghio

Tito Ghio - March 17 at 06:22 PM

JO

“ I met Marie when I started my work in the Voice Research Lab at McMaster University. Around the fall of 2017 we were in the lab together all the time, often into the late hours of the night collecting data and running participants. Marie and I would often stay late discussing everything and anything and it was truly a pleasure to learn from her. She showed me an example of a strong and intelligent women in science and I will always admire her passion for learning.

Marie was using a blackberry cell phone when I met her and unfortunately the phone she was using was starting to act up. I remember hunting down a blackberry that was in better shape for her to use, because I knew how much she loved using those phones. I left it in the desk Marie used to work before it was picked up and it'll definitely take some time for me to pass that desk without missing her.

When Marie started her treatment, I remember going to visit her in the hospital and asking if there was anything I could bring her. She requested a long list of candy and I was surprised that I was able to find everything she wanted between just a few stores. When I arrived with a candy basket we dug into it. Even though she was probably in so much pain, we sat there talking for hours, as if we were back in the lab again.

Marie has left a permanent mark in my life and I know that her presence and contribution to science will live on. I am thankful to have met her and hope she understood her impact on me and everyone she crossed paths with.

Jessica Ostrega - March 17 at 02:27 PM

JE

“ She was a great colleague and friend, the smartest person I ever knew, she will be missed.

jim eldert - March 17 at 12:13 PM

SR

“ I am so sorry to hear of your loss. Marie was a kind and warm person and I will miss her.

I am grateful that Marie was one of the rare people who lived her life to the fullest. She continually exposed herself to new adventures.

I am grateful to her family and friends that stood by her during her struggles.

Sandra Rautenberg - March 17 at 08:36 AM

AA

“ Marie and I spoke just last week when I wished her a happy birthday. She shared a photo with me of a beautiful flower cake she received from her brother and sister. We sat together at a couple of her treatments in the hospital where she was always optimistic and up beat. Marie always made me laugh, such a quick wit. When her beautiful hair began to grow back, we'd hoped she was beating this thing. We talked about the cooking recipes she wanted to try. We giggled at that because we both knew she was planning to be far too busy to cook with all that she loved to do. I know Marie touched all of us. She was inspiring, smart, kind and knew how to enjoy the short life she was given. The world is less lovely for losing her. My heart is with Marie's family and friends. I hope you will find comfort soon in the wonderful Memories of Marie. Love Amanda

Amanda Alkerton - March 17 at 07:09 AM

MS

“ Marie was a great friend. We had a lot of fun together... whether it was going for lunch, picnics at work, going to movies, concerts, or just hanging out. We had great conversations and lots of laughs. She will be missed.

My thoughts are with Marie and her family.

Marion

Marion Schroter - March 16 at 10:04 PM

DE

“ I'm so sorry to hear about Marie's passing. She was a beautiful person and she will truly be missed. My sincere condolences to the family. You are in my thoughts as you go through this loss.
I have great memories of Marie in band at WDSS and keeping in touch after graduation. Rest In Peace ❤️
Diane (Breton) Edginton

Diane Edginton - March 16 at 07:49 PM



“ Marie,

How do I put into words what our almost 30 year friendship means to me? I am heartbroken you had to leave us so soon. You are now travelling on the ultimate journey. I pray that you can see the entire world and beyond from the heavens. I will treasure every precious memory I have of our adventures together. I will especially treasure the memory of the phone call we had on your birthday. You sounded happy and I'm so grateful I got to have one last lovely chat with you, my dear friend. I will carry your spirit with me as I continue on my journey in the physical realm. I will always think of you when I travel to new places. I love you, Marie.

Lynley, Beth, Jess, and Jim: I send love and light from my heart to yours. I know there are no words that can make this any easier. You family will always be in my thoughts and prayers.



Ann-Marie Zammit - March 16 at 05:08 PM



“ I worked with Marie, such a nice a pleasant lady. So sorry to hear about her passing.
Antonio

Antonio Gutierrez - March 16 at 04:29 PM

LH

“ I am so sorry to hear about Marie's passing. I had the pleasure of working with her at the Wallaceburg Public Library throughout high-school. Thoughts and prayers to Marie's family and friends. - Laurie Hebert (Miller)

Laurie Hebert - March 16 at 04:13 PM

JF

“ My deepest sympathies to all.



Jeff Fox - March 16 at 04:11 PM

BL

Marie and her siblings were quite well respected and received by the staff and acquaintances of the family.

brent leckie leckie - March 16 at 09:47 PM

BL

at H.W Burgess

brent leckie leckie - March 16 at 09:49 PM

PY

I am shocked to see this news – I haven't been in touch with Marie since volunteering at the 2014 Winter Olympics in Sochi. I recall her as a warm and kind person. She represented the Canadian spirit well. May she rest in peace.

Peter Yang - March 18 at 03:00 AM