

Obituaries We welcome original tributes of less than 700 words; we may edit them for clarity and length. Email obituaries to journal@doctorsofbc.ca. Include birth and death dates, full name and name deceased was best known by, key hospital and professional affiliations, relevant biographical data, and a high-resolution head-and-shoulders photo.



Dr Kenneth George Appleby
1926–2024

What a wonderful life! Dr Kenneth George Appleby was the original BC Lions doctor (1954–1994), retiring with three Grey Cup rings, from 1964, 1985, and 1994. He was inducted into the BC Lions Wall of Fame in 2003 and the BC Football Hall of Fame in 2012.

Dad's final wishes were to outlive Mom, who had severe dementia and predeceased him by 6 weeks. Both were able to pass away peacefully at home with the help of their five sons and their families, who took care of them in their last few months.

Mom and Dad met at Lord Byng Secondary School; he went on to the University of British Columbia and then Queen's University School of Medicine (class of 1954). They then settled in Burnaby, where Dad was one of the original Burnaby

Hospital physicians. They are survived by their five sons, Mike (Kelowna), Ken (Burnaby), Bill (St. Albert), Jamie (Prince George), and Robert (Vancouver); their sons' spouses; 15 grandchildren; and eight great-grandchildren.

Retirement was full of travel, particularly throughout BC and Alberta, and they would never miss a grandchild's Holy Communion, graduation, or wedding. Dad was so proud of all his grandchildren. Wherever he went, he never missed a thoroughbred racetrack, Santa Anita being a favorite. He particularly enjoyed the last few trips when some of his grandchildren came along. He was a true Lions fan, and after 40 years standing on the bench, he finally got to sit with Mom for 30 years, often with a grandchild or two. This photo is from his last game in 2023.

Dad was a great role model, always keeping up with current medical literature. When three of us kids were medical students simultaneously, we would try to stump him and quiz him about new things during Sunday dinners, and we were always surprised when he knew the answer. Even in retirement!

I am truly humbled by the number of former patients, their families, colleagues, and members of the BC Lions and Canadian Football League communities who have reached out to me after his passing. He made a great impression on them too.

Mom and Dad are now together forever. As he would always say, "Don't worry about me," just "Go, Lions, go!"

—Ken Appleby, MD
Burnaby

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