

SHARON (SPENCE, TRIPP) DUNCAN



Like many classmates, I attended UVIC and then onto UBC for my Bachelor of Home Economics followed by my Dietetic Internship in Winnipeg. I worked for the next 37 years as a Dietitian/Nutritionist in both administration and clinical areas.

I was married between final exams and graduation and moved immediately to Winnipeg. In 1973 we moved to Toronto where my first son was born, however, it was too far from Victoria and my parents. In 1978, we then moved back west to Red Deer, where my second son was born.

My kids and I moved back to Victoria in 1983 to be closer my family. In Victoria, I worked both as a dietitian/nutritionist at VGH and as a community nutritionist in the various Health Units. I took early retirement at 60 and have not looked back.

I have 2 sons. One son and daughter in law live in Victoria and my other son and his fiancée live in Vancouver. I have 2 grandchildren in Victoria whom I see regularly.

I have been involved with a wide range of activities over my life ranging from being a beaver/cub leader to skiing, backpacking and camping, racing sail boats, kayaking and building houses etc. I even did back country horse riding, boarded horse and raised cows and as husband number two was a cowboy.

My current passion is RV'ing. My cat and I usually head south for the winter in my RV and I travel anywhere else my heart desires. I'm an avid traveller and can't count all the countries I have been to and the bucket list still grows. I love the theatre, music, photography, gardening and anything else that may come along. It's all part of the adventure!!!

My philosophy is that “Life is to be lived to the fullest as you never know what tomorrow may bring”

I hope that everyone enjoys the reunion as we have had fun putting it all together

