



Richard Henry Starzynski

June 18, 1948 - January 16, 2025

It is with extreme sadness and a heavy heart that we announce the passing of Richard Henry Starzynski.. Richard "Rick" is survived by his loving wife Helen, his two loving children Kristen and Colin ; and shared a strong bond with his three grandchildren, Olivia, Stella and Talan; three caring brothers, John, Frank and Henry and their families;; his sister-in-law Donna and brother-in-law Walter Leszkowicz and their children and spouses, and his adored pets, Yogi, Lollie and Pop. He is also survived by aunts, uncles and cousins, Rick was born in Oshawa, Ontario and attended local elementary and secondary schools, graduating from the University of Western Ontario (London, Ontario) with a Masters degree in Business. He enjoyed his many career years working with colleagues until he retired from S&C Lavelin. Along with his wife and son, he moved to Nova Scotia and has resided in Middle Sackville for the past three and one half years. Rick enjoyed traveling especially to Victoria, B.C. Rick had the rare gift of making others laugh at his puns. He was passionate about family life and especially spending time with and supporting his grandchildren with their many activities and sports. Rick was an avid Yankee fan, and was a skillful accordion musician. He loved deeply and had a warm demeanour. Anyone that knew Rick was touched by his sense of humour, kindness and mild temperament, Rick was an amazing man who appreciated life and exemplified strength, resilience and generosity enriching lives wherever he could, . There will be a celebration for life for Rick in the next couple of months in Ontario. Until then Rick would like us to remember

his smile and the life that he lived and the connection shared with family and friends. Rick's loss is felt deeply by his family and anyone who knew and loved him. We are hugging you in our souls everyday Rick. In his remembrance, a donation may be made to Queen Elizabeth Hospital (ICU) or choose environmentally friendly options such as planting a memorial tree or flowers and keep him in your thoughts and prayers..

Tribute Wall

HE

“ I miss you dad and all off the moments we shared together especially being spectators of the many sports that you enjoyed.

Helen - January 22, 2025 at 02:58 AM

CS

lol, what did you say in the hospital. Oh that's right, he liked doing the dishes and changing cat litter.

Colin Starzynski - April 17 at 08:21 AM

CS

You had to borrow from my for his funeral expenses. But funny thing is that you had enough money to serve me a letter from a lawyer 2 months earlier.

Colin Starzynski - April 17 at 08:28 AM

CS

You won't even have a celebration of life almost 18 months later. You have disinvited his fraternity brothers and other family members. You have made his death all about Helen which is typical narcissistic behaviour. It is about his life and not Helen

Colin Starzynski - April 17 at 08:31 AM

CS

Helen Starzynski spend ricks inheritance. Within 2 years they had a second mortgage on there property and Rick was driving an uber. Helen Starzynski also owed Rick's father 25k for house improvements she could not afford.

Colin Starzynski - April 18 at 01:31 PM

CS

Helen Starzynski is a narcissist and refuses to have a celebration of life for her husband. She was given a letter to her and her lawyer that it must be planned by April 30 and executed by May 31, 2026. The reasoning behind not having a celebration of life

A narcissist often sabotages or disrupts special occasions like a celebration of life because they require constant attention and control, finding it intolerable when the spotlight is on someone else, even in death. They may use these events to reassert power by engineering drama, initiating arguments, or actively uninviting people to cause pain and control the narrative.

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Why Narcissists Act This Way at Celebrations of Life

Need for Centrality: If they are not the focus, they may attempt to spoil the event to shift attention back to themselves.

Lack of Empathy: They struggle to genuinely share in the collective grief or honor someone else's accomplishments/life.

Controlling the Narrative: By uninviting specific people, they may be trying to settle vendettas, isolate others, or punish individuals they deem enemies.

Discomfort with Others' Joy/Grief: A narcissist may feel jealous of the attention the deceased—or the grieving family—is receiving.

Playing the Victim: They may make the event about themselves by demanding extra care, crying harder than others, or claiming they were closer to the deceased to gain sympathy.

Colin Starzynski - April 19 at 08:50 AM

CS

Helen told her daughter right after Rick's death that he thought of the cleaning lady like a daughter, Funny she is the hired help

Colin Starzynski - April 19 at 08:51 AM

CS

A narcissist refusing to hold a celebration of life for a spouse is a common, albeit painful, tactic used to maintain control, avoid genuine emotional intimacy, and keep the focus on themselves, even after the death of their partner. By blocking a memorial, the narcissistic spouse acts as the ultimate gatekeeper of the deceased's legacy, punishing friends and family while rewriting the narrative of the relationship.

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Here is a breakdown of why this happens and how to manage it, based on expert insights.

Why Narcissists Refuse Memorial Services

Lack of Control and Attention: A celebration of life focuses on the deceased, not the narcissist. Narcissists cannot handle events where they are not the center of attention, often sabotaging special occasions to reassert their dominance.

Inability to Grieve: Narcissists often lack empathy and struggle to process deep loss, leading to a shallow or absent grieving process.

They may view the spouse's death as an inconvenience that shifts the spotlight away from them.

Controlling the Narrative: By preventing a public gathering, they prevent stories about the deceased from being shared that they cannot control. This allows them to avoid being held accountable for their treatment of the spouse.

Resentment of the Dead: They may feel deep envy toward the deceased for receiving admiration and sympathy, acting out of spite by denying them a final tribute.

Avoiding Exposure: A funeral or memorial gathers people who knew the deceased. A narcissist may fear being exposed, judged, or having to confront people who know the reality of the relationship.

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What the Refusal Looks Like

"Disappearing" the Deceased: They may rush to cremate or bury the body quietly and refuse to share details, leaving loved ones in the dark.

Rage and Gaslighting: If questioned, they may respond with fury or make the spouse's loved ones feel selfish for wanting a celebration.

Rewriting History: They may publicly portray themselves as the grieving victim, even if they treated the spouse poorly, using the refusal to hold a service as a final act of superiority.

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How to Handle the Situation

Accept You Cannot Change Them: Stop trying to convince the narcissist to do the "right thing." They lack the empathy needed to

understand your pain.

Create Your Own Tribute: Hold your own memorial service or tribute. You do not need the narcissist's permission to honor a loved one. This could be a gathering of friends, a social media tribute, or a private ceremony.

Set Firm Boundaries: If the narcissist tries to control your grief, disengage. Use "grey rock" methods (acting indifferent) to avoid feeding their need for dramatic supply.

Focus on Your Grief: Prioritize your own mental health. Narcissists will exploit grief to cause tension; remove yourself from that toxic dynamic.

Colin Starzynski - April 19 at 09:00 AM