



Robert Daniel Uhl

April 25, 1979 - September 30, 2017

Robert Uhl moved on from this world on September 30, 2017, with loving, supportive family by his side.

Rob was born on April 25, 1979 in Redwood City and raised in Yreka. Those who knew Rob know that he was a kind-hearted, gentle soul who would have given his last dollar to anyone in need. He had been a student of Buddhism at Shasta Abbey Buddhist Monastery and participated in classes, retreats, and meditations.

Rob found contentment spending time in nature and with family and friends. His family always held a big place in his heart. He was especially close to his sisters, Andrea and Amber, experiencing many fun times together. Rob loved to laugh and had a witty way of inspiring laughter in others. His creative streak included writing and music. Although Rob faced challenges during his life, he faced them with courage, along with support from his family and beloved friend and mentor, Dr. Patrick Brown.

Rob is survived by his father, Victor Uhl; mother, Carol Fowler; loving sisters Andrea Uhl and Amber O'Reilly; grandmother Elizabeth Uhl; and his aunts and cousins.

The family is requesting that in lieu of flowers, donations be made to the

Schizophrenia and Related Disorders Alliance of America (sardaa.org) or the Brain and Behavior Research Foundation (www.bbrfoundation.org).

A private ceremony will be taking place at Shasta Abbey Buddhist Monastery.

Tribute Wall

JP

“ *The summer making music in his basement was some of the most creative and innovative days of my young life. Rob had a gift of expressing himself with music. He was a good friend and although we grow up and apart I never forgot his kindness and his talents. RIP my friend.*

james pflueger - October 05, 2017 at 12:53 AM

KD

“ *I had Robert in my fifth grade class at Jackson Street. It made my heart break to read about his passing. He was a joy to have in class. Katie Young Downs*

Katie Downs - October 04, 2017 at 09:36 PM

 Zac
Jereb

“ *I went to middle and high school with Rob - he was two years above me. I don't recall every having a class with him, but I definitely remember his presence in the culture of our schools. Specifically, I fondly remember the significant musical talent he displayed at the Drama Club's "coffee house" open-mic fundraisers. I also remember, with great amusement, how he died his transgressive, long hair unnatural shades of red and green at different times, and dyed a pair of shorts to match, which he wore seemingly religiously. Anyone who falls at all outside the dominant cultural norms knows how repressive small-town life can feel, especially when you are a teenager. Robert served, at least for that time in the mid-late 90s, as beacon of what was possible for those of us who were "outsiders" of any sort. Consequently, I have nothing but fond memories of him, and I am greatly saddened to learn of his death.*

Zac Jereb - October 04, 2017 at 05:39 PM

BS

“ *Robert was a bright and shining energy- Thoughtful and intelligent- a quick wit that brought a smile to those of us who were lucky enough to be in his orbit at different times in his life- que descansa en paz- Onward to new adventures among the stars*

Berta Salazar-Hagerty - October 04, 2017 at 01:26 PM