



## Frederick Lorne Watt

January 6, 1971 - December 9, 2025

In Loving Memory of

Frederick “Lorne” Watt

FREDERICK “LORNE” WATT passed peacefully, surrounded by love, after a courageous journey with ALS. He lived a life filled with honor, unmistakable strength, deep compassion, and unwavering devotion to those he loved most.

Lorne was a proud United States Marine, and the values of duty, loyalty, and courage were not simply ideals he carried—they were principles he lived out loud. His strength was evident in how he led, protected, provided, and loved. He met life head-on, with conviction, resilience, and an unshakable sense of purpose.

He dedicated many years of service to General Mills, where his leadership was respected and his presence was felt. Known for his strong work ethic, decisive nature, and genuine care for people,

Lorne built meaningful relationships and left a lasting impact on every team he served.

Above all else, Lorne was a devoted husband, father, and family man. He shared a profound and enduring love with his wife, Leticia—one rooted in resilience, rediscovery, and a deep soul connection that spanned decades. Their journey together was marked by adventure, laughter, tenderness, and an unbreakable bond.

Lorne was immensely proud of his children and the lives they are building. He is survived by his beloved children, Shataria, Xavier, Bria, and from his union with Leticia, his beloved bonus children, Se Airra, Haley, and Morgan, each carrying forward his strength, values, and unmistakable spirit; devoted sister, Alethea; and cherished parents, Essie and Parris, whose love and guidance shaped the man he became. Survived by the Dillard Family.

In his final chapter, Lorne faced ALS with extraordinary courage and dignity. Though the disease challenged his body, it never diminished his will, clarity, or voice in the ways that mattered most. He remained strong, intentional, and deeply present, leaving behind a legacy of resilience, love, and self-determination.

Frederick “Lorne” Watt will be remembered for his commanding presence, fearless love, and the strength that defined him. His legacy lives on boldly in the hearts of his

family, friends,  
colleagues, and all who were changed by knowing him.  
“A life lived with honor leaves a legacy of love.

His strength, character, and devotion will never be forgotten.  
Honoring the Life and Legacy of Frederick “Lorne” Watt

Police-Escorted Processional

Departure: 8:00 AM — From The Watt Family Home

A formal police escort will lead the family and designated vehicles from the home of the Watt family to the Georgia National Cemetery.

“Honoring his life, his service, and the love he carried for his family.”

Honorary Military Service

## Georgia National Cemetery — 10:00 AM

### Order of Military Honors

- Processional Arrival
- Opening Words & Reflection
- Flag Ceremony
- Bugle: “Taps”
- Presentation of the Flag to the Family
- Final Military Benediction
- Recessional

# Previous Events

## Internment

DEC 18. 10:00 AM - 10:30 AM (ET)

Georgia National Cemetery -Canton GA  
1080 Scott Hudgens Drive  
Canton, GA 30114

# Tribute Wall



“ *Spoken Tribute by Leti to my husband Frederick during his Celebration of Life Service* 🕊️📄📄

*A Soul Seen Through Love*

*Our story began in motion.*

*We met in an airport in 1989—  
two lives crossing paths between departures and arrivals.*

*We fell in love on a plane,  
suspended between earth and sky...  
not yet realizing our souls were being written by destiny.*

*We did not yet know that travel would become our gateway to  
adventure,  
our living classroom of connection,  
and the rhythm that kept our hearts aligned.*

*It feels beautifully ironic now.  
While most people mark love by places they settled,  
we marked ours by movement—  
by miles, by shared wonder.*

*Travel kept us curious, alive, and deeply connected—  
again and again choosing each other  
somewhere between here and there.*

*And so, it feels fitting  
that his journey, too,  
is one of transition.*

*I want to share who my husband was—  
not only in this life,  
but in essence.*

*Who I saw when I looked beyond the uniform,  
beyond the roles he carried,  
beyond even the body that worked so hard to stay.*

*He was a devoted father—  
deeply present and fiercely proud of his children,  
shaping their lives through love, integrity, and example.*

*He made a dynamic and lasting impact on his coworkers—  
respected for his leadership,  
his steadiness,  
and the way he showed up  
with both strength and humanity.*

*And he was a loyal, generous friend—  
offering humor, wisdom,  
and unwavering support  
to those he loved.*

*From a soul perspective,  
I believe we met long before this lifetime.*

*That we entered into a sacred agreement—  
two souls choosing one another—  
to experience love in its fullest expression.*

*Not just in joy...  
but in devotion,  
in surrender,  
in courage,  
and in grace.*

*Frederick's journey was not defined by ALS.*

*His journey was defined by spirit.*

*As his physical strength faded,*

*something else became clearer—  
his essence.*

*The truest part of him.  
The part untouched by illness,  
by time,  
or by fear.*

*I watched as he shifted  
from form to presence,  
from words to energy,  
from doing  
to simply being.*

*And in that space,  
his light became unmistakable.*

*He taught me  
that love does not require movement or speech.*

*It requires presence.*

*Caring for him was a sacred honor.*

*Through my hands,  
through my voice,  
through my unwavering devotion,  
I became a channel for unconditional love.*

*And through his trust in me,  
he showed me the depth of his courage.*

*He wanted me  
to walk him home.*

*Spiritually,  
I believe this was his time of preparation—*

*not for an ending,  
but for a return.*

*A return to freedom.  
A return to wholeness.  
A return to the infinite peace  
from which we all come.*

*He is not gone.*

*He has simply changed form.*

*The love we share does not live in the body—  
it lives in the soul.*

*And the soul does not die.*

*It expands.*

*When you remember him,  
do not see him as broken.*

*See him as complete.*

*See him as free.*

*See him as light.*

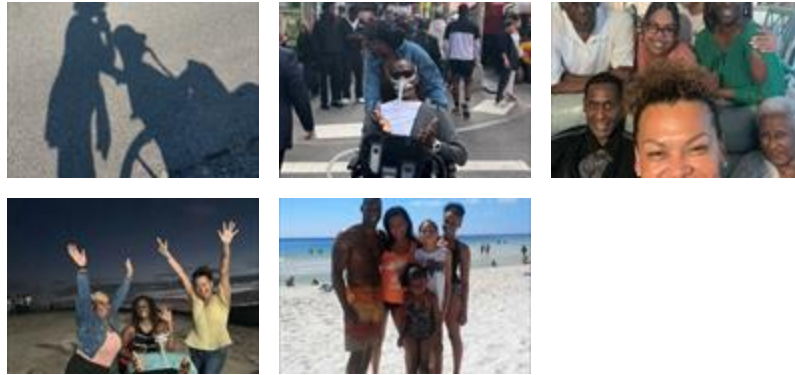
*And when you feel love rise unexpectedly—  
when you feel calm wash over you,  
or warmth without reason—  
know that is him.*

*Still present.  
Still connected.  
Still loving.*

*He lives on  
through the lives he guided,  
the work he elevated,  
and the friendships he held with care.*

*And from me—  
your wife—  
thank you.*

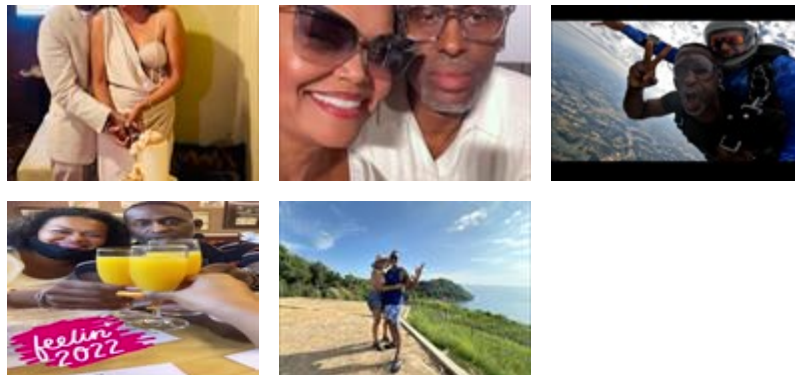
*I hold you in my heart,  
always.*



Kyee Didthatt - January 03 at 08:10 AM

LW

“ Fun Times! Miss and love you always! ☐☐🕊️



Leticia Valencia Watt - December 26, 2025 at 05:04 PM

MA

“ R. I. P. Lorne. Those that knew you will very much miss your infectious smile and radiant spirit. The world would be a better place if we had more Lorne Watts in it.

Mark - December 18, 2025 at 12:05 PM

TR

“ Titus R. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Frederick Lorne Watt.

Titus R. - December 18, 2025 at 12:04 PM

SP

“ Lorne was one of the greatest guys I knew. He was always a family man. He always had a big heart for everyone. He was one of the best comedians I knew. I will truly miss my friend. He will always be in my heart. Thank you for the good times we had!!

Samuel Page - December 18, 2025 at 06:33 AM



“ Sincerest Sorrow Blue & White was purchased for the family of Frederick Lorne Watt.



December 17, 2025 at 10:54 AM

TF

“ The Prince Family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Frederick Lorne Watt.

The Prince Family - December 17, 2025 at 10:54 AM

TR

“ When I think about Lorne, I think about excellence, confidence, strength, honor, comradery, family, fun times, comical humor, and the true measure of a man. I first met Lorne 13 years ago when I started working at General Mills. At first he was my coworker then we quickly became friends but soon after I felt like we became family. From the fishing trips, Homies trips, and watching Lorne “Push the button” as he would say, are memories that I’ll never forget. I would often joke with Lorne and ask was he hiring because I admired what he was doing. If Lorne wanted it, he “pushed the button” and got it. There was also the comical moments like when Lorne bet a group a people at work (on a weekend night shift rotation) that he wouldn’t fall asleep. Now if you knew Lorne that was an impossible bet for him to win but he did the bet anyway. That weekend I watched Lorne fall asleep, lose the bet, then say RUN IT AGAIN!!!!, just to fall asleep, lose the bet, and say RUN IT AGAIN!!!! That whole weekend was pure laughter!!! Yeah sure, Lorne lost the bets but he didn’t really lose anything because those are moments that will live in our hearts forever. All-in-all I learned 1 thing that weekend. That you should always bet on yourself. Even when the odds are against you and there’s a slim chance to none that you can win, you should still bet on yourself because when times gets tough and life rains on you the most, you’ll never lose!!! Lorne will be missed but never forgotten. Until we meet again FLY HIGH MY GUY!!!

Titus Reid - December 16, 2025 at 10:47 AM

LE

“ Leti lit a candle in memory of Frederick Lorne Watt




Leti - December 16, 2025 at 08:38 AM

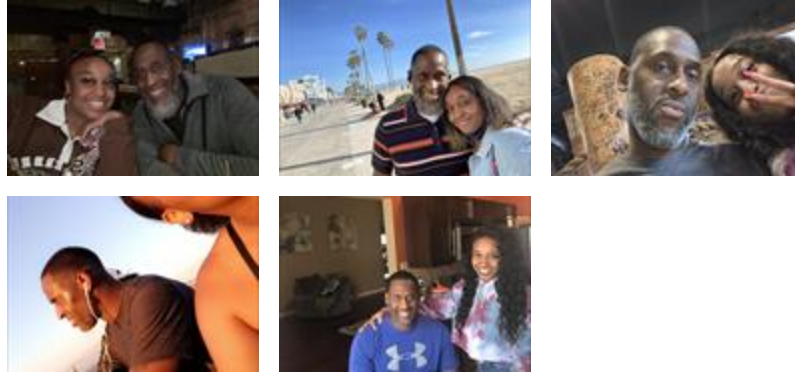
LE

*Mi Guerrero! Your Flame will forever shine bright in my soul!*

Leti - December 16, 2025 at 08:41 AM

BW

“ *My best friend ever!! I have so many memories!! I love you forever* 



Bria Watt - December 15, 2025 at 03:57 PM

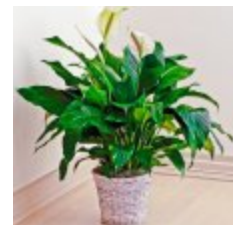
RS

“ *Ronnie R Logan Jr & Sr planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Frederick Lorne Watt.*

Ronnie R Logan Jr & Sr - December 15, 2025 at 11:34 AM

RS

“ *Ronnie R Logan Jr & Sr purchased the Floor Plant for Sympathy for the family of Frederick Lorne Watt.*



Ronnie R Logan Jr & Sr - December 15, 2025 at 11:34 AM

RS

“ I don't know how to begin. Lorne, you made people laugh, you made people work hard. You even made people play hard. From the Sumo wrestling, the basketball games, the late night deep-sea fishing, to the GMI holiday events, you put the fun in everything. I could go on and on but I won't. I'll just cherish the memories we all shared. You will be missed by all who knew you. Rest my brother.



Ronnie R Logan Sr - December 15, 2025 at 11:09 AM

LW

“ Mi Guerrero and Mi Amor, your spirit is FREE and I will forever hold you in my heart ❤️ Fly high🕊️☐☐



Leticia Valencia Watt - December 14, 2025 at 06:48 PM

JL

“ You are honestly one of the greatest people I’ve ever met in my life, and I don’t say that lightly. Knowing you these past 5 years has truly been a blessing. You weren’t just a mentor to me at work — you were a big brother, a father figure, and someone I looked up to in real life.

*Just being around you pushed me to want more out of myself. You always encouraged me to be the best man I could be, even when I didn’t feel like it. From those texts checking on me like “are you at your best right now?” to the pics and videos of you running up Stone Mountain early in the morning, asking me where I was at — all of that mattered. You never let me get comfortable. You never let me slack. You always pushed me to level up.*

*You’re honestly a hero to me. I really thought you were invincible, and writing this hurts because I’m going to miss you more than I can put into words. I’m going to miss the way you challenged me, kept me on my toes, and refused to let me settle for anything less than my potential. You saw more in me than I sometimes saw in myself.*

*I still think about our trip to Ohio and that long talk you gave me — that conversation stays with me. It shaped me in ways you probably don’t even realize. I promise I’ll live up to the expectations you had for me. Everything you poured into me won’t go to waste. I’ll carry your lessons with me in everything I do. I’ll miss you Watt and I love you rest in heaven my guy.*



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Jaquan lewis - December 13, 2025 at 02:02 PM

JL

“ Jaquan L. planted a grove of 3 [Memorial Trees](/store/Product.aspx?ProductId=4518) in honor of Frederick Lorne Watt.

Jaquan L. - December 13, 2025 at 01:23 PM

DH

“ Donna H. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Frederick Lorne Watt.

Donna H. - December 13, 2025 at 11:39 AM



“ Cremation Wreath- All White was purchased for the family of Frederick Lorne Watt.



December 13, 2025 at 11:39 AM

CR

“ 1 file added to the tribute wall



Calind Rawhoof - December 12, 2025 at 06:09 PM

CR

“ If you knew Lorne, you know what kind of person he was. There is no one like him, and there will never be another like him. He was perfectly unique and will most definitely be missed. I will never forget you brother. Thank you for the memories. Brothers for life.

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**Calind Rawhoof** - December 12, 2025 at 06:08 PM

TF

“ The Shannon Family purchased the Heartfelt Sympathies Blue & White Funeral Standing Basket for the family of Frederick Lorne Watt.



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**The Shannon Family** - December 12, 2025 at 08:32 AM

TF

“ The Shannon Family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Frederick Lorne Watt.

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**The Shannon Family** - December 12, 2025 at 08:32 AM



“ Sincerest Sorrow Blue & White was purchased for the family of Frederick Lorne Watt.



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December 12, 2025 at 08:09 AM



“ *Blue & White Sympathy Standing Spray was purchased for the family of Frederick Lorne Watt.*



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December 12, 2025 at 07:13 AM



“ *Calind R. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Frederick Lorne Watt.*

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**Calind R.** - December 11, 2025 at 08:48 PM



“ *You touched so many with your laughter and spirit. I loved working with you and our conversations. You will truly be missed.*

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**James White** - December 11, 2025 at 02:14 PM



“ *I will miss you so much! Love always and forever, Lil Sis*



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**Alethea Watt** - December 11, 2025 at 01:19 PM

RL

“ To the world, and especially to those who knew and loved Frederick Lorne Watt,

*It is with a heavy heart yet filled with profound gratitude that I share the indelible impact Frederick had on my life. For over 23 years, I was blessed to call him my friend, my little brother, and in him, I never found a single flaw. Together, we navigated the peaks and valleys of life, and through it all, his honor remained unwavering. My trust in him was absolute; I would have entrusted him with my most prized possessions without a second thought.*

*I could spend days recounting stories about Lorne, but I want to share one profound realization: As the "big brother," I came to understand that Frederick possessed a rare and precious gift – the ability to truly live. While I was merely existing, he exemplified how to embrace each day to its fullest, with an unmatched zest for life. The pain of knowing that I will no longer witness his radiant smile, hear his infectious laugh, or receive his encouraging words to conquer my fears and embrace life is immense. It fills me with anger, hurt, and deep sadness.*

*Yet, amidst this sorrow, I find solace in the knowledge that Frederick lived his life authentically, on his own terms, until the very end. This is the powerful legacy he leaves behind, a legacy of courage, passion, and unwavering spirit. Without a doubt, he is the bravest man I've had the pleasure of knowing. His spirit will forever inspire me to live more fully and face life's challenges with courage.*

*I will miss him dearly, but I will never forget Frederick Lorne Watt, my brother...*

***“RUN IT THEN”!!!***



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**Robert LaVergne** - December 11, 2025 at 12:05 PM



*He loved you dearly!* 🕊️👍👍

**Kyee Didthatt** - January 05 at 10:43 AM

LP

“ *Lisa P. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Frederick Lorne Watt.*

**Lisa P.** - December 11, 2025 at 11:53 AM

LW

“ *I will see you in every beach Sunset* ❤️



**Leticia Valencia Watt** - December 11, 2025 at 11:07 AM

LW

*I will see you in every beach sunset My Love!*

**Leticia Valencia Watt** - December 11, 2025 at 11:08 AM

BW

“ *1 file added to the album I LOVE YOU DADDY*



**Bria Watt** - December 10, 2025 at 02:05 PM

CE

*So sorry for your loss. Prayers for you and your family*

**Christina Edgar** - December 15, 2025 at 04:35 PM

JP

“ *Always a pleasure to work with. He always has a smile. He will truly be missed.*

**John Pulliam** - December 10, 2025 at 10:56 AM

CE

“ *You will be missed by many people. Go rest high on that mountain my friend. Rest in Heaven*



**Christina Edgar** - December 09, 2025 at 08:24 PM