



Sheila Spear Proctor

May 14, 1942 - April 9, 2026

Sheila Spear Proctor, 83, passed away on April 9, 2026, in Round Rock, Texas, and is remembered for her joyful spirit and the lasting impression she made on those who knew her.

Born on May 14, 1942, in Brooklyn, New York, Sheila was the eldest of three children born to Ann & Gerald Spear. Sheila graduated from Bloomfield Technical High School in 1959, entering the workforce and her lifelong career as an administrative assistant.

She was very proud of her tenure at the University of Medicine and Dentistry of the state of New Jersey working in both the OB/GYN and Pathology departments during her career there.

Sheila was very involved in her church and community as a resident of South Amboy, New Jersey volunteering at Christ Church in the thrift shop, as well as the town animal shelter, and planning the annual Saint Patrick's Day Parade prior to leading the South Amboy Irish American Society where she loved Ceili dancing.

Upon moving to Austin, Texas, as a retiree she continued with her volunteer efforts supporting the Central Texas Food Bank, and the Austin Humane Society.

Sheila loved to laugh, dance, and have fun. She was also a lifelong lover of dogs taking great satisfaction from helping at the shelters in South Amboy, Rockport-Fulton and here in Austin. She always had a great story to tell about the dog friends now passed.

Sheila is preceded in death by her husband Richard Proctor and her son Randell Harlan.

She is survived by her cousin, Corinne Berezuk and husband, Michael Stieber, her daughter, Elaine Granoff, husband, Mark Granoff, and her son Lumen Harlan, wife, Debbie Harlan.

She is further survived by her grandchildren, Maya Granoff, Ashley, Colton, David, Evan, Jessica, Matthew, and Melissa Harlan. Along with great grandchildren Avery Lumen and Nadia Harlan.

She leaves behind her beloved dog, Teena.

Tribute Wall



“ A sympathy card was purchased for the family of Sheila Spear Proctor.



April 22 at 06:21 PM