Helen Louise Pinel (née McBeath)

We are saddened to share the passing of our beloved Mom, Helen Pinel (née McBeath) at the age of 80 after decline with dementia and other health challenges these past 2 years. She was predeceased by her parents (Edith & Andrew McBeath), husband of 43 years (1967-2010), John Pinel, second husband (2021-2023), Dean Goard, and many cherished friends and family. Helen is survived by her four boys and their families: David (Caroline, son Morgan), Bruce (Julie, sons Keiran & Nolan), Doug (Jody, and her daughters Sammy & Dakota), and Shawn; and by her sister Annabelle Watson, and niece Colleen.

Born in Hamilton, Ontario, she moved SW to London in 1952, accelerated through school, graduated with her Nursing Diploma from Victoria Hospital London (1964) then her Bachelor of Nursing from the University of Western Ontario (1965) to start her career as a Registered Nurse at the Ottawa Civic Hospital, becoming the Head Nurse of Intensive Care before starting her family.

Soon after marrying John Pinel in 1967 (“their centennial project”!), they moved to the new community of Kanata (near Ottawa) where they raised their four boys and were both very active in the community, including helping to establish the Kanata United Church. Helen returned to work in her health care profession in her early 40’s as a Palliative Care Nurse at Riverside Hospital, and later as Director of Care then Administrator of a large nursing home before retiring. After John passed in 2011, Helen moved to Victoria to be closer to her 4 boys and their families, all on Vancouver Island. Though difficult to leave her community of 43 years in Kanata, once in Victoria, she became very involved in pastoral care and other aspects of St. Aidan’s United Church (now Broad View United), where she also met and married Dean Goard, with brief

time living together in a retirement home.

Helen lived a full and vibrant life. It's hard to comprehend and tally the number of committees she chaired or worked with while also managing the household chaos of four boys, etc.! She lived in caring service to others and is fondly remembered for her empathy, grateful (and tenacious) energy, wisdom and perspective, curiosity and open-mindedness, humour, grounded manner, joy, and reverence. She supported and advocated for countless people, and these experiences were equally enriching and appreciated by her as a loving person, and our mother and 'nana'. That's how she rolled. Helen always initiated conversations, connecting with almost everyone she met!

With John, family, and always welcoming of friends, she loved their holidays at Goose Rocks Beach in Maine, which became a second seasonal home of sorts (until 2019), complete with hosting an annual Canada Day party for their American friends. When we were younger, her version of "relaxing" at the cottage included simultaneously knitting, reading, baking, and listening to music, while watching/refereeing a fluctuating entourage of kids moving in all directions! She otherwise valued time with friends and family at Arts events (music, theatre) and lectures on current events/knowledge, White Lake (near Ottawa), and later in life on international cruises.

Helen's final 2 years were in care at Berwick House then Parkwood Court in Victoria. Her family are extremely grateful to the staff at each for their support, attention, and compassion, especially during her final brief palliative period at Parkwood Court, where her career and life story came full circle.

Her family welcomes people to join her the Celebration of Life for her on June 8th, 10:30 a.m., at Broad View United Church, 3703 St Aidans St., Victoria, BC; this will also be livestreamed and available online at https://broadviewunited.org/special-events-2-2/.

In lieu of flowers, please make donations in her memory to these organizations, which she has long supported: Our Place Society, Broad View United, Pearson College UWC…or as inspired.

Condolences may be offered to her family and her friends below.

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