

Norah Elizabeth Joan Cabeldu (nee McCaul)

– A Life Well Lived –

Job: “It is the spirit in a man, the breath of the Almighty, that gives him understanding.” So wisdom, serenity, generosity, joy, dignity and grace are spiritual qualities that we can cherish and develop, no matter how difficult our life has been. And do we need to lose spontaneity, joy, innocence and wonder with the passage of time? Or rather, protect and nurture them? Spiritual perspectives have the power to change the very nature of our relationship with life, seeing new spiritual possibilities within it, and also with time itself – not anxious for the future, or waiting impatiently for it to happen – but being present in the moment. This is not only aging healthily but beautifully, no matter the number of years we count – or not.

Norah felt these words summarized life’s essence. They certainly sum her up – to the extent words can. She will be greatly missed and lovingly remembered for her generosity of spirit, sense of humour and extraordinary courage and determination in the face of adversity.

Born in Hampshire, England on December 27, 1922, Norah came to BC as a young girl before braving an Atlantic convoy at the age of 18 to return to England as a member of the RCAF. During WWII, she served at East Grinstead under Drs. Tilley and McIndoe, pioneers in the treatment of the many burned airmen who later became known as “The Guinea Pigs.” As the war ended, she moved to Rome, before returning to London where she worked for a leading couturier.

She married William “Bill” Pearson in 1958 and after his death in 1967, returned to Victoria with her children. She lived

here since, marrying Edward "Ted" Cabeldu in 1974. At age 50, under Ted's keen tutelage, she took up golf and became an avid and active member of the Victoria and Birnam Wood (Montecito) Golf Clubs, twice winning the handicap reduction award. In 1993, shortly after Ted's passing, Norah and her family were part of the winning team in the tournament celebrating the 100th anniversary of VGC. She passed away peacefully with her children by her side on March 2, 2013.

A devoted and loving wife, Mum to Richard and Angela, and DeeDee to Tory and Charlie, she was also a compassionate and loyal supporter to her extended family and friends. An inspiration to all who knew her, she was always armed with a wise word and a twinkle in her eye. Norah was a truly elegant and dignified woman who remained fully engaged with life right to the end. She left this passage for us to find after she died:

"If I should die, think only this of me; That there is some corner of a foreign field That is forever England. There shall be In that rich earth a richer dust concealed; A dust whom England bore, shaped, made aware, gave, once, her flowers to love, her ways to roam, A body of England's breathing English air, Washed by the river, blest by suns of home, And think this heart, all evil shed away, A pulse in the eternal mind, no less Gives somewhere back the thought by England given; Her sights and sounds; dreams happy as her day; And laughter, learnt of friends; and gentleness, In hearts at peace, under an English heaven."

A private memorial service was held at St. Mary's Church in Oak Bay on Friday, March 8, 2013. Donations in lieu of flowers to a charity of choice. Condolences may be offered to the family below.

We will love and miss her forever.

McCall Bros. Funeral Home

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