

# Deborah Ruth Cooke

On Thursday, June 21 Deb left us to begin a new journey. She lived a very full, rich life both before and during the seven years she lived with cancer. She began her new journey peacefully at the Highland Hospice, surrounded by those that mattered most to her. Deb's joy of life will continue to be celebrated through Miles her soul mate and kindred spirit but also her family and all those she touched during her incredible life.

She was cremated on Tuesday, 26 June. A memorial celebration in the great outdoors will take place at some point in the future.

## **Deb said in a letter to all her friends:**

*"I know without a shadow of a doubt, I have left this world totally at peace within myself. I know my spirit will continue to soar as it did when I was canoeing a river, hiking a mountain, creating something, or just being me. I loved life and hope when you think of me, you will not be sad. I am celebrating. I hope you will be too. For I am with God and my journey continues. Although it has changed somewhat, I am still on it and with you, only in spirit."*



## *Donations can be made to:*

- Run for Your lives, Yellowknife, Canada
- The Highland Hospice
- The Canadian Breast Cancer Foundation, Toronto, Canada
- The Maggie Centre, Inverness
- Macmillan Cancer Support, Edinburgh
- The Ron Cooke Belwadi, Roofs for the Roofless, Madras