



**REMEMBERING**  
**Laura Harris Nee Loughnan**

July 4, 1955 - June 1, 2009



It is with deepest sorrow that we announce the passing of Laura Harris nee Loughnan. At the age of 53, Laura died peacefully at home, surrounded by her family and friends. Although Cancer claimed Laura's health, it did not take away any of her spirit, passion, or zest for life away from her. Laura is predeceased by her parents Murray and Beatrix Loughnan and is survived by: her beloved husband Kent; daughters Becky, Kate & Olivia; siblings Bridgid (Jim), Lucy, Phil (Anne Marie), Emily (Rex) & Charles (Rebecca); and Kent's family Stan & Lorriane Harris, Doug (Trudy), Jane (Wade), Greg (Patricia), Gord (Janis) and Jeff (Jody). She will also be missed by numerous nieces, nephews, family and friends. Laura is an inspiration to many. Passionate, positive and community-minded, Laura grew up in Christchurch, New Zealand, trained as a Physiotherapist and moved to the Cowichan Valley in 1979. She was active in the community as a Physiotherapist, swimmer, coach, choir member, environmental activist, gardener and music festival volunteer. Her family wishes to thank Dr. Susan Barr, the Festubert Family Practice's Staff, Dr. Catherine Fitzgerald and the Staff at Victoria's BC Cancer Agency for the wonderful care they gave to Laura. In lieu of flowers, donations can be made to protect Chase Woods on Mt. Tzouhalem through the Nature Conservancy of Canada at [www.natureconservancy.ca/bc](http://www.natureconservancy.ca/bc) or by calling 1-800-404-8428. A service to commemorate Laura's life will be held on Saturday, June 6, 2009, at the Duncan Reformed Church, 930 Trunk Road, Duncan, BC at 11am.

