

# PENELOPE JANE MURRAY



## PENELOPE MURRAY - Obituary

(January 22, 1959 – June 19, 2024) PJ, Pen, Pen Pen, Penny - penetrating, perceptive, personable Penelope Jane arrived near dawn on a snowy January morning in Nanoose Bay, BC. An early adopter to many new and wonderful things she'd share with us all and firstly to walking, earning her the nickname "Twinkle Toes" as she strode towards the fridge. A childhood rich with friends at Norfolk House in Victoria, BC, then Cadboro Bay schools led to adventures east to Queen's University where Penny earned her BA in 1984 in Film & Media. A French connection with a lifelong pal took her to the Loire Valley. As a chef on luxury barge tours, Penny's natural born culinary talent bloomed. Bicycle trips to local village

markets directed the in-season menu elevating the local fresh fare to her own brand of gourmet magic. This remained her passion throughout her life. Culinary adventures continued off season as a private chef in Switzerland and recipe tester at Books for Cooks in London. And then a new adventure: Motherhood.

Penny returned to Victoria, BC, in 1989 to raise her son, Luke. She made a lasting impact with 35 years in project management helping to establish the Moss Street Market; aide-de-camp for the federal political campaign of friend and activist Dr. Briony Penn; the Canadian Diabetes Association and the University of Victoria. In each case, Penny connected the context with talented people and spirit of place with her insightful vision, keen perception and a sharp wit, always weaving in the importance of healthy food choices. A strong heart connection and kinship with the environment, nature, birds, animals and beloved family pets, brought all into play as co-producer for a TV series, Enviro/Mental.

Most memorable for Penny were two segments: a fun piece on edible seaweeds and a more grounding one when she first learned about the concept of green burials in England. During this time, Penny answered the call to step in - with only a few days' notice - as head chef for a Cowichan Valley B&B, which led to a remarkable discovery. During the 4-course gourmet evening meal she planned and prepared, a New York food journalist and his partner commented to each other on similarities to a meal they had been served on a French hotel barge two decades before. Yes! Penny was the same chef creating her magic and signature style of flavourful nuances so named, her "foodprint" and this story became an integral

part of her thesis, titled: Gathering Provisions for a Feast: Exploring the Feasibility of a Food Studies Program at UVic, earning her a MEd at UVic in 2008.

Penny wanted you to know she had Pancreatic Cancer and chose to live out her days enjoying the company of family and friends savouring edible delights. While she still could, Penny delighted in preparing for herself a poached egg with a sprinkle of caviar. Favourite mottos of hers: "Why Pay Less?" and "Shift Happens Piece by Peace." Twinkle Toes identified with Tinker Bell and the faerie world and decided to transition from this realm to the next at a time of her own choosing surrounded by family and friends.

As she planned for, a green burial took place at Royal Oak Burial Park, Victoria, BC, on June 26, 2024 Penny leaves behind her beloved son, Luke (Cream); mother, Patricia; sister, Gillian; brothers, Andrew and Michael; extended family and many loving friends. She is truly missed.

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