



Mr. Norman William La Rose

July 8, 2015

On the morning of July 8, 2015, Norman William La Rose, age 63, fondly known as Captain Groovy or ACC to many of his friends, departed this earth to the beat of a different drummer following a courageous battle against gastric cancer, with his loving soul mate of 22 years, Zita, by his side in their home.

Born in Etobicoke, Ontario, Norman was predeceased by his parents, Tom and Helen, and is survived by sisters Theresa, Bonnie-Lee and brothers, Tommy, Vincent and Bernie.

Instantly recognizable by his long salt and pepper hair, beard, kind eyes, crooked smile, expressive hand gestures and dressed in frayed jeans, bright shirts and his notable red sneakers, Norm reminded everyone of decades past. He was a gifted musician, drummer, keyboard and synthesizer player. If you listen very carefully, you might even hear him blithely lost in an everlasting jam session be it jazz, fusion, blues, classical or rock and roll. Music was his passion and heaven sounds a little richer now.

Norman was such a multifaceted man—a camera technician, photographer, a voracious reader (favourite author Noam Chomsky), activist, lover of Warcraft & Titan Quest, a writer/philosopher, a mechanical genius and forever curious tinkerer, studied in geology, physics and mathematics, a staunch defender of the downtrodden, poor and less fortunate, especially women and children, who bore the brunt of social, economic and political ineptitudes & injustices, an ecological warrior wanting to save our beautiful planet, an amazing cook

with a connoisseur's palate for anything organic, an avid lover of all things comedic (Monty Python, Marx Bros, Johnny Carson, Mel Brooks), dabbled in fishing and golfing, owner of a green thumb and awed by Mother Nature's amazing gift of flowers, lover of dogs, birds and wolves, just to name a few of his multidimensional interests.

Most of all, Norman empathized, sympathized, listened, engaged and entertained people in conversation or debate, connecting on a very personal level with most everyone he met in his own special way, always with laughter, wit, wisdom and his penchant for the positive.

Zita extends her heartfelt thanks for their caring support to the team at Trillium Health -QHC - CCAC Mississauga-Saint Elizabeth nurses extraordinaire Dulce, Neesu, Jennifer and Rasheed, PSW Pat and others, The Dorothy Ley Hospice, The Hart House. My sincerest gratitude goes to my condo neighbours, Kerry Price who kept Norm smiling & laughing, fed with magical pea soup and challenged with hours of Scrabble and mind boggling conversations, Mark Rines, our super whose musical antidotes, jokes and company put rays of sunshine on Norm's face, Kerry's wife Mira who expertly and compassionately guided Norm through a maze of documents, Mark's wife Michelle and daughter Cassidy who donated her keyboard for Norm to play and set him up on his tablet. To my dear friends Lynn Craibbe, who unerringly drove me everywhere to get anything needed and Anne-Marie Yaraskavitch, who provided both Norm and I with guidance, words of comfort and council on this final journey.

At Norman's request there is no visitation or service. Cremation has taken place. A celebration of Norm's life is being planned, details yet unknown. For friends who wish to attend, contact zitanorm@gmail.com. Instead of flowers, Norm would hope that you will do an unexpected act of kindness for some less fortunate soul or donations to the charity of your choice.

Tribute Wall

HE

“ *Heather lit a candle in memory of Norman La Rose*



Heather - July 11, 2024 at 12:39 AM

ZG

“ *Zita Griskonis sent a virtual gift in memory of Norman La Rose*



Zita Griskonis - July 08, 2024 at 12:44 PM

ZG

“ *Every day, my dearest Norm, I find pieces of you in our shared memories and moments.*

Zita Griskonis - July 08, 2024 at 12:42 PM

ZG

“ *Happy Birthday darling. I'm listening to your favourite music today and watching that Monty Python movie you always insisted on watching on your birthday. Hoping my smiles travel up to meet yours today.*

Zita Griskonis - January 01, 2024 at 11:28 AM

ZG

“ Zita Griskonis sent a virtual gift in memory of Norman La Rose



Zita Griskonis - January 01, 2024 at 11:25 AM

ZG

“ Always missing my sweetheart. Love you forever.



Zita Griskonis - July 07, 2023 at 04:52 PM

ZG

“ You may not be living here for all of us to see.....
But in my heart you'll live forever, you will ALWAYS be with me

Zita Griskonis - December 31, 2022 at 02:12 PM

ZG

“ Zita Griskonis lit a candle in memory of Norman La Rose



Zita Griskonis - December 31, 2022 at 02:08 PM

ZG

“ Zita Griskonis lit a candle in memory of Mr.
Norman William La Rose



Zita Griskonis - July 09, 2022 at 05:59 PM

ZG

“ Zita Griskonis lit a candle in memory of Mr.
Norman William La Rose



Zita Griskonis - July 06, 2021 at 08:53 AM

ZG

“ Zita Griskonis lit a candle in memory of Mr.
Norman William La Rose



Zita Griskonis - July 13, 2019 at 03:38 PM

ZG

“ *I still miss you
As the days and years pass
I still miss you
As the pain of grief softens
I still miss you
As new memories are made
I still miss you
As I smile and laugh
I still miss you
Today and everyday, my sweet Norm
I still miss you*

*Your loving soul mate,
Zita July 2019*

Zita Griskonis - July 13, 2019 at 03:34 PM

ZI

“ *My dearest Norm
The moment that you died last year
my heart was torn in two,
one side filled with heartache
the other died with you.
I often lie awake at night,
when all the world is fast asleep
and take a walk down memory lane
with tears upon my cheeks.
Remembering you is easy,
I do it every day,
but missing you is heart ache
that never goes away.
I hold you tightly in my heart
and there you will remain
Until the joyous day arrives
when we will meet again.
Forever yours, "Zee", Zita
July 2016*

Zita - July 06, 2016 at 05:37 AM

“ July-15-15

I am deeply saddened to hear of the passing of Norm. It has been many years since we have seen one another. I will always remember his wit and great sense of humor. My thoughts and prayers are with all his family and loved ones.

*Harold Campbell,
Mississauga, Ontario*

July-15-15

I remember all the great times hanging out with Norman and the rest of the La Rose family. My deepest sympathy to you all.

*Bill LeSarge,
Brampton, Ontario*

July-15-15

*Of all sad things we may endure, the saddest is in saying farewell, but our memories will become wonderful treasures. Heartfelt sympathy to my dear friend Zita, and to the La Rose family.
Dana.*

July-15-15

*My heartfelt condolences to the La Rose family.
I am so very sorry for your loss
I spent so much of my OLV days, with my dear friend Teresa at their home on Cliff St.
It was a joyous place to be, brimming with life and love, and laughter.
Norman, (like all his siblings) was always up to a good-natured prank
and took great joy in making everyone laugh.*

I remember his great big smile, and that sparkle in his eye. Although many years have passed, the wonderful memories of those precious days will remain with me forever. Thanks to each and every one of you. May the love you have for each other, give you strength and bring you comfort, at this very sad time.

Maureen Campbell

Zita - August 02, 2015 at 11:09 PM

AL

“ *Hi Zita- This is Tom Larose wife..Ann Marie Larose and we are in Orangeville and I knew Norman for many years until shortly after his mom died and then everyone lost contact with each other....never stopped looking for Norman but never was able to find him...Please accept of thoughts and prayers are with your during this time of loss as you were with him for many years and Tom and I have been together for 44 years this year so I knew Norman for many years up to now....Our thoughts go out to you and your friends who knew Norman and who loved his many wonderful ways and loving guy that he was...Your friend Mr Price found me on Facebook and notified us and now we are in the midst of letting his other brothers and sisters know... Please I hope we meet one day and get to see the beautiful person who made him so happy during his life....We will be thinking of you and Norman during this time of remembrance....Ann Marie and Tom Larose.....*



Ann Marie Larose - August 02, 2015 at 02:30 PM

CC

“ Norm,

For 45 years you and I shared life events, movies, music, solved all the worlds problems and laughed ourselves to tears. I feel somehow robbed that you and I didn't have a few last visits to reflect on the passing of time. Rest in peace my friend. Your will be missed but also thought of often.

Colin

Colin Chappelle - July 25, 2015 at 07:04 PM

DA

“ Dana



Dana - July 17, 2015 at 03:15 PM

AY

“ Anne-Marie Yaraskavitch lit a candle in memory of Mr. Norman William La Rose



Anne-Marie Yaraskavitch - July 17, 2015 at 08:10 AM

AY

“ Dear Zita. Don & I are so sorry for your loss. We hope that the happy memories of your years with Norm will help bring you comfort.

I so enjoyed my telephone conversations with Norm. I was always amazed at how upbeat he always over the years in spite of the health challenges he had.

*God Bless
Anne-Marie Yaraskavitch*

Anne-Marie Yaraskavitch - July 17, 2015 at 08:09 AM

HL

“ *I haven't seen Norm for a long time. We met when I was in high school and had a life together for many years. He had a great influence on my life and how I view the world. I will never forget his kind and passionate spirit. He will be greatly missed. I'm so sorry for your loss Zita.*



Heather LaRose - July 16, 2015 at 01:34 PM

JP

“ *Janice Porter sent a virtual gift in memory of Mr. Norman William La Rose*



Janice Porter - July 16, 2015 at 08:15 AM

JP

“ *Janice Porter lit a candle in memory of Mr. Norman William La Rose*



Janice Porter - July 16, 2015 at 06:27 AM

JP

“ *Janice Porter lit a candle in memory of Mr. Norman William La Rose*



janice porter - July 15, 2015 at 07:35 PM

AM

“ *Hi Zita, Very sorry to hear of your loss, please accept Monica and my sincere condolences. I sent monica the link to Norm's page and she said Norm would have been someone we would have liked ... and she's right. Take care, Allan and Monica xx*

Allan and Monica - July 15, 2015 at 09:23 AM

KP

“ *Mira joins me in extending our deepest sympathy to Zita and to the La Rose family on Norm's passing.*

Norm, I will not soon forget our many adventures in the last few weeks of your life here on Earth, and in particular, our making of a strawberry custard pie which I learned from a master chef.

Your neighbours,

Kerry & Mira

Kerry E Price - July 12, 2015 at 06:05 PM