

Carmen Trofimenkoff

Our beloved Carmen has set off on her next adventure. Wife, daughter, sister, aunt, friend, colleague, Carmen blessed us all with her presence. Her generosity, kindness—her fun-loving-up-for-anything-ness—made her irresistible. Despite failing health, she never lost those qualities. Yes, Carmen was a force. And she powered through her illness in inimitable Carmen style. If you know the song [“Here’s To Life” by Shirley Horn](#), you’ll remember the lines: “As long as I’m still in the game/I want to play/For laughs, for life, for love.” That was certainly Carmen’s approach this past year. She loved to plan lunches, dinners, drinks (shout-out to the Bamboo Lounge), road trips, afternoons at the beach, walks in the forest, even a helicopter tour. She was, in effect, surrounding herself with the people she loved. She showed us how it’s done. Her final triumph? A heroic exit. Off she went. Her terms. Her way. Our darling Carmen. Lionheart. “Here’s to life. Here’s to love. Here’s to you.”

Thanks again to family and friends for all the love and support. We are also grateful for the exceptional medical care Carmen received from BC Cancer and the Saanich Peninsula Hospital. Special thanks to Dr. Milivi Tiislar and dear friends Nikki Moyles and Robyn Smith.

Memorial contributions may be made to [BC Cancer](#) or [Make-A-Wish Canada](#). In keeping with Carmen’s wishes, we will scatter her ashes in East Sooke Park on February 3rd (weather permitting). Join us in June to celebrate Carmen’s life. Details for both events to follow.

Condolences may be offered to the family below.

McCall Gardens

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