

Matthew Walker McGinley Gow

The world lost a gentle soul when our Matty Gow passed away. Matthew Walker McGinley Gow, son of James Gow and Moira McGinley, brother to Emily (Shua) and Adam, grandson to Evelyn Gow, will be profoundly missed by his family. He was a special son, brother, nephew, cousin, friend, teammate, and a big buddy to anybody under four feet.

Matthew believed he lived a privileged life. His large close-knit family and his circle of life long friends loved him



absolutely and unconditionally. It gave him the strength and the power to endure his tougher moments and always gave him hope for kinder tomorrows. Never judging, wise, honest, loyal and loving, we are all so very grateful for what he taught us. As his friends would tell you, Matt's sense of humour never took a day off, no matter what.

Matthew attended Willows Elementary and Oak Bay High. He was a talented athlete who spent his youth playing Minor Hockey at the VRCMHA, Minor Lacrosse with Saanich, baseball at American Little League, Intermediate and Junior Lacrosse with the Victoria Shamrocks, and five years of Junior Hockey in the BCJHL. The past ten years Matthew worked in the local Victoria painting community.

Today, our hearts are broken. But tomorrow, as we remember Matty Gow, we will laugh easily and often. That is what he

would want us to do.



We sincerely thank all the extraordinary people within the mental health community that helped and cared for Matthew – especially Dr. Bosley, Dr. Blasco, and Matthew's exceptional counsellor Darryl Jackson. Matthew was grateful. He felt you were all so wise.

Please consider making a donation to the Archie Courtnall Center in Matthew's honour.



www.victoriahf.ca/our-hospitals/mental-health/

There will be a Celebration of Life for Matthew on **Saturday, June 3, 2017 at 1pm at McCall Gardens Sequoia Centre, 4665 Falaise Drive, Victoria, BC.** Casual attire, and bling highly recommended – Matt loved glitter. Bring your stories...clothing optional.

Like the Fire – Be Alive

Like the Earth – Be in Balance

Like the Air – Be Free

Like the Water – Be at Peace.



We love you Matty Gow.

Condolences may be offered to the family below.

McCall Gardens

www.mccallgardens.com