Sylvie Juliette Argouarch

Sylvie passed suddenly on August 2, 2025, at the Victoria General Hospital ICU. Née July 18, 1957, in la Ville de Brest, Finistere, Bretagne, France.

Predeceased by Jeanette Pelletier (mother), Jean Argouarch (father), Martin (sister). Sylvie is survived by Chloe Lizu Aitken (cherished daughter), Hugh Philip Aitken (partner of 28 years), and siblings Chantal, Francis (Mireille), Denis, Cathy (sister-in-law), nieces and nephews (Cecile, Remy, Shivli, Madhuri, Sherin, Lou) and beloved family K9, Chanel.

As a girl, when not working hard at school, she developed passions for dancing, playing cards and gymnastics. Her childhood summers tenting on the sandy seashore of Bretagne led to a lifelong passion for the ocean, scuba diving, snorkelling and all things aquatic. A ceaseless traveller from her earliest years, she hitchhiked through France, Italy, and Wales, camping and sleeping in fields and barns. It remained an immense joy for her to sleep in a tent in nature, appreciating the simple life.

Her 50-year career in medicine and caring for others began in 1975 and continued till her passing. MDing in France, she repeated her medical degree in English in Canada upon immigration (1983), starting in the premature baby ward in Moncton Hospital, with patients undemanding of her English, before specializing in psychiatry at Dalhousie University and geriatric psychiatry in Vancouver, earning her FRCP(C). She arrived in Victoria in 1996 and became known for her patient centred care. Her patients were the fortunate beneficiaries of a practitioner who left no stone unturned. Long days of work at the Memorial Pavilion and RJH patient wards had evolved to oversight of several care facilities—Sandringham, Broadmead, Sunrise, Summit and others. Always active, she intrepidly biked to them in fair and foul weather.

Despite her relentless, indefatigable drive to provide excellent care, Sylvie had an open, fun-loving spirit and warmth that deeply touched everyone she met personally and professionally and drew friends and colleagues to her. Sylvie had a deep compassion for people and forged lifelong loyal friendships that endured over time and distance. A proud daughter of Brittany, she kept in touch from afar and visited her birthplace often. She had an outsized impact on those around her and her sudden passing leaves a giant hole across the Victoria care community.

The active and fulfilling life Sylvie and Hugh enjoyed together was multiplied ten-fold with the arrival of Lizu in 2005. The light of their life added to their adventures and child-raising years were enriched by a circle of like-minded parents, and more friendships forged.

Heart felt thanks are extended to all the staff at VGH who guided us through her last week, and to all dear friends and neighbours helping us through this senseless tragedy.

A Memorial Service will be held in the Sequoia Centre at McCall Gardens, 4665 Falaise Drive, Victoria BC, Wednesday, August 20th, 2025, at 2:00pm.

In lieu of flowers, we kindly ask donations may be made to the following marine focussed charities:

https://www.raincoast.org

www.seachangesociety.com

https://www.cousteau.org

Mon cœur este avec vous,

Mon corps est parti avec le vent,

Mais mon âme viendra chaque nuit

Ecouter la mer contre votre porte.

Condolences may be offered to the family below.

McCall Gardens

www.mccallgardens.com

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