Valerie Anne Theresa Maureen Mavins

Valerie Anne Theresa Maureen Mavins, our family's beautiful matriarch and the center of our world, passed away at age 83 on December 3rd, 2025, in Victoria, BC, Canada, the place she called home. She is survived by her husband of 23 years, Dave Mavins, her two kids, Christopher and Kathleen Coutinho and spouses respectively, Beth and Pierre, 3 step children Brad, Sherry, and Heather, two siblings, Cliff and Carol, five grandchildren, Cassandra, Rebecca, Rachel, Valerie, and Madison, and many nieces and nephews that love her deeply. Despite the daily battle mom waged for years against skin cancer and scleroderma, she always wore a beautiful smile, felt genuine joy for life, and saw the sunshine and potential in every day, while cherishing her time with family and friends above all else.

Mom's morning routine typically began early at home soaking in the ocean sunrise from her favorite chair with a coffee in hand, something we would share with her every chance we had. Right up to the end, mom would marvel endlessly at the raw beauty of mountains, ocean and nature that surrounded her home, make delicious meals, vigorously debate politics, cheer passionately for the Canucks, and dance happily in the kitchen with us all if a beautiful song came on.

Mom was born in Carshalton, England on November 1st, 1942, to William O'Sullivan and Ethel Dardis O'Sullivan in the height of WW2. In 1945, her family moved to Montreal, Quebec, where she grew up with 4 siblings and a Catholic up bringing. She married our dad at age 18 and had their two children who now reside in the US, to whom she would go visit as often as possible. Mom loved to travel the world, try decadent and new cuisine, dress beautifully for all events, and squeeze the most out of life. Early in her life with our dad, she scuba

dived and danced often, and together they shared many crazy, hilarious adventures.

Our mom was renown for her endless positivity. If you crossed her, you were hit with her famous “Blue Eyed Stare”, which could buckle the knees of a general. Those stunning blue eyes would otherwise shine with joy. Her devotion to creating the most beautiful, welcoming environment for her family to come home to was a demonstration of who she was as a person; loving, devoted, loyal, deeply caring, and intensely driven to make everyone feel 100% at ease. Mom’s first passion was her family, but a close second was her passion around food. Her identity was formed in the kitchen producing 3-5 course gourmet meals regardless of breakfast, lunch or dinner. She was a caliber chef and we all loved and will miss her incredible feasts.

Most of all, we will miss mom’s unconditional love. Valerie Mavins, Mom, Nana, AV, Aunty Val. She has left a deep void in our lives. Her legacy of light, laughter and love already lives on strongly in her kids and grandchildren and has touched many lives around the world. We will honor this amazing woman by continuing to live with her same positivity, unconditional love for each other, and commitment to enjoying this beautiful gift called LIFE.

Condolences may be offered to family below.

McCall Gardens
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