Valerie Lorraine Adamson

Our radiant Valerie passed away peacefully in Victoria, BC on October 25th at the young age of 58.

Val is survived by her partner Steve Cochran and step-daughter Chloe, her parents Bert and Lorraine Adamson, siblings Sara (Cam), Susan (niece Haedy), Dan (Amanda; nephew Mitchell, niece Alexandra), her in-laws Mike (Mary-Jill), Amanda (Nick; nieces Maddison, Annabelle), Brianna (John; nieces Abigail, Camilla, Bridget Valerie), James (Izumi; nephew Noah, niece Emma), and Craig (Crystal; nephew Phoenix, niece Violet), and many aunts, uncles, cousins and close friends who Val also considered her family.

Val lived her life with purpose and as one rarely does – with a wide-open heart, deep curiosity, a true zest for life, and unwavering love for and commitment to those in her vast circle.

Purely by being herself, Val's vibrancy lit up any room she walked into with her sparkling blue eyes, gorgeous red hair, gregarious personality, warm smile, and of course, that famous laugh! Her natural instinct was to create a good vibe and have fun wherever she went. Val was generous, kind, caring, daring, resilient, and she brought a sense of joy and healing to those around her.

For Val, it was all about *connection* – to family and friends, to the earth and to her spirituality. She truly enjoyed spending time with people, getting to know them better and forging lifelong friendships. Val's remarkable gift was to listen and remember what you said, and she was well known for her unique way of making everyone feel special.

Val travelled the world and made a point of exploring new places and experiencing the local culture. She would invite

family and friends to visit her as often as possible, and was always so proud to introduce her guests to every member of the entourage. The time spent with Val was an opportunity to share music, laughter and memorable one-of-a-kind experiences.

As much as Val reveled in her life on the road, she cherished coming *back home*, whether it was Edmonton, Toronto, New York or Vancouver. She loved to host dinner parties, have barbeques on the beach, go on camping trips, hike in the forest, read a good book or simply watch a glorious sunset. Auntie Val especially adored the precious moments with her nieces and nephews.

And who can forget the many Valapaloozzas, her annual multi-day birthday bashes. Whether a wig party or 70s-themed boat cruise with a playlist for the ages, Val always celebrated in style while the rest of us tried to keep up with her.

Val was thrilled to move to Vancouver Island in 2021, to be closer to her parents and family, and put down roots with Steve to create a very special oasis together in their own home.

Val was courageous and determined (sometimes a little stubborn!). She believed in authenticity and stayed true to her convictions. Val blazed her own trail and showed us all a different way of seeing the world, in both good and challenging times, with abundant optimism.

Val will be dearly missed, and we take comfort knowing that her adventurous spirit will forever soar free.

As there are too many people to mention, we would like to thank everyone who helped Val on her personal and spiritual journey over the past several months and years.

We'd also like to share a bit of advice that Val offered up on many an occasion: ***Be present*** and ***just go with the flow!!***

A celebration of Valerie's life will be held at a later date.

In lieu of flowers, please take a walk on your favourite beach, dip your toes in the water and enjoy the moment.

Donations may be made to an organization of your choice.

Condolences may be offered to the family below.

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