



**REMEMBERING**  
**Laurie Lynn Vallance**  
December 18, 1967 - April 2, 2026



It is with heavy hearts that we share the passing of our beloved wife, mother, daughter, and friend, Laurie Vallance (née Heide), on April 2, 2026.

Laurie was born on December 18, 1967, in Moose Jaw, Saskatchewan, and was adopted soon after into a deeply loving family. While her curiosity later led her to seek out her biological roots, there was never any question in her mind about who her true parents were. In 2019, she connected with her birth mother and maintained a meaningful relationship in the years that followed.

Laurie and her family moved to Powell River in 1980, where she attended high school. She excelled in sports—soccer, softball, and volleyball—but her true passion was basketball. From a young age, Laurie knew she wanted to become a nurse. After graduating in 1985, she enrolled in the nursing program at Vancouver General Hospital, beginning what would become a remarkable 35-year career. Much of her work was in the emergency department and ICU in Powell River, where her steady, matter-of-fact approach and tireless work ethic earned her the deep respect and admiration of colleagues and patients alike. She also embraced opportunities to work as a travel nurse in the United States.

In 1995, Laurie met her husband, Adam, on a camping trip. Their connection was immediate, and their shared love of adventure became the foundation of a life well lived together. They went on to build a sea kayaking company and, in 1999, purchased a remote oceanfront property in Okeover Inlet, where they raised their two children, Ella and Caleb, and created a life centered on family, nature, and community. In a remarkable twist of fate, the land they called home had once belonged to Nancy Crowther—the "Cougar Lady" of Okeover Inlet—whom Laurie had cared for early in her nursing career. Over the years, Laurie may even say she began to embody certain qualities of the fierce Cougar Lady....

Laurie's love of travel took her across the globe, including Australia, France, Spain, Portugal—where Adam proposed to her—England, Costa Rica, and throughout the United States. Wherever she went, she embraced the adventure, the culture, the

people, the food and the beauty around her.

As a nurse, Laurie dedicated her life to caring for others. Through her own battle with cancer, she found it challenging to be on the receiving end of that same care. Yet the compassion, skill, and kindness shown by the many healthcare professionals who supported her over the past two years deeply moved her and her family. While words can never fully express our gratitude, we extend our heartfelt thanks to the doctors, nurses, and caregivers—both in Powell River and at the BC Cancer Agency—who provided such exceptional and loving care during this time.

In 1998, Laurie accepted Jesus into her heart, a faith that remained a quiet and steady source of strength throughout her life. While loss brings a profound sense of separation, it also carries with it the hope of reunion. In that promise, we find comfort.

Laurie is survived by her husband Adam, her children Ella (25) and Caleb (23), her mother Margaret, her brother Bob, and her sister Kelly. She leaves behind a legacy of strength, generosity, and quiet determination that will continue to inspire all who knew her.

A lifelong giver, Laurie was clear that she did not want a funeral or large gathering, as she never sought the spotlight. Instead, a private gathering of close family and friends will be held to share stories, laughter, and a few tears—accompanied, of course, by some of her favourite music from the 1980s. While Laurie touched many lives in Powell River and beyond, this gathering will quietly reflect her wishes and be limited to those who were especially close to her, along with Adam, Ella, and Caleb.

We welcome and encourage anyone who wishes to visit to stop by our property in Penrose Bay any time throughout the coming months.

Laurie always encouraged those around her to stay true to themselves, chase their dreams relentlessly, and lead with kindness and love. She would want her friends and family to continue living meaningful lives—to travel, to remind the people around them how deeply they're loved, and to work hard while embracing and enjoying life to its fullest.

Laurie will be deeply missed and forever loved.

