



Victor John O'Connor, Q.C.  
July 20, 1959 – January 31, 2009

On Saturday we lost Vic O'Connor. We are filled with a profound and deep sadness. Husband, father, son, author, lawyer, tri-athlete, and friend, Vic's incredible spirit touched and affected the lives of everyone he knew. His courage and strength were but two of his many gifts to us. When asked, "How are you?" Vic's response was always, "Great".

Family came first for Vic. He leaves behind his wife and soul mate Lori McDowell, son Alex, daughters Amy and Meghan, and his parents Vic and Joan O'Connor. Also mourning his passing are his many beloved extended family members in England and his in-laws, Lyall and Shirley McDowell, and brothers-in-law Robert and Allan (Virginia), and Grama Effie. For all of them, he fought a courageous battle against cancer, living every moment to the fullest, setting an example that will inspire and sustain them, and embodying the spirit of a true Ironman.

Yes, Vic was an Ironman athlete. His accomplishments in this arena included completing the Toronto Marathon in 1983, the New York Marathon in 1989, the San Diego Marathon in 2001, and 9 months before his diagnosis, the Penticton Ironman 2002. The passion and determination he showed in his training extended to all aspects of his life. A graduate of the University of Ottawa law school, he articulated in Vancouver with Boughton & Company, where he became a partner. In 1994, he left to found McCullough, O'Connor Irwin LLP with two of his closest friends, Jon McCullough and Doug Irwin. Vic was recognized

nationally as a leading corporate and securities lawyer (Lexpert: Best Lawyers in Canada) and was a member of the BC Securities Commission's policy advisory committee for six years. He was the author of the Annotated BC Securities Act, and was awarded the designation of Queen's Counsel, his profession's highest honour. Among his many significant mandates was drafting the policy manual for what is now the TSX Venture Exchange, following the merger of the Vancouver and Alberta Stock Exchanges. His contributions to securities law and policy in Canada will have a positive and lasting impact.

Vic's friends will remember him for his inimitable sense of style. From his sartorial excellence to his aesthetic in art, wine, design, and automobiles, Vic lived life with elegance and class. His sense of humour is legend. His golf partners will miss his on-course antics; his dinner partners will miss hoisting a cleansing ale at the end of an evening. His father and mother will miss their shared love of a good English soccer match, especially cheering on the home team, Crystal Palace.

Vic's family will remember Vic the soccer and softball coach, summer vacations in Summerland, and his encouragement of them to aspire, achieve, and pursue their dreams. He also relished adventures, be they flying to London for a final Led Zeppelin concert, taking a train to Disneyland, quaffing Guinness in Ireland, surfing in Maui, or driving to Napa Valley with Lori to celebrate their 25<sup>th</sup> wedding anniversary.

Thoreau wrote, "Be true to your word, your work, and your friend." Everyone who knew Vic would have to agree that Vic lived these words. Vic's life will be celebrated in a private, family ceremony, in accordance with his wishes. He can be honoured through donations to the Union Gospel Mission at [www.ugm.ca](http://www.ugm.ca) and to the O'Connor's Climb for the Cure Team at [www.stairclimb.ca](http://www.stairclimb.ca) (BC Lung Association).