

Paula Noreen (Olson) Froyland

Born July 22, 1933, in Edmonton, Alberta. Paula passed away peacefully surrounded by her family on October 23, 2025, at Sidney All Care, Sidney, B.C. Paula is survived by her twin sister, Nora Jensen (Ken), daughter Coreen (Jon), son Grant (Gail), four grandchildren and their spouses and seven greatgrandchildren. She was predeceased by her husband Kaare in 1999.

Paula was an athlete. As a teenager, she competed at the Commonwealth Games in track and field and speed skating events. She enjoyed playing basketball, skiing, golf, bowling and was an avid armchair curler, always keeping score.

Paula loved to travel. Starting at a young age, she visited Scandinavia and Europe many times. After marrying Kaare, she made frequent trips to Norway to visit family and explore her roots. She loved her trips to Hawaii, Costa Rica and many other destinations. She was always adventurous, participating in zip lining, playing in the surf and white water rafting down the Yukon River. She and Nora celebrated their 80th birthdays in Oregon by rafting down the Deschutes River with family. She never hesitated to drive long distances by herself to visit Grant and Gail in Saskatchewan or other family members in Alberta.

Paula and Kaare were long time and active members of the Sons of Norway. Paula was very proud to receive her 50-year membership pin.

After Kaare's passing, Paula began volunteering at the BC Cancer Clinic. She was dedicated to serving patients and their families alike. She made lifelong friends with her fellow volunteers.

Paula was a great cook and baker. This led to her

volunteering at the Rainbow Kitchen for many years. She fed her family with the best bread, pies, cookies and Norwegian treats. Her baking was enjoyed by friends and family as she loved to share with others.

Paula grew up in the Lutheran Church in Edmonton. After the family moved to Victoria in 1967, she continued as a member of the Lutheran Church of the Cross.

Family meant everything to Paula. She was such an integral part of her children, grandchildren and greatgrandchildren's lives. She will be greatly missed.

Her service of Remembrance will be held at the Lutheran Church of the Cross, 3787 Cedar Hill Road, on Saturday 8th November, 2025, at 1:00pm.

Parking for those with mobility issues is available in the Luther Court parking lot, 1525 Cedar Hill Cross Road. Other parking is available in the lower level of the Cedar Hill Mall, 1551 Cedar Hill Cross Road.

The service will be Live Streamed: lutheranvictoria.ca (click on Live Stream)

Condolences may be offered to the family below.

McCall Gardens

www.mccallgardens.com

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