

Sylvia M. Post (nee Ronteltap)

Sylvia passed away peacefully at home surrounded by love and support from many family and friends. She was born a Dutch citizen in Maracaibo, Venezuela where the Shell Oil company had stationed her father. She returned with her family to the Netherlands in 1964 living in the Hague and Rolde before attending college in Deventer. After graduating in 1980, she worked in Driebergen where she met her husband to be, John, while he was travelling from Canada to visit his sister. After a month-long vacation to Canada, she decided to move to Victoria, where she and John were married on April 8, 1983.

After working in various hotels around the city and running her own bed and breakfast, she transitioned to elder care, assisting seniors to age in place at home, work that she thoroughly enjoyed. Sylvia generously volunteered her time, whether at the school library, school board, community association or pet therapy group. She found her 9 years as a Hospice volunteer the most rewarding making many friends along the way. She was a long-time member of a book club also comprised of many dear friends.

Sylvia contracted leukemia in 2015 and, after treatment and a stem cell transplant, was granted what she called 'bonus time': 5 years of watching her sons flourish, the grandchildren grow, travelling to visit family, making trips in the motorcycle sidecar, and having lunch with friends. She was recently diagnosed with lung cancer and after a short struggle succumbed to the disease.

Sylvia is predeceased by her parents, Bob and Cor Ronteltap, and survived by John, her husband of 38 years, her sons Aaron (Elizabeth) and Ruben (Tori), her sister Ellen and brother Hans and her grandchildren Anders and Frances, whom she

absolutely adored.

Many thanks to the family, friends and neighbours who provided encouragement and support through Sylvia's illness. Her advice would be to live, love, be true to yourself, volunteer, meditate and enjoy life, because it can be short.

A funeral service is not possible at this time. Condolences, thoughts and memories may be offered to the family below.

McCall Gardens

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