

Valerie Williams-Freeman

Valerie Lois Williams-Freeman, nee Rogers, died peacefully March 5, 2022, one day short of her 91st birthday with her children by her side. She was predeceased by her son Alec, her husband Harry, and her sister Constance (Connie) Cancino of Nassau. She is survived by her children Jennifer (Garry), Gordon (Brenda) and Rosemary (Stephen) of B.C., seven grandchildren and four great-grandchildren from across Canada, and five nieces and nephews of BC and the Bahamas.

Val, daughter of Mr. and Mrs. Benjamin Rogers, hailed from Charlottetown, P.E.I., where she spent her fun-filled youth. After marrying Harry, an army officer, they lived in several Canadian cities before settling in BC in 1970. A fun, loving and devoted mother, Val was always game for adventure, ranging from her epic cycling trip in England in her early 20's, white water rafting, 30 years of yoga, to paragliding on her 80th birthday off Grouse Mountain.

Described by some as a character as fiery as her red hair, she was also well known for her hospitality, warm tasteful home and lovely, colourful meals. She operated a B&B in Vancouver and Sidney and hosted guests from around the world. Val had an unwavering faith in Christ and participated regularly in church life.

The family would like to thank her doctors, the staff at the Saanich Peninsula Hospital Long Term Care and her at-home caregivers for their wonderful care and compassion in her final years.

We will truly miss you, Mom.

A Memorial Service will be held at 1:30 pm on Saturday, May 7, 2022 at the Saanich Peninsula Presbyterian Church, 9296 E Saanich Rd, North Saanich, BC.

In lieu of flowers, donations can be made to the Saanich Peninsula Hospital & Healthcare Foundation or the SHOAL Community Centre.

Condolences may be offered to the family below.

McCall Gardens

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