



## Paul Helge Sundquist

November 9, 2023

Paul Helge Sundquist (1958 - 2023)

Paul Helge Sundquist, age 65, passed away peacefully at his home in Dumfries, VA, on November 9, 2023. Born in Brooklyn, New York, to Nils and Laila Sundquist, Paul was the embodiment of a vibrant city kid during the weekdays and an adventurous nature enthusiast on the weekends at his family's home in Rhode Island.

Paul Sundquist's life was a patchwork of experiences and jobs that all hinted at his knack for hands-on work and a mind for detail. Right out of high school, he explored different paths — fine-tuning cars as an automotive technician, hitting the road as a UPS driver, and welding with precision on submarines. His career really took shape in 1982 when he enlisted in the U.S. Marine Corps, becoming a proud member of the Marine Helicopter Squadron 1. This service was a defining period of his life, one he always looked back on with pride. Post-military, he didn't slow down. He mastered the ins and outs of technology as a master technician and then navigated the complexities of project management with the FBI. Paul's professional journey was as rich and varied as the life he led.

He is lovingly remembered by his wife of 37 years, Rosa Sundquist; his son Michael Sundquist and his wife Loreli Sundquist; his daughter Lauren

Sundquist and her husband Michael Smith; and three grandchildren, with another on the way. Paul's legacy is one of unwavering dedication, both to his country and his family.

A private burial ceremony will be held at Quantico National Cemetery, honoring Paul's life and service.

Paul was a man of many talents, often likened to a modern-day MacGyver for his incredible ability to fix or build anything. He had a knack for solving problems, big or small, and held a firm belief that nothing was impossible. His happiest moments were spent at the family home in Rhode Island, engaging with nature – sailing, fishing, skating, and swimming. There, his spirit was free, curious, and full of life.

As a tribute to Paul's enduring spirit, his family requests that in lieu of flowers, donations be made to one of the charities close to his heart: Alliance for Headache Advocacy, Chronic Migraine Awareness, or Rising Kites.

Paul's zest for life, his endless curiosity, and his love for ice cream will be fondly remembered and carried forward by his grandchildren, ensuring that his legacy of wonder and joy will continue to inspire future generations.

# Tribute Wall

AT

“ 1 file added to the tribute wall



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**Ani Ta** - September 22, 2024 at 05:44 PM

TM

“ *Atv ing in the mountains of Maryland in Garret County.  
Tom Milton*

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**tom molton** - January 11, 2024 at 08:01 PM

LL

“ *Paul will always be remembered and continue to live through his family ! He loved each of you so much as you loved him. Adventurous, loyal, dedicated to integrity with fun are only a few of the words to describe Paul. I know we will all share joy together in the future. Mimi, Brian, Helena and all of the parents with him now. Love and hugs to all of you now.*

*Always keeping you in our prayers, Lili and Lars*

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**Lili and Lars** - December 02, 2023 at 04:26 PM

SA

“ Dear Rosa, Michael, Lauren and family,

*Mark and I are so saddened by the new of Paul's passing, but are grateful that our families had reconnected in recent years. It was so clear that Paul was a loving and dedicated son, husband, and father. He was a natural caregiver, always thinking of others. He also seemed to find joy and delight in the simplest things - a frozen lake perfect for ice skating, sharing his knowledge of new technology, dessert(!), and spending time with family and friends. I'm so sorry he is gone, but I'm so glad he was here - he reminded us to treasure our family and enjoy the simple things, too.*

*We will miss him.*

*Love,  
Susan and Mark*

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**Susan Anderson** - November 28, 2023 at 10:38 AM