



## Cindy Ann Anthony Fremstad

October 19, 1975 - November 1, 2025

Cindy Ann Anthony Fremstad age 50 of Minneapolis, born October 19th, 1975, passed away peacefully on November 1st, 2025, surrounded by family, after a courageous 10 month battle with cancer. Cindy was a 4 year breast cancer survivor. She is preceded in death by her grandmother, Agnes Catherine Charlotte (Heineke) Rau; grandfather Aurthur Carl August Rau; grandmother, Elzina (Schroeder) Anthony; grandfather, Michael Matthew Anthony; father in-law, Paul Albert Fremstad. She is survived by, husband of 20 years, Tim; daughter, Ella; son Eddie; parents, Bernice and Matthew Anthony; sister, Christine Videen (Kevin); nephew, David; niece, JoAnna; mother in-law, Deb Fremstad; sister In-law, Tammy Schmieg (Scott); niece, Ruth; nephew, Sam; niece, Quill & extended family and friends. Cindy was a loving and caring daughter, sister, aunt, wife, mother, dog mother, and a good friend to many. She was a dedicated federal employee of 19 years with many, many, coworkers that are like family. She loved sitting by the lake and reading a book with sunflower seeds and a beer in hand. Cindy will be sorely missed by her family and all those who new her and loved her. Thank you, Tammy and Deb, who stepped in to assist with caregiving for Cindy. Thank you to the Regions Hospital and HP Cancer Care Center. Special thanks to Dr. McCormack and Allison. Very special thank you to Clinical Massage Therapist Laura, who always made Cindy's day better.

<https://view.oneroomstreaming.com/index.php?data=MTc2MjI5OTEwNTM4NzQ3NCZvbmVyb29tLWFkbWluJmNvcHlfbGluaw==>



# Previous Events

## Visitation

NOV 6. 12:30 PM - 2:00 PM (CT)

Nokomis Park Chapel  
1838 E. Minnehaha Parkway  
Minneapolis, MN 55407  
(612) 721-1651  
[info@washburn-mcreavy.com](mailto:info@washburn-mcreavy.com)

## Memorial Service

NOV 6. 2:00 PM - 2:45 PM (CT)

Nokomis Park Chapel  
1838 E. Minnehaha Parkway  
Minneapolis, MN 55407  
(612) 721-1651  
[info@washburn-mcreavy.com](mailto:info@washburn-mcreavy.com)

# Tribute Wall



“ Washburn-McReavy Funeral Chapels created a Memorial Service for Cyndy Ann Anthony Fremstad in memory of Cindy Ann Anthony Fremstad



Washburn-McReavy - November 04, 2025 at 06:33 PM

BR

*I am so very sorry for your loss. Cindy and I started in the federal system in Feb 2006. We had a great team with Paul McMahon and Greg Bauer. Thank you for the laughter, sanity, and professionalism you added to the day. I will miss you*

Bob Rorke - November 05, 2025 at 08:14 PM

MM

“ *I am so sorry for your loss. I will always remember Cindy as a kind, generous and fun person. It was my privilege to work with her at the Hiring Center from 2010 to 2016. Before I learned of her passing, I thought about how she was doing and was going to reach out to her to catch up. May God bless her family in this time of profound grief and remembrance.*

Mark Marquez - November 10, 2025 at 12:46 PM

DJ

“ My condolences to Tim, their children, and family. Deepest sympathy to you having to lose Cindy at such a young age. David Jordan, a former co-worker.

David Jordan - November 05, 2025 at 03:16 PM

DM

I was very saddened to hear of Cindy's passing. She was a bright light in our security staff. My thoughts are with her family and friends. David Milne, a former co-worker.

David Milne - November 05, 2025 at 06:17 PM

JB

I first met Cindy when she was 16 years old and became my babysitter. In 1997, Cindy got a federal contract position, told me about it, and we ended up working together for many years. Cindy went from being my babysitter to a good friend and our friendship deepened with every year. We talked or texted every day and loved to see scary movies, seek out the best hamburgers in town, and go to concerts. Cindy and I shared a deep love for animals and she would totally get it if I cried over sick dogs or dead bunnies in my yard (thanks to my bunny-hunting dogs). Cindy was always there for me and was the most supportive, generous, loving, loyal, and giving person and I will have a huge void in my life without her. Cindy, you fought like hell but now, rest in peace, my friend. You were very loved and will be greatly missed. Julie (“Jules”)

Julie Bendixen - November 05, 2025 at 09:51 PM