



Frances Ann Trygestad

January 31, 1924 - December 3, 2023

On December 3rd, 2023 Frances Anna Trygestad passed peacefully surrounded by family at the age of 99 years and 10 months. Preceded in death by her loving husband of 56 years of marriage. Survived by her children: Linda (Mike) Guspiel, JoAnn Trygestad, Steve Trygestad, Wayne Trygestad, Marilyn (John) Titus, John (Della) Trygestad. Her grandchildren: Christine (David) Williams, Sean (Angela) Trygestad, Lisa (Scott) Salmi, Kara Trygestad, Aaron (Katie) Guspiel, Sarah (Derek) Sorenson and Samantha Titus. Great-Grandchildren: Austin, Jack and Max Trygestad, Kaylee and Carter Salmi, Claire and MJ Guspiel.

She was born in Mandan, North Dakota where she helped maintain the family farm. She has always been a hard worker and grew up in a simpler lifestyle. There was neither running water nor electricity on the farm and the luxuries of today weren't taken for granted. She worked her way through high school and moved to Minneapolis where she met her beloved husband, Harvey.

After a few years they resided in St. Louis Park where they raised 6 children. She lived in their home for over 70 years. She enjoyed a job as a teacher's aide at St. Louis Park High School where she had many close friends.

Her hobbies included spending time with family, sewing, reading, baking and, of course, going up north to their cabin on Lake Winnibigoshish where fishing

and the competition of getting the most or largest fish was the highlight of the day (and telling the stories of those adventures). Throughout the years she never lost her roots of the farm where she grew up and managed to continue canning fruits and vegetables while raising her children. She always had a green thumb when it came to gardening and was always fond of animals. She loved life and home cooked meals, traveling when she could, and relaxing with family. In fact, she traveled to almost all 50 states including Alaska and Hawaii and often with one or more of her children to share the incredible experiences. A highlight of her travels was going to Norway with Harvey and meeting his distant relatives.

Frances was a wonderful, beautiful person who lived a long, long amazing life. She's now gone home to heaven to be with God, family and friends. She will always be loved by those who knew her and sorely missed.

Cemetery Details

Fort Snelling National Cemetery

7601 34th Avenue South
Minneapolis, MN 55450

Previous Events

Visitation

DEC 14. 10:00 AM - 11:00 AM (CT)

Edina Chapel
5000 West 50th & Highway 100
Edina, MN 55436

Chapel Service

DEC 14. 11:00 AM - 12:00 PM (CT)

Edina Chapel
5000 West 50th & Highway 100
Edina, MN 55436

Graveside Service

DEC 14. 1:30 PM - 2:00 PM (CT)

Fort Snelling National Cemetery
7601 34th Avenue South
Minneapolis, MN 55450

Tribute Wall

JH

“ *John, Nancy, Matt and Julie Hoffman purchased the Arrive in Style for the family of Frances Ann Trygestad.*



John, Nancy, Matt and Julie Hoffman - December 08, 2023 at 10:25 AM