



Helen Harriet Estrem

August 28, 1935 - November 22, 2024

Helen Harriet Estrem passed away on Friday, November 22, 2024 at North Memorial Hospital in Robbinsdale with friends and family at her side. She was 89 years old.

Helen was born on August 28, 1935 in the lovely town of Decorah, IA to Dr. Gerhard and Iona Howland. She was the youngest of four siblings: Dr. Keigh (Martha) Howland, Tyke (Cecilia) Howland, and Donna (John) Williams.

Helen married her high school sweetheart, Duane Estrem (Fatman) in 1953. They soon moved to Brooklyn Center, MN where they had two children, Pam and Todd.

Helen enjoyed a 25-year managerial career at Northwestern Bell and helped out at the family business, Tasty Pizza. During this time she and the family made many lifelong friendships and memories. During these years she also began a yearly tradition of enjoying the fishing opener with friends who stayed close with her until the very end.

Once retired, she fulfilled her dream and moved to Pequot Lakes to make the lakeside family cabin her home. With friends, family, and the resident loons, she filled the home on Mayo Lake with many warm, enduring memories.

Years later, Helen found her heart filled with joy again when she met John Swanson. Together they cultivated beautiful life in Crosslake, MN from their home on Happy Bay. The home was often filled with family from both sides, plus many friends of their grandchildren coming to stay and enjoy the lake. Helen and John were involved in their community and belonged to Crosslake Lutheran Church. They also loved to travel and play cards with friends. John passed away in 2018. Her son, Todd, passed away in 2023.

Helen is survived by her sister-in-law, Martha Howland; daughter, Pam (Randy) Thuleen; daughter in-law, Tawnya Estrem; grandchildren, Riley (Contessa) Thuleen, Shane (fiancee Connie & her son Mason) Thuleen, Allee (fiancée Brandon) Estrem; and great-grandson, Jameson.

Helen left blessed to have so many amazing people in her life.

There will be a service held on:

December 9th, 2024 at 10:30 at the Washburn - McReavy Glen Haven Memorial Gardens.

Inurnment will take place at Crosslake Lutheran Church Columbarium on Tuesday, December 10 at 1:00 pm.

Previous Events

Visitation

DEC 9. 9:30 AM - 10:30 AM (CT)

Glen Haven Chapel
5125 West Broadway
Crystal, MN 55429

Celebration of Life

DEC 9. 10:30 AM - 11:30 AM (CT)

Glen Haven Chapel
5125 West Broadway
Crystal, MN 55429

Tribute Wall

PG

“ PAM GIEBINK lit a candle in memory of Helen Harriet Estrem



PAM GIEBINK - December 09, 2024 at 10:20 AM

PT

“ Pamela Thuleen lit a candle in memory of Helen Harriet Estrem



Pamela Thuleen - December 03, 2024 at 04:30 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Helen Harriet Estrem.

November 28, 2024 at 09:48 AM



“ Ken Colbert sent a virtual gift in memory of Helen Harriet Estrem



Ken Colbert - November 27, 2024 at 07:26 PM

TH

“ *The Howlands planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Helen Harriet Estrem.*

The Howlands - November 27, 2024 at 07:07 PM

TH

“ *The Howlands purchased the Serene Retreat for the family of Helen Harriet Estrem.*



The Howlands - November 27, 2024 at 07:07 PM