



## LaVon Sowada

June 10, 2012

Sowada, LaVon M. Age 83, of Crystal, passed away peacefully on 6/2/12. Preceded in death by sons, Scott Folkestad and Daniel Sowada. Survived by children, Audrey (Terry) Wellman, Richard (Colleen) Folkestad, Wesley (Colleen) Folkestad, Keith Folkestad, Carrie (Tom) Olson, Debra Sowada and Derrell Sowada; 14 grandchildren; 15 great- grandchildren; 1 great-great-grandson; brother, Billy Yager; other family and friends. Memorial service Saturday, 6/16/12 at 11:00 AM with visitation 1 hour prior at: [www.Washburn-McReavy.com](http://www.Washburn-McReavy.com) Glen Haven Chapel 763-533-8643 5125 W. Broadway, Crystal

# Tribute Wall

KF

“ I never knew my mom till the day I came to see her right after I got divorced then and I spent 7 months with her and then we I'm sure a lot of things it was great but there was one moment when well she's never said anything good about my dad he died when I was only two and then he said he was always going to build me a harbor in the garden so one day I thought well I'll build that over so I was in the garage I didn't even know she was home or I didn't know what she was doing I was just out there in the garage working and then I Heard a voice it was my dad he said son you do me a favor and I said dad he goes yes I said sure anything he was will you go in the house your mom's cooking her favorite cookies chocolate chip cookies and she has her favorite neighborhood will you go ask her if she forgive me of all the things that I did wrong and I didn't get a chance to tell her I was sorry I said yes I will right now cuz thank you that's the last time I heard from him but I wanted in the kitchen and there was my mom standing there making chocolate chip cookies and shed her ape or not like it was that your favorite yes how do you know I said dad just told me she said yeah I have something I have to tell you or ask you will you forgive dad of all the things you did wrong and you didn't get a chance to tell you and she sat there and shooting this is really being nice it's no it's not hard it's very nice she says yes I forgive him and she cried and I cried and we hold each other says you know I've been watching for the last 7 months and you are not going crazy like your brothers and sisters said is God I can see it I heard about this happening but I've been watching you and she said it's God so if he is telling me to come you got to go to him so I did on the way I went but that was my story with my mom I got to know her kind of like we get to know Jesus but I'm just glad I was able to spend that time with her thank you God

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Keith Folkestad - July 20, 2025 at 05:06 AM