



Mary Elizabeth Strand

July 13, 1941 - March 12, 2026

-In Loving Memory-

Mary Elizabeth Strand (Carlstrom) was born on July 13, 1941 in Bayport MN. Her mother and father, Elizabeth and Carl Carlstrom were assisted by Dr. Elwyn Strand, the father of her future husband; she was quite proud of that connection.

Mary's father died when she was two years old. Her mother raised Mary and her sister Joan and remained a consistent force of strength and devotion throughout the girls lives until her death in 1994.

Mary attended Stillwater High School and graduated third in her class. Shortly before graduation she was informed that she was the top student, and she was expected to give a speech at commencement. She purposefully scored poorly on her remaining course work to successfully land in third place and avoid the speech.

She attended Gustavus Adolphus Collage where she majored in Elementary Education. After graduating with high honors, she went on to teach first grade at Hopkins Elementary School for the following three years. She began dating Richard Strand during this time. Richard was completing his medical school training in Minneapolis. They were married on December 27, 1963.

Richard was inducted into the United States Airforce, and they were sent to Ramey AFB in Puerto Rico where Mary taught school on the base and Richard was the base pediatrician. Mary and Richard adopted their first child, Elizabeth Marie, while in Puerto Rico.

When they returned to MN they purchased a house in Bloomington for their growing family while Richard continued his medical training in orthopedic surgery. Four years later they adopted their second child, Kirsten Britt, and they decided to move to what would be their home for more than 50 years.

Mary and Richard raised their family there in Bloomington. They spent summer weekends at the cabin they built on Madeline Island and later they escaped Minnesota winters to a stilt house they built on a Florida coastal island. The family enjoyed traveling together - including visiting Sweden with their children and their mothers.

Mary did not like skiing but attended skiing trips to make sure everyone had snacks from her magic Mary Poppins purse.

Mary continued working in Bloomington public schools while raising their daughters, including nine years as a girl scout troop leader.

The only time she stopped taking photos of her family was when she took up the video camera. Mary would narrate the action and interject direction and questions. She loved to see others enjoying themselves and she wanted to capture and chronicle those events. Her children and grandchildren and great grandchildren all have photo books of memories for them to cherish that Mary poured her love and time into.

Mary always loved children, especially her seven grandchildren and three

great grandchildren. She loved her daughters.

Writer, Teacher, Cook, Baker, Spelling Wiz, Grammer Cop, Troop leader, Time-out Lady, Singer, Gardener, Master Sheller, Painter, Choir Chaperone, Prize Awarder, Contest Judge, Avid Reader, and Frequent Gift Giver.

She continued her mother's love and devotion to church, rarely missing Sunday service. She particularly enjoyed the Mount Olivet Spring Sale where she managed the Christmas Department.

The excellence in her education, devotion to students and scouts, world travels, lake homes, and island life were all grand to be sure, but her main joy in life was her connection with her family. To her husband. Her Children. Her Grandchildren. Her Great Grandchildren.

She will always love you more.

To honor and celebrate Mary's life, a memorial service will be held on Wednesday, April 8 at Mount Olivet Lutheran Church, 5025 Knox Ave S, Minneapolis, MN 55419 with 10:00 AM visitation, 11:00 AM service and luncheon to follow. In lieu of flowers the family suggests donations to Cathedral of the Pines <https://cop.mtolivet.org/> or The American Cancer Society <http://www.Cancer.org>

Previous Events

Visitation

APR 8. 10:00 AM - 11:00 AM (CT)

Mount Olivet Lutheran Church (So. Mpls)
5025 Knox Avenue South
Minneapolis, MN 55419

Church Service

APR 8. 11:00 AM - 12:00 PM (CT)

Mount Olivet Lutheran Church (So. Mpls)
5025 Knox Avenue South
Minneapolis, MN 55419

Tribute Wall

EP

“*Mary was absolutely amazing! Being friends with her daughter- she treated all of us like her children. She never missed a JB Singers show and was always there to support us. I know she will be deeply missed!*

If we could all live like Mary- the world would be a better place.

Eric Peteraon

Eric Peterson - March 31 at 10:38 PM

SA

“*Mary Strand was our daughter's first grade teacher in the Hopkins Schools. She was perceptive to her students needs and an excellent, caring, devoted teacher.*

Sandra Andersen - March 29 at 05:31 PM

RK

“*I met Mary when I was the new assistant principal at Oak Grove Middle School in Bloomington. Mary was in charge of assisting students having difficulty in class. In her role as "Quiet Room" director, Mary and I worked together daily. Mary handled her role with calmness and dignity and was always eager to lend a hand to any student or staff member needing assistance. Later, after we both retired, Mary and I helped out together in the Oak Grove media center. I will never forget Mary and the positive influence she had on all of us lucky enough to know her.*



Raymond Knoss - March 29 at 11:34 AM

CH

Mary was my first cousin. Mary's Mom...dearly referred to as my Aunt Lisa was a beautiful person. Mary and Joan certainly followed in her footsteps. Christmas Eve at Aunt Lisa's house was always a joy to be shared by all of the cousins. Mary was also wonderful making sure we all stayed in contact. One of her favorite things to do was arranging family get-togethers. When our Swedish relatives visited us Mary made sure we were all together to enjoy our Swedish family. She also was very instrumental in putting together a book writing our favorite memories growing up. I cherish that book today reading all the stories of my relatives. Mary will be deeply missed by all and those that loved her.

Having recently lost my husband, Michael, I can appreciate the sorrow you are all feeling. My heart goes out to you.

Sending my love and sincere condolences

Carol Herrick

Carol Herrick - April 02 at 07:53 PM