

Letting Go

The Angels gathered near your bed,
so very close to you.
For they knew the *pain and suffering*
that you were going through.

I thought about so many things,
as I held tightly to your hand.
Oh, HOW I WISHED that you were strong
and happy once again.

But your eyes were looking homeward,
to that place beyond the sky.
Where JESUS held His outstretched arms,
it was time *to say goodbye.*

I struggled with my SELFISH THOUGHTS,
for I wanted you to stay.
So we could walk and talk again,
like we did - just yesterday.

But JESUS KNEW THE ANSWER,
and I knew He loved you so.
So I gave to you life's greatest gift,
the gift of letting go.

Now my heart will carry MEMORIES
of the love you gave to me
Until we meet again in heaven,
where the best is yet to be.

IN LOVING Memory

Tammy S. Zarbok

June 23, 1966 † January 6, 2024

FUNERAL SERVICE

Thursday, January 11, 2024

11:00 AM

Calvary Lutheran Church
Alexandria, Minnesota

OFFICIANT

Pastor Angie Larson

SOLOIST

Dana Hetland

CASKET BEARERS

Bill Ingebretson	Brad Brejcha
Randy Zarbok	Troy Wolberson
Jeff James	Robby Friederichs

INTERMENT

Trinity Cemetery
Holmes City, Minnesota

Tammy Sue Zarbok, a beloved member of the Alexandria community, passed away on January 6, 2024, leaving behind a legacy of love, smiles and laughter. She was born on June 23, 1966, in St. Paul, MN.

Tammy's life was filled with various career endeavors, but it was her time spent at the Alexandria Opportunities Center that truly made a difference. After many years of hard work, Tammy was able to enjoy the fruits of her labor by entering a well-deserved early retirement.

Known for her adventurous spirit and infectious laugh, Tammy always looked forward to her annual trips to the County Fair. Her eyes would light up as she climbed aboard the Ferris wheel and enjoyed the sights from above. And she always made sure to carve out time to hang out with her friends in the sheriff's building while enjoying her favorite "pop pop pop".

Described as someone who loved wholeheartedly, Tammy cherished her loving family and her favorite dogs Buffy, Twinkie and Barney, who were loyal companions who brought her immense joy.

Beyond her immediate family circle, Tammy had many friends whom she considered an extension of her beloved community. Her heart knew no bounds especially when it came to people in uniform or babies!

Tammy had an assortment of hobbies and interests that reflected her vibrant personality. Making puzzles were a favorite pastime. She adored spending time with dogs; and, she had an undeniable fascination with lipstick (especially purple), which always brightened her day and added a touch of color to her life. Above all else, she loved celebrating her birthday with her friends and family.

One of Tammy's proudest accomplishments was her participation in the Special Olympics. She took part in various events and competitions, amassing an impressive collection of ribbons and medals in bowling and bocce ball.

In her passing, Tammy leaves behind cherished memories that will forever be treasured by her loved ones. She is survived by her parents Bill and Jan Zarbok, who provided unwavering support and love throughout her journey. Her siblings, Barb (Bob) Friederichs, Becky Bell, and Billy Zarbok will continue to hold their sister close in their hearts.

Tammy's nieces and nephews—Robby, Anne and, Katie Friederichs, Austin and Micah (Allison) Bell, Sophie and Emma Zarbok—will forever remember their aunt's infectious laughter and loving presence. Chloe Bell, Tammy's new great-niece, will grow up hearing stories of an extraordinary woman who touched the lives of many.

Tammy is preceded in death by her brother: Freddy Zarbok and grandparents: Herman and Etta Zarbok, Bert and Adeline Lundin.

Tammy Sue Zarbok has left a special mark on all those fortunate enough to have known her. Her joyful spirit and unwavering love will continue to inspire us all to live life fully and embrace each day with genuine kindness. May she find eternal peace as we celebrate a life well-lived.

In Loving

M E M O R Y



Tammy S. Zarbok
June 23, 1966 ~ January 6, 2024