



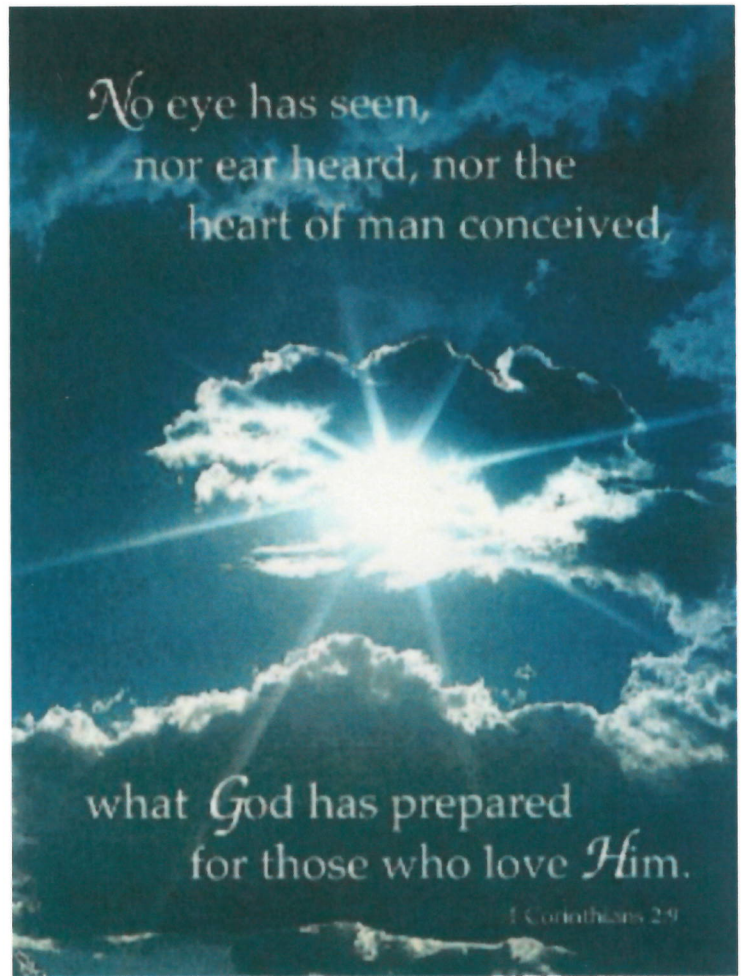
With heavy hearts, Sylvia Marie Strand, at the age of 79 passed away October 22, 2022. She will be deeply missed by her loving husband, Rodney; son, Tim; daughter, Deb (Chris); grandchildren, Alaina and Nathaniel.

Sylvia was a loving sister to her brother, Jim (Kathy) and Aunt to their children Mickey (Mike) and Pat (Thuy) and their children; and missed by many beloved family and friends.

Sylvia received her degree in micro biology from Augsburg College and worked at Abbot Northwestern until she and Rodney had their first child Tim in 1971.

Rod and Sylvia married December 6, 1969; nearly 53 years of marriage. After having Tim and Deb, she decided to go back to work and started at Dairy Quality Control and worked there as a technician until she retired at the age of 62. She enjoyed traveling both internationally as well as stateside, spending time on their boat on the Lake Superior, fishing, political shows and spending time with family. She loved to bake, needlework, read, garden and especially watch/feed her birds as well as playing their cat Trinket.

She will be dearly missed.

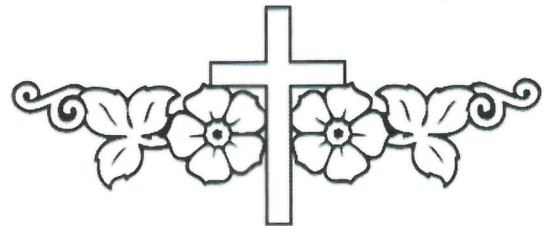


I'm Free

*Don't grieve for me,
for now I'm free
I'm following the path
God laid for me.
I took His hand when
I heard His call
I turned my back and left it all.
I could not stay another day,
to laugh, to love, to work or pray.
Tasks left undone
must stay that way,
I found that peace at
the close of day.
If my parting has left a void,
Then fill it with remembered joy.
Perhaps my time has
seemed all too brief,
Don't lengthen it now
with undue grief.
Lift up your hearts,
and share with me
God wanted me now,
He set me Free.*

***In Loving Memory of
Sylvia Marie Strand***

March 1, 1943 ~ October 22, 2022



Memorial Service

**Miller Funeral Home
6210 Highway 65 Northeast
Fridley, Minnesota
Friday, October 28, 2022
11:00 a.m.**

Officiating

Pastor Phil Gotsch

Inurnment

~ at a later date ~

**Fort Snelling National Cemetery
Minneapolis, Minnesota**

Miller Funeral Home ~ Fridley, Minnesota