

Troy Trygstad was born on March 17, 1972, to Gaylon and Linda (Connor) Trygstad. He grew up in Nunda, SD, until moving with his family for a short time to Nebraska and then returning to Nunda. He attended school in Rutland. While in high school he enlisted in the US Army National Guard. He served in the Army National Guard for 14 years. He graduated from Rutland High School in 1990. After high school he attended the School of Mines in Rapid City for a year and then SDSU in Brookings for a year. He then went to work for MMCA and sold investment securities. He married Laurie Becvar. To this union twin girls were born, Jessica and Elizabeth. The couple later divorced. He started his construction company and ran a mortgage and real estate company. He met Sarah Roseland in 2004. The couple married in 2013 where they made their home in Dell Rapids. To this union, a daughter, Elliott and a son, Gavin were born.

He was an avid Dallas Cowboys fan, he enjoyed reading, he loved the outdoors, but he was most proud of his children. He loved that his older daughters shared his love of music, he loved going to their concerts and listening to them sing and play their instruments. He loved teaching Elliott and Gavin new things and he loved reading with them.

Troy is preceded in death by his paternal grandpa, Melford Trygstad and his maternal grandparents, George and Mildred Connor.

He is survived by his wife, Sarah of Dell Rapids; his children, Elizabeth and Jessica of Sioux Falls and Elliott and Gavin of Dell Rapids; his father, Gaylon (Nancy) Trygstad of Dell Rapids and his mother, Linda (Mike) Lesselyoung of Madison; his paternal grandmother, Wilma Trygstad; his brother, Eric (Karen) Trygstad of Nunda; his nephews, Bennet, Brandon and Isaac and his niece, Julia; step-siblings; Ann (Ryan) Kueter of Sioux Falls, Keith (Kerrie) Johnson of Becker, MN, Dustin (Kelli) Johnson of Sioux Falls, and Tyler Johnson of Dell Rapids and his extended family and many friends.



*In Memory of*

## **Troy Trygstad**

Born - March 17, 1972 ~ Died - October 7, 2021

### *Memorial Service*

Lutheran Church of Dell Rapids

Dell Rapids, South Dakota

Thursday, October 14, 2021 ~ 1:00 p.m.

### *Clergy*

Rev. Dr. Jeff Sorenson

### *Honorary Casketbearers*

Jeff Grobe

Chris Beringer

Gene Hanisch

Steve Schutz

Owen Wassink

Jeff Daniel

Bryan Geerdes

“Yesterday is but a dream, and  
tomorrow is only a vision, but  
today well lived makes every  
yesterday a dream of happiness  
and every tomorrow a vision of hope.”



**In Memory of**  
**Troy Trygstad**

*Funeral Arrangements by Kahler-Brende Funeral Home  
Dell Rapids, South Dakota*

**March 17, 1972**  
**October 7, 2021**