



## Lois R. Suek

May 6, 1923 - May 26, 2019

Lois R. Suek, 96 year old resident of Minneapolis, MN, formerly of Holdingford, MN, passed away on Sunday, May, 26, 2019 at St. Anthony Healthcare in Minneapolis. A Memorial Service will be held at 11 AM on Saturday, June 1, 2019 at Gethsemane Lutheran Church in Upsala, MN, with Rev. Hollis Bishop officiating. Visitation will be held from 9 to 11 AM Saturday at the church. Interment will be in Gethsemane Cemetery in Upsala.

Lois Regina Suek passed away quietly on May 26, 2019 at the age of 96. Lois was born on May 6, 1923 in Albin Township near Godahl, MN, the youngest child of Ole Olson and Gina (Johnson) Olson. She was baptized and confirmed at the Albion Lutheran Church in rural Godahl.

The Olson children grew up in a close-knit extended family. Lois was especially close to her double first cousins, children of Uncle Lars and Aunt Dorthea (her mother's older brother and her father's younger sister.) She also enjoyed time with her Johnson relatives, Aunt Emma, and Aunt Nina, and her two Norwegian bachelor uncles, Joe and Chris. Her Lilleodden cousins, especially cousin Christine, were also important influences in her childhood and young adult years. Lois attended grade school in a one-room country school northwest of Godahl. She attended St. James High School, graduating as salutatorian of the Class of 1941. She continued her education at St. Olaf College, graduating in 1947 and majoring in Home Economics. Her mother, Gina, had received a scholarship to attend St. Olaf in 1906 but was unable to

attend. She was determined, however, that her children receive education beyond high school. Lois and her brother Norman achieved that. Lois completed a dietetic internship at the University of Minnesota, and became a registered dietitian. Lois worked as a staff dietitian at Swedish Hospital in downtown Minneapolis for three years. She was a young career woman when she met Alphonse Suek in 1953. They were married May 1, 1954 in St. Louis Park, MN and she moved to the Suek farm at Holdingford. Lois served on the Holdingford School Board for 21 years, and was active in school board activities at both the local and regional levels. She received an Outstanding School Board Member Award from the Minnesota School Board Association.

Lois and Al were longtime members of Gethsemane Lutheran Church in nearby Upsala, MN. Lois was active in the women's organization and was a Sunday School teacher when her children were young. While raising her family, Lois continued her work as a part-time dietitian, teaching for several years in the nutrition program at Alexandria Technical School, working at the Melrose hospital and at the Albany hospital from the time it opened in 1969 until she retired in 1995.

Lois is survived by her six children, Mary Carter (Ed), Linda, Mark (Deb), Paul (Sue), Philip (Paula), and Martha Nelson (Carl-Martin). She was a proud grandmother to 14 grandchildren and four great-grandchildren. Lois is also survived by sisters-in-law, Vonnie Norum, and Rita Suek Mettenburg, and many nieces and nephews.

Lois was preceded in death by her husband Alphonse, her parents Ole and Gina, sister Helen, brother Norman, nephews Lance and John, and nieces Carolyn and Eileen.

The family requests that in lieu of flowers, donations be made to Gethsemane Lutheran Church, the Albion Lutheran Church Cemetery Fund, or to your local

hospice.

# Cemetery Details

## Gethsemane Lutheran Cemetery

Upsala, MN

# Previous Events

## Visitation

JUN 1. 9:00 AM - 11:00 AM (CT)

Gethsemane Lutheran Church  
155 Walnut Ave. West  
Upsala, MN

## Memorial Service

JUN 1. 11:00 AM (CT)

Gethsemane Lutheran Church  
155 Walnut Ave. West  
Upsala, MN

# Tribute Wall



“ *Lois R. Suek*

January 21, 2023 at 11:59 AM



“ *Hello,  
I just wanted to express my condolences to the family. May God  
give you comfort during this difficult time. Isaiah 25:8*

**blm** - June 03, 2019 at 01:48 PM



“ *“Here’s to strong women.  
May we know them.  
May we be them.  
May we raise them.”*

*My Grandma Lois did all three.*



**Britta Suek** - May 31, 2019 at 07:22 PM

PS

“ *Lives of great (wo)men all remind us  
We can make our lives sublime,  
And, departing, leave behind us  
Footprints on the sands of time.*

*Our sympathies and love with Lois Suek's family. She was a light in the family and will stay always in our memory. May she rest in peace. Family Suek from Germany*



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**Philipp Suek** - May 30, 2019 at 01:54 PM

TO

“ *The Olson's (Wes, Luke, Ann & soon-to-be Lauren O) purchased the Enchanted Cottage for the family of Lois R. Suek.*



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**The Olson's (Wes, Luke, Ann & soon-to-be Lauren O)** - May 30, 2019 at 12:21 PM



“ *Peaceful White Lilies Basket was purchased for the family of Lois R. Suek.*



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May 29, 2019 at 11:24 AM

JJ

“ *Our sympathy and love to Lois's family. She was such a dear and giving woman! May you find peace in all of your memories! Jackie and Jerry Johnson*

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**jackie johnson** - May 28, 2019 at 10:24 PM