



## James E. Trygstad

October 29, 1950 - May 22, 2018

James Edward Trygstad of Camp Hill, PA, born October 29, 1950 in Washington, DC passed away on May 22, 2018. James was the son of the late Edythe J. and Vernon O. Trygstad. James attended Robert E. Peary High School in Rockville, MD and Frostburg State College, where he majored in Business Administration and Psychology. After college, James worked in the human resources field, specializing in health care recruiting. He also volunteered as a member of the Wheaton Rescue Squad in Wheaton, MD. His friends remember him best as a fun and spirited person, who was also a loyal and compassionate friend. James was predeceased by his parents and by his brother, Robert V. Trygstad. He is survived by one brother, John Trygstad, his sister-in-law, Millie Trygstad of Largo, Florida and his dear friend, Susan Wilson, of Severn, Maryland. Donations in James' memory should be made to Hospice of Central Pennsylvania, 1320 Linglestown Road, Harrisburg, PA 17110 or the Wheaton Rescue Squad, 2400 Arcola Avenue, Silver Spring, MD 20902.

# Tribute Wall

JT

“ One of the loveliest young men from my youth Jim Trygstad had a wonderful goofy sense of humor. He brightened a room. Rest well, Old Friend.



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**Jan Tommila** - May 28, 2019 at 02:42 PM

BC

“ I use to live in the apartment above Jim. He gave me a beautiful scarf that his sister in law had made. He was such a sweet man. I just learned of his passing yesterday and I'm sorry I wasn't able to attend the service. I was wondering where he is buried? I'd like to pay my respects to him. Does anyone know?

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**bethany chasteen** - June 27, 2018 at 01:21 PM

SW

Bethany, please e mail me at [swilson21951@aol.com](mailto:swilson21951@aol.com). I will provide you information.

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**Sue Wilson** - July 13, 2018 at 08:31 AM

GB

“ My husband and I were talking about the wonderful times we had with Jim. Recently we went to wolf trap and We both looked at each other and said remember the time we came out here with Jim to see Virgil Fox and he played Bach Fugus on the organ only a concert Jim would take you to. Love you so sorry we drifted apart

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**gail burchett** - June 07, 2018 at 12:39 PM

BC

*Do you happen to know where he was buried? I didn't find out about this til yesterday and I would like to pay my respects.*

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**bethany chasteen** - June 27, 2018 at 01:22 PM



*“ Jim, introduced me to my future wife, and was the Best Man at Our Wedding. He was obviously a very important person in our lives. Although we had not seen each other in a number of years, he was and will be always in our thoughts. He was a good man*

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**Jim Burchett** - June 07, 2018 at 12:16 PM