



Frank Helland

November 30, 1943 - October 21, 2020

Frank Helland, 76, of Spirit Lake passed away on Wednesday, October 21, 2020 at the Mayo Clinic Health System in Mankato, MN. There will be no formal services at this time.

Frank was born on November 30, 1943 to Phillip and Jane (McCabe) Helland in Superior, WI. On April 24, 1971 he was united in marriage to Betty Meyers in Omaha, NE. Frank was forklift operator working for McQuay Refrigeration for many years in Spirit Lake.

In his free time, he enjoyed riding his motorcycle, going to the races, fishing, gambling and he loved his scratch off tickets.

He is survived by his wife Betty Helland of Spirit Lake; daughter Rebecca (Edward) Buhrman of Harris; four grandchildren; 5 great grandchildren; brother Danny Helland of Mason City; and sister Marva Bidding of Mason City and many nieces and nephews.

He was preceded in death by his parents and a brother Phillip, step son Jim Meyers, 3 brother in laws Steve Bidding, Richard Meyers and Ron Cadman and a sister in law Brenda Meyers.

Tribute Wall

CP

“ *Enjoyed talking to him when he would come in to Corner Lanes!!*

Carmen Parsons - October 26, 2020 at 12:03 PM

LH

“ *Dear Burhman family-I am sorry for the loss of your father and grandfather. Please accept my condolences. My thoughts and prayers are with you.*



Laura Hanna - October 25, 2020 at 04:04 PM

AH

Thank you Mrs. Hanna

Amanda Howard - October 26, 2020 at 11:09 AM

CG

“ *Chaplain Gary lit a candle in memory of Frank Helland*



Chaplain Gary - October 25, 2020 at 10:10 AM

CG

Betty and Becky, God bless you both. Many prayers of comfort for you both during this time. Please know we grieve with you in this passing. Betty, you and I have an Omaha connection. Omaha and surrounding area is my home base.

Chaplain Gary - October 25, 2020 at 10:13 AM

AH

“ *Amanda Howard lit a candle in memory of Frank Helland*



Amanda Howard - October 24, 2020 at 12:36 AM

AH

“ *Amanda Howard lit a candle in memory of Frank Helland*



Amanda Howard - October 21, 2020 at 04:45 PM