



## Helen Marie Sturgeon

September 7, 1927 - December 21, 2020

Helen Marie Nash Sturgeon, age 93, passed away December 21, 2020 at Milford IA. Helen was born September 7, 1927 in Cherokee IA, to Francis (Frank) Louis Nash and Adela Marie (Rovn) Nash. She graduated in 1945 from Cherokee Wilson High School. She was employed for two years by Western Union in Cleveland OH and Chicago IL before returning to Cherokee to marry Dale Lewis Sturgeon of Aurelia, IA at Memorial Presbyterian Church on June 7, 1946. To this union was born four children—Sherry, Susan, Michael, and Connie. Dale and Helen co-owned and -operated Cherokee Bowl on the east side of Cherokee from 1956 until the flood of 1965 when they built a 16-lane bowling house and lounge in south Cherokee—Cherokee Bowl and Coachman Lounge. They sold the business in 1977 to retire and then lived for five winters in the Florida Keys, and eight winters in Rio Grande Valley TX before settling permanently in 1990 in their home in Arnolds Park IA on Emerald Hills Golf Course. In Cherokee, Helen was a member of Eastern Star, Tone Circle, and was an original member of the Cherokee Symphony as a violinist. She was a competitive bowler and enjoyed traveling to tournaments with her team. Helen enjoyed the many summers the Sturgeon family spent boating and water-skiing together at their East Lake Okoboji cottage. In the Lakes Region, Helen was a member of the Eastern Star and Past Matrons Club; the Arpoki Women's Club; the Spirit Lake Quilters; and bridge and book clubs. She was a lifelong accomplished seamstress and for fourteen years served as sewing chairwoman on the board of the Hospital Auxiliary while

managing the hospital Teddy Bear project and the volunteers who hand-crafted teddy-bears for patients seen at the hospital ER and at same-day surgery. Helen's creative talents were best applied to her love of hand-crafting pieced quilts, and during her retirement years she designed and created a minimum of 100 quilts for family members, hospice and Veteran's Hospital patients, and for children attending the YMCA Camp Foster summer Burn Survival Camp. She also enjoyed technology, was an avid reader, and she and Dale attended Okoboji Summer Theatre where they held season tickets since 1990. Helen was a member of the Calvary United Methodist Church in Arnolds Park. As her high school yearbook noted, "Helen is happy and lots of fun; she's a friend to everyone." Her vibrant spirit will be greatly missed by her family and friends. She is survived by three daughters, Sherry Clark, Rocky Comfort MO; Susan Williams, Fort Collins CO, Connie Holmer, Fort Collins CO, and son, Michael, Lakewood CO. Also a brother-in-law, Bill Pigott of Cherokee IA; and brother Frank Nash Jr, LaGrange Park IL. Also surviving are 7 grandchildren, 14 great grandchildren, one great-great-grandchild and many greatly loved nieces and nephews. She was preceded in death by her husband, Dale; her parents; her sister, June Pigott, and three brothers-in-law, Roger, Darrel, and Arlo Sturgeon.

Services will be held at a future date.

# Tribute Wall

KR

“ *Karen Ricker lit a candle in memory of Helen Marie Sturgeon*



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**Karen Ricker** - January 17, 2021 at 01:13 PM

 Katie Arnburg

“ *So so sorry for your family's loss. She was truly a wonderful woman!*

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**Katie Arnburg** - January 09, 2021 at 12:53 AM

MC

“ *Exceptional lady for sure! Talented, and big hearted! We will miss her wit and wisdom. Feeling blessed to have known her in my life! Condolences to the Sturgeon family and to all of Helen's many, many friends.*

*Mark W. Clark, Broken Arrow, OK*

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**Mark W Clark** - December 31, 2020 at 09:22 AM

TO

“ *Our sympathy to the Sturgeon family.  
Twilight Chapter #59 Order of the Eastern Star  
Spirit Lake*

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**Twilight Chapter OES** - December 26, 2020 at 09:28 AM

WH

“ *So sorry for your loss. Your mom was a busy lady.*

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**Wanita Hope** - December 25, 2020 at 01:28 PM

PS

“ *Pam Sturgeon lit a candle in memory of Helen Marie Sturgeon*



**Pam Sturgeon** - December 25, 2020 at 12:23 AM

KR

“ *Karen Ritzer lit a candle in memory of Helen Marie Sturgeon*



**Karen Ritzer** - December 23, 2020 at 12:40 PM

KR

*My memories of Helen will always be her love of life and that beautiful, contagious, smile!!! So sorry for your loss but take comfort in how many people will share in memories of her, and all the lives she touched with joy.*

**Karen Ritzer** - December 23, 2020 at 12:44 PM

MT

“ *Helen was a very sweet person and always had a smile on her face.*



**Marcia Taylor** - December 22, 2020 at 11:12 PM

JK

“ I so enjoyed Helen at Calvary Book Club. She was "spunky" and wise. My sympathies to the family.

Jane Kauzlarich - December 22, 2020 at 07:28 PM

SE

“ Helen was the best neighbor when we lived in Arnolds Park. She invited me to attend the Arpoki Club. I was worried about what I should wear and she said we are going to learn how to line dance so you can dress casual! Oh, I enjoyed going to many of the meetings. She was such a dear person. We moved to Spencer after a couple of years and I sure missed her.

Our thoughts and prayers are with all her family!

Shari & Ken Emmert

Shari Emmert - December 22, 2020 at 01:57 PM

RM

“ So sorry for your loss. Helen was a loved member of the Spirit Lake Quilters Group and we will miss her easy smile and fun loving spirit. Hugs and prayers to her family.  
Reba Munson, Spirit Lake Quilter.



Reba Munson - December 22, 2020 at 08:58 AM

MD

“ Michele Dyhrkopp-Shortley lit a candle in memory of Helen Marie Sturgeon



Michele Dyhrkopp-Shortley - December 21, 2020 at 09:30 PM

RL

“ *Roxy Larson lit a candle in memory of Helen Marie Sturgeon*



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**Roxy Larson** - December 21, 2020 at 06:56 PM

MM

“ *Helen was a valued member of Spirit Lake Quilters. She was always looking for a way to help others. She made bears to comfort children at the hospital. She made many many quilts to comfort hospice patients. Her enthusiasm and infectious ambition for helping others was an inspiration to our members. We will miss her so much when we are able to meet together again. Rest in peace, Helen. We will remember your quilting spirit. Marilyn Miller, Spirit Lake Quilters*

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**Marilyn Miller** - December 21, 2020 at 06:38 PM

NR

“ *Nancy Rickman lit a candle in memory of Helen Marie Sturgeon*



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**Nancy Rickman** - December 21, 2020 at 05:31 PM