



Rita C. Traynor  
August 18, 1929 - December 1, 2022  
Pelican Point

Rita Carolyn Roach Traynor, 93, of Fargo, North Dakota joined her husband Mack V. Traynor Jr. and many other relatives and friends in heaven on December 21, 2022.

Rita was born on August 18, 1929, in Lincoln, Nebraska to Richard and Lillian Roach. At age 3, the Roach family moved to Fargo, North Dakota. Rita attended St. Anthony's, Agassiz and Fargo Central then went on to UND (BA) and Purdue University (MA). UND was special to her forever, meeting her husband Mack and receiving the Sioux Award, just a couple highlights. She and Mack moved to Fargo, their "happily ever after spot" in 1957.

Rita always made anyone who crossed her path feel special and loved. She coached us all to reach for the stars. Rita told her own 5 kids and scores of other kids who thought of her as their other mom, to go, be and do your best always. "Your potential is unlimited." She used the phrase Live, Laugh

and Love before it was cool and had a current events knowledge base the internet should emulate. She was selfless, generous, genuinely kind and curious. She was the speediest mom carpool driver in Fargo, and volunteered for too many organizations to list.

She was always the upbeat optimist. Even in the final stages of long-term dementia, she would smile, laugh and occasionally break out in songs like "We are the Gopher Girls" or "Happy Birthday."

Her happy places beyond Fargo, were Pelican Lake and Sanibel Island - places where family and friends gathered to laugh, eat and make precious memories. Her 9th street home was always open to all neighborhood kids. When you left the house, you got a hug and a smile. She was a great conversationalist, loved books and would correct our speech - lie and lay. You lie down. You lay something down.

When we all left for college, she would call every Sunday and converse in her happy, curious manner and she was the glue for her Traynor family.

Rita's co-pilot for 48 years, until going to heaven on his terms in 2005 was Dr. Mack. We could all hear him for the past few months saying "Hurry up Reets, I've been waiting for you to get up here." They were both the definition of love your neighbor. We miss you, yet know heaven is a better place having you back together shining your positive light back down on all of us to be and do our best, always.

Rita is cheering on her beloved survivors: Her sister Jibby Maas. Children; Mack V. Traynor III (Carol), Cathy Bales (Jeff) Jim Traynor (Katie), Peg Mickelson (Todd), Pat Traynor (Jamie). Grandchildren: Mack V. Traynor IV, Ellen Horan (Brad), Anne Traynor, Charlie Bales, Tom Bales (Sammy), Bob Traynor (Micki Heller), Chris Traynor (Bre), Nick Traynor Quamme (Mark), Tom Mickelson, Carly Mickelson, Joe Mickelson, Pat Traynor, Ben Traynor,

and Jack Traynor Great grandchildren: Nell and James Horan, Cooper and CeCe Traynor, Willie Mack and Parker Traynor.

There will be a private ceremony during this holiday season. In lieu of a prayer service,

stories are welcome on the Boulger website.  
[www.boulgerfuneralhome.com](http://www.boulgerfuneralhome.com).

Consider other memorials to: UND Foundation, DMF - Matto Foundation, Church of the Nativity, JP II Schools and Friends of Chimbote.

Arrangements entrusted to the care of Boulger Funeral Home and Celebration of Life Center, Fargo.