

IN LOVING MEMORY OF

Kathryn Ellen Stenso Miller

Age 49, Of Maple Plain, Minnesota. Passed away unexpectedly on Thursday, April 24, 2008.

~ SURVIVED BY ~

Husband of 25 years, Rick,

Daughters, Eli Kate Miller

Paula Ellen Miller

and Grete Kristen Miller

Mother, Dianne Stenso

Father, Charles Stenso

Brother, Cal Stenso-Velo and wife SuzAnne

Sister, Kristy Stenso

Parents-in-law, Jerrold and Mary Miller

Brothers and sisters in-law, Dirk and Joan

Mark and Alison, Kurt and Lynne

Cris and Sheryl Miller, Susan and David Goerg

Kate was an Outdoor Recreation Specialist for Three Rivers Park District.

Please send memories and stories to:
kesbae@hotmail.com

~ SERVICES ~

Tuesday, May 6, 2008, 11:00AM

Trinity Lutheran Church

2060 6th Avenue N.

Long Lake, Minnesota 55356

(952) 473-8577

www.trinitylonglake.org

~ VISITATION ~

Monday, May 5, 2008, 5-8PM

Trinity Lutheran Church

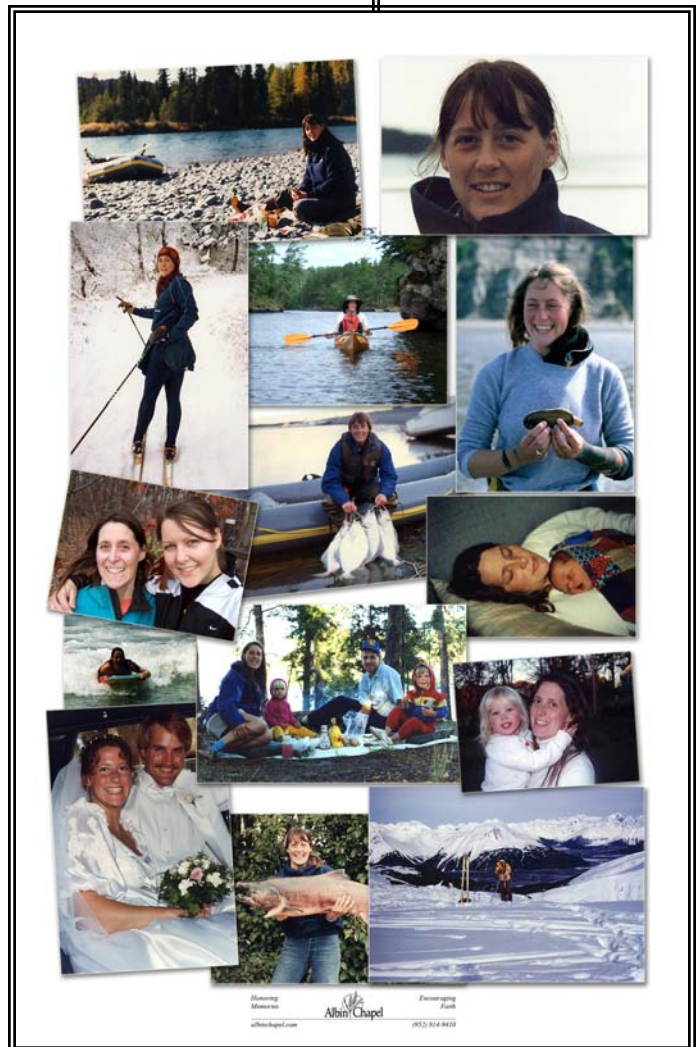
~ MEMORIALS PREFERRED TO ~

Kate Stenso Miller

Memorial Education Fund

C/O Associated Bank

P.O. Box 520, North Branch, MN. 55056



Kate, the Leader

Her generous smile always warmed you to the core, from the inside out, even during the coldest, darkest, hardest of days.

Her calming, warm energy never failed to lift you up, gently supporting, silently encouraging, filling you up with self-confidence, resolve, and deep down belief that you could indeed overcome, accomplish, and succeed.

Her quietly charismatic presence and soft voice would linger and comfort long after Kate left the room, as it now lingers about us like a favorite velvety blanket, safeguarding the memory in our hearts and minds of all Kate stood for, of all she was, of all she did, of all that is good and kind in the world.

Thank you, Kate, for inspiring us to be the best we can be, every day, reaching out to others for the betterment of humanity. You help us remember that each day is a Gift. You are missed.

Respectfully Yours,

- The 2007-2008 MRPA Leadership Academy members ...Anonymous (MN)

Kate Stenso Miller

Born August 18th, 1958 she was all about living life to the fullest in every moment she had. I have never met anyone so eager to know how everything worked, how it came to be and what she could do to make it better, more fun, more organized and more full of zest!

She graduated with honors from Alexandria High School and Concordia College in Moorhead, Minnesota with a double major in English and Physical education. She was involved in the ski club, played volleyball, she was a member of the outdoors club “Ahke” and lived her college life to the fullest, including winter camping in Yellowstone, skiing and biking across Minnesota. After spending her first year teaching at Chokio Alberta, Minnesota teaching high school English, coaching track and volleyball, she made the drive to Alaska alone to find a teaching job in Anchorage. She taught English and coached Nordic skiing. In 1983 she married her wonderful husband Rick Miller and later during their time in Alaska their first daughter Eli was born. Kate and Rick spent every moment they could outside, hiking, rafting, kayaking, skiing, fishing, camping and enjoying life and adventures with great friends. She was buried in an avalanche once and made it out with the help of her friends.

She told her students that her chicken pox scar was a scar from being shot by an arrow and she played it off so well that there are still people out there that think that is really what happened. No one could tell a story the way Kate did. She made you feel as if you were right there with her, she made you think you could smell the smells, see the colors and the beauty and feel the exhilaration she was feeling at that moment she was experiencing it.

Kate has done so many things in her lifetime. When they moved back to Minnesota, Kate and Rick had Paula and Grete, the three children could not be a better reflection of their parents. Kate started a babysitting co-op with a group of friends and neighbors when the girls were small and volunteered whenever needed. She took them to early childhood development classes, and was teaching them things all of their lives. She helped start the Baker Park chapter of the Minnesota Youth Ski League. Kate has instilled in her children the importance of family, love of God, commitment, friendship and love of life.

Creativity was a word that was invented to describe Kate. There was never anything she was afraid to try. She took up photography and had a few pieces in showings, she had articles published, took up quilting and won prizes and facilitated retreats at Gunflint Lodge, she was just taking drawing and watercolor classes and was very interested in botanical drawing. She did beautiful work no matter what the medium. Her command of the English language was incredible and she could write the most eloquent things. Her love for the outdoors has taken her on many journeys. She has been to Norway to kayak, she has hiked the deserts and mountains of the US, dog sledged, canoed, and kayaked throughout Northern Minnesota. She has raced in the Birkebeiner. She had a love for maps and finding her way in the world. Orienteering was a passion and she taught it to so many. Her job with the Three Rivers Park District suited her well. She had been really getting into cross country skiing this year and was a member of the Gear West Club. She was working towards racing the “Birke” one more time.

A book could be written about Kate Stenso Miller’s life. She lived it so fully and with such joy and enthusiasm. She has been an inspiration to everyone she has touched in her life time and her memories will live on in each of us until the end of time! She is with the angels, soaring in the sky helping us find our way in the world. She is loved and will be missed by all those who knew her. God Speed Kate, Soar high!