

Written on 3/19/26
@ 3:39 am by
Gail

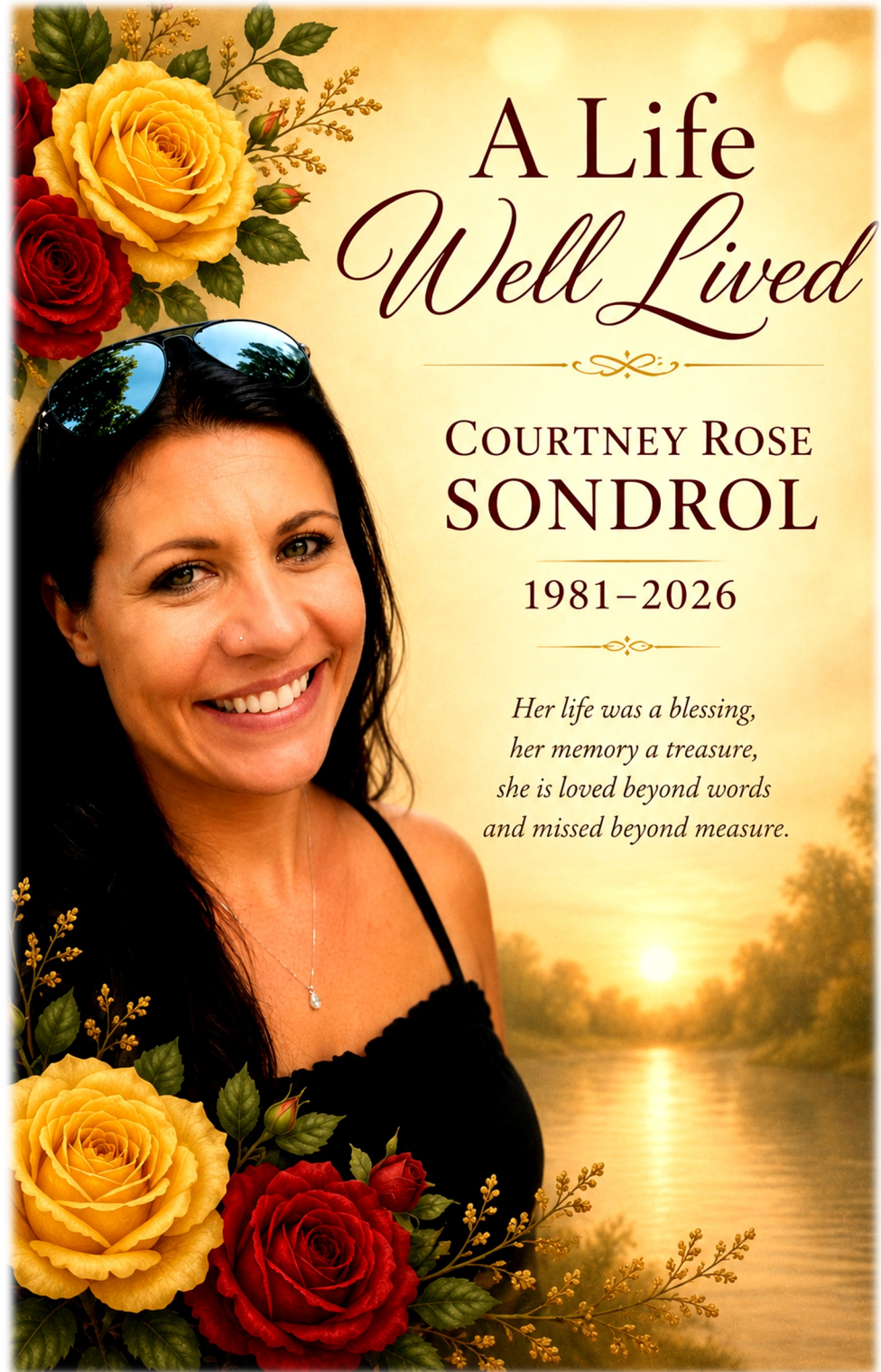
Just look up to see me,
My souls in the sky
I faced many struggles here on earth
So then Gal gave me wings to fly!

I'm the stars that twinkle
And the moon that shines
Everything is so beautiful
It's hard to leave you behind

I'll be okay
I'll be just fine
Just look up to see me
It's my time to shine)
I'll always be with you
Just touch your heart
And there you will feel
Like we're never apart
I'm at peace now
My heart is still
I love you all
I always will ♡



Note: Courtney's mom's best friend had a dream two nights before Courtney passed away. When she awoke from the dream, she got out of bed and wrote these words down to share with Michele.



A Life Well Lived

COURTNEY ROSE
SONDROL

1981-2026

*Her life was a blessing,
her memory a treasure,
she is loved beyond words
and missed beyond measure.*



Courtney R. Sondrol, 44, passed away March 21, 2026, at Sanford Health in Fargo, ND. Cremation has taken place.

Courtney was born July 9, 1981, to Clyde and Michele (Lanz) Sondrol in Bismarck. Her older brother, Travis, was excited to start picking on his little sister. Courtney's huge love for pets began when she was young and only grew and gained more variety. She had dogs, cats, birds, fish, hamsters, and more, but she especially loved her labradoodles, Nala and Murphy. Courtney grew up in Mandan and attended Central Elementary, Mandan Junior High, and Mandan Senior High, where she met lifelong friends who brought her countless memories. From a young age, she had a natural kindness about her. She loved to support and cheer on the people who meant the most to her and celebrate their accomplishments. She was never jealous of others when they succeeded—

only proud. She was the kind of person who would lend a hand wherever it was needed and always tried to give, even when she didn't have much. Her caring heart made her someone people could always count on. Courtney had a great sense of humor and could make people laugh with her quick wit and lighthearted personality. She brought warmth into every room she walked into and had a way of making others feel comfortable, valued, and loved. Her relationships with her family and friends meant everything to her, and she put her whole heart into the people she loved. Courtney was very adventurous and truly enjoyed being out in nature. She loved taking the dogs on walks, collecting rocks, being on the boat, camping, stargazing, and going to the lake. She lived life to the fullest, appreciating the little moments just as much as the big ones, and finding joy in the simple beauty around her. Her greatest joy and proudest role in life was being a mother. Her biggest adventures came in 2003 and 2006 when she became a mom to Dylan and Elliot. Even as a child, Courtney loved to play pretend house and would talk about how she couldn't wait to become a mother. That dream became the center of her world. She was always so proud of her two children and found any chance she could to talk about them. Dylan and Elliot were Courtney's purpose, her pride, and her greatest happiness. She loved them deeply and unconditionally, and being their mom was the role she cherished most in life. Courtney was also incredibly excited when she became an aunt, a role she embraced with so much love and pride. Even though distance kept them from seeing each other as often as she would have liked, she held a special bond with her nieces and nephew, Jack, Peyton, and Grace. She loved hearing about their lives, celebrating their milestones, and finding ways to stay connected no matter the miles between them. When they were together, she made every moment count—bringing her warmth, laughter, and caring nature into their lives. She was a wonderful aunt who loved them deeply, and that love was always felt, near or far. Throughout her life, Courtney faced her share of hardships and challenges. No matter what she was going through, she carried herself with strength, resilience, and determination. She did her best to overcome the obstacles

in her path, always pushing forward with the same caring heart and love for the people around her. Even in difficult times, she continued to show kindness, humor, and compassion to others, often putting them before herself. Courtney's journey was not always easy, but it was filled with love, growth, and perseverance. The strength she showed and the love she gave will never be forgotten by those who knew her. While her passing leaves a deep void in the hearts of her family and friends, there is comfort in knowing that she is now at peace. Courtney will be remembered for her kind heart, her unwavering love for her children, her devotion to her family and friends, and the joy and laughter she brought into so many lives. Her memory will live on through the countless lives she touched and the love she leaves behind. She continues to spread love through the gift of organ donation.

Courtney is survived by her parents, Clyde and Michelle Sondrol, Hazen, ND; brother, Travis (Ann) Sondrol, Craig, CO; her children, Dylan Yantzer (Kyley Becker) and Elliot Petryszyn (Ethan Ressler), all of Mandan; nieces and nephews, Jack, Grace, and Peyton Sondrol; Craig, CO; as well as many aunts, uncles, cousins, extended family, and countless friends. Courtney is preceded in death by her grandparents, Ernest and Ester Sondrol and Merle and Jane Lanz; as well as her cousin, Thalia Lanz; and too many friends to mention.

Courtney's family would like to thank everyone for their thoughts & prayers, kind words, and support through this hard time, not just for them but for Courtney as well. Along with thanking Sanford Medical Center in Fargo, ND.

Celebration of Life Gathering

Saturday, May 23, 2026

Mandan Eagles Club, Mandan, North Dakota

Committal Service

Saturday, May 2, 2026

Mandan Union Cemetery, Mandan, North Dakota

Pastor Adam Barden

First Lutheran Church of Mandan

