

Fred was born on July 14, 1920, in Upham, ND, the son of Arnie and Theodora (Asgrimurdottir) Goodman. He was reared and educated in Upham and graduated from Upham High School in 1938. In 1940, he received a Standard Certificate from Minot State College. Fred taught school in Kramer ND from 1940 until 1942, when he entered the United States Navy Corp serving as a Cadet. In 1943, he transferred to the United States Air Force serving as a radio operator and in 1946, he was honorably discharged. After serving his country Fred returned to Minot and continued his education at Minot State College where in 1948, he earned his BA in Social Science.

Fred married Eva Lamoureux from Newburg, ND, on June 13, 1949, at St. Leo's Catholic Church in Minot. Fred taught in Granville, ND from 1948 until 1951 and then attended Montana State University in Missoula, where in 1953, he received his Masters Degree. Fred served as Superintendent of Schools in Stanton, ND from 1951 until 1961, in Glenham, SD, from 1961 until 1963, in Sherwood, ND, from 1963 until 1974, Kensal, ND, from 1974 until 1981 and Selfridge, ND, from 1981 until his retirement in 1984. As Superintendent he was instrumental in school expansion projects in each of the schools. After retiring Fred and Eva moved to Minot where Fred worked at various jobs including 11 years as a realtor at Century 21 and Watne Realtors.

He was an active volunteer with St. Joseph Hospital, UniMed Medical Center, Trinity Hospital and the Community Companion Program all in Minot. He enjoyed greeting and visiting with all the people that came to the hospital. Fred was a member of the Upham American Legion and was past president of the Icelandic Heritage Society in Minot.

Fred was an avid reader and during his teaching career he was an active referee and coach at many youth community activities.

Those Who Shared In His Life

Wife, Eva, Minot; children, Bonnie Johnson, St. Petersburg, FL, Richard Goodman, Langdon, ND, Mary Jo Goodman, Fargo, ND, Dale (Karin) Goodman, Rochester, MN, and Micheal (Ginger) Goodman, Cary, NC; grandchildren; Kathy Johnson, Christina (David) Johnson-Brown, Jacquilynn Johnson, Jennifer (Shane) Cossette, Tracy (Jeremy) Nephew, Matthew, Christopher and Katelyn Goodman, Sarah (Juan Carlos) Drake, Stacy, Brittany, Kristie and Michael Goodman; great-grandchildren, Jasmine, Tyler, Quinten, Stephanie, Brandon, Reyna and Juan Carlos; sister-in-law, Marie Goodman, Minto, ND, and several nieces, nephew and cousins. Fred was preceded in death by his infant son, Patrick, his parents and his 11 brothers and sisters.



*In Loving Memory
of
Fredrick Allen Goodman
1920 ~ 2007*