

Detailed Biography of Ray Trygstad

<http://raytrygstad.com> • trygstad@trygstad.org

Raymond E. "Ray" Trygstad was born in the U.S. Naval Hospital in Bethesda, Maryland in September of 1955, the son of Staff Sergeant Kenneth E. Trygstad, USMC, and Greta (née Paulson) Trygstad. He grew up in Virginia, Illinois, Hawaii and California. He is a 1973 graduate of Vista High School, Vista, California, where he was a member of the marching band, choir, and vocal ensemble; Co-President of the Model United Nations chapter; a Life Member of the California Scholarship Federation; and received a Junior Varsity Letter as a JV Football Team Manager and a Varsity Letter in Cross-Country. While in high school he also served as Senior Patrol Leader of Boy Scout Troop 764 and was the Cadet Commander of Civil Air Patrol Palomar Cadet Squadron 47. He entered the United States Naval Academy at Annapolis, Maryland in July 1973, where he majored in European Studies/German. While at the Naval Academy he was a member of the Glee Club, the Protestant Chapel Choir, the Drum & Bugle Corps, and the Brigade Activities Committee. He also served as Art Director of the campus humor magazine, *The Log*. He played intermural squash (very badly) and intermural volleyball (a bit better than his squash); coached Plebe intermural sailing; and was certified to skipper sailboats up to 50' in length by the American Red Cross. He met his future wife, Lynn, while on tour to Southern California with the Naval Academy Glee Club in 1975.

Upon graduation from the Naval Academy with a Bachelor of Science degree and commission as an Ensign in June of 1977, he reported to Patrol Squadron 46 (VP-46) for temporary duty while awaiting flight training. While in flight training he was an active member of the Naval Air Training Command Choir, where he sang lead in the barbershop quartet. After receiving his Naval Aviator wings and being designated as a Naval Helicopter Pilot in June 1979 at NAS Whiting Field in Milton, Florida, he was ordered to Helicopter Anti-Submarine Squadron Light 35 (HSL-35) at NAS North Island, California, to fly the Kaman SH-2F Seasprite LAMPS Mark I helicopter. While with the HSL-35 "Magicians" he played as the LAMPS Detachment Operations Officer to the Western Pacific with HSL-35 Detachment 8 aboard USS Merrill (DD-976) and USS Kinkaid (DD-965), to the Indian Ocean with Detachment 6 aboard the USS Oldendorf (DD-972) and USS Meyerkord (FF-1058), and to the Eastern Pacific for contingency operations with Detachment 6 aboard USS Fife (DD-991). When not deployed he served as Ground Safety Officer, Line Division Officer, and Squadron Tactics Officer at HSL-35. He also served as a member of the Pacific Fleet LAMPS Tactical Development Board. In August 1982 he married Lynn M. Blair of Malibu, California. Lynn is a 1977 graduate of the University of California at Los Angeles and earned her Master's degree in Occupational Therapy from the University of Southern California. Ray and Lynn honeymooned in England and Scotland. While in Edinburgh they had dinner at the Royal Scots Club with Lynn's great-uncle Andrew, attended the Edinburgh Tattoo, and had a drink in the "Auld Hoose" — a pub once owned by Lynn's great-grandfather.

LCDR Trygstad's next assignment in 1983 returned him to Helicopter Training Squadron 18 (HT-18) at NAS Whiting Field in Milton, Florida, where he served as a TH-57C Advanced Helicopter Training Flight Instructor, Navy Student Control Officer, Foreign Training Officer, and Flight 2 Flight Leader. At that time, HT-18 was the Navy's only advanced helicopter training squadron and winged all new United States Navy, Marine Corps, and Coast Guard helicopter pilots. While serving as Navy Student Control Officer and Foreign Training Officer, he regularly presided over the wings of new Naval Aviators including the first three Naval Aviators in the Royal Saudi Navy.

Reporting in fall 1985, he served his second sea tour with HSL-31 Detachment BRAVO, homebased at NAS North Island, California. He twice deployed as Officer in Charge of the Detachment BRAVO "Bad Boys of Bravo" aboard the hydrographic survey vessels USNS Chauvenet (T-AGS-29) and USNS Harkness (T-AGS-31) in support of hydrographic survey operations throughout the Indonesian archipelago. The "SHAKA Crew" of Det BRAVO flew an SH-2F deconfigured for utility duty, TD 08, now on display in an ASW configuration at the Pima Air Museum in Tucson, Arizona, and the Navy's last HH-2D utility model Seasprite, SHAKA 14, now on display at the American Helicopter Museum in West Chester, Pennsylvania.

Following his two-year tour with Det Bravo, Lcdr Trygstad transferred to shore duty with the HSL-31 "Archangels" as a Fleet Readiness Squadron flight instructor, where he filled the billets of Squadron Safety Officer, Squadron Administrative Officer, and Information Systems Security Officer. As Safety Officer he led the squadron's implementation of the Navy's Occupational Safety and Health program (NAVOSH) from startup to full compliance. While at HSL-31 he completed his coursework and received his Master of Science in Systems Management degree (MSSM) with an Information Management Specialization from the University of Denver with a 4.0 GPA. As the Information Systems Security Officer, Lcdr Trygstad led HSL-31 through their Information Security Certification and Accreditation process as the first aviation unit in the Pacific Fleet to complete that process. In recognition of his outstanding service at HSL-31 he was awarded the Navy Achievement Medal.

After completion of the Navy's Aviation Safety Officer course at the Naval Postgraduate School in Monterey, California, Lcdr Trygstad's third sea duty assignment in 1990 took him to Norfolk, Virginia to serve at HSL-34, where he was Officer in Charge of HSL-34 Detachment 9 aboard USS Trippe (FF-1075), Detachment 2 aboard USS Ticonderoga (CG-47) and Detachment 6 aboard USS O'Bannon (DD-987). O'Bannon, with the Det 6 "Caballeros de la Noche" embarked, deployed to South America for UNITAS XXXII as the flagship for the Commander, South Atlantic Force, U. S. Atlantic Fleet. Det 6's aircraft, AMERICA 243 (nicknamed "Maggie") was the last production SH-2F Seasprite. Lcdr Trygstad also served the HSL-34 "Greencheckers" as Squadron Safety Officer and Squadron Operations Officer. While at HSL-34, the Navy designated him as a Computer Systems Management Subspecialist. His outstanding performance on UNITAS XXXII was recognized by a second award of the Navy Achievement Medal. In recognition of his outstanding service as a department head at HSL-34 he was awarded the Navy Commendation Medal.

His final Navy assignment took him to the Naval Reserve Officers' Training Corps Unit at the Illinois Institute of Technology (Illinois Tech) in Chicago, Illinois, where he served as Sophomore Class Advisor, Public Affairs Officer, Academic Affairs Officer, and Senior Watch Officer. He founded and directed the tri-service Illinois Tech ROTC Glee Club, acted as the Faculty Adviser to the Illinois Tech Chapter of Officers' Christian Fellowship, and served on several faculty committees as well as on PhD review committees. In conjunction with this assignment he and his family moved to Naperville, Illinois where they still live. He retired from the Navy on September First, 1994. Lcdr Trygstad has over 3500 flight hours, including over 2000 hours in the H-2 Seasprite and over 1300 hours in the TH-57 Sea Ranger, and is a qualified aircraft commander, standardization pilot, instrument check pilot, and post-maintenance check pilot in the SH-2F and HH-2D Seasprite. He has made over 680 small-deck landings on ships at sea. He attended Navy shipboard aviation firefighting school five times. His awards include the Navy Commendation Medal, the Navy Achievement Medal (2 awards), the Joint Meritorious Unit Award, the Meritorious Unit Commendation (2 awards), the Battle "E" ribbon (5 awards), the National Defense Medal (2 awards), the Sea Service ribbon (5 awards), and pistol and rifle Sharpshooter ribbons.

After his retirement from the Navy, following a semester as a Teaching Assistant in Computer Science at Illinois Tech Mr. Trygstad was employed as a Multimedia Training Specialist for Illinois Institute of Technology where he also taught Computer Science. In this role he managed the university's Instructional Multimedia Center, conducted faculty training seminars, and provided support for faculty use of multimedia presentation tools and the World Wide Web in an instructional environment.

In 1997 he was appointed Manager of Client Services for Computing and Network services at Illinois Institute of Technology. As Client Services Manager, he was responsible for managing staff and assets including all computer labs, Novell networks, and Helpdesk services for two campuses; he also was responsible for technical and structural management of the university's Web site which was then one of the thousand most-accessed sites on the World Wide Web. He was co-advisor to the student chapter of the Association of Computing Machinery and continued to advise the Officer's Christian Fellowship chapter and teach Computer Science. As a Naval Academy Information Officer he became the first webmaster of the U.S. Naval Academy.

While an Adjunct Assistant Professor of Computer Science at Illinois Institute of Technology, Professor Trygstad created and coordinated the IIT Internet Access program, providing Internet Education for students, educators and business people and Internet access for community groups and activities. Through this program he was responsible for basic Internet education of over 1000 students, including 800 K-12 educators. As an outgrowth of this program, he also served as the Program Manager of IIT's Certificate Program in Educational Technology. He taught courses about the Internet, Educational Technology, Multimedia, and Computers and Society, as well as the Senior Design Seminar in Computer Science. He instructed and wrote curriculum for the M.S. in e-Commerce program at Illinois Tech's Stuart School of Business. He served as curriculum manager for the Internet Technology/Webmaster Certificate program offered by IIT's Information Technology Certificate Program, which was accredited by the Association of Internet Professionals Certification Accreditation Council. From 1999 through 2016 he served as Assistant Director of Illinois Tech's Rice Campus and later as Director of Information Technology for Illinois Tech's School of Applied Technology, where he was responsible for technology planning, computer system management and administration, and Web site management for both the School of Applied Technology and the Rice Campus.

Professor Trygstad is currently an Industry Professor of Information Technology and Management at Illinois Institute of Technology's College of Computing. He is an Associate Chair, Director of Undergraduate Advising, and co-founder of Illinois Tech's Department of Information Technology & Management (ITM). He created the department's undergraduate, graduate, Ph.D., and Coursera online degree curricula. He was principally responsible for designation of the university as a National Center of Academic Excellence in Cyber Defense Education by the National Security Agency and the U.S. Department of Homeland Security, and for accreditation of the ITM bachelor's degree by the Computing Accreditation Commission of ABET. He is past chair of the university's Undergraduate Studies Committee. He has also taught as Adjunct Professor for Illinois Tech's Master of Public Administration program at Illinois Tech's Stuart School of Business. He is a member of the Association for Computing Machinery, the Association of Information Technology Professionals, ISACA, ISSA, the Internet Society, the Internet Corporation for Assigned Names and Numbers, and the Naval Helicopter Association. Professor Trygstad currently serves as Chair of the Association for Computing Machinery Special Interest Group on Information Technology Education (ACM SIGITE). He is a Commissioner on the ABET Computing Accreditation Commission and serves as a Team Chair for Program Evaluation Teams. He was previously an ABET Program Evaluator in both Cybersecurity and Information Technology. As a professional member of Gamma Nu Eta, the National Information Technology Honor Society, Professor Trygstad has served as the Faculty Adviser of IIT's Beta Chapter and is Past Chair of the Gamma Nu Eta National Board of Directors. He was a long-time member of the U.S. Naval Institute and the U.S. Naval Academy Alumni Association. He served on the Ad-Hoc Committee which drafted By-Laws for the World Wide Web Virtual Library and was a founding member of the Council of that organization. He was a member of the Association of Internet Professionals Certification Accreditation Council which defined accreditation standards for Internet training and educational programs on an international level. He also served as a Subject Matter Expert for the CompTIA iNet+ certification examination.

Professor Trygstad is also a curriculum and information technology consultant, and has done consulting and graphic design for Ameritech and other firms and universities, and graphic design work for local civic organizations. He completed coursework for a PhD in Computer Science and has done additional coursework toward a PhD in Technical Communication at Illinois Institute of Technology. With a longstanding interest in music, he has sung with the Naval Academy Glee Club and the Naval Air Training Command Choir, directed both adult and children's church choirs, is currently a member and publication editor of the Naperville Men's Glee Club, and also plays the Highland bagpipes. Over the years he has sung on the *Today Show*, at the White House, at the Hollywood Bowl, Symphony Hall in Chicago, the National Cathedral and the Kennedy Center in Washington D.C., and both Lincoln Center and Carnegie Hall in New York. Professor Trygstad has served as a Unit Commissioner for the Boy Scouts of America's Blackwater District in Florida, where he received the District Award of Merit, and is a Brotherhood member of Scouting's Order of the Arrow; he also served as the Chartered Organization Representative for Boy Scout Troop 100 and Venturing Crew 100 at Wesley United Methodist Church, Naperville, Illinois. He is a Methodist Lay Servant and is President of the United Methodist Men at Wesley United Methodist Church, Naperville, Illinois. He has been a Naval Academy Information Officer and has served as an advisor on computer and Internet issues to the Naval Academy Admissions Office; he was also the first Webmaster for the Naval Academy. He has served as Webmaster for a variety of community organizations including the Naperville Men's Glee Club, Wesley United Methodist Church and Boy Scout Troop 100. He enjoys sailing, and he collects books — especially science fiction, illustration, and naval literature. Ray loves to read and watch old musicals with his wife Lynn, who is retired from her volunteer careers as a Color Guard mom and Show Choir costumer, and is an active member of Naperville's Wesley United Methodist Church, where she has served as Chair of the Trustees and as a Lay Delegate to the Northern Illinois Conference of the United Methodist Church. Lynn is a hands-on grammy, cuddler, bedtime story reader, and confidante of her three grandchildren.

Ray and Lynn have three children, all graduates of Naperville North High School. Son Andrew is a fight choreographer, stunt man, actor, singer, dancer, juggler, director, and dance choreographer, who earned a degree in Drama at Columbia College Chicago and was awarded the prestigious Paddy Cream Award by the Academy of Fight Directors Canada as a member of the Advanced Class at the 2016 World Stage Combat Conference. Andrew is married to Andrea, a graduate of Elmhurst College and a stage lighting designer, retail store manager, and MBA student. Andrew and Andrea are parents to Ray's grandson Luca Ray Trygstad, born in 2023. Daughter Blair is a Ph.D. student in Practical Theology at Boston University. She marched color guard, winning a Bronze Medal with the DCI Bluecoats Drum & Bugle Corps, is a graduate of the University of Southern California where she was the general manager of the USC Trojan Marching Band, and earned her Master of Divinity from Emory University in Atlanta. She has served as Associate Pastor at Hollywood United Methodist Church and Senior Pastor at Ontario First United Methodist Church, both in California. Blair is married to Andrew Stowe of Atlanta, Georgia, who is a filmmaker and a fellow USC alumni. Blair is mother to Ray's grandson Ansel Stowe, born in 2019, and granddaughter Ellory Blair Stowe, born in 2023. Ray and Lynn's youngest son John makes swords for Rogue Steel and is a student at College of DuPage. He has wrestled and played football, sings, acts, plays the string bass, electric bass, guitar, and piano, works in wood and metal, and is on the United States Pencak Silat National Team. He was a member of the Midwest champion Steperette Cadets Color Guard, marched color guard with the Naperville North Marching Huskies, and was a four-year member of the award-winning Naperville North *Entourage* show choir. John was the U.S. Team heavyweight at the 2022 Pencak Silat World Championships in Melaka, Malaysia — Ray & Lynn went along, as did his significant other, Sarah. John won the 2023 U.S. Pencak Silat tanding championship in his weight class, and was also part of the gold medal ganda pair. Both Andrew and John have starred in musicals with WMC Productions in Warrenville, Illinois. Andrew has directed and choreographed shows for the company and John has choreographed for them as well, but WMC is sadly now defunct. (Ray has had the privilege of making token appearances in musicals with his sons at WMC and The Summer Place in Naperville.)