

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. While at the Naval Academy he was a member of the Glee Club, the Protestant Chapel Choir and the Drum & Bugle Corps; 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); he also coached Plebe intermural sailing.

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 orders to flight training. After receiving his Naval Aviator wings and being designated as a Naval Helicopter Pilot 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 helicopter. While with the HSL-35 "Magicians" he deployed to the Western Pacific aboard USS Merrill (DD-976) and USS Kinkaid (DD-965), to the Indian Ocean aboard the USS Oldendorf (DD-972) and USS Meyerkord (FF-1058), and to the Eastern Pacific for contingency operations aboard USS Fife (DD-991) as the LAMPS Detachment Operations Officer. 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 a Master's degree in Occupational Therapy from the University of Southern California.

LCDR Trygstad's next assignment 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 and Flight 2 Flight Leader.

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 USNS Chauvenet (T-AGS-29) and USNS Harkness (T-AGS-31) to support hydrographic survey operations throughout the Indonesian archipelago. Det BRAVO flew the Navy's last HH-2D utility model Seasprite, SHAKA 14, which is now part of the collection of the American Helicopter Museum in West Chester, Pennsylvania.

Following his 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 and Squadron Administrative Officer. While at HSL-31 he completed his coursework and received his Master of Science in Systems Management degree (MSSM) from the University of Denver with a 4.0 GPA. 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 took him to Norfolk, Virginia to serve at HSL-34, where he was Officer in Charge of HSL-34 Detachment 9 aboard USS Trippie (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, while 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 (IIT) in Chicago, Illinois, where he served as the Sophomore Class Advisor, Public Affairs Officer, and Academic Affairs Officer. He also founded and directed the IIT ROTC Glee Club, acted as the Faculty Advisor to the IIT 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 Seasprite. 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, after a semester as a Teaching Assistant in Computer Science at IIT Mr. Trygstad was employed as a Multimedia Training Specialist for Illinois Institute of Technology, Chicago, Illinois, 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 university faculty use of multimedia presentation tools and the World Wide Web in an instructional environment.

In 1995 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 laboratories, 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 served as co-advisor to the student chapter of the Association of Computing Machinery and continued to advise the Officer's Christian Fellowship chapter.

As an Adjunct Assistant Professor of Computer Science at Illinois Institute of Technology, Mr. 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 has taught courses about the Internet, Educational Technology, Multimedia, and Computers and Society, as well as the Senior Design Seminar in Computer Science. He is also instructed and wrote curriculum for the M.S. in e-Commerce program at IIT's Stuart Graduate School of Business. He has served as curriculum manager for the Internet Technology/Webmaster Certificate program offered by IIT's Information Technology Program, where he is the author of the program currently in use.

Mr. Trygstad is currently employed as Director of Information Technology for IIT's Center for Professional Development (CPD) and Assistant Director for Information Technology at IIT's Daniel F. and Ada L. Rice Campus in Wheaton, Illinois, where he is responsible for technology planning, computer system management and administration, and Web site management for both the CPD and the Rice Campus. He instructs information technology and management and serves as Associate Director and undergraduate adviser for IIT's Information Technology & Management degree programs. He also instructs in IIT's Master of Public Administration program. He is a member of the the Internet Society, the World Wide Web Virtual Library, and the Internet Corporation for Assigned Names and Numbers, 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 as well as a 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 and served as a Subject Matter Expert for the Computer Trade Industry Association (CompTIA) i-Net+ certification examination.

Mr. Trygstad is also a computer and Internet consultant, and has also done consulting and graphic design for Ameritech and other firms as well as graphic design work for local civic organizations. He completed coursework for a PhD in Computer Science and is currently studying for 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 Webmaster of the Naperville Men's Glee Club, and plays the Highland bagpipes. Mr. 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 is currently the Chartered Organization Representative for Boy Scout Troop 100 and Venturing Crew 100 at Wesley United Methodist Church, Naperville, Illinois. He is a Certified Methodist Lay Speaker and is President of the United Methodist Men and Chair of the Staff Parish Relations Committee 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 serves as Webmaster for the Naperville Men's Glee Club, for Wesley United Methodist Church in Naperville, for Webmaster Sources LLC, and maintains the Naval and Maritime page of the World Wide Web Virtual Library; a complete current listing of his Web sites is available at <http://raytrygstad.com/webbiography.html>. He loves to sail, 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 a busy Color Guard mom and also is the Lay Leader of Wesley United Methodist Church in Naperville.

Ray and Lynn's three children include son Andrew, 23, an actor, singer, dancer and juggler; daughter Blair, 20, a bassoonist and sometime actress who has been in color guard with the Bluecoats Drum & Bugle Corps and is a sophomore at the University of Southern California where she is a part of the USC Trojan Band and is majoring in occupational therapy; and their youngest who is a junior high student in Naperville and a member of the midwest champion Steperette Cadets Color Guard.