



Francis "Froggy" Trainque

DEC 2, 1941 - DEC 17, 2025



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Funeral Home and Cremation Services

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Francis "Froggy" Trainque

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Francis R. Trainque, also known by the name Froggy, passed December 17, 2025. Born in Fitchburg, Ma. Dec. 2, 1941, to Albert and Juliette (Morneau) Trainque. Retired from Vogue Wall Covering, Fitchburg Ma. previously James River #8 Mill, Simond Saw and Steel all in Fitchburg, Ma. Served in the US Navy on the USS Capricornus 1959 to 1962. Was an active member of Water Oak Country Club Estates, Lady Lake, member of the K of C and St. Mark The Evangelist Church, Summerfield, Fl. American Legion #347 Lady Lake. Was past president of Leino Park Assoc Westminster, Ma. Villages Honor Flight participant, honorary member of W.O.V.A. Water Oak. Attended Fitchburg Vocational High School, Avid woodworker and loved to play Billiards.

Survived by his wife of 61 years Christine (Hedblom); Daughter Serena (Todd) Gould, Paul (Sue) Trainque and Steven Trainque. 5 grandchildren, 2 step grandchildren, 6 great grandchildren and 5 step great grandchildren. 2 step great-great grandchildren as well as many nieces and nephews.

Last of eight children, Norman, Pauline Rousseau, twin sisters Jeanne St. Pierre & Jeannette Gaudet, Clarise Iannaccone, George, & Paul.



Funeral Mass: St. Mark the Evangelist, Summerfield to be Tuesday, January 6th, 2026 at 10:00am. Burial will be Veterans Cemetery, Winchendon, Ma. at a later date.




Events

Francis "Froggy" Trainque

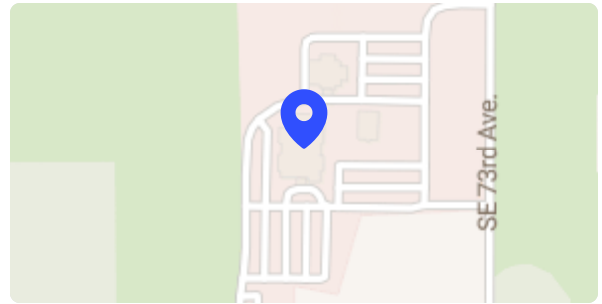
DEC 2, 1941 - DEC 17, 2025

Funeral Mass

 **Tuesday**, January 6, 2026

 10:00 AM ET

 **St. Mark The Evangelist**
7081 SE Hwy 42, Summerfield FL 34491





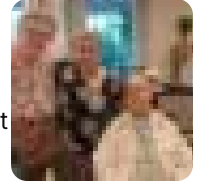
Tribute Wall

Francis "Froggy" Trainque

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Cathy Nocera shared a photo to the **Tribute Wall** album.



I met Froggy back in 2016 and was introduced to him as one of the original Maintenance Workers and Janitors of St. Mark the Evangelist Church. I always thought it was so thoughtful—and so very "Froggy"—that he drove a three-wheel motorcycle so his wife Chris could have the car to do her volunteer work in the church office. One of my fondest memories is when his Honor Flight was organized. Writing him a letter before the surprise was announced felt like such a small gesture, yet it was a privilege to honor him in that way. Thank you for your service Froggy! Froggy passed on December 17, a date that holds deep meaning. On December 17, 1903, the Wright brothers made their first flight, (just like Froggy's memorable honor flight.) December 17 is also the Feast Day of St. Dennis, a saint known as a Wonder Worker. Froggy, in his own humble and generous way, was a Wonder Worker to all who knew him. He was a faithful servant—devoted to his family, his friends, his church, and his country. His kindness, his steady presence, and his willingness to help others made a lasting impact on everyone blessed to cross his path. God bless Francis "Froggy" Trainque. May his soul rest in eternal peace. Forever in our hearts.

December 31 at 1:51 PM



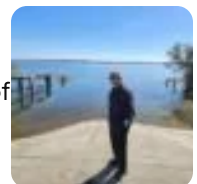
Sharon Dufresne posted:

I met Chris first at a water aerobics class. Later on I finally had the privilege of meeting "Froggy". I knew they were going to become life-long friends. Froggy was always there for everybody. Chris and I made an Executive decision to make him a Honorary member of WOVA as he was always there to help with dinners, keeping a check on food bank donations left in the MCH and making sure they got put in the storage room, helped with the delivery of food to the different food banks, and sometimes helped Chris with the semi-annual food shopping for the food banks when I couldn't make it. He did wonderful woodworking and presented me with a lovely bowl with lid which I have on my coffee table with Christmas candy. He had a beautiful Desert Rose plant that admired and I received some seeds which has become a beautiful plant and one of my prized plants. I did get to say good bye to him the day before he passed and I will always cherish that time. "Froggy" was a great person and friend. He will be remembered by all who were ever lucky enough to know him. Sharon Dufresne, Friend

December 20 at 1:59 PM



Paul Trainque shared a photo to the **Tribute Wall** album.



Dad i love you and miss you thank you for everything you taught me and done for all of us...

December 20 at 11:32 AM



Tribute Wall

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Mindy Janson posted:

When I think of Froggy I remember him as kind, helpful and easy going and so very welcoming. Whenever I visited, both Chris and Froggy welcomed me into their home. When I had to move my mom back up north he was so helpful! I remember him carrying a TV that was very heavy. Rest in Peace Froggy

December 20 at 10:03 AM



Susan Trainque shared a photo to the **Tribute Wall** album.

To the best father in law ever. Thank you for opening your heart to me and my family. I will cherish the time we had together. You will be missed. Love you.

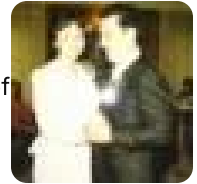
December 19 at 8:02 PM



Serena Gould shared a photo to the **Tribute Wall** album.

Dear dad , I miss you already.I'm mostly grateful for all that you taught me . Because of you I can change tires , oil and wood working I've never forgotten you saying " Serena never rely on a man you can do it yourself " I'm sure Todd hates that I never waited ,i wanted it done I started it myself. I love you to the moon and back ❤️❤️❤️❤️

December 19 at 5:33 PM





Media

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Memories only last if you share them

Join us in honoring Francis by contributing to a collection of shared memories.



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