



Sylvia Millsap Girmus

February 9, 1939 - November 10, 2025

SYLVIA MILLSAP GIRMUS, 86, passed away peacefully on November 10, 2025, in Cheyenne, Wyoming. A Celebration of Life will be held on November 29, 2025, from 12:00 PM to 04:30 PM at Laramie County Fire District #4 569 Co Road 140, Carpenter, WY. A Graveside Service will be held on December 1, 2025, from 11:00 AM to 12:00 PM at Valley View Cemetery 410 E 30th ave. in Torrington, WY. Help us honor Sylvia with a simple graveside service as we lay her to rest. In lieu of flowers, please consider donating to the University of Wyoming Scholarship Funds at <https://www.uwyo.edu/giveonline> Born on February 9, 1939, in Laramie, Wyoming, Sylvia lived a life marked by intellect, resilience, and deep devotion to her family and passions. A proud Wyoming native, Sylvia pursued her academic journey with determination and excellence. She earned a bachelor's degree in Home Economics from the University of Wyoming before continuing her education at SUNY Oswego, where she obtained master's degrees in education and special education. Her commitment to learning reflected not only in her academic achievements but also in the way she approached life—with curiosity, insight, and a desire to make a difference. Sylvia shared nearly six decades of marriage with her beloved husband, Rodney E. Girmus, who preceded her in death in 2020. Their union was one of enduring love and partnership that spanned almost 60 years—a testament to their shared values and unwavering support for one another. She is survived by her four children and nine grandchildren, each of whom brought immense joy to her life. Sylvia's love for her family was evident

in every quilt she stitched with care, every story she shared over a warm meal, and every journey she embarked upon to be near those she cherished most. An avid quilter and skilled seamstress, Sylvia found joy and creative expression through fabric and thread. Her quilts were more than just blankets—they were works of art that told stories of love, heritage, and comfort. She also had a passion for travel that took her across the country and beyond; each trip added new layers to her understanding of the world and deepened her appreciation for its diversity. A voracious reader with a sharp wit and keen mind, Sylvia could often be found immersed in books that challenged her intellect or sparked her imagination. Those who knew Sylvia remember her as an intelligent, witty, and fierce individual—someone who stood firmly by her beliefs while embracing others with warmth and humor. Her legacy lives on not only through the family she nurtured but also through the countless lives she touched with kindness and strength. May Sylvia Millsap Girmus's memory bring comfort to those who knew and loved her.

Cemetery Details

Valley View Cemetery

30th Avenue
Torrington, WY 82240

Previous Events

Graveside Service

DEC 1. 11:00 AM - 12:00 PM (MT)

Valley View Cemetery
30th Avenue
Torrington, WY 82240

Tribute Wall



“ From Tom Daisy Mavy & Yassi Schillawski planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Sylvia Millsap Girmus.

From Tom Daisy Mavy & Yassi Schillawski - November 17, 2025 at 09:59 PM



“ Divine Peace Bouquet was purchased for the family of Sylvia Millsap Girmus.



November 17, 2025 at 09:59 PM