



## Mr. Richard C. Lampron Sr.

March 23, 1935 - January 16, 2022

Richard C. Lampron, Sr., 86, died Sunday at Berkshire Medical Center.

Born in Pittsfield March 23, 1935, the son of Ernest and Florence Gunter Lampron, he attended Lenox Schools where he excelled in baseball and basketball and was a 1953 graduate of Lenox High School.

Dick enlisted in the US Navy where he served 4 years and was honorably discharged on 6-16-1961. He later attended UMass at Amherst eventually earning his Masters in Education.

He began his teaching career in the 1960's and worked for the Lenox School Department for the next 37 years, teaching physical education and later science at Lenox Elementary, Cameron and Morris Schools, retiring in 2000. In retirement he was a substitute teacher at Lenox Public Schools, Sacred Heart and St. Mary's School in Lee.

While teaching he met his future wife in fellow teacher Marilyn Daigle Lampron, whom he married in St. Agnes Church in Dalton on June 20, 1970. She predeceased Dick on July 31, 2014.

He was a communicant of St. Vincent de Paul Church in Lenox Dale, and St. Ann's in Lenox, and volunteered for the Meals on Wheels Program. He taught

hundreds of children in the Lenox after school gymnastics programs which he ran, as well as intramural sports

leagues including basketball and baseball. He also was the Director of the Lenox Community Center in the late 60's and early 1970's, as well as serving on various Lenox boards and committees.

Dick truly loved being a devoted husband and teacher, and would be first in line to volunteer and lend a hand to help. A kinder person you would not find, and he lived an exemplary life. His most recent love was spending time with his granddaughter whom he adored.

Survivors include one son, Richard C. Lampron, Jr. of Lenox; one daughter, Annmarie Lampron of Boston; brother David Lampron (Marilyn) of New York; sister Beverly Cahill of North Carolina; and his granddaughter Ellyonah Lampron of Lenox, as well as many

cousins, nieces and nephews.

A Liturgy of Christian Burial for Richard C. Lampron, Sr. will be celebrated Thursday at 10 am at St. Vincent de Paul Church in Lenox Dale by Rev. Monsignor John J. Bonzagni, Pastor. Burial will follow in Mountain View Cemetery. There are no calling hours. In lieu of flowers donations in his memory may be made to Hospice, in care of ROCHE FUNERAL HOME, 120 Main St. Lenox, MA 01240

# Previous Events

## Service

JAN 20. 10:00 AM - 10:45 AM (ET)

St. Vincent de Paul  
Crystal Street  
Lenox Dale, MA 01242

## Burial

JAN 20. 10:45 AM - 11:15 AM (ET)

Mountain View Cemetery  
Housatonic Street  
Lenox, MA 01240

# Tribute Wall



“ *Mr. Lampron was my gym teacher and gymnastics coach. I remember him teaching me to do a backhand spring and how proud I felt after going for it the first time. I went on to become a national champion in gymnastics, and now work with athletes as a sport psychology consultant. All thanks to his inspiration. He was such a positive, caring, warm person. I am grateful to have had him as my teacher, and send my deep condolences to his family.*  
*Tiffany (Winslow) Wilding-White*

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**Tiffany (Winslow) Wilding-White** - February 22, 2022 at 03:51 PM



“ *Excellent teacher. Outstanding person. A positive influence on the many lives he touched.*  
*The Hammel Family.*

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**Lee Hammel** - January 21, 2022 at 05:29 PM



“ *Im a 1977 graduate of Lenox High School. Mr Lampron was always supportive and encouraging. His great smile would brighten anyones day! God bless him and the family! Sandy (Galliford) Clark*

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**Sandra Clark** - January 19, 2022 at 08:52 PM

SG

“ *Mr. Lampron was my elementary p.e. teacher. He was an amazing man, always smiling, always fun. He made me work so hard on the President's fitness test, that I practiced over and over until I could pass it. He inspired me to become a p.e. teacher and follow in his footsteps. I can only hope that I made him proud. I remember his wedding and how excited we all were. Only good memories of this man. I hope his family is proud of the legacy he leaves behind. My thoughts and prayers to the family during this difficult time.*

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**sue gale** - January 19, 2022 at 04:56 PM

BK

“ *To the Lampron family,  
I had the pleasure of working with Dick in the Lenox School system. I taught 3rd grade at Cameron & Morris. I joined Dick helping out with after school gymnastics for a number of years. We had a grand time! Not only was he a dear colleague, he was a friend. He always had such a positive attitude in just about any situation. I did see him get stern about an issue on occasion, but within the next minute, his endearing smile would return. Lenox was fortunate to have such a caring, dedicated person in the ranks.  
My heart goes out to you all. But, keep in mind that he and Marilyn are together again in their heavenly home with our Lord and Savior. Sending prayers for peace and comfort.  
Sincerely,  
BeckyKnox*



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**Becky Knox** - January 19, 2022 at 03:20 PM



“ I was lucky enough to be both a student and colleague of Dick's. I was always impressed with how he conveyed "you got this" with each and every child...no matter how challenging the kid or the task was. 💖

Tari Nugent Thomas

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**Tari Nugent Thomas** - January 19, 2022 at 03:03 PM



“ Bountiful Memories Casket Spray was purchased for the family of Mr. Richard C. Lampron Sr..



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January 19, 2022 at 01:22 PM