



## Jeff Mills

December 30, 1979 - June 19, 2024

Jeff Mills of Rocklin, California, died on June 19, 2024 at the age of 44, after a brave and ferocious battle with cancer.

Jeff was a veteran, but first and foremost, he was a family man. He leaves behind his wife, Stephanie (Lalanne), and three young children: Molly (12), Regan (9), Jack (5). He is preceded in death by his mother, Marie Jones of New York.

Jeff was born in Baltimore, MD., where he lived through his early childhood. He then moved to Long Island, NY. He joined the Navy after high school, serving on active duty from July 1998 until May of 2012, and then transitioning to the Navy Reserves, where he continued to serve until his retirement in January of 2020.

He served five overseas deployments as an Aviation Maintenance Administrationman (AZ) for various aircraft squadrons and the U.S.S. Abraham Lincoln Carrier (CVN-72), and then as a Yeoman (YN) for the Navy Reserve Center in Sacramento during his Reserve career.

Jeff was an avid runner, who was very proud to be a member of the “100-mile club” for multiple years, which requires running more than 100 miles per month, every month for the entire year, a concept that would buckle the knees

of most people. He continued exercising throughout his treatment, until he just couldn't anymore.

A life-long learner, in December of 2023, Jeff received his Masters of Science Leadership, graduating with Alpha Chi honors from Grand Canyon University, a distinction he fought hard for, while simultaneously fighting cancer.

Jeff was a proud stay-at-home dad after his retirement from the Navy. After completing his degree, his hope was to work with the Me-One Foundation and Veterans organizations, to use his skills to support organizations he was passionate about. Unfortunately, he died of esophageal cancer on June 19, 2024, and was unable to begin that next adventure.

For anyone interested in making a donation in his memory, the family offers these two suggestions:

- They would like to have a bench built and a tree planted on his run-route in Rocklin. The city makes this available for approximately \$3,000. A GoFundMe account has been created for this purpose, and anything excess will be donated to the Me-One Foundation.
- You can also donate directly to the Me-One Foundation and indicate that the donation is in memory of Jeff Mills.

Team Mills had a wonderful experience at the Me-One Foundation's Camp Wieser for families fighting cancer. It means a lot to them to give back to this extraordinary organization.

# Cemetery Details

## Rocklin Cemetery

4090 Kannasto Street  
Rocklin, CA 95677

# Previous Events

## Mass of Christian Burial

JUN 28. 10:00 AM (PT)

Saints Peter & Paul Catholic  
4450 Granite Drive  
Rocklin, CA 95677

## Graveside Service

JUN 28. 1:00 PM (PT)

Rocklin Cemetery  
4090 Kannasto Street  
Rocklin, CA 95677

# Tribute Wall

JS

“ I met jeff at the university. he was a really good guy, and we would sometimes hang out after. i even still have our graduation photo.. it's sad to find out he passed. hope is family is doing well and feel free to reach out to me if needed. 916-990-6734

Jennifer Schuchart - March 05 at 11:26 AM



“ Thinking of the Mills family this evening as we celebrated your life today, Jeff. One of my favorite memories is of you wrangling Jack and negotiating with him in the Church pew. It brought back so many memories of when my kids were little and the negotiations we would have in the pews of Church. Your spirit has left such an indelible mark upon our hearts. We will continue to hold your family in our arms as we comfort them during this difficult time. Your children are your greatest legacy and you loved them fiercely as you did your beautiful wife Stephanie. Eternal rest grant unto you and may your family be comforted knowing they will see you again one day.



Bianca Hennager - June 29, 2024 at 01:49 AM

Tawny Marie

“ Jeff, this breaks my heart. It was an honor serving in the Navy with you on our Reserve weekends. Thinking about you and your family  
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Tawny Marie - June 24, 2024 at 09:46 PM

JH

“ Jeff, you were an incredible man. Incredible Husband. Incredible Father. Incredible Person. It saddens my heart that you are no longer with us. You were such a fighter! And so brave and courageous! Your spirit and legacy will live on forever in our hearts. May you rest in peace and live eternally in heaven with the Lord, our God.

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**Johnny Higgins** - June 24, 2024 at 05:38 PM

ER

“ My deepest and sincerest condolences. Jeff was a good man and a loving and devoted husband, father and friend. He will be missed.

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**Eric** - June 24, 2024 at 01:01 AM

BB

“ I know Jeff Mills when I worked in VaQ 141 back in 2009. He was an out going person who was willing to help anyone out. He never gave up on anything. I know he was loved to the very end. He will surely will be missed.



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**Bobbie Bartin** - June 23, 2024 at 09:01 AM

EG

“ Thank you, Jeff, for loving my lifelong friend Stephanie so fully and beautifully. Together you created wonderful children and built a great life. I loved watching you parent in the pews and giggled often when you became exasperated by Jack— those memories will always stay with me. I admire how hard you worked to support your family when you retired from the Navy. I loved to hear about your running; I would have loved to run with you, but I am too slow! Thank you for your dry sense of humor and always making me laugh. Brandon, Grace, Ana and I are all blessed to have known you and we promise to cherish and love your family always.



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**Erin Gallawa** - June 21, 2024 at 11:00 PM

AW

“ As I was going through photos of Jeff, I found so many of him holding a kiddo. In those photos, you can see Jeff was a devoted father. His unwavering pursuit of knowledge and his boundless love for his children left an indelible mark on our hearts.

*In those candid snapshots and photos, you can see Jeff caring for the little ones. Somehow all of the kids around him knew that his love knew no bounds, and his nurturing spirit made every child feel cherished.*

*In honor of Jeff, let us continue to advocate for what's right, embrace our loved ones, and never stop learning. Jeff's spirit lives on in our hearts, urging us to make a difference in the world.*



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**Alana Welz** - June 21, 2024 at 07:38 PM

KM

“ Jeff was indeed a family man - a devoted husband, as he was always striving to be the best partner for Stephanie; and a present father: always active, silly and fun with the kids!  
He was also a man of deep faith - some of my favorite memories of Jeff are in the pew holding (and sometimes wrangling) the kids...just so present with them and for them. I also happen to remember one particular Sunday, getting a text from Jeff that he didn't have a car to get to mass, and that he was going to be a little late because he was walking to mass from his house with the double stroller and all three kids!

Jeff was a man of profound gratitude and was so very thoughtful...I was always touched when he would reach out to say thank you, or would think of us "mom: friends" on Mother's Day in a text.

...and he was just the most amazing friend - I will miss his humor, his smile and abiding friendship so very much!  
God bless you Stephanie, Molly, Regan and Jack...we love you and you are not alone!

Love,  
The Maynard Family



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Katie Maynard - June 21, 2024 at 06:25 PM

MM

*Dad, your the strongest person I know. My favorite memory was us playing Minecraft, and you told me that you would fight like hell no matter what and the cancer would never slow you down.*

*Love you dad,  
Molly*

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**Molly Mills** - September 04, 2025 at 06:21 PM