



## Sigrid Frankie Brown

July 29, 2023

On July 29th, 2023 at 1:25 am, Sigrid Frankie Brown passed away while sleeping in her home after a long bout with mental illness. Second daughter to her father, John Jamba and her mother, Marguerite Colliton Jamba, Sigrid leaves behind her loving husband, David of thirty years, her stepsons, Patrick and Chris, her sister Mary Jo, and an extensive list of in laws, cousins, nieces, nephews, including her two favorite cousins, Charlie and John Colliton from Grand Gorge, NY.

Sigrid spent her youth in the North Country near the foothills of the Adirondack Mountains enjoying her summers on her beloved Lake Bonaparte. Not only was she a striking beauty and had a brief stint as a model but she enjoyed athletics year round, especially as a skier on both water and snow.

Professionally, she was a certified teacher, K-5 but also received her Masters in Counseling degree from SUNY Oswego. She met her husband, David when working as a residential counselor for the developmentally disabled. They soon married and to earn extra money they began a housing rehab business, and it was not uncommon to find Sigrid pitching in with construction, even braving the rooftops to help tack in roofing shingles.

Perhaps, Sigrid's most endearing quality was her sense of humor and infectious laugh. Her sociable nature along with her quirky perspective on life created delightful situations when she would often laugh and although most people didn't understand why she found something humorous, everyone ended up laughing caught up in her moment of joy, which became her

nickname, "Joy".

The positive energy she created just by her presence will leave a tremendous void and she will be missed not only emotionally but physically as well.

Although she died in her sleep, her journey to death was extremely difficult as she pressed through the hell of her body clutching to life while her mind and spirit were ready to embrace death. However, she knew her journey was worth the struggle as love and peace lie just over the edge. Someone once noted, "if you find yourself in hell keep going", the end is near and the trip well worth the trouble. Goodbye, sweet Sigrid.

# Tribute Wall



“ *Sigrid Frankie Brown*

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October 06, 2023 at 10:42 AM