



## Sylvia Fritz Cavanaugh

September 12, 1936 - December 9, 2022

One of the world's most special people entered the kingdom of heaven on December 9, 2022.

Our Mom, Grandmom, Sister, Aunt, and dear Friend, Sylvia's passing was a complete shock to all of her family and friends as she was so active and very healthy until her last day. Her love and devotion to all of us will be so greatly missed.

Sylvia was born in Lexington, North Carolina to Mary Lucile Craver and Charlie Fritz, Jr. on September 12, 1936. She was the oldest of five daughters.

Throughout her life she treasured and held her family close and had a very strong relationship with her four sisters and their children. Her mother instilled this value in her.

Sylvia graduated from Rockingham High School in 1954 and attended Pfeiffer College.

When she was 21, she moved to Washington, D.C. with her best friend, Clara, and shortly thereafter, her sister, Priscilla. Sylvia worked for the Navy Department. It was

here at the Main  
Navy building, formerly located on Constitution Avenue, where she met the  
love of her life and  
future husband, Commander Vincent de Paul Cavanaugh (“Paul”).

In Washington, Sylvia and Priscilla made lifelong friendships, the closest of  
whom were with  
Sheila and Lillian who became adopted sisters and aunts to her daughters.  
They attended  
theatre, concerts, sporting events, and traveled extensively.

Sylvia and Paul were married in 1965 and moved to the “new town” of Reston,  
Virginia. They  
had three children in Reston—Mary, Paula and Cathryn Mae. In 1983, they  
moved to  
Longwood, Florida.

Paul and Sylvia had season tickets to the Redskins for over thirty years and  
took their girls to  
every home game from an early age. They frequently went back to D.C. for  
games even after  
moving to Florida.

Sylvia was an active and proud member of the Red Hat Society. She was one  
of the founding  
members of the Boa Belles, Sassy Floridians and Dixie Darlings. She was  
also a member of the  
Daughters of the American Revolution, Duval Chapter, Winter Park, Florida,  
and her sisters and  
daughters are members as well.

Sylvia was an active parishioner at St. Mary Magdalen Catholic Church and had daily interaction with her grandchildren, Elaina Michele Steadman, Keith Cavanaugh Knapp (“KC”) and Kate Vivian Knapp. She was very close with each of them. She was their “Sybee Mom.”

Sylvia is predeceased by her husband, Paul, and survived by her sisters, Priscilla Fritz, Mary Lou Hord and Becky Gilbert and predeceased by her sister, Jackie Fritz. She is also survived by her daughters, Mary Cavanaugh Knapp (Keith), Paula Cavanaugh Steadman (Justin) and Cathryn Cavanaugh Blackburn (Doug).

Sylvia loved to read and her favorite time of all was at the beach surrounded by her family.

The family asks for donations be made in Sylvia’s name to Catholic Charities of Central Florida whose mission is to provide vital social services to people in need, regardless of their religious, social or economic background.

#### Memorial Gathering

January 5, 2023 from 5:00 p.m. to 7:00 p.m.

DeGusipe Funeral Home, Maitland Chapel

9001 N. Orlando Avenue

Maitland, FL 32751

Funeral Mass

January 6, 2023 at 11:00 a.m.  
St. Mary Magdalen Catholic Church  
861 Maitland Avenue  
Altamonte Springs, FL 32701

# Previous Events

## Memorial Gathering

JAN **5**. 5:00 PM - 7:00 PM (ET)

DeGusipe Funeral Home & Crematory Maitland Chapel  
9001 N. Orlando Ave  
Maitland, FL 32751  
(407) 695-2273  
todd@degusipe.com  
<https://www.degusipefuneralhome.com>

## Funeral Mass

JAN **6**. 11:00 AM (ET)

St. Mary Magdalene Catholic Church  
861 Maitland Ave  
Altamonte Springs, FL 32701  
(407) 831-1212

# Tribute Wall

LS

“ *Sylvia was an amazing woman. I never heard an unkind word or gossip out of her mouth. She spread love and compassion wherever she went. Her 3 lovely daughters are as beautiful as she and are incredible tributes to her. My family and I are grateful to have known her. Love from Linda Smith and family.* ”

Linda May Smith - January 05, 2023 at 03:59 PM

LF

“ *Linda Smith & Family purchased the Emerald Garden Basket for the family of Sylvia Fritz Cavanaugh.* ”



Linda Smith & Family - January 05, 2023 at 03:53 PM

LF

“ *Love, Poparad Family purchased the Simply Elegant Spathiphyllum for the family of Sylvia Fritz Cavanaugh.* ”



Love, Poparad Family - January 05, 2023 at 01:43 PM

LF

“ *Love, The Laughter and Montandon Families purchased the Peaceful White Lilies Basket for the family of Sylvia Fritz Cavanaugh.* ”



Love, The Laughter and Montandon Families - January 05, 2023 at 11:06 AM



“ *Sweet Tenderness was purchased for the family of Sylvia Fritz Cavanaugh.*



January 05, 2023 at 10:48 AM



“ *Divine Peace Bouquet was purchased for the family of Sylvia Fritz Cavanaugh.*



January 05, 2023 at 08:49 AM



“ *Love, Your Turning Pointe Family purchased the Serene Retreat for the family of Sylvia Fritz Cavanaugh.*



**Love, Your Turning Pointe Family** - January 05, 2023 at 01:39 AM



“ *Divine Light was purchased for the family of Sylvia Fritz Cavanaugh.*



January 04, 2023 at 11:35 PM



“ *Enchanted Cottage* was purchased for the family of Sylvia Fritz Cavanaugh.



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January 04, 2023 at 11:00 PM



“ *Beautiful Heart Bouquet* was purchased for the family of Sylvia Fritz Cavanaugh.



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January 04, 2023 at 10:05 PM



“ *Sweetest Sunrise Bouquet* was purchased for the family of Sylvia Fritz Cavanaugh.



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January 04, 2023 at 07:22 PM



“ *Divine Peace Bouquet* was purchased for the family of Sylvia Fritz Cavanaugh.



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January 04, 2023 at 12:48 PM



“ *Simply Elegant Spathiphyllum was purchased for the family of Sylvia Fritz Cavanaugh.*



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January 04, 2023 at 10:28 AM



“ *Janice & Mark & Michele & Paul & family purchased the Country Basket Blooms for the family of Sylvia Fritz Cavanaugh.*



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**Janice & Mark & Michele & Paul & family** - January 04, 2023 at 10:23 AM



“ *Priscilla, Mary Lou and Becky purchased the Basket of Memories for the family of Sylvia Fritz Cavanaugh.*



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**Priscilla, Mary Lou and Becky** - January 04, 2023 at 10:08 AM



“ *peggi lit a candle in memory of Sylvia Cavanaugh*



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**peggi** - January 03, 2023 at 05:25 PM

TW

“ Tony Mercadante & Ashley Westfall purchased the Enchanted Cottage for the family of Sylvia Fritz Cavanaugh.



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**Tony Mercadante & Ashley Westfall** - January 03, 2023 at 11:04 AM

RH

“ Mary & family, our prayers are with you during this difficult time. May the angels run to greet your mom. With sympathy, the Scruggs family

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**Rhonda** - January 03, 2023 at 09:34 AM

CW

“ Mary ,Paula ,Cathryn and Family. I can't put into words how sorry I Am for the loss of your Mother! I couldn't imagine how you are all feeling! I have a lot of memories of your Mother from our childhood as I spent a lot of time at your house! She always made me feel welcome and like part of the family. My deepest condolences are with you all. Love and Prayers to you all Love Always Christine Welsh

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**Christine Welsh** - January 03, 2023 at 05:01 AM



“ Arrive in Style was purchased for the family of Sylvia Fritz Cavanaugh.



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January 02, 2023 at 07:58 PM



“ Rainbow Of Remembrance Spray was purchased for the family of Sylvia Fritz Cavanaugh.



January 02, 2023 at 03:11 PM



“ Simply Elegant Spathiphyllum was purchased for the family of Sylvia Fritz Cavanaugh.



January 02, 2023 at 11:35 AM



“ The Erwin and Clarkson Families purchased the Beautiful Heart Bouquet for the family of Sylvia Fritz Cavanaugh.



**The Erwin and Clarkson Families** - December 31, 2022 at 04:11 PM



“ Lavender Reflections Spray was purchased for the family of Sylvia Fritz Cavanaugh.



December 30, 2022 at 02:34 PM

RO

“ Rose purchased the Sweetest Sunrise Bouquet for the family of Sylvia Fritz Cavanaugh.



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**Rose** - December 29, 2022 at 02:30 PM

PE

“ peggi lit a candle in memory of Sylvia Cavanaugh



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**peggi** - December 27, 2022 at 06:06 PM



“ Fairest of All was purchased for the family of Sylvia Fritz Cavanaugh.



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December 21, 2022 at 02:03 PM