



Frank W. McGowan

September 20, 1948 - July 6, 2021

Albany - Franklin William McGowan "Daddio" passed away Tuesday, July 6, 2021. Born and raised in Kingston, NY he was predeceased by his parents, Francis W. and Mary Christine Cardinale McGowan.

A graduate of SUNY Oneonta with a bachelor's degree, Frank was slated to pitch for the minor leagues before turning his attention to writing. He had a long career as a freelance writer for several newspaper and magazine publications throughout his tenure, mostly relating to subjects of space and science. He was a big fan of professional boxing, which landed him an early interview with a rising heavyweight champion, Mike Tyson.

Frank became an eventual denizen of Albany, NY shortly before starting a family.

A simple man, he was content to spend time with his daughters, popcorn, a cinema classic, and conversation prompted by his immensurable curiosity and desire to pass that on to his daughters and was a huge inspiration to their current interests and careers in the arts, and healthcare.

He is survived by beloved daughters Kelly McGowan and Larissa McGowan, grandson (Kelly's son) Cameron Merrill, his brother James McGowan (Michelle), and his nieces Shannon and Erin McGowan.

Relatives and friends are invited to visit with Frank's family on Monday, July 12, 2021, from 4:00 to 6:00 pm in the McVeigh Funeral Home, 208 North Allen Street, Albany, NY 12206.

A service honoring his life will be held at 5:15pm during this time.

Please only enter the funeral home from the rear parking lot doorway; unvaccinated individuals must wear a mask and practice social distancing.

In lieu of flowers, those wishing to remember Frank in a special way may send donations to MHANYS at <https://mhanys.org/support-mhanys/> or <https://www.tcm.com/>

To leave a message for Frank's family on their guestbook, obtain directions, or view other helpful services, please visit <http://www.mcveighfuneralhome.com>

Events

JUL **Visitation** 04:00PM - 06:00PM

12

McVeigh Funeral Home, Inc.
208 N Allen St, Albany, NY, US, 12206

JUL **Service** 05:15PM

12

McVeigh Funeral Home, Inc.
208 N Allen St, Albany, NY, US, 12206

Comments



“ Hi, I had not seen your father in years. We used to hang out in Herold's Office (Maxies) which was on Wolf Road in our younger days. He was an intelligent man and we had a lot of discussion in those days with other friends. The times were changing! So sorry for your loss.

Sally D'Agostino

Sally D'Agostino - July 13, 2021 at 09:59 PM



“ Thank you Sally for your message! My dad had fond memories of hanging out around Albany when he was younger; he had shared a few with my sister and I years ago. It was really nice to read this knowing that old friends remember him :)

Kelly - July 14, 2021 at 11:57 AM



“ Very sad to read this, Frank and I were teammates on the American Legion Babe Ruth team in Kingston in the 70s. He was a special friend and a good pitcher. Rest In Peace my friend and condolences to his family..

Rich Nelson

Rich Nelson - July 13, 2021 at 08:05 PM



“ Thanks Rich so much for your message. My dad would toss the baseball with my sister and I growing up, and share stories about playing. I didn't understand until I was older how good he was, and how important baseball had been to him. I've periodically done my own research, and was so proud to have found out how good he was. It means a lot that you shared this :)

Kelly - July 14, 2021 at 12:03 PM



“ We were friends with Frank in our younger days. He was always upbeat, a kind and decent person who we could always depend upon for interesting conversations about current events and critiques of the latest movies.

With our heartfelt sympathy, Kelly and Larissa.

Lorraine and Warren Deitz

Lorraine Deitz - July 12, 2021 at 11:29 AM



“ Thank you so much for sharing Lorraine. It's so comforting to know other people appreciated what we appreciated in him. One of the highlights of my life was conversation with him :)

Kelly - July 14, 2021 at 12:06 PM



“ Kelly lit a candle in memory of Frank W. McGowan



Kelly - July 11, 2021 at 11:24 PM