



Elizabeth Michelle Frisino

June 10, 1944 - December 27, 2025

Elizabeth (Liz) Frisino was born in Brooklyn, New York, to Joseph and Margaret Frisino. The daughter of Italian immigrants, she grew up on Long Island alongside her sister Carol and brother Joseph. Liz graduated high school in New York and went on to study at La Salle University in Philadelphia, later earning her master's degree in Latin American Studies from Georgetown University.

While studying abroad in Madrid, Liz met her future spouse, Patricia (Pat). Their partnership began during these formative years, and they married soon after graduation. Liz then enlisted in the U.S. Army. She was stationed in Amberg, Germany, where Pat joined her. Together, they lived for 18 months in the small medieval town, enjoying the area and life on base. Liz rose to the rank of Captain and then served in Vietnam, receiving an honorable discharge in 1968.

In 1975, Liz and Pat moved to Panama City, Panama, where Liz worked for Marine Midland Bank as a loan officer and branch manager. Their daughter, Kathy, was born there, and the family spent several happy years in Panama. In 1980, they returned to the United States and settled in Miami, Florida. Liz rekindled her love for fishing, purchasing a boat to explore Miami's bays and coves with her family. She also became an avid runner, often accompanied by their beloved yellow lab, Tammy, on her daily runs. Her passion for fitness and

even more so for the outdoors was a constant throughout her life.

When the family moved back to New York in 1984, Liz began working for Grumman Aerospace Corporation. Living in Huntington for 11 years brought her close to her parents and siblings, and she thrived in the company of family. These years were filled with many of Liz's favorite pastimes: boating, gardening, running, and most importantly, skiing. Especially passionate about skiing, the family took almost weekly trips to Stratton Mountain, Vermont, where she and Pat taught Kathy to ski and created thousands of hours of treasured memories on the slopes of southern Vermont with family and friends. So treasured were those memories that Kathy and her husband, Ben, were married at Stratton, amongst the glorious fall foliage, where Liz walked Kathy down the aisle in 2001.

Liz's career in the aerospace industry led her and Pat to two more locations in the U.S., to Port St. Lucie, Florida, and then Southlake, Texas. Regardless of their home-base, Liz and Pat continued to travel extensively, but after retiring and settling in Gig Harbor, Washington, in 2010, their travel adventures truly flourished. Post-retirement, Liz and Pat explored Israel, Tuscany, Alaska, the Baltics, Norway, Mexico, Peru, and numerous national parks such as Yellowstone and The Grand Canyon.

Liz immediately embraced the Pacific Northwest's treasures after their move to the Seattle area, frequently hiking with The Mountaineers and skiing at Crystal Mountain well into her mid-70s. Liz and Pat transformed their home's gardens. Liz loved being out in nature, getting her hands dirty while cultivating their lush yard. Even into her 80s, Liz remained active, walking daily and enjoying the outdoors, regardless of any physical limitations. She never let that stop her from doing her daily laps on their wrap-around porch.

In 2011, life truly changed when Liz and Pat welcomed their grandson, Liam,

born to Kathy and her husband, Ben. Liz and Pat were a constant presence in Liam's early life, caring for him weekly and sharing their love of nature, taking him to parks and seeing the sights, and passing on the family's love of winter sports. Liz took great joy in seeing her passion for skiing and the outdoors passed on to Kathy, a skier, and to Liam, who is now an avid snowboarder. She loved watching videos and seeing photos of his adventures, cherishing the continuation of this family tradition.

Liz was deeply committed to her community. She served as chapter president for SCORE, mentoring small business owners and entrepreneurs. She volunteered at the Gig Harbor Museum and delivered lectures in aspects of local history, and served as Treasurer for St. John's Episcopal Church, where she also led educational seminars in interesting topics such as the Dead Sea Scrolls and the early development of Christianity. Liz was active in her neighborhood association, always ready to lend a hand and offer her wisdom.

Throughout her life, Liz was known for her strength, generosity, and servant's heart. Above all, she was brave, living her life as her true self, and giving of herself without hesitation to her family and her community. Her dedication to her loved ones was unparalleled, and she made sure that those around her always knew they were cared for and loved unconditionally. Liz created a loving and welcoming home for all who knew her, and her true legacy lives on in her family and community.

Liz is survived by her spouse, Pat; her daughter, Kathy, and son-in-law, Ben; her grandson, Liam; and her brother, Joseph.

A memorial service and post-service reception was held at St. John's Episcopal Church, on January 31, 2026.

Upcoming Events

Sunday Visitation

AUG 2. 10:00 AM - 12:00 PM (ET)

A.L. Jacobsen Funeral Home, Inc.
1380 New York Avenue
Huntington Station, NY 11746
(631) 423-2185
jacobsenfuneral@gmail.com

Burial Of Cremains Pending

AUG 3 (ET)

St. Patrick's Cemetery
45 Huntington Road
Huntington, NY 11743

Tribute Wall



“ 14 files added to the album Liz Frisino



Kathy Derby - May 26 at 02:22 PM