



Alfred Stanley Kowal

November 3, 1948 - October 9, 2016

Fred Kowal, 67, of Myakka City found eternal peace on Sunday October 9, 2016.

The son of the late Lt. Colonel Alfred Stanley Kowal Sr. USAF and Mary Evelyn, Fred was born in Tampa, FL and graduated from Hillsborough High School and later Hillsborough Community College.

Fred was a firefighter paramedic with Sarasota County Fire Department for 25 years.

He was a member of the Special Operations and Hazardous Materials team. He took great pride in his job, often saying he was "snatching 'em back from the jaws of death!"

Prior to becoming a fireman, Fred worked for Photo Corporation of America where he met and married Lurine.

Fred established Kowal Photography in the early 1980's and enjoyed photographing many local weddings and events.

He enjoyed sports and coaching his daughters softball teams at Miss Sarasota Softball where he also volunteered as an umpire. When Fred wasn't coaching, he could be seen in the stands cheering on his girls. He was infinitely proud of his daughters and their accomplishments. You didn't even

have to ask him, he would tell you all about them.

Fred was outgoing and adventurous. After retiring from the Fire Department, he enjoyed spending time with his five grandchildren, riding his Harley Davidson with friends, golfing, fishing in his pond, learning to play the guitar, talking about politics and watching Fox News.

Known by many as “Fred,” “Fireman Fred,” or “Coach Fred” he never met a stranger. He was a friend to many people and was always eager to lend a hand. Fred had a big spirit, a big personality and a great sense of humor. He loved a good laugh and would never miss a chance to tease someone or pull a practical joke!

Fred will be greatly missed by everyone that knew him.

Fred is survived by his former wife, Lurine Kowal, their two daughters, Jessi Ray (Sean) and Meghan Akos (JJ), and five grandchildren, Brody, Maddox, Parker, Miller, and Maisy.

A Memorial Service will be held at 1:00pm on Thursday, November 3, 2016 at The Church of Hope in Sarasota, Florida.

The family will receive friends at 12:15.

Pastor Tommy Warnock will officiate the service.

In true Fred fashion, he would tell everyone no flowers or cards, but to vote for Trump this election year!

Previous Events

Memorial services

NOV 3. 1:00 PM - 2:00 PM (ET)

Church of Hope
1560 Wendell Kent Road
Sarasota, FL

Tribute Wall



“ Alfred Stanley Kowal

October 09, 2023 at 02:01 AM



“ Alfred Stanley Kowal

January 28, 2023 at 12:09 PM



“ Peaceful White Lilies Basket was purchased for the family of Alfred Stanley Kowal.



November 02, 2016 at 08:39 PM



“ Simply Elegant Spathiphyllum was purchased for the family of Alfred Stanley Kowal.



November 01, 2016 at 12:10 PM



“ *Simply Elegant Spathiphyllum was purchased for the family of Alfred Stanley Kowal.*



October 29, 2016 at 03:40 PM



“ *Thanks for the memories.....Rest in peace and God Bless...
Nancy and Bob Tolsma*

nancy tolsma - October 28, 2016 at 12:53 PM



“ *Lovely One Spathiphyllum Plant was purchased for the family of Alfred Stanley Kowal.*



October 27, 2016 at 11:23 PM



“ *With deepest sympathies. Fred was one of kind and will be deeply missed. The Thomas Family*

Thomas Family - October 27, 2016 at 06:31 AM



“ *Condolences to the entire Kowal family. Met Fred through USF Softball. Spent a lot of time in the stands watching Jessie pitch. Fred was always a friend. Greg and Marie Smith Family*

Greg Smith - October 12, 2016 at 06:27 AM



We are truly very sorry for your loss, Fred was our neighbor and also good friend to our family. His presence in our lives will truly be missed, he was always there to lend a helping hand. John and Eileen Kuntz & Family

Kuntz - October 13, 2016 at 02:24 PM