



Mrs. Helene Fritzie Lignante Fligel

March 30, 1949 - November 17, 2011

Helene Fritzie Lignante Fligel passed quietly November 17, 2011 after a long term illness. Fritzie as she was known by all who loved her was born on March 30, 1949 in Des Moines, IA, daughter of the late Gennaro Fritz Lignante and Elizabeth Hartrich Lignante. She was predeceased by her husband, John Coleman Fligel, of Asheville.

A long time resident of the Asheville area, she is survived by her fiancé, Dr. Clifford Feingold; sons, Zachary Coleman Fligel of Asheville and James Michael Calabrese of Highpoint NC; daughter, Traci Calabrese-Meyer of Weaverville and son-in-law Dave Meyer; grandchildren, John Meyer, Elizabeth Meyer and Michael Calabrese and sister Genna Withrow of Hollis, NC.

A memorial service will be held 1:00 PM, Sunday, November 20, 2011 in the chapel of Morris Funeral Home, 304 Merrimon Ave. with Pastor Michael McFarland officiating. Interment will be private.

The family would thoughtfully appreciate that in lieu of flowers memorials be made to Care Partners Hospice, PO Box 25338, Asheville, NC 28813.

Morris Funeral Home is in charge of arrangements. Condolences may be sent through the website www.morrisfamilyfuneralhome.com

Cemetery Details

Private

Previous Events

Service

NOV **20**. 1:00 PM (ET)

Chapel of Morris Funeral Home
304 Merrimon Ave.
Asheville, NC 28801
(828) 252-1821
info@morrisfamilycare.com
<http://morrisfamilycare.com>

Tribute Wall



“ *Mrs. Helene Fritzie Lignante Fligel*

October 07, 2023 at 11:15 AM



“ *I am so sorry to hear about Fritzzi. There are many memories. One is all the time we spent just laughing and laughing! Many memories too many to count. But some of them are, her great love for her family. Riding around Asheville, looking at houses and picking out the ones we liked. New years eves, A trip to Atlanta many years ago. Getting stuck in the snow. Making jewelry, walking, many talks and once again laughing. I know Fritzzi's smile is lighting up Heaven.*

Vicki Weiss - December 20, 2011 at 12:20 PM



“ *1 file added to the album Family Photos*



Cliff Feingold - November 20, 2011 at 02:00 PM



“ I am a distant cousin, I last heard from Helene in 2000 when she sent me a picture of some of our ancestors, which I greatly appreciated as we both shared a passion for genealogy. I have tried to get in contact with her for the last few years, but have been unable to reach her. When someone from the family feels up to it, I would really appreciate a phone call or e-mail. My phone number is 509-764-6777 and my e-mail is granny-joyce@q.com. I would like to offer my condolences to her family and friends during this difficult time.

Joyce Metzger - November 20, 2011 at 01:00 AM

BJ

“ Fritzie brought much joy to my life as well as some great insights. She never hesitated to stick up for me, as I was the last to come along in that large family of ours. Her compassion for the "down-and-outer" was great . She would give you the shirt off her back in a minute. We shared a lot of wonderful, fun times together as well as some very difficult ones. I am thankful that Fritzie was a part of my life. I bet there will be many, many crows flying over Asheville tomorrow. She fed them every day and considered them "her" crows. Michael, Traci and Zach - know that I love you and will pray for you. Much grace, peace and comfort be to you all - especially during this time.

Beth

Beth Jakushev - November 19, 2011 at 06:53 PM

JF

“ I considered Fritzie one of my five sisters. Our families lived together in the same house for probably about half of the time beginning when Fritzie was about 2 until about our high school years. Our mothers were twins, so we in effect had two mothers. Our families remained intertwined to the present. Some of my earliest memories are of Fritzie. Fritzie, Susan, Genna and I were only separated by two or three years of age, so we were involved in the same activities and mischief. Fritzie had loads of energy and self-direction --in fact so much so that she was continually nudging us into some kind of new activity or enterprise. Later, perhaps at the beginning of junior high school, the girls had their bedrooms on the 3rd floor of our house in New York. Linda's room was next door as the adult teen-ager to keep up with. Fritzie and Susan must have shared a bedroom for they were always huddled together there conspiring and laughing away. That is to say that Susan and Fritzie were a team onto themselves and remained in constant communication in the throes of planning a trip together until the last week of Fritzie's life. We will miss Fritzie and her zest deeply.

John

John fox - November 19, 2011 at 05:00 PM

LP

“ Traci, Michael, Zachary and Cliff: You all are our family and I know what a void Fritzie will leave in your lives. She was so full of life and always doing things that we others would think about, she just did it! She got us together because family was important to her and we had great times. Everywhere she lived was beautiful because she loved to create and appreciated the creation of others, you will live on with memories of her "bigger than life" visions. When you view the art she selected, you will think of her love of art and see the artists thru her eyes, I know I did.

Please know that we love you all very much and you will always be our family. Remember Grandma Stroupe started this by having twins, who were wonderful to one another, I grew up with Genna and Fritzie as did Sue and John when our dad passed. My Mama always talked about being a twin and not wanting to be without her sister, that was her passion until her passing when she went to be with Aunt Lib. Now Fritzie will be able to collaborate with her Mom, Aunt and Grandmother as well as her Dad. Reunited with family in a perfect place with no pain or heartache. I believe she traveled a tough and, sometimes, lonely road but she "did it her way" I will miss her and am blessed to have had her unique spirit in my life.

*God Bless all of you, he has me
Linda and Phil*

We are with you

Linda Parker - November 19, 2011 at 04:33 PM

SW

“ 1 file added to the album www.morrisfamilyfuneralhome.com/obituaries/Helene-Fligel/#/photosVideos



Susan Waldron - November 19, 2011 at 03:24 PM

KE

“ *Traci, Zachary and Mike, my heart is with you at this sad, sad time. Your mom, to me, was a role model of what it is to be yourself without apology. To live life to the fullest without compromise. She epitomized inner and outer beauty, and was fierce in her loyalty to those she loved, and uncensored in her opinion of those she didn't care for.*

I can't imagine a world without her in it, but like those in our family who have gone before her, I know she'll live on in our memories and hearts. I have no doubt that she'll always watch over you three, her precious grand babies and her sisters-of-the heart, Susi, Beth and Linda. She had too much love and determination for it to simply go away.

I will always picture Aunt Fritzie on Team Euchre at our family reunion, doing the conga line and singing at the top of her lungs, or making funny faces behind someone as I tried to keep a straight face while talking to them.

She was the epitome of vibrancy, and was always, above all, unique.

I will miss her.

Krissy (as she always called me)

Kristina Edson - November 19, 2011 at 02:28 PM

CF

“ 4 files added to the album Family Photos



Cliff Feingold - November 19, 2011 at 02:10 PM

SH

“ 1 file added to the album Family Photos



Steve Hundley - November 19, 2011 at 11:46 AM

SA

“ *Traci, Zach and Michael...our thoughts and prayers to each of you at this time in your lives. Fritzie put up a long fight to continue to live her life to the fullest, and each of you played a part in helping her. You will remember the good times that you spent with your Mother. Love, Dewey and Susan Andrew*



Susan M. Andrew - November 19, 2011 at 10:02 AM

TJ

“ *I'm very sad to hear about my Aunt Fritzie. She was so funny and always put a smile on everyone's face. The memory that sticks out the most was when she had a cat named Cake, and the way she called her cat in her nasal, high-pitched voice always made my sister and I laugh. She wasn't scared to be herself and was always fun to be around. I'm going to miss her dearly.*

Tania Jakushev - November 18, 2011 at 11:20 PM



“ *We are very sorry to hear about the passing of our (sort of) Aunt Fritzie. She was a great woman. Jeremy and Serpil Fox*

Jeremy Fox - November 18, 2011 at 05:27 PM

GP

I will always remember the closeness we shared as teenagers. So many memories. The silly times of making prank phone calls, coloring our hair, dressing our Barbie's, dancing cooking and learning to drive. Sharing her joy when she had Michael and Traci, then taking them everywhere we went. So many memories. Be at peace my friend until we laugh together again.

Gail Phares - November 19, 2011 at 09:55 AM