

# Mrs. Fredricka Ramsay

Passed 12/13/2018



## Obituary for Mrs. Fredricka Ramsay

A writer once trying to make sense of man's life summarized it this way: "Man is much like grass. He is sown, grown, mown and then he is gone." In other words, the dash from the cradle to the grave is but a short distance sprint. Today, we have as evidence before us of one such race that ended much too soon.

Fredricka Wright was born on March 16, 1962. She was one of nine children comprising of five (5) girls and four (4) boys born to Zephaniah Wright but was the last child in the union of Zephaniah and Jennifer Wright of St. Catherine, Jamaica.

Fredricka grew up and was schooled in Jamaica from basic through to secondary school. She excelled in athletics at a very young age. After primary school she attended Bog Walk Secondary School and then moved on to the Dinthill Technical High School where she became one of the best 200 and 400 meters runners the school ever produced, from 1979 to 1981. While attending Dinthill, Fredrika represented Jamaica at the junior level at the Carifta and Junior CAC Games in Mexico, Bermuda and other Caribbean Islands. She competed at Girls Champs at the National Stadium and won just about every event she competed in. Fredricka was also on the first team that Dinthill sent to The Penn Relays in 1980. During this period of her life Ms. Regina Montague, her high school coach as well as former Jamaican Olympian Ms. Vilma Charlton became two strong influences in her life.

In 1981 Fredricka received a scholarship to attend the University of Alabama where she studied Business Administration. During this time, she competed at the University level in athletics as well. After leaving the University of Alabama, Fredericka became pregnant with her only child, Tyiesha Ann Ngwaogu who was born on November 25, 1985. Unfortunately, Tyiesha was born with Cerebral Palsy and not expected to have a long life. She defied the doctors and the odds and lived for thirty two years. She was the light of her mother's eyes. Fredericka dedicated her life to taking care of her daughter. Even though taking care of her daughter was a fulltime job, Fredricka still found time to stay active playing soccer and netball with recreational teams here in Georgia.

Fredricka met some friends such as Ms Charmaine Edwards, Miss Barbara, Wanda, Monica, and Sanya Chito and other friends who played an integral part of her life.

She worked with the Checkers Rally's Restaurant Inc for twenty-two years. Fredricka eventually became ill with kidney disease and had a kidney transplant. After a while her body rejected the kidney and she had to start on dialysis. Over the years she also developed diabetes and hypertension (high blood pressure). As you may know, this is a deadly combination. In early August while at work, she fell ill and was rushed to the hospital. Fredricka had suffered a stroke. Her body was compromised but she was still able to communicate clearly and have a good conversation. She spent months in the hospital, then transitioned to the rehab facility and then finally back to her own home for a short period. Sadly, Fredricka succumbed to her illnesses on December 13, 2018.

Fredricka is predeceased by parents Zephaniah and Jennifer Wright, Tyiesha Ngwaogu (daughter) and three brothers. She left behind sisters Pamela Wright, Nellie Wright, Letisha Wright, brothers: Robert Wright and Omar Wright. She also left behind a host of nieces, nephews, grandnieces and grandnephews and a host of friends.

For those of you who knew Fredricka since she was a young girl running, you can still hear the chant, "Run Freddy run mek we win dis race, run Freddy run mek we fly away." Fredricka has ran her final race and is now resting with her beloved daughter. RIP Fredricka, we love you but God loves you more.

[Send flowers to the service of Mrs. Fredricka Ramsay](#)

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