



Mary Beth Knapp

DEC 31, 1951 - JUL 30, 2025



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Mary Beth Knapp

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Knapp, Mary Beth (nee Friedrich) lived a long, loving, and unselfish life and passed away after a valiant fight with dementia on 30 July 2025.

Mary Beth was born on 31 Dec 1951 to Henry A. and Mary B. (nee Giblin) Friedrich on the Lower East Side of New York City. She grew up in Manhattan and attended Immaculate Conception Elementary School, St. Vincent Ferrer High School, St. Vincent's Hospital School of Nursing, and Hunter College (1972), all in Manhattan.

On 17 March 1968, she met the love of her life at the St. Patrick's Day parade in New York City. In 1971, she was the Crescent Girl of Lambda Chi Alpha Fraternity (Phi Zeta) at Rutgers College, New Brunswick, New Jersey. They became engaged on 17 March 1972. On 2 December 1972, she and Vinny were married at the Church of the Epiphany in Manhattan by the Rev. John P. Moore, a longtime friend. They were married for over 52 years at the time of her passing.

Beginning in 1973 and for over 21 years, Mary Beth was a dedicated and patriotic US Army wife, in both the United States and OCONUS. During this time, they had three children, which she raised on two continents while Vinny played "Army Armor and Cavalry." Mary Beth was an active volunteer in every community she lived, dedicating countless hours to her children's schools, the Officers' Wives' Clubs, and tutoring US soldiers.

In 1989 Mary Beth rejoined the workforce as a registered nurse in both Army and DoD PRIMUS clinics in Northern Virginia. She worked her way up, and at the time of her retirement in 2013, she was the Director of Nursing at the Fairfax Tricare Health Center with 54 subordinates. Her accomplishments in support of our military and their families are best stated by collected statements of her colleagues:

- Rolled up her sleeves and led by example
- Never raised her voice
- Treated everyone with dignity and respect



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- Created a family in the military clinic
- All loved her, patients and co-workers alike
- Never mess with a military wife with kids, especially if the service member was deployed

In addition to being a nurse and an Army wife, Mary Beth was a devoted mother and grandmother. Her love for her children and grandchildren was unparalleled, and she was happiest when surrounded by family. Mary Beth also enjoyed walking, especially in her later years, and was a constant presence on the walkways in her Lenah Run neighborhood. She earned her favorite glass of Kendall Jackson Chardonnay after walking all those miles, usually in her sunroom, surrounded by all her beloved flowers at “Wine O’clock”. Cross-stitch and quilting were also favorite pastimes, and she filled the walls of her home and homes of her family and friends with beautiful pieces of her work.

Mary Beth was preceded in death by her parents, Henry and Mary Friedrich. She is survived by her husband, LTC Vincent E. Knapp, Jr., Brother Henry (Nancy), nephews Brian and Scott, and sister-in-law Marion Wardle (Eric). She is also survived by her children Michael Vincent (Sarah) of Aldie, VA, Kelly Ann (Graham Day) of Raleigh, NC and Kevin Friedrich (Katy) of Aldie, VA and seven grandchildren (Aidan, Hadley, Alexa, Leighton, Annabel, Adeline & Declyn), along with many cousins, extended family and friends.

Loving Army Wife, Mother, and Grandmother.
Compassionate Nurse to America’s best.
HOOOAH!

A Funeral Mass will be held on August 14, 2025, at Corpus Christi Catholic Church: 41685 Corpus Christi Dr, Aldie, VA 20105. Webcast will be available on the Corpus Christi website, <https://www.corpuschristisr.org/>.

Interment will be in Arlington National Cemetery at a later date.

Online condolences may be made to the family at www.loudounfuneralchapel.com.

Mary Beth’s family would like to thank both Lansdowne Heights (Memory Care) and Capital Caring (Hospice) for their unwavering, compassionate care.



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In lieu of flowers, please consider a donation to the National Capital Area Chapter of the Alzheimer's Association in her name by visiting <http://act.alz.org/> in Mary Beth's name.

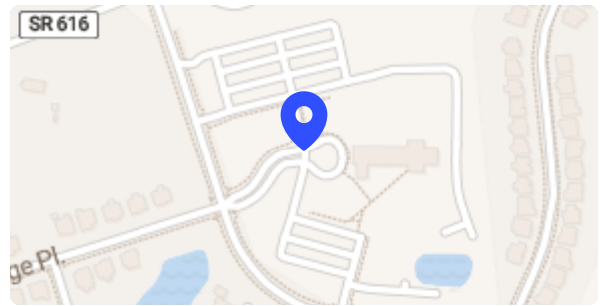


Catholic Mass

 **Thursday**, August 14, 2025

 2:00 PM ET

 **Corpus Christi Catholic Church**
41685 Corpus Christi Drive, , Aldie VA 20105





Tribute Wall

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JF

Joe, Rachel & The Forchione Family sent a Peaceful White Lilies Basket to the Knapp family.

August 14 at 3:29 AM



TM

Tim Moore lit a candle in honor of Mary Beth.

Dear Vinny and family and Henry, Nancy and family , I was sad to hear of MaryBeth's passing. My thoughts and prayers are with you at this difficult time. Hope some of the great memories will bring comfort in the days ahead.

August 14 at 1:27 AM



NV

Nurse Honor Guard Of Northern Virginia shared a photo to the **Tribute Wall** album.

Mary Beth Knapp, RN, we honor your life and legacy. Your influence will forever resonate in the lives you touched. Today and always, may your loving memories bring peace, comfort and strength to your loved ones.~Nurse Honor Guard of Northern Virginia

August 13 at 4:26 PM



Anonymous

Anonymous planted a Memorial Tree in honor of Mary Beth.

August 13 at 11:15 AM



Anonymous

Anonymous sent a Sentiments of Serenity Spray to the Knapp family.

August 13 at 11:15 AM



LF

Lisa Olchefske Gilbert And Family planted a Memorial Tree in honor of Mary Beth.

August 13 at 8:45 AM





Tribute Wall

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LF

Lisa Olchefske Gilbert And Family sent a Serene Retreat to the Knapp family.

August 13 at 8:45 AM



FF

From Daao Family sent a Beautiful in Blue to the Knapp family.

August 11 at 5:54 AM



EN

Eric Nielsen posted:

Have known Vince since our days back at Rutgers. Deepest condolences to you and the family.

August 7 at 6:45 AM

KS

Kay Shyann lit a candle in honor of Mary Beth.

Mary Beth, a true and loving being. I was present towards her later years, which although was the hardest for the family and people closest to her, I was so honored to be apart of her life during this period. With a charm and sneaky wit that was nearly palpable to her laugh that I can still hear in the dining hall. A main character in all our memories, i am sure. My absolute condolences.

August 6 at 12:17 PM



SF

Sofia Mekonnen & Mesye Abate @Fhc planted a Memorial Tree in honor of Mary Beth.

August 6 at 11:48 AM



SF

Sofia Mekonnen & Mesye Abate @Fhc sent a Simply Elegant Spathiphyllum to the Knapp family.

August 6 at 11:48 AM





Tribute Wall

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Fred And Dana Day sent a Dreams From the Heart Bouquet to the Knapp family.

August 6 at 8:25 AM



Craig & Gayl Jackson sent a Simply Elegant Spathiphyllum to the Knapp family.

August 6 at 4:06 AM



Craig & Gayl Jackson planted a Memorial Tree in honor of Mary Beth.

August 6 at 4:06 AM



Bronwen Berliner lit a candle in honor of Mary Beth.

I'm sad to learn of Mary Beth's passing. I knew her from my time working at the military clinic in Fairfax. She was a very kind and lovely person and will certainly be missed.

August 4 at 7:30 AM



Dale Jepson posted:

I'm so sorry for your loss. Mary Beth was a lovely lady. My prayers go out to you and your family.

August 4 at 2:38 AM



Anonymous sent a Sweet Tranquility Basket to the Knapp family.

August 2 at 3:09 PM





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Arthur Verpent posted:

Wow Vinny it's been a long time. I forgot we had Crescent Girls and for sure Mary Beth was a special one. My sincere condolences go out to you, your family and friends in this time of loss. May your many memories help you through these difficult times. 🙏 Art Verpent and family

August 2 at 7:25 AM



Jeanie Tisserand posted:

We have such fond memories of Mary Beth in Colony Pines so many years ago when our children were in grade school. Xstitching by day and wine on the deck in the evening. She and Vinny added life to the neighborhood. Newport News was a good memory for us and the Knapps were a big part of that memory. Our Prayers are with her, Jeanie and Jay Tisserand

August 1 at 5:37 PM



Anonymous sent a Divine Peace Bouquet to the Knapp family.



August 1 at 2:38 PM



Anonymous planted a Memorial Tree in honor of Mary Beth.



August 1 at 12:16 PM



Anonymous sent a Fairest of All to the Knapp family.



August 1 at 12:16 PM



Fred And Kelly Brennan sent a Full Of Love Bouquet to the Knapp family.



August 1 at 11:49 AM



Media

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Nurse Honor Guard Of Northern Virginia shared a photo to the **Tribute Wall** album.

August 13 at 4:26 PM





Memories only last if you share them

Join us in honoring Mary Beth by contributing to a collection of shared memories.



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