



## Mrs Sheila Fontroy

March 25, 1952 - May 18, 2021

Sheila affectionately called "Foxy" was born on March 25, 1952 in Philadelphia, Pennsylvania. She was the youngest of the late Gladys and Robert "Bub" Fox. Sheila quietly transitioned on May 18th 2021 at 10:20 am. "Foxy" attended Philadelphia Public Schools. While in high school she met the love of her life, Delton Fontroy. Upon completing high school, Sheila attended the "oldest HBCU", Cheyney State University in Cheyney, Pennsylvania. She received a Bachelor's of Liberal Arts with a concentration in Sociology in 1973. After completing college Delt and Sheila united in marriage on September 10, 1977.

From this union, two children were born, Shauntaye "Sweetheart" in 1982 and Delton Carl "Smurf" in 1985. Sheila husbands' career in the United States Air Force took the family to various places: Andrews AFB in MD, Tampa, FL, Dover, DE, and Fairbanks, AK.

She worked many years as a counselor, a group home manager, a community living specialist and program director. Sheila used her talents to support and care for others.

The family joined Ebenezer A.M.E. in Fort Washington, MD in 1995. Sheila enjoyed praising the Lord, the sounds of the choir and fellowshiping with her church family.

Though petite, Sheila was definitely a firecracker! Shopping at Macy's and JcPenney was her absolute favorite pastime. Sheila enjoyed attending music concerts, Anita Baker, Chaka Khan, Patti LaBelle, just to name a few, and staying up late to watch old black and white movies. "Foxy" was very proud of her children's accomplishments.

Sheila will be missed by her family for her kind, encouraging, loving and caring ways. We all had our special time to call or see her. Sheila's passing will leave a deep and empty space in our lives. Sheila was a loving wife, mother, sister, sister in-law, mother in-law, friend and neighbor.

We love you and miss you very much!

Sheila "Foxy" Fontroy leaves to cherish her memories; her loving and devoted husband of 44 years, Delton Charles Fontroy, two children: Shauntaye Dionne Fontroy (Bradley) of Alexandria VA and Delton Carl Fontroy (Cheryl) of Stafford VA. One sister, Betty Brennan (Melvin) of Willingboro NJ, two brothers: Harun Aaron Preston Fox (Linda) of Philadelphia PA, Etolia Fox (Iszora) of Philadelphia PA. Sheila is also survived by her in-laws: Dennis Fontroy of Chesterfield VA, Vanessa Vernon (Joel) of Philadelphia PA, Tyrone Fontroy (Brenda) of Philadelphia PA, Gary Fontroy (Gwen) of Philadelphia PA, Karen Fontroy of Philadelphia PA and a host of nieces, nephews, cousins and friends.

# Cemetery Details

## MARYLAND VETERANS CHELTENHAM

11301 CRAIN HIGHWAY  
Cheltenham, MD 20623

# Previous Events

## Public Viewing

JUN 3. 10:00 AM - 11:00 AM (ET)

Ebenezer AME Church  
7707 Allentown Road  
Fort Washington, MD 20744

## Funeral Service

JUN 3. 11:00 AM - 12:00 PM (ET)

Ebenezer AME Church  
7707 Allentown Road  
Fort Washington, MD 20744

# Tribute Wall



“ *Mrs Sheila Fontroy*

January 28, 2023 at 02:13 PM



“ *Mrs Sheila Fontroy*

January 28, 2023 at 10:26 AM



“ *Katrina Rosier lit a candle in memory of Mrs Sheila Fontroy*



**Katrina Rosier** - June 03, 2021 at 07:13 AM



“ *Sending our sincerest condolences to the family praying for strength and comfort. We love you all the Rosier family (uncle, cousins)*

**Katrina Rosier** - June 03, 2021 at 07:09 AM



“ *5.5" EBN Kneeling & Praying Angel was purchased for the family of Mrs Sheila Fontroy.*



June 03, 2021 at 06:52 AM

KR

“ *Katrina Rosier lit a candle in memory of Mrs Sheila Fontroy*



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**Katrina Rosier** - June 03, 2021 at 06:52 AM

CF

“ *Mrs. Fontroy you are missed. To be absent from the body is to be present with the Lord. I pray that your family finds comfort in their memories.*

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**Cherri F** - June 02, 2021 at 05:37 PM

SS

“ *"My Foxy" and "My Best Gurl" We were roommates during Freshman Orientation at Cheyney State College (Cheyney University). We declared the same major. Our Father's worked at Westinghouse or "Restinghouse" as they called it. I will always remember her bright smile and always being optimistic. One thing I know for sure is that she loved being Mrs. Delton Fontroy. To know her was to love her and she was definitely loved by all who know her.  
God Bless and comfort you all.  
Stephania A. Steed & Family*

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**Stephania Steed** - May 31, 2021 at 11:48 AM

SW

“ Praying for the family’s strength and guidance during this difficult time. 🙏🙏



Shelieca Woodside - May 25, 2021 at 11:13 PM



“ Condolence Snacks was purchased for the family of Mrs Sheila Fontroy.



May 25, 2021 at 12:43 PM

KT

“ Mrs. Fontroy, you always had a special way of making me feel welcome into your home. I’m honored to have known you and to be friends with Shauntaye and Smurf. May God’s ever present hand hold your family as you rest in HIS eternal arms.



Kim Thomas - May 25, 2021 at 10:59 AM



“ Ghirardelli Gift Basket was purchased for the family of Mrs Sheila Fontroy.



May 21, 2021 at 11:58 PM

SM

“ My dear Sheila, my forever friend for over 50 yrs. My forever sister. The best sharing, caring, loving person , who always had time for me and her God daughter. To Delt, and the wonderful children you and Sheila have, God gave you guys a wonderful gift. A loving Mom,Wife and friend. A part of us all now lives in heaven. Delt you are the rock and glue that will keep everything together. I love you for the man you are. 44 yrs of marriage says something about the word LOVE. Stay strong and know the McCrea loves you all. Rest my sister and I'll see you on the other side. 🙏❤️❤�

Sharon McCrea - May 21, 2021 at 11:47 AM

LF

Wonderful tribute. I regret losing touch with the family over the years. Praying and believing in God's grace and mercy. Rest in peace.

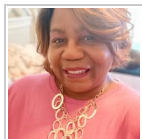
Loretta Fuller - May 27, 2021 at 02:07 PM

TW

“ Sorry For Your Loss, Jesus Christ Loves Me,  
We Love You



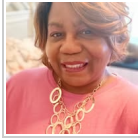
Thomas Widgeon - May 21, 2021 at 05:17 AM



“ Vanessa Vernon lit a candle in memory of Mrs  
Sheila Fontroy

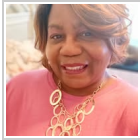


Vanessa Vernon - May 20, 2021 at 06:00 PM



“ *Sending love and my condolences to my brother and his family.*

Vanessa Vernon - May 20, 2021 at 04:04 PM



“ *Vanessa Vernon lit a candle in memory of Mrs Sheila Fontroy*



Vanessa Vernon - May 20, 2021 at 04:02 PM

MB

“ *I love - and loved - my Aunt Sheila. Always inquisitive and interested in my life, family and work. Always cheering me on, always supportive. Rest in power, and healing to Uncle Delt, Little Delt and Shauntaye...love you very much. - Love, Mel III*

Mel Brennan - May 20, 2021 at 03:21 PM