



Tammy Lynn Rowland

March 10, 1961 - November 4, 2020

Tammy Lynn Rowland, age 59, passed away on, November 4, 2020 as a result of unforeseen complications while bravely battling Leukemia.

Tammy was born on March 10, 1961 in Alexandria, Virginia to the late James Nelson and Nellie Mae (Timmons) McCoy. Tammy was a graduate of Fairfax High School.

Tammy's favorite activity was time spent with Jeff and their daughter Emily. Her greatest joy was supporting and cheering for Emily during her time on the ice or at martial arts tournaments. Tammy loved Christmas and spicy food. Tammy spent her last decade working at St. Paul School/St. Michael's Academy where she was adored by children and parents alike.

Tammy enjoyed traveling with her family and friends throughout the United States. Tammy touched many lives with her fierce love and unapologetic honesty. Her personal boldness was matched only by her deep reverence for God. She was a loyal friend, a devoted mother, wife, sister and aunt, and a bright light in the lives of the ones who were blessed to know her.

She is survived by her loving husband of 33 years, Jeff Rowland; daughter: Emily Rowland; sister: Kim McCoy; Tony Tedder; niece: Kelsey Tedder; brother: Mike McCoy; sister: Cindy McCoy; niece: Shana McCoy; and many

extended family and friends.

Expressions of sympathy may take the form of donations to:

- GoFundMe page in Tammy's memory: https://www.gofundme.com/f/tammy-rowland-memorial-fund?utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf+share-flow-1 and/or
- St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 in loving memory of Tammy Lynn Rowland.

Condolences may be sent to: www.piercefh.com

***Message from the family:

The governor has placed additional restrictions on indoor and outdoor gatherings. In light of this the Viewing and Service for Tammy on Saturday has been postponed to a date yet to be determined. We are heartbroken once again that we will be unable to hold our celebration of Tammy's life with all of her family, friends and extended family at this time. Thank you all for the love and support you have provided Emily and I.

Tribute Wall

RO

“ I didn't know Tammy, but as a Fairfax High graduate, I walked the halls and felt the lives of the people who went there. Nobody should pass away that young. I'm so sorry.

Robin Oliver - October 18, 2021 at 10:27 AM

MM

“ Jeff, I was so sorry to hear about the passing of Tammy. She was a beautiful person who will live on forever in your thoughts and memories and through your beautiful daughter Emily. Our prayers are with you both through this difficult time. Michael and Donna Miller.

Michael Miller - November 21, 2020 at 07:34 PM

LH

Jeff I will praying for you and Emily,I work with Tammy she was always happy never forget when she was pregnant wanted a Girl. Thank for the card you gave me on today it was a shock stay strong hang in there for Emily If I can do anything please reach out to me Love from my heart Lisa ❤️❤️❤️

Lisa hall - November 23, 2020 at 09:09 AM

IB

“ Our lives are forever changed by the light you brought into it. Your smile, sense of humor, loyalty and strength will stay with us forever. We got Emily and Jeff. We know you will guide us! We love you Tammy...and we will reunite one day and share a bottle of very sweet wine!

Izabella Burgess - November 09, 2020 at 02:11 PM

MM

Jeff and Emily, I was shocked to see news of Tammy's passing. She was a beautiful person and will live on through her daughter Emily. Donna and I are praying for you and your family for the strength to get through this trying time. Michael Miller.

Michael Miller - November 15, 2020 at 11:56 AM

TR

omg just got the news am so sorry to here this i grew up with Tammy she was a sister i never had even a Room Mate at my house. my heart goes out to Jeff and her Daughter that she loved so much. please call when you get a chance same number for 38 years

Tonya Riley - October 28, 2021 at 11:40 AM