



Jeffrey « Jeff » Frigon

1977-2024

Portland, Maine -JEFFREY GEORGE FRIGON, 46, passed away at his home on July 30, 2024. Jeff was born August 13, 1977 in Dover, NH son of Denis Frigon and Denise (Plante) Cogle.

Jeff was a beloved member of the Portland community, known by name at many of his favorite restaurants. He cherished spending time with family and close friends, both near and far. Jeff had a knack for trivia, sharing fun facts about a wide range of topics, and he was well-versed in diverse subjects. His career in the travel industry allowed him to explore the world, enriching his already broad knowledge. Jeff earned his degree in Applied Computer Science from Andover College.

An active member of a bowling league, Jeff proudly won two first-place banners in the Restaurant & Brewery Bowling League, playing under the name “Bowlkieroll.” He had a serious passion for food, often sharing recipes with friends and family. Jeff also loved to sing, and he had a Karaoke family in addition to his Sebago family. He enjoyed disc golfing and was a great teacher, even showing his grandmother how to throw a disc when she was around 84 years old.

Described by his friends as a truly happy soul, Jeff was known for his kindness and respect. His friends remember him as “such a nice guy,” and that sentiment was echoed by all who knew him.

Jeff is predeceased by grandparents, George and Irene Frigon; aunt, Sue Frigon; uncles, Paul Frigon and Jerry Plante; and cousin, Diane Rose. He is survived by his parents; grandmother Anita Plante, of Dover, NH; brothers, Joshua and Jeremie Frigon, both of Austin, TX; sister Johanna Frigon of Lebanon, ME; half-sisters, Danielle Frigon of MA, and Sadie Cogle of Auburn, ME; Uncle Marc Frigon of Salem, MA; Aunts, Sharon Frigon of Salem, MA, Diane Frigon of Winslow, ME, and Lisa Laverdure of Winslow, ME; cousin, Christine and her husband Paul of Prince Frederick, MD, and many other cousins living across the country; Jeff will especially be missed by close friends, Tiffany, Harv, Mariann, and Al.

