



## Sylvester Lorenz Cook

March 15, 1939 - October 1, 2025

Sylvester Lorenz Cook was born in Philadelphia, Pennsylvania, on March 15, 1939. He was born to Guy Cooke and Viola Francine Copeland. Sylvester had two siblings, Guy Cooke and James Brockington, who preceded him in death. Sylvester was educated in the Philadelphia school system and graduated from Overbrook High School in 1958. After high school, he enlisted in the the United States Army, where he proudly served for 21 years. While in the Army ,he served as a combat medic and completed two tours in Vietnam. He received several medals of honor: National Defense Service, Vietnam Service Medal ,Republic of Vietnam Campaign Medal, Good Conduct Medal. and Combat Medical Badge, and honorably retired as Staff Sergeant on March 31, 1979. During his military career, he met the love of his life, Deanna Cooke, at Fort Bragg, North Carolina, and they married in 1979. The couple later settled in Woodbridge, Virginia, where they raised their daughter, Michelle. The family later moved to Stafford, Virginia, in October 1989. Sylvester continued his career with the post office and later retired in 2002. In his free time, Sylvester enjoyed his casual sketches and the croon of his trumpet and jazz records, quite time with the news, and family time. He is survived by his wife of 46 years, Deanna Cooke, his daughter Michelle, son-in-law Richard, granddaughter, Alexis, and several other family and friends.

# Cemetery Details

## Virginia Veterans Cemetery at Amelia

10300 Pridesville Road  
Amelia, VA 23002

# Previous Events

## Viewing

OCT 8. 9:30 AM - 6:00 PM (ET)

March Funeral Home -Laburnum Chapel  
2110 E. Laburnum Ave.  
Richmond, VA 23222

## Celebration of life with live streaming

OCT 9. 11:00 AM (ET)

March Funeral Home -Laburnum Chapel  
2110 E. Laburnum Ave.  
Richmond, VA 23222

# Tribute Wall



“ *March Funeral Homes created a Sylvester L. Cooke in memory of Sylvester Lorenz Cook*



---

**March Funeral Homes** - October 04, 2025 at 02:29 PM



“ *Michelle, and Family,  
Thinking about you and sending prayers for  
comfort and peace.  
With Sympathy,  
Legacy Hospice- Richmond Team*



---

**Legacy Hospice** - October 10, 2025 at 03:44 PM



“ *We the March Family and Staff wish to extend our deepest and heartfelt sympathy in the passing of your loved one. Our prayers go out to you and your family in your time of loss. We know and understand that you have received many expressions of love and we will continue to lift you up in prayer. May the memories you cherish of brighter and happier days help to ease your sorrow and comfort you always.*

---

**March Funeral Homes** - October 04, 2025 at 02:13 PM