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Remembering Kenneth McGrath–The Right Way

Posted on [February 24, 2010](#) by [admin](#)

This is awful.

[A little over a year ago, a Metro-North signal maintainer by the name of Kenneth McGrath was killed in the line of duty.](#)

The ensuing media reports–*Journal News*, *NY Daily News*, *USA Today*–got McGrath’s name wrong in their stories, calling him Kevin.

We did the same, grabbing the story from the local *Journal News*.

We heard from McGrath’s daughter, still every bit in grieving over a year later. Lana asked us to please get her father’s name correct.



So that’s what we’re doing. Kenneth McGrath was hit by a Metro-North train and died Jan. 9 near Rye.

From the comments we got from people who knew Kenneth, he was a motorcycle enthusiast, a karate black-belt, a father of three, grandfather of three, and a fun guy who answered to “Shrek” or “Heavy Metal.” He owned three rescue dogs. He lived in New Rochelle. He would’ve been 51 Feb. 20.

“He was a father who layed a strong foundation down for his children. He was a very good brother, son , husband and family man. He was a superior person and he is with me when I wake and when I go to sleep,” wrote Alberta.

Rest in peace, Kenneth, and we’re sorry Trainjotting–and the media as a whole–got your name wrong.

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8 Responses to *Remembering Kenneth McGrath–The Right Way*

**Lana says:**

February 25, 2010 at 5:54 pm

Thank you for correcting this page. My father is looking over me and my family. He taught me and my brothers alot about life like to live each day with no regrets and no excuses. He was always the man he wanted to be nobody could stop him from succeeding. He had an unsatisfiable erge to learn and explore. He got a kick out of people who under estimated him because of his warn out leather jacket and long hair,he didn't care what people thought because he was always uniuquely him R.I.P dad
2/20/1961-1/9/2009

[Reply](#)**His Wife says:**

February 27, 2010 at 7:40 pm

For those who knew Kenny Poppa Goo Shreck Heavy Mc Grath .Thank you for keeping his spirit alive. Let me tell you a few things about him. He had 3 children ,3 step children ,and 2 grandchildren. And was married to me for 18 years. He layed down a beutiful foundation for his children . He spoke Japanese and was a 2nd Degree Black Belt in Karate. He love history,old cars , and riding his bike. He was a warrior and always led his troops to victory. He was loyal and honest to his family and friends.AND HE WAS AN EXTROADINARY MAN. He is my one and only true love. Thank you for your support .

P.S. For the people and you know who you are. Please stay out of my Families personal business. Please find other ways to amuse yourself . It must be hard to sleep at night knowing you suck.

[Reply](#)**Anne McGrath DiLorenzo says:**

February 28, 2010 at 12:00 am

Kenny, my little brother, was also known as “sugar plum”. It was the pet name I called him and then he called me the same name (he was 3 yrs old). Kenneth Patrick McGrath was the third generation of Railroad men on our fathers side. Kenny, although he traveled to the beat of his own drum, was not a loner. He loved being connected....to his children, his grandson, his siblings, his friends. He loved the guys at work and the deep connections he had with those who taught him the martial arts. Kenny passed that on by volunteering to teach children the art which made him “the gentle giant”. He did no harm...but could stop harm others were inflicting on the innocent without blinking an eye. I remember him teaching me how to bring a 500 pound man down with one pressure point if he was trying to harm me. I never did get it right...it seemed so easy when Kenny did it. He was a beautiful, kind, strong, loving, and unique soul. I just hope and pray that we will be related again in some way...somewhere. For almost 50 yrs, I took my little brother for granted. I guess people who are close do that. We always think they will walk through the door, call to say happy birthday, plant flowers at the gravesite of his family, forgive before those he loves even know they need to be forgiven. He lived in the present, loved unconditionally, and prayed with his wife Alberta, and children, Kurt, Karl and Lana. He loved God and believed in doing good without being rigid or judgmental. He lets us know he is still around in unique “Kenny” ways and it gives so much comfort. The day after Kenny died, I heard a flock of geese flying at sunset and looked out the window. I saw Kenny with his motorcycle buddies and thought “Go sugar plum..just air now...nothing to make you stop or get in the way of your desire to fly”. Love lives forever. Your Sugar Plum.

[Reply](#)**Renate says:**

March 2, 2010 at 10:34 pm

Kenny,
You came into my life through the love of my life Richie Garofola. The guys from the shop always talked about this huge guy they called shreck,I even had to watch the movie. I don't think there is a soul out there with a bad word to say about you. I don't know how but I do know you will see this. And I want to thank you for the chance to know you. And I want to thank you for a new true friend in my life that person is your wife and as long as I have Alberta Rich and I will always have that extra

peice of you. We love you.

[Reply](#)



Anne McGrath DiLorenzo says:

March 5, 2010 at 2:01 am

hey sugar plum. alberta and i were just talking about your new home two blocks from where you grew up on wilcox avenue. Kenny, your new grand daughter, Aniah, is so beautiful and Shawn is an energetic and smart little guy. I'm sure you will be hanging out with him in spirit. We miss you enormously in the flesh while knowing you will always be a part of us. Forever special and
and unforgettable. love your sugar plum.

[Reply](#)



Laura Aunt to his children says:

March 9, 2010 at 1:37 am

The first time I met kenny it was in P,S.14 School Yard , I was 15 years old Kenny a little older well besides his size, his eyes and pesonality he left a lasting impression only to show up a few years later comming in my door with my sister who later married and had his three children with . I have so many memories . The night his daughter was born there was a terrible snow storm everything was ice I stayed behind with the twins and off they went in one of the old cars which I cant recaal. Kenny would let the children jump all over him and never would become angry they loved to play with him . My daughter calle dhim Uncle Goo and still we arent sure wht lol.goofy I suppose . I dont think more then a day goes by I do not think of Uncle Goo.Kenny I am sure you know I am watching your daughter who is a wonderful mother to your Grand babies I wish you were here and we had time to be re aquainted since lifes changes I am thankful you came for Thanks giving dessert and a visit for xmas.I know you want we to watch Lana aand I am doing my best .Love always L

[Reply](#)



Anne McGrath DiLorenzo says:

March 29, 2010 at 1:28 am

Hi Kenny. Want you to know how much I think about you. Nice memories. I know you are with us in the “collective consciousness”. Kurt and Karl are doing well in the Navy. Lana is amazing. She is beautiful and smart and has strong moral and family values. What a wonderful mother she is Kenny. Wish you could have held Aniah....sweet and soft..a mush. Keep watching over them Kenny and Alberta too. Alberta wants to be strong for you and make you proud of her. She is doing a great job. Larry and I keep you alive in our home as well as our hearts. Lana, Alberta, and I are anticipating hearing from you on May 26. Your spiritual energy is strong, I am told, because you are an old soul. It always showed in your eyes and the strength of your love. Until we meet again little brother, our love and life in the same womb keeps us together. Love Forever.
Anne

[Reply](#)



Shayla Wieckowski says:

June 22, 2012 at 1:29 am

Hello, i think that i saw you visited my web site thus i came to “return the favor”.I'm trying to find things to enhance my website!!I suppose its ok to use some of your ideas!!

[Reply](#)

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