



## Sally Mayre Bowman

October 5, 2021

Sally Mayre Bowman, 54, of Shenandoah County, VA passed away from cancer at her home under the care of family on Tuesday, October 5, 2021. Due to the continued risk of COVID, there will be a private graveside ceremony. A celebration of life will be planned for some time next year when gathering together is safer. Sally was born in Okinawa, Japan to Mayre Bowman, and the late Lee L. Bowman. She is survived by her brothers and sisters: Benjamin Bowman and wife, Branka, Jacob Bowman, Jan White and husband, Joey, and Mary Bowman. She is also survived by her nieces and nephews: Hallie White, Tamara Bowman, Lee Bowman, Dalton White, and Ethan Bowman. She will also be missed by her 2 cats, Artie and Pete. Sally loved cooking, especially trying new recipes, which her family very much enjoyed. She enjoyed quilting, and recently made several quilts for family & friends. She also enjoyed other types of crafts, especially with her nieces and nephews. One of her favorite activities was weekly Family Dinner and Game Night with her sisters and niece, and she could be quite competitive. She enjoyed traveling to many national parks and U.S. destinations as well as several trips to Europe over the years. She was working hard toward an early retirement, so she would have more time to spend crafting, traveling, and with family. She was a member of the Evangelical Lutheran Church of America. She graduated from Averett College with a B.S. in Accounting and from JMU with a Masters of Business Administration. She worked at Valley Health Plan in Harrisonburg for more than 20 years. In lieu of gifts or flowers, the family

requests donations be sent to Shenandoah County Humane Society in Edinburg, VA. Events Details are pending.

# Tribute Wall

JT

“ *Sally was a rock for me at VHP. So, knowledgeable, so diligent and a knack for the unvarnished truth! I know she will be missed by her family for the same attributes, not to mention all the cooking crafts and love. May God bless you in your time of sorrow. Peace, John Taylor*

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**John Taylor** - October 06, 2021 at 12:00 AM

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“ *I had the privilege of working with Sally the last few years when she served as the liaison from Valley Health Plan to my employer. She was always pleasant and helpful but wouldn't stand for nonsense- and she could always smell out the nonsense! I loved that about her. I regret I never got to know Sally as the cook and competitive game-player! May her family and many friends have peace and assurance in the hope of the resurrection.*

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**Roger Young** - October 06, 2021 at 12:00 AM