



Mary Helen Gales

September 2, 1964 - January 23, 2013

Mary Gales, age 48, of Seattle, Washington formerly of St. Joseph, Iowa died on Wednesday January 23, 2013. Memorial services will be 10:30 AM Saturday at St. Joseph Catholic Church in St. Joseph, with Father John Thomas celebrating. Burial will be in St. Joseph Cemetery. Visitation will be 4:30 – 7:00 pm Thursday at Lentz Funeral Home in Algona, with a 6:45 pm Scripture Service. In lieu of flowers memorial contributions may be made to the American Refugee Committee, 615 1st Ave NE, Suite 500, Minneapolis, MN 55413-2681.

Mary Helen Gales, the daughter of Ernest M. and Helen S. (Bormann) Gales, was born on September 2, 1964, in Algona, Iowa. The fun-filled, energetic eighth child in a large and busy family, Mary grew into an adventurous, independent, determined, hard-working, creative, curious, and very caring person.

Mary graduated from Bishop Garrigan High School in 1982. After graduating with honors from Marquette University's challenging, condensed physical therapy program in 1986, Mary packed up a car and drove across the country to start a job as a physical therapist at the Veterans Affairs hospital in Seattle. It was during her four years in Seattle that Mary began her eager exploration of the outdoors with a large group of friends who enjoyed hiking, camping, skiing, mountain climbing (Mary eventually climbed Mount Rainier four times), and even scuba diving. Through her interactions with patients and health professionals, Mary learned about and developed an interest in the power of holistic healing methods.

In 1992, Mary began a new chapter in her life when she moved to Ketchikan, Alaska, to work as a physical therapist for Health Focus in Ketchikan and for clinics in Wrangell and Metlakatla—communities she visited regularly by float plane. Alaska opened up many more opportunities for adventure, including kayaking in the Inside Passage, and Mary embraced them. During this time Mary continued to learn more about healing—from her patients, from local healers, and from her own exploration of innovative, non-traditional

methods. Many patients benefited from Mary's knowledge and, as Mary's reputation spread, more began to seek her help with physical and emotional issues.

In 1994, Mary met Steve Rottler at a George Winston piano concert on a rainy evening in Ketchikan. Steve was working as a commercial fisherman and contractor in Petersburg, Alaska. The two were united in marriage on May 23, 1998, in Seattle and moved to that city. Mary established her own physical therapy practice and soon had a thriving business. She studied eastern healing techniques and earned a diploma in Asian bodywork therapy, which involves treatment of the human body, mind and spirit. Mary was truly a gifted healer, and her work helped many.

Mary and Steve lived in downtown Seattle and enjoyed a full life. They appreciated good food and Mary became an accomplished cook. Their frequent travel adventures took them from British Columbia to the wine country in California to Mexico. In recent years Mary took up playing the cello, as well as painting and drawing. Steve fished commercially in Alaska each summer and Mary especially loved spending last summer fishing with him outside of Juneau on their boat with their black lab, Jacques II. Mary threw herself into the hard work of commercial fishing during this trip and also found joy exploring the coastline and visiting friends in the small fishing towns of Southeast Alaska.

Mary and Steve owned property in Winthrop, a small town in eastern Washington, and built a second home, where Mary became an accomplished Nordic cross-country skier in the winter and in the summer enjoyed gardening, hiking, and river rafting. It was a special place for Mary to practice the cello, and also gave Steve and Mary a chance to regroup from their busy life in the city and Steve's construction and fishing work in Alaska.

Left to cherish Mary's memory are her husband Steve; parents, Ernie and Helen Gales of St. Joseph; siblings, Steve and Elizabeth Gales of Mason City, Cecilia and Stephen House of New Brighton, Minn., Paul Gales and Patricia O'Donnell of Phoenix, Ariz., Dolores and Art Cullen of Storm Lake, Charles and Elizabeth Gales of Lancaster, Penn., Barbara and Dan Haag of Eau Claire, Wis., Carol Gales and Jim Dory of Nome, Alaska, and Therese Gales and Mark Gaertner of St. Paul, Minn; father-in-law, Donald Rottler and his wife Barb of Seattle, Wash.; brother-in-law, Andy Rottler and his wife Sandy of Seattle; and many aunts, uncles, nieces, nephews and cousins. She was preceded in death by her brother, John Gales in infancy; sister, Mary Louise Gales in infancy; and mother-in-law, Dana Rottler.

Cemetery

St. Joseph Catholic Cemetery

1023 Hwy 169
Bode, IA, 50519

Events

JAN 31 Visitation 04:30PM - 07:00PM

31

Lentz Funeral Home
403 E McGregor Street, Algona, IA, US, 50511

JAN 31 Scripture Service 06:45PM - 07:00PM

31

Lentz Funeral Home
403 E McGregor Street, Algona, IA, US, 50511

Comments



“ Enchanted Cottage was purchased for the family of Mary Helen Gales.



September 05, 2015 at 11:50 AM



“ My deepest condolences to Mary's husband and family. I just found out about Mary's passing this week and was very shocked and saddened to read this news. I took a couple of PT/Acupressure courses from Mary a few years ago and she was such an incredible teacher: kind, thoughtful, filled with so much knowledge that she so willingly shared, so open to questions. This week I was just seeking her out again, hoping to take another course from her. I will think of her always when I use the techniques she taught me. I am very thankful to have met her. I hope memories of her comfort those who knew and loved her best...she was a beautiful person, through and through. I'm so very sorry for her loss.

Peace, love and light to you, Mary.

Love,
Tammy

Tammy DeRoche - June 12, 2013 at 01:24 AM



“ Dear Steve and family and friends of Mary, Our friend, Kent, told us of Mary's passing at breakfast this morning. Our thoughts are with all who knew and cherished Mary. We are holding you in our hearts... Susan and John (Ketchikan)

Susann Dickinson - April 09, 2013 at 01:13 PM



“ Steve,

Thank you for the call and sharing this web site with me. Mary was a remarkable person and will be so very missed. My heart aches and tears fall for you, so very sad. My thoughts and prayers are with you, your family and friends.

God's peace and love,

Carolee



Carolee - February 19, 2013 at 12:56 AM



“ Steve,

Thanks for your call today. Linda and I are so, so sorry. I am too sad for words right now. You are very much in our thoughts. Let's try to talk soon.

Your longtime friend,

Jon Krakauer

Jon Krakauer - February 15, 2013 at 08:13 PM



“ 3 files added to the album our climbing friend 1989



Jeff Fjelstul - February 09, 2013 at 07:24 PM



“ 1 file added to the album our climbing friend 1989



Jeff Fjelstul - February 09, 2013 at 07:19 PM



“ 1 file added to the album Our climbing friend 1989



Jeff Fjelstul - February 09, 2013 at 07:14 PM



“ It is so wonderful to see Mary in this picture: we spent some really special times together in the backcountry during those years! I will remember her forever as a strong, funny, and thoughtful woman.

Elizabeth Hampton - October 31, 2014 at 11:10 AM



“ today we gather in seattle to hold a space for our dear mary. i am not strong enough to physically join the service today, but i hold mary in my heart in loving tribute. -
stephen guy

mary

mary is the soft sea breeze
her gentle loving spirit

mary is the snow capped peak
her adventurous reaching

mary is the morning mist
her caring settling on human need

mary is the fog rising from the bay
her embrace envelopes us still
and always will

stephen guy - February 09, 2013 at 02:49 PM



“ I love reading all the remembrances of Mary. I want to add something from my personal experience. I am a fellow Jin Shin Do teacher, and when we worked together I was impressed by Mary's sincerity about being a teacher and healer. She put a lot of determination and focused energy into the study and practice of her art. She had a quick mind and a lot of skills and she helped me streamline and organize my teaching materials. It was obvious about how much she cared about her students. Blessings, Mary . . .and thank you.

Kamala Quale - February 09, 2013 at 11:28 AM



“ Mary seemed to walk between worlds. In ways such a paradox because she lived such a full and beautiful life. I appreciated her strength, sensitivity, curiosity, laughter, passion, generosity, graciousness, and so much more. I am grateful for moments shared.

My life has changed considerably in the past several years and Mary was an integral part of that - supporting me in returning home to my body and beginning to find my voice. My life is richer for knowing her. When I was experiencing a particularly difficult time several years ago Mary shared with me the word, stehekin (the way through). I found it helpful then and at various times since. I have been thinking of it a lot the last few weeks relative to Mary.

Mary ~ may your soul know peace. Blessings on your continuing journey in Spirit.

Love and blessings to Steve and Mary's family. For all whose hearts ache from this loss, may our grief move through us gently.

Stehekin

The moment between the breath
Eternity rests here

We can not see the path
as it twists through our life
our soul seeking expression
In the curving line
winding down and along the open space
In the fluid
or ragged draw of the chord
With wildness for life
in boldness

Rest
Breathe

~

I am here
not knowing the way
but trusting

~

There is something that contains it all
beyond our seeing
Perhaps hidden from all
but our very own heart
Slipped back behind
in the deep recesses
in the beauty of light
and shadow
A way through

January 2013

Diane Robertson - February 09, 2013 at 01:33 AM



“ Thank you, dear Mary, for all that you offered to me and the many others whose lives you touched. May you be at peace. You are missed.

Beth Award - February 08, 2013 at 10:00 PM



“ Mary's kindness, generosity and piercing eyes were shared with me when she offered a room for me to rent in her rented home in Greenlake when I first moved to Seattle from another small Midwestern farm town, when we carpooled together to the VASpa, when we huffed and puffed and biked our way around the entire Lake Washington and rode the Seattle to Portland bike ride twice '88-89. I never could keep up with my fellow "farm townie", so I stopped trying. Whenever someone would share another "Adventure with Mary" story over the past 20 years, I always thought, "sounds like Mary." Her spirit will continue to live on in the bike rides and canyon hikes that I will do in memory of her.

Jim Boyer - February 07, 2013 at 09:45 PM



“ Elizabeth Hampton is following this tribute.

Elizabeth Hampton - February 07, 2013 at 10:52 AM



“ I met Mary in 1987 as a new PT grad at the VA Hospital (The 'VA Spa'). Both Marquette Grads, we became friends and she introduced me to the great outdoors.

I cannot even start to tell you all the stories we lived during those years. Mary was a central force in coordinating people to all kinds of adventures: hiking, cycling, climbing, epic meals and camping. She was lighthearted, excited, reflective, thoughtful, magical, silly, cerebral, intellectual and serious.

Mary's first car was an absolutely enormous Dodge that had a back seat the size of an 8 foot sofa. The second 'D' had fallen off the car long ago, so it was lovingly referred to as the "Doge". I remember the very petite Mary driving this enormous car, chatting away and looking over her shoulder for an extraordinary amount of time when changing lanes.

She gladly shared the uniqueness of her childhood stories: walking beans, her dad's journal entry on the day she was born, she and her sisters referred to as the 'tail enders' as the youngest kids in the Gales' clan, her sleeping on her good ear so she could sleep in quiet, the famous bicycle race that happened in Iowa every year....i loved hearing those stories!

We had many epic adventures and joined our friends Laura and Candace on a yearly trip on the Wonderland Trail around Mt. Rainier. Every summer for 4 years, Mary, Laura, Candace and I would hike part of the Wonderland. The fifth year, we hiked the entire 100 mile loop. As we hiked, we sang all the songs in "The Sound of Music" for entertainment and to keep the bears away. My favorite part that she sang was from the song, "How do you solve a problem like Maria" and would impersonate a completely flustered nun singing: including arm waving, rich facial expressions and dramatic intonations. It always, always made me laugh when she would pause, glance up and flutter her eyelashes when she sang the line, "She's a.....girl."

We hiked up the west side of Rainier where there were huge horseflies and Mary taught me to let them sit for a bit and to smack them off right before they took a bite. She introduced me to great food packing and creative meals in the backcountry and we made our first chocolate cake on a special cooking pan on the fire. She loved the book "Simple Foods for the Pack". The falafel recipe was horrible and it was renamed "Barfalafel".

We hiked the Seven Lakes Basin and camped out on Bogachiel Peak. We camped on top of the peak with the tent door facing Mt. Olympus. It was incredibly beautiful! We hiked in the early hours over a ridge to see an enormous herd of elk below us. The sun was rising and our shadows were cast down the cliff and onto the elk. When they saw us, they snorted and stampeded away. It was an extraordinary thing to witness.

We hiked in the Methow and, instead of our original 30 mile loop in 3 days, decided on a shorter trip and read Tom Robbins' book "Skinny Legs and All" aloud in the tent for 2 days, doing day hikes instead. Hiking out, we were walking at different paces. When we caught up she said, "Did you see that golden retriever back there?" Turns

out, it was a cougar and she wasn't wearing her glasses.

Mary and I did the 200 mile Seattle to Portland race together. She was small but mighty and accomplished a lot of really extraordinary physical achievements.

Our lives diverged and somehow in a blink of an eye, decades passed and now she is gone. I am so grateful for the adventure Mary brought into my life. I am fed by the beautiful stories that her clients, friends and family have shared. To Steve and the Gales' family: You are all in our thoughts and prayers during this difficult time.

Elizabeth Hampton - February 07, 2013 at 12:40 AM



“ I was heartbroken to hear to hear of Mary's death. We worked together at VASpa in the 80s, and I have many happy memories of her from those carefree years. Her innocence, her sense of adventure, her sense of fun contrasting with her seriousness, her sweetness, her independence, and hints that she had a unique depth that she would explore in time. Reading memories from more recent friends reveal how much she did in fact blossom. While I know that words cannot relieve the grief of her husband and family, I hope that there is some comfort in recognizing that she lived a fuller life in 48 years than most people do in twice that. She had grand adventures, and grew into an exceptional physical therapist. May she rest in peace.

With sincerest sympathy,
Celia Pechak

Celia Pechak - February 06, 2013 at 10:51 PM



“ It is with great sadness that I heard of Mary's passing. She was my friend, mentor and Jin Shin Do instructor and trusted colleague. She was an incredibly talented therapist/healer and I will never forget her or the many things that she taught me. She always took the time to answer my emails with thoughtful discussion about what to do with a difficulty client's musculoskeletal problem. I offer my deepest condolences to her family and friends. I know what a big hole she leaves in my heart. I was blessed to have met Mary and have her be part of my life. I will miss her greatly.
Stacia Lee

Stacia Lee - February 06, 2013 at 09:07 PM



“ Mary

Mary oh Mary, where did you go?
What have you done?
Will I ever see you again?
Maybe later,
Not now.

I will miss your smiling face,
Your piercing eyes,
Your beautiful black hair.
Your mind always in motion,
I could never keep up.

Now I realize
The world could not keep up.
You were different.
That is what we loved
About you, still do.

I see you in gray jeans,
Fuzzy black sweater.
Was it an Eileen Fisher?
And your numerous leather boots
That you said were so comfortable.

Now who am I to talk to
About fashion
Avant - garde furniture.
Or the benefits of skate skiing
Versus classic.

I remember Jacques I's best day
At my dog party.
Your heroic efforts to save him
And your old gray cat
Who would not die.

Now you have joined them.
Maybe that was the point,
You couldn't live without them.
Nor they without you.
Unconditional love.

Your healing hands have saved many.
We couldn't save you.
Why?

More questions
Than answers.

Your demons have gone.
Go to your beloved pets.
I do see you, Mary,
Everyday.
Rest in peace.

from Q Glaze
A friend

Q Glaze - February 06, 2013 at 08:52 PM



“ I want to send my condolences to the friends and family of Mary.

I had the pleasure of instructing Mary in several of my figure drawing classes. She was a very passionate individual and dedicated student.

I am very saddened to hear of her passing, she will be missed.

Geoff Flack



Geoff Flack - February 06, 2013 at 11:58 AM



“ I'm so sorry to hear of Mary's passing. She was a beautiful light in what can sometimes be a dark world. We were driving home from Portland one time after a workshop and she looked up at the VA building and with that sparkle in her eye and smile that would light up a room, she told me she use to work there, they called it the VaSpa because there was a hot tub on the roof area where they would hang out. I still laugh when I think about it. She was such a gifted healer and teacher. My thoughts and prayers are with her family and friends.

Kelly Van Allen

Kelly Van Allen - February 06, 2013 at 11:41 AM



“ I will miss Mary Gales very much. When you reach a certain age in life, you realize how important your friends are and how difficult it is to replace them, if you can replace them at all. They remind you of who you are. They shape your character. They ground you amid the sometimes choppy waters of life.

I remember Mary for helping me recover from a knee injury. This was the first serious injury I had suffered and I needed a lot of reassurance. She was kind, compassionate, and skilled in helping me rehabilitate by knee, explaining the background cause of the injury and what I could do to prevent it in the future. I remember her adventurousness. I met her through my wife, Lisa, who knew her from a visiting clinic in Ketchikan. Mary was always going somewhere interesting, with great enthusiasm and a zest for life. She told me she had a goal of spending New Year's Eve in Barrow, Alaska, north of the Arctic Circle. How many people can claim that ambition?

I remember her hospitality. We were so pleased when she met Steve Rottler, the perfect partner for her. They would have our family over for dinner at their house. Invariably our kids would plug the toilet, break a wine glass, or generally disturb the peace. They were always very gracious about all of this.

I grieve for Steve and his family, Mary's family and the entire circle of friends touched by Mary's care, kindness and true spirit. My thoughts and prayers are with all of them. May she rest in peace.

Nick O'Connell

Nick O'Connell - February 05, 2013 at 11:57 AM



“ I knew Mary in her early days in Seattle. We shared housing for a couple years around Green Lake as she worked at the VA in PT and I at getting into PT school. She never stopped adventuring - biking to and from work, home at 5 out the door for adventure by 5:30 - always seeking what this wonderful area could offer. We did alot of hiking together, and my first week long backpack trip in the Enchantments in 1988. I met wonderful people through her. She had a deep emotional well in her that as she was exploring then, but had a hard time expressing. As we lost touch, I heard through others of her branching out professionally, and it all fit.

It is so wonderful to hear how many lives she touched and helped, and how she grew strong in her abilities to heal, connect with and teach others. I am saddened at her passing, but know she sought out all life, growth and experience she could find. I know this loss is deeply felt by those in her present life as well. My sincerest condolences to her family and close group of friends.

Hilary(Kelsh) Gould

Hilary K. Gould - February 04, 2013 at 08:35 AM



“ Nine years ago I became one of Mary’s clients and could never have anticipated how this would change and deepen my life. Mary was brilliant, persistent, and gifted in unwinding the body’s mysteries and relieving pain. But, that was the beginning. Mary blended western and eastern medicine – and brought her intense curiosity, determination and gentleness to each session. As my body healed, Mary’s work also supported me through difficult transitions in my life. The body and mind were one.

As I became more intrigued with the Jin Shin Do work that Mary practiced, I began to take Jin Shin Do classes with Mary and Cheryl. (Mary also taught me acupressure to relieve my chocolate lab’s arthritic pain and Gus attended each Jin Shin Do class. In part due to Mary’s healing gifts, Gus lived to almost 17 years old.)

Mary and Cheryl taught and encouraged us through the three-year Jin Shin Do program. They consistently expanded the curriculum to more advanced concepts, which Mary grounded in examples from her extensive clinical experience. Our class culminated in the final clinical studies Mary organized with Dr Su and Jin and a wonderful group of friends.

I am forever grateful for the incredible hard work, creativity and generosity Mary put into helping others appreciate the mysteries she explored. I began her classes as a former-accountant, with no bodywork training, and look forward to continuing to share the gifts she gave me.

Elizabeth

Elizabeth Burke - February 03, 2013 at 11:22 PM



“ I miss Mary so much. She took such good care of my body. I always felt so incredibly lucky that she was in my life. She could 'see' the inner connections of my body in such an intelligent and intuitive way. It always made me feel really safe. She was so very rare and present.

I loved our conversations. As someone from the east coast, I so enjoyed our shared interest in clothes and in particular Eileen Fisher. We would have lunch at Nordstrom's and then walk over to the Eileen Fisher store to see what was new and what was on sale. I always liked seeing what she wore during my visits .

She had a beautiful, artistic eye that extended to so many areas. An eye for such detail that I was so fortunate included figuring out the connections of the body in order to help heal.

She always felt like such a genuine soul. So thoughtful. So interesting as I listened to her express her artistic interests. And her passion for her animals. I listened intently as she shared the last months of her cat's life and her deep relationship to Jacque 1. And we both anticipated the arrival of her Jacque 2 and my new dog that were happening at the same time.

I feel such a profound loss. My heart goes out to her family.

Nancy

Nancy LeVine - February 03, 2013 at 10:31 PM



“ I met Mary through Steve, not too long after they met. We quickly became friends. Mary has been a kind, giving person ever since. She was very serious about her friendships. When she thought you needed help she tried to provide it - no need to ask her for it. When you messed up, she told you how she felt. But like a good friend, she forgave you and looked forward not back. It was great knowing her. By her actions, Mary reminded you about the important things in life. Again, she was a serious person....but of course knew how to lighten up and have a good time. Additionally, she was very dedicated to her husband, my good friend Steve. It was truly an honor to be a friend of Mary's. She touched my life in a very meaningful way, and I know many others feel the same about her.

Thank you Mary.

My sympathies to her family,...and to her many friends.

John Yergan

John Yergan - February 02, 2013 at 01:46 PM



“ Mary was my PT and friend for more than a decade. Not only did she heal my physical body, she helped me access inner capacities for self-healing and transformation. Brilliant, beautiful, wise, passionate, courageous and fascinating, she was a most lovely Being, and I treasured our sessions.

Mary saw things as they truly were, marveled at natural and projected worlds, and appreciated beauty in its many forms. I am deeply grateful for her time here.

Love and Light to you, dearest Mary.

My deepest condolences to Steve, the Gales and Rottler families and all those who loved her.

Sallie Teutsch - February 02, 2013 at 11:15 AM



“ As if by magic, Mary appeared in my life when I most needed her. When Mary & Steve moved into the house next door, my sister, Carol, age 64, was slowly dying from Alzheimer's disease. I flew frequently to Anchorage to be with her and always returned to Seattle emotionally and physically exhausted. Mary came to my rescue during these stressful times, and, without my realizing it, gracefully glided into the role of a loving and caring sister.

We held frequent fashion consultations via cell phone. When Mary phoned for wardrobe help, I went to our 2nd floor bay window that overlooked her 1st floor bedroom window.

With her cell phone in one hand, she would hold up her choices for the day, asking, "Should I wear the black or the brown dress and which jacket looks best? What about these boots? Would this sweater look better? Does this scarf work, or not?"

I never followed up to see if she took my advice--she always had panache and really didn't need my input. But it was a fun game we played.

With first Jacques I, and then Jacques II, pulling us on, we tramped through Discovery Park. Always in tune with nature, Mary was excited by the skunk cabbage pushing through the marsh muck. Their unfolding leaves and the lengthening days seemed to reassure her that the earth was still on course and spring was finally returning.

Mystical, magical, sometimes not of this world, but blessed with infinite wisdom, I see her now as a comet. She broke from her orbit and came to earth to shed upon us her radiant light.

And, like a comet, one day Mary will return, bringing back the wisdom and energy she's gathering from other worlds as she circles the universe.

Sweet journey my dearest friend. My love goes with you and never dies. Your troubles are over.

Our deepest sympathy to Steve, the Gales Family, and the Rottler family. Please know our thoughts are with all of you at this sad time.

Sandy and Dan Earle



“ It is hard to imagine that someone with all that Mary had to offer is no longer with us. She was a beloved neighbor in The Bellora, and while we are not living there currently, it will be difficult returning knowing that Mary will not be there.

Gerry and I will miss you Mary. But we are so glad that we knew you.

I am especially glad that I had the chance to be in our book club together. Your love of a well-written book was palpable, and I always looked forward to hearing your thoughts and insights. And through these discussions you shared precious glimpses of your deep spirituality, your intense curiosity and your kind heart. It was because of "3 Cups of Tea" that I learned of your mountain climbing feats. Through "Loving Frank" you shared your deep appreciation for design. "The Painted Drum" discussion was probably the most poignant of all, as this is where you spoke of your experiences in Ketchikan and your deeply held spiritual beliefs. There is a particular passage from that book that we discussed in depth and that especially resonates now:

“Life will break you. Nobody can protect you from that, and living alone won't either, for solitude will also break you with its yearning. You have to love. You have to feel. It is the reason you are here on earth. You are here to risk your heart. You are here to be swallowed up.”

? Louise Erdrich, The Painted Drum

Mary...You loved. You felt. You lived.

Our deepest condolences to our dear neighbor Steve and to their families.

Sincerely,
Pam Edwards and
Gerry Czeiner

PS - Gerry and I would also like to express our deep appreciation to the friends and family who have posted all of the beautiful photos of Mary. We especially appreciate the photos that capture Mary's eyes. They positively crackled with energy, didn't they?

Pamela Edwards - February 01, 2013 at 09:30 PM



“ These amazing descriptions regarding Mary are a fine tribute to her.....I read them all. Over and over, stories of her magical healing hands, her beauty, her intelligence, her multitude of interests, and affinity for fine clothes, but not one person mentioned her cow boy boots?

Mary was my PT. I saw her maybe 6 times total over the last two yearsfor my back, my hip, bursitis, and every time I went to an appointment, she always had on a different pair of beautiful colorful cow boy boots! To me they represent Mary herself.....strong, stately, elegant, interesting, avant-garde, gorgeous, and truly special.

She will be missed by many. May we tuck a bit of her into each of our hearts and as we go forward..... live our lives as passionately and with such abundant kindness as Mary lived hers.

in deepest sympathy:
Nancy Jenkins

Nancy J.Jenkins - February 01, 2013 at 09:03 PM



“ I met Mary at Gage Academy in Seattle, Washington. We had a figure drawing class together twice a week for a year. Mary was always so friendly. She brought a real sense of community to the class by saying "hi" to everyone and chatting for a little bit before class began. She and I always talked about running and pets (She said my cat looked like a rabbit) and we both shared a love for the town of Winthrop in Eastern Washington.

My sympathy to Mary's family.
Tracy

Tracy Wise - February 01, 2013 at 04:16 PM



“ Beautiful in Blue was purchased for the family of Mary Helen Gales.



February 01, 2013 at 02:14 PM



“ 37 files added to the tribute wall



D.Lisa West - February 01, 2013 at 11:25 AM



“ 7 files added to the album Memories Album



Lentz Funeral Home - February 01, 2013 at 10:20 AM



“ Mary was one of the sweetest persons I have ever known. While she was a year ahead of me at Garrigan, she always had something nice to say and a vibrant smile for me! She loved to sing, too, and more than once she sang at local care centers with our "Casual Group from Garrigan." I am proud to say I knew her. In honor of her and your family, I am dedicating this weekend's Saturday night mass at our parish in her name. I will be singing, and I know she will try to help me out. Our closing song is "Lead Me, Lord," and I pray she is with Him now.

Brian Haag - February 01, 2013 at 09:41 AM



“ I am Mary's oldest brother, Steve. I want to thank all of you for sharing your life experiences with my sister. She spent basically her entire adult life in Seattle and Ketchikan, so we are all learning so much about our dear sister. Being the modest person who she was, we would never learn all the wonderful things she accomplished during her time with us. She was always a determined, independent person, ready for anything and a really fun person. We all are having a private family dinner with Steve tonight and look forward to celebrating her life and the person who she was. The stories you have shared with us are treasured and have given us great comfort as we mourn the loss of our sister.

Steve Gales

Stephen Gales - February 01, 2013 at 08:37 AM



“ I vividly remember that infectious smile from our high school days at Garrigan. Her calm demeanor too. That voice was so soft when she spoke, but clear and concise and well thought out. It is comforting to know how many people Mary touched throughout her life and to have known her. God bless you Mary.

Jay Miller, Garrigan '82

Jay Miller - February 01, 2013 at 06:45 AM



“ I saw Mary regularly for treatments spanning over the last 12 years. She got me moving and active again after several years of a debilitating autoimmune condition, and her regular "tune-ups" kept me going. She was especially important in instigating a full-court press of healers (herself included) to make sure I was able to make my lifelong dream trip trekking in the Himalayas. But beyond her healing touch, I looked forward to our sessions for just being with this beautiful, amazing, inspiring, funny, smart, elegant, multi-talented woman. And what energy! What passion! What wisdom! What a thinker. As so many have said here in so many words, Mary was truly special.

I'm so sorry for her suffering. My deepest condolences (beyond words) to Steve and her family and extended family of those who loved her, like I did and always will.

Jill Irwin

Jill Irwin - February 01, 2013 at 12:15 AM



“ I am honored to have known Mary and to have shared time with her, both as a friend and as a client. Although our backgrounds in healing were very different, I greatly respected Mary's intuitive and "hands-on" methods of healing, not to mention her remarkable results, often in one session. Mary's energy, to me, seemed to reside partly in this world and partly in the world of dream and spirit. Now she has joined that other world completely. I hope to someday meet her there.

Ted McMahon, MD

Ted McMahon - January 31, 2013 at 11:21 PM



“ Mary brought me from darkness to light. I keep trying to write more than that, but really it says it all.

My memory of her will always be that of a gifted, brilliant, intense, warm, sparkly, wonderful woman that I was blessed to have known.

-Amy

Amy Riley Gadoury - January 31, 2013 at 10:03 PM



“ We miss Mary. She was her the tribute describes her--an incredible woman with a wide range of talents. Our hearts hurt because she is no longer with us. We will plant a special dahlia in her honor and memory in our P Patch garden as soon as weather permits. It will be a beautiful flower to celebrate the memory of a beautiful spirit!

Judy and Arnie Ness

Neighbors

Judy Ness - January 31, 2013 at 06:46 PM



“ I met Mary as a student at Gage Academy of Fine Art in Seattle. We were both in Geoff Flack’s figure drawing class. We immediately connected across the classroom eyeing each other’s Eileen Fisher clothes. Both of us shared a love of the simplicity of the design, beautiful fabrics, and the ethical women centered company. Though generations apart we connected over healing, art, and Eileen Fisher. I met Mary at a time in my life when I was vulnerable and unsure of my abilities. I had just left an abusive relationship and my sense of self was fragile. She was so encouraging of me artistically, personally, and professionally. I had shared with her my dream of one day working for Eileen Fisher but thought for sure they wouldn’t hire someone so young and without much experience. She hushed my self-doubt and went out of her way to introduce me to her friends at the store and the manager’s. A year later I was the intern for Eileen Fisher and before I knew it I was working for the company I had always dreamed of. My job at Eileen Fisher turned out to be one of the most healing, joyful, positive experiences and I owe much of that to Mary’s encouragement. The last time I saw Mary was at our store on Pine Street at the end of the summer. I didn’t recognize her at first because of how frail she had become. She looked at me across the counter with those beautiful big eyes, she said, “Christi?” We looked at each other and smiled. When I reflect back on that moment, I see how beautiful it really was. She had been with me at the start of a dream I held and was now meeting me again, this time dream actualized. It had come full circle.

Thank you Mary, for being the beautiful, positive, healing, energetic force that you are. You make me believe that there really are angels here on earth because you were one of them.

Christi

christiana hedlund - January 31, 2013 at 01:32 PM



“ My condolences to all who love Mary and my heartfelt prayers to Mary.

I knew Mary in the classroom--she recently took a painting class from me at Gage Academy in Seattle. I knew her from previous classes as well. My first vision of Mary when thinking of her are her bright, inquisitive, and appreciative eyes and spirit. She was always very serious about her painting, constantly wanting more from it (from herself) and above all to "experience" life to a greater degree through her painting. This, I greatly appreciated then, and now still. Her work had a humor about it that she enjoyed as it developed--chuckling to herself during class--and she took risks following her heart, mind and knowledge through the colors she chose and images she created. This takes courage and she was certainly a brave one. This, I also appreciated in her.

Again, to Mary's family and loved ones I send prayers of comfort and love. I was lucky to know Mary, even just in the classroom. Thank You, Mary.

Barbara Fugate - January 31, 2013 at 12:58 PM



“ This is so hard.
I am so shocked, and so sad.

The first time I went to Mary Gales for a Jin Shin Do session happened to be the morning that my grandmother died. Although her death was not sudden, I was still shaken and fragile. I walked into Mary's office, and she greeted me, and as she did, I realized that I was moving toward her, and said, "Oh--I--I was just about to hug you, and I've just met you, and my--my grandmother died this morning." She immediately reached for me and pulled me into her arms with great warmth and love. That first session was just as profound and effective as every other session I had with her.

Later, I took Jin Shin Do classes with her. Her intelligence, her fire, her ability to communicate with such depth and enthusiasm, and the seemingly endless breadth of her knowledge were astonishing.

She and Carol were like the wind and the earth, teaching together, and they balanced each other beautifully.

The classes were always fun, and I remember Denny Rofkar bringing fruit from Hawaii when he would join us, and another time, Dr. Jin and Dr. Su visited our class, Shi Shi between them, only 4 or 5 years old.

I always felt welcome with Mary.

I enjoyed conversation with her, and when I would run into her in Belltown, she always stopped to say hello.

She was intelligent, she was a brilliant healer, she was enthusiastic, and she was so funny!!! Her dry wit brought me back to my own Midwest roots. I remember plenty of laughter during the lunch breaks at the Jin Shin Do weekends.

I send love to Steve and to Mary's family.
Please know that she will not be forgotten.
Please know that she will continue to be loved.

Joanna Beals

Joanna Beals - January 31, 2013 at 10:30 AM



“ Dark eyed, bright eyed, Mary was a mystic. She was committed to caring for people, and she accepted them with all of their foibles. Throughout her life, she was strong of character and strong of will, a true daughter of Helen and Ernie and sister to the Gales children, Mary was a perfect match for Steve. We stand with Steve, his family, Mary's family, and all of their friends in their and our loss.

Mary, we will miss you! Chris Howell and Katie Lazar, St. Helena

chris howell - January 31, 2013 at 09:39 AM



“ It is very difficult to realize that someone so young and gifted in so many ways is gone. Mary was an intelligent bundle of energy, our neighbor of many years in Seattle, a lovely lady who was always doing so many things with zest: spending time with Steve, who was the love of her life, and the two Jacques in Seattle, Alaska, Winthrop or on their other travels; teaching and doing her healing work; being a friend; cooking; playing the cello... She never did anything half-way, and she was a delightful neighbor whose eyes sparkled when she talked of her various passions in life. We already miss her greatly.

After reading all of the other comments on this site, we have come to realize that Mary's talents as a teacher and a healer were truly extraordinary and touched many, many lives positively--this is a side of her that we never personally experienced and make her death all the sadder for us.

We send condolences to Steve and all her family. Words are totally inadequate for such events--but (along with our thoughts of Mary) words and best wishes for her survivors are all we have to offer. May you rest in peace, Mary.

Larry Kinley and Doug Anderson, Seattle

Larry E. Kinley - January 31, 2013 at 05:44 AM



“ Peaceful White Lilies Basket was purchased for the family of Mary Helen Gales.



January 31, 2013 at 12:48 AM



“ We met Mary in Winthrop when Steve was building their second home. As the building progressed they frequently spent time over at our 'vacation' home having Al's famous gin and tonics on the deck and sharing wonderful dinners together. Although we all live in the Seattle area, we always got together whenever we were in Winthrop and planned our dinners via phone or email . Mary was a wonderful cook and always brought great salads and dishes to share. Over the years of meals, drinks on the deck, Jacque I and Jacque II and the Mighty Grey, we came to know Mary as a warm and wonderful friend always full of fun and laughter. She was always on the go, skiing, hiking up Patterson Mtn. or rising early to hit the Twisp Farmer's Market. We always looked forward to seeing Mary and Steve and saw them last in late December for dinner at our house. Mary laughed when we both gave each other the exact same bottle of Lost River wine!

We are stunned and so sad that Mary is gone. We'll always remember her and the wonderful times we enjoyed in Winthrop. She was a true friend. Every time we look across the valley towards Patterson Mtn., we'll think of Mary.

Our thoughts and prayers go out to her family and Steve.

In deepest sympathy,
Al and Kathleen Senyohl

Al and Kathleen Senyohl - January 31, 2013 at 12:28 AM



“ I first met Mary when I took Basic Jin Shin Do from Mary and Cheryl. They were a unique team and inspired me to continue on to complete the rest of the classes in a 3 year course program.

Mary was so passionate about Jin Shin Do and she had a great way of melding Jin Shin Do with her physical therapy practice. As part of the course work we were required to take sessions with Jin Shin Do practitioners. I went to Mary for several sessions and was amazed at her knowledge of physical therapy as well as Jin Shin Do. As a physical therapist myself, I noticed she was very thorough with her evaluation and very competent in her physical therapy testing. But then she put her hands on me and she became this ultimate holistic healer. Each time I went I would leave her office with a feeling that I had a new body.

Mary was such a unique person with such great energy and drive to learn more and share her learning with others. She grasped so many facets of life with such zest. It is truly a tragedy that her candle went out so soon.

My sincerest sympathy goes to you, Steve, and all yours and Mary's family. There are no words to express my feelings of sorrow.

Dot Salogga

Dot Salogga - January 30, 2013 at 11:32 PM



“ I met Mary through some of my OT and PT therapy friends at Swedish Hospital here in Seattle where we all work together. Over the 17+ years of treating patients and the birth of 2 children I had "collected" a number of fairly chronic issues with my body. My friends have always said "Oh, go see my friend Mary, she'll fix you right up" "Go see Mary Gales, she's amazing!" "See Mary, we all do, you might as well too, you won't be sorry" And of course I wasn't.

Last year I spent a great number of hours on her table, sometimes seeing her twice a week enabling her to heal me. She really was true a healer, and a brilliant person, there aren't many people I know that I can call that. She was the only one who really could get to the root of a lot of my problems that had built up over the years. I was so grateful to her and confident in her skills that I was sending everyone I knew to see her, knowing that she would help them.

During our sessions I loved to hear about all of her runs with Jacques 2, stories about the Mighty Grey, about her Cello lessons, the art that she was currently creating, her excursions to see Steve in Alaska, her love of Winthrop, skiing and trips. She was always seemed so passionate about everything she did. I will miss her directness and her ability not to accept excuses. She always seemed to tell it how it was but also to be positive and so encouraging, no matter what we were talking about. She truly cared about each and everyone she treated.

I am so fortunate to have been able to have had Mary in my life, I will miss her healing hands and her friendship, she was a gift to us all.

Sheryl Klarich - January 30, 2013 at 11:13 PM



“ 3 files added to the album New Album Name



Steve Rottler - January 30, 2013 at 07:28 PM



“ Mary was a beloved friend. I can hardly speak. Mary, thank you for all of the healing. You had such an incredible gift and I am lucky to have experienced your talents. Thank you for being in my life, for sharing your art with us, going on walks with us, for coming down the river with us. I am sorry that you had to leave so soon. You will always be in my heart. I am attaching some of the photos we have done over the years.
All my love and deepest sympathy to your family and to Steve.

Everlasting love, Rosanne



Rosanne Olson - January 30, 2013 at 07:19 PM



“ 14 files added to the album Photos of Mary from Rosanne



Rosanne Olson - January 30, 2013 at 07:07 PM



“ Dear Family of Mary Gales,

My name is Cheryl and I had the privilege of teaching Jin Shin Do (sounds like dough) Acupressure with Mary, in Seattle mostly, several times a year for 10 years, from 1999 to 2009.

We both put out an amazing amount of energy helping each other to get this beautiful, helpful work that we had trained for put together in our hearts and minds and hands more thoroughly, and then into teaching notebooks so we could share it with our students in the best and clearest ways we could create.

It was a very big project to do this and soon one of the goals became to have a full 500 hour Jin Shin Do Acupressure Program. Mary was so brilliant and focused, and she amazed me always how much she studied and kept learning major amounts of the key knowledge of Chinese Medicine, which is 5000 years old and has untold numbers of books written about it. This study required learning from local acupuncturists and schools what the best, latest books and translations were so we could hone in on them and not overwhelm ourselves with too much information.

Soon the best books on acupressure point location and usage, and on both the 5 Element Theories and the most recent Eight Principles Theories of Chinese Medicine were part of our 500 hour program. Also, our notebooks for teaching contained the major elements of this knowledge, spelled out in charts, graphs and the most articulate writing we could find to help our students learn in the best ways these sometimes complex materials. Mary's intelligence, studiousness, persistence and creativity led the way especially in creating the Advanced and Module II notebooks. Being 20 years younger than me, as well as brilliant and able to fire up the students with her teaching style, caused people often to say we were a good balance for each other. I was the quieter more nurturing teacher and massage therapist since 1976. I had already been doing and teaching Jin Shin Do since 1980 when Mary and I met but mostly taught at the Beginning and Intermediate levels until Mary and I began working together.

It was a wonderful blossoming for both of us and together we taught over 70 classes through the 10 years counting our Module I: Basic, Intermediate and Advanced Acupressure, and Module II: Parts 1,2, 3 and 4, plus 2 Introductory classes per year at Brenneke/Cortiva Massage School. For the last 3 years we also had a wonderful 10 week clinic for Advanced Module II Jin Shin Do students to intern at each year with Dr. Jin and Dr. Su, a very skilled and supportive couple who are great acupuncturists from China. Mary met them near where she worked in Ballard and helped to set up our Intern Clinic there.

Mary and I had many co-creative moments, many laughs, many intense and exciting times working out all the details of all the classes and notebooks etc. In 2009 our US economy and society were struggling, and we noticed a downturn in student registrations. We were at a point where we would need to teach 2 or 3 more full classes for beginners to create a large enough new class that would continue through our 500 hour program of Jin Shin Do. So we decided to take a rest...

I always thought we would teach together again in some form, Mary and I. Her death is an immeasurable loss for all of us. I know that whatever I do going forward with Jin Shin Do Acupressure, Mary will be a part of it. I will feel her Presence and hear her voice of encouragement, and I will be strengthened and comforted.

“Many many thankyou's, Mary, from me and from all the Jin Shin Do students that we

shared with, for your amazing contributions to our classes and our lives!”

With Much Care,
Cheryl Hockett-Prelle, BA, LMP
Fairhaven Massage & Therapy Center
www.fairhavenmassage.com
1315 Mill Avenue
Bellingham, WA 98225
360-733-2368

In Memory of Mary

a bird cries out
wind sweeps through a tree
I hold still and listen
for I realize
every blade of grass
in the field
every leaf in the forest
lays down its life
in its season
as earnestly as it began.

By Sarah Hart

Cheryl Hockett-Prelle - January 30, 2013 at 04:41 PM



“ Cheryl this was beautifully said. Thank you to both you and Mary for your Jin Shin Do teachings. They inspired me and changed my physical therapy practice. I am a better therapist because of both of you.

Dot Salogga

Dot Salotta - January 30, 2013 at 11:13 PM



“ Cheryl, I also thank you for the tribute you shared here and for all that you and Mary offered through your Jin Shin Do teachings. I am forever grateful for the inspiration, encouragement and wisdom you both came together to offer us.

Elizabeth Burke

Elizabeth Burke - February 03, 2013 at 10:18 PM



“ Mary, we shared so much! You taught me so much! Sound helath Massage is where we talked, treated others single handed and together!
You were gifted BEYOND truly what we understand in this life! What an inspiration you were to me, I loved you, I have missed you for a while, you were a bit afraid of too much love? But I know today you are FULL of the DIVINE Masters COMPLETE LOVE!
Much Love In Touch as Alex would say! Jamie Easterly

Jamie Easterly - January 30, 2013 at 03:37 PM



“ Jamie Easterly lit a candle in memory of Mary Helen Gales



Jamie Easterly - January 30, 2013 at 03:29 PM



“ To the Gales family, I send my sympathy and also my fond memories of Mary. At Garrigan, she was always right at the top of our class and I could always count on her as a friend to lend a hand or that wonderful smile of hers. She always projected positive energy as she was a key ingredient in our Class of '82 recipe. After we graduated from college, John Bormann and I stayed at Mary's place in Seattle during our Western States roadtrip. We had a blast and Mary taught us that water bottles and granola bars were more important to carry than frisbees, radios and footballs when hiking up steep mountains! God bless her memories and your family. Our deepest sympathies are with you.

Bob Haag
Garrigan Class of '82

Bob Haag - January 30, 2013 at 01:33 PM



“ With regret, we were informed about Mary's sudden death, and wish all the family members and friends our sincere condolences. We met Mary and Steve in winter 2011/12 as neighbors in Winthrop and spend many evenings together since then. We always appreciated their company and we were happy when we saw their cars and the dog in Winthrop.

Please be strong and accept our condolences.

Our sincere thoughts are with you.

With deepest sympathy,

Angelika Stuehff and Bernie Odenthal, Osoyoos, BC, Canada



Angelika Stuehff - January 30, 2013 at 01:33 PM



“ Mary embraced the day! Here are some images from our trip on the Alsek River in 2000. I was never surprised when our paths would cross in the most unique places. She will be missed. Her spirit with its strength will be in those beautiful places. What a beautiful woman... Teri Rofkar, Sitka, AK



Teri Rofkar - January 30, 2013 at 12:52 PM



“ I called Mary “the Wizard” and I really thought that was true, but I don’t think she liked the title all that much. She knew it wasn’t magic, but deep understanding of the human body and spirit that allowed her to find and heal oh so many pains. Two or three times I was told I would need orthopedic or neurosurgery, but Mary was able to relieve the symptoms and helped me to a regular regime of mindfulness, stretching and strengthening which has treated it all. I am a physician myself and I know a true healer when I meet one. Mary was one of the best in a small world of bests. While she did therapy we would talk and talk of poetry, philosophy, religion, medicine, our families and her dogs-past and present (the dogs got a lot of time). I think most of us who saw her professionally thought of her as a friend, because she was a friend. It is just impossible to figure out this loss. Saying we will miss her, is beyond an inadequate comment. Sterling Clarren

Sterling K. Clarren, MD - January 30, 2013 at 12:31 PM



“ To my friend Carol, the Gales family and Steve,
My sincere sympathy to all who loved Mary, and clearly that included many, many people over the years. I enjoyed Mary's unique sense of humor when we were in High School and recognized she was smart enough and resourceful enough to accomplish whatever she set her mind to. I have enjoyed reading the comments from the people whose lives she touched and wish I had known the woman she grew up to be.

May God ease your sorrow with happy memories and comfort you with the knowlege that she helped so many people during her life.

Barbara Ludwig Jeppesen
GHS '81

Barbara Ludwig Jeppesen - January 30, 2013 at 10:20 AM



“ Our thoughts of Mary Gales

Mary was a true partner and wife to Steve, greatly enriching his life. They worked and played together supporting and complimenting each other in every way. Mary had moved her successful Physical Therapy business from Alaska down to Seattle and was doing very well. We were so impressed to learn clients were traveling down to Seattle to continue treatment with her. She worked very hard and was very dedicated. After she was well establish in the Seattle area she informed us she was going back up to Alaska to help Steve fish... More surprised when Steve said how hard she worked and how strong she was. This was on her vacation from her practice.

Together they loved the Methow Valley in Eastern Washington. they purchased the land, built a cabin and enjoyed many days Hiking, Kayaking, Floating the Rivers, Skiing or sitting quietly with a glass of wine enjoying the mountain and valley views.

Another very important memory we have of Mary is that she was a true Pacific Northwest Gal. She was raised in Iowa but she fit perfectly in Washington and Alaska. She even liked the rain, running five miles a day with Jacque II (black lab). She loved living downtown where all the action was, enjoying the museums, selective shopping, but most of all the restaurants . Mary and Steve could tell you where the best most innovated food could be had. Don and I spent many an evening walking the streets, sharing a meal and absolutely enjoying every minute we spent with them.

It's difficult to write memories of Mary, but I know she enhanced Steve's life and ours. I also feel time will heal the heart and we'll be thinking more and more of the great times and the gifts she brought to our family.

Written with Love for our daughter in law.

Barbara and Dadso

Lentz Funeral Home - January 30, 2013 at 09:57 AM



“ My heartfelt sympathy and prayers go out to all of the Gales family. As a young girl in middle school at St. Joe, Mary had a presence of calm and grace. God has taken her back into his arms. May he hold us all close to his heart for peace and comfort.

Regina Lickteig Neville - January 30, 2013 at 08:08 AM



“ 1 file added to the tribute wall



Kristy " Q " Glaze - January 29, 2013 at 11:17 PM



“ To both my wife and I, Mary was a force of nature in the best possible way. We met while she was in Ketchikan and I eventually took Jin Shin Do classes from her in Seattle. She was a brilliant student of healing, a bright light of passion and energy and a good and trusting friend. We will miss her greatly and send our heartfelt condolences to Steve and the family.
Denny Rofkar

Dennis Rofkar - January 29, 2013 at 10:03 PM



“ I met Mary in the fall of 2002. She was teaching Jin Shin Do classes in Seattle. Mary was a seeker of knowledge. What set her apart from others was her commitment to sharing her knowledge. I count her among the visionaries who lead us to a higher consciousness. Mary was also a healer. She understood the mind/body connection and used that knowledge to help her clients heal both physically and emotionally. Mary was an intelligent, courageous, conscious and compassionate human being who I considered a mentor. We shared a mutual love of the beautiful Methow Valley, a refuge from the stressors of city life. Mary, I will miss your bright shining light. May you rest in peace.

Jan Young
Seattle

Jan Young - January 29, 2013 at 09:54 PM



“ I always felt that Mary Gales had a perfect name meaning strong winds. Mary flew fast and strong way above us all. I met Mary as many others of her friends as a patient in her physical therapy practice. Her skills were amazing with an intuitive melding of her traditional physical therapy training, acupressure and many other classes she had taken over the years both with western and eastern influences. I experienced similar scenarios but I heard so many of her clients report. “I went to Mary for a sore neck and she worked on my ankle and now my neck pain is gone.” “My back hurt and she worked on my jaw and now I am fine.” She could unwind the puzzle of the body like no other.

I saw what Mary was able to do with her acupressure and felt as an Occupational Therapist working in a hospital that this skill would be beneficial. She encouraged me to take her course. I was part of the last group of students to go all the way through her training which included clinics with Dr. Su and Dr. Jin. Mary taught with brilliance and passion. At times I know she got frustrated with us because we could not always keep up and needed review and repetition. In one of the classes an employee of the facility where the classes were being held signed up for a session. Mary recognized the name as being the same name as her High School Music teacher in Iowa. What are the chances of this happening? Sure enough it was Bill. We got to hear them reminisce about old times in High School and the talents of the Gale clan.

She talked about a couple important highlights in her career. One was when she was asked to be a speaker at the PT convention in Seattle about Acupressure in the PT Practice. I was honored to accompany her and be her subject up on stage. Her goal was to show to the PT community that there was evidence based information for acupression. She did a phenomenal job. Of course she did not have to prove that fact to any of us because our pain free bodies were evidence enough. Mary wanted her acupressure to be more in the hospital and community. I had been using points under the radar in the hospital along with my traditional treatment especially for pain patients. One day I received a page from a Western MD. She asked me to do “that thing that I heard you do” to help a patient out of a pain cycle. I actually had the MD holding points on the patient feet while I worked on the shoulder areas and we were successful. I immediately called Mary. She was so excited that MDs were starting to recognize acupressure as a viable treatment in the hospital setting that she marked it on her calendar. She would be able to tell you the exact date, month and year of that event. She was like that, she could remember the dates of everything.

Through the course of my treatment and taking her classes we became close friends. She and Steve became a part of my family. She attended graduation parties, weddings and many of our family events. My husband Tim and I were able to spend time with Steve and Mary in Winthrop as well. Mary loved the city with the culture, the food, the museums and performances. She also loved the peace and beauty of Winthrop. She had the best of both worlds.

Mary has many branches of friends and many of us have never met. I can't help to be saddened that soon we will all be together for the first time to celebrate her life and I so wish she could be there to feel the love.

I am glad our paths crossed and we were able to walk together for 8 years. She will still be walking with me in spirit. In Mary's honor I will do what I can to continue to make acupressure present and recognized in the medical community.

As we signed our e mails

Love from your SS (Seattle Sister) I extend that to Steve and the Gales Family



“ When I would recommend Mary to friends in pain, it was hard to avoid sounding like I belonged to a cult, “She’ll heal you!!” In my head she was Miracle Mary.

She seemed to me a combination of intensely analytic and intensely intuitive. How many of us who were her patients remember seeing her work out in her own mind how the injury had affected our body and where that injury would manifest itself elsewhere in the body? She would release a muscle, follow it to the next spasm place, release that, keep on going until everything was back to normal. When I rearranged my rib cage by falling on cement stairs I discovered just how many little tiny muscles hold that cage in place.

I remember the first time Mary worked my acupressure points. She asked me (she always asked), “What are you feeling now?” and I could barely answer I was so slowed down. Two minutes later she asked me again and I delivered a rapid-fire three-minute dissertation on how alert I’d become. It’s hard to explain this—she played the body like an instrument.

And then at the end of a session she’d work a few points to bring me back up or back down, whatever I needed. Sometimes, if I was lucky, she’d say, “Put your finger there” and let me feel the electricity pulsing through that point. As if that were not enough, she’d do her best to show me how to work a few points myself.

A gift like that—her ability to marry Eastern to Western medicine—all of us who experienced it, whether as patients or students, whether in a yoga classroom with her or trying to learn her tools on our own, now understand why it’s not either/or, but both. Mary extended our knowledge as she extended her own.

That’s one of my Mary’s. The other one is friend, sharer of dreams, fearless adventurer, getting the fullest out of life. Mary, when I float on the lake, you’ll be there. When I ski Gunn Ranch, you’ll be there. The Lodge for a burger and beer, Tappi for the winter feast, the Twisp market for summer’s harvest, you’ll be there. You were a part of me since the moment I first knew you; you’ll be a part of me until I die.



“ My deepest sympathy to Carol and all the Gales family. I have wonderful memories of Mary from high school -- from working on yearbook deadlines to making me laugh as we passed time while rehearsing for musical productions. In all those memories, she is smiling brightly. I only wish I had also known the wonderful woman she had become...what beautiful stories that are being shared of the healer she was in this world. She was a shining light that will be missed. Peace to you all.

Zita Metzger Quade (GHS '81)

Zita Quade - January 29, 2013 at 07:29 PM



“ 1 file added to the album Memories Album



Jim Laser - January 29, 2013 at 04:57 PM



“ 1 file added to the album New Album Name



Jim Laser - January 29, 2013 at 04:55 PM



“ Mary showered us with her immeasurable zest for life and boundless energy. Her dedication to helping others as a friend and member of our community brought us healing and spiritual growth. Reading these memorial notes from her many friends is utterly heartbreaking for me. I feel so lucky to have shared a part of my journey with Mary and now with her friends.

We must honor and celebrate Mary's profound healing achievements, which touched all of us. Her mesmerizing practice creatively combined Jin Shin Do, cranial sacral, physical therapy, massage, tuning forks, sound and so much more that we will never understand. Mary's curiosity was boundless. Her tireless devotion to studies of little known healing arts brought relief to thousands of clients and friends.

Mary understood well that the body is a vessel for the life force. She proved to us that learning to open, cleanse and navigate the internal rivers of prana can bring healing where so many orthodox medical treatments do little or nothing. Her profound spirit remains an inspiration for all of us to keep on searching, studying, experimenting and finding the joy in order to grow and heal. Who could ever forget the incredible experience of walking out of her treatment session feeling lighter, miraculously renewed and connected to all things?

Over time, healing work could not have been easy for such a sensitive practitioner. Years of mobilizing people's energy for hours every day, drawing out their deeply held toxicity and pain surely added to Mary's suffering. Mary helped us all very much, and it is so terribly sad and frustrating that we were unable to help her in return.

I will always be grateful to Mary for completely altering the course of my life during our all too short connection. On my first visit to her office, Mary introduced me to Jo Leffingwell, who I had always wanted to meet and just happened to walk in for her appointment as I was leaving. Jo became my visionary Iyengar yoga teacher and remains my dear friend. And of course, Mary helped my poor lumbar too!

Mary also introduced me to Jin Shin Do, which I eventually studied and added into my ever expanding set of personal healing tools. Later I discovered that Mary's work with sound using tuning forks was completely aligned with the yogic strategy of channeling prana thru sound, breath and mind.

Mary loved art and got a large framed print from me. The image is from a series of photographs representing a new direction in my work and no one had selected it before then. It was up in her office briefly before going to her home. I will post it for you on the images web page because of Mary's deep fondness for it, and the symbolic attributes.

The image shows a young man lying asleep in the sun on the terrace of the Palais De Tokyo, an avant garde art museum in Paris. Behind him is a large mirrored cube sculpture by Dan Graham. Only the man's lower torso and legs can be seen across the foreground of the picture. In the background, a reflection of his upper torso and head appear as if disconnected in the mirror. Also in the reflection, there are trees with the Seine river beyond, which he appears to be floating on. The tall marble

columns of the building appear above the top of the sculpture, jutting into a Parisian blue sky filled with many clouds.

As we are now reflecting back on all the hope and inspiration that Mary has given us forever, I am reminded of the last line of Norman Maclean's book: "Eventually, all things merge into one, and a river runs thru it."

Jim Laser - January 29, 2013 at 04:51 PM



“ 3 files added to the album Memories Album



Lentz Funeral Home - January 29, 2013 at 04:51 PM



“ My thoughts and prayers are with your family. I remember her as Carol's little sister and she always had a smile. So sorry for your loss.

Lori Schaaf Vancura, GHS '81

Lori Schaaf Vancura - January 29, 2013 at 10:06 AM



“ My memories of Mary include riding the St Joe rural bus route and sharing insights into life as you know it during junior high and high school...oh....we knew so much back then... I will remember her as a talented musician, a great listener and a gal not afraid to share her thoughts. My sympathy and continued prayers to her family. May she now forever rest in peace. Sue (Kellner)Lallier

Sue Lallier(Kellner) - January 29, 2013 at 07:44 AM



“ Sending prayers of comfort for your family! I remember Mary very well as always having a smile.

Janet Miller Schaeffer, GHS '81 - January 28, 2013 at 10:33 PM



“ During our Garrigan High School days, I remember Mary as a person who always smiling - as a person who had a kind word for everyone - and as a person who was dilligent in all of her pursuits. I extend my deepest sympathy to her family. Eternal rest ~ Mary.

Kathy (Illg) Jensvold

Kathy Jensvold - January 28, 2013 at 05:15 PM



“ Mary was a healer, a traveler, a musician, an artist and a friend of mine. She healed my body completely of migraines. She put my knee back into healthy working order after a bad fall. She was always ready to listen to my troubles and I spent much time in her care, sometimes while I was crying or shaking, and trusting her. She said once, when she was working on my body and the tears came, "sooner or later, it comes down to this...don't worry. I never remember what people say afterwards." She was my tent buddy on a Grand Canyon river rafting trip. At the onset of the trip, she insisted on a handshake and an agreement: "still friends afterwards" Ten days in a tent with her, we were still friends at the end of the trip, and she insisted on making that clear at the end of the trip.. Oh, Mary, how I will miss you. You can see some pictures of Mary and her art on the ArtChix blog: <http://eightartchix.blogspot.com>

D.Lisa West - January 28, 2013 at 11:22 AM



“ My husband, Ron, and I were fortunate enough to meet Mary over three years ago. In that time, we found her to be a caring woman who was a healer, an artist and an intellect. She and Steve became friends.

Her skills and abilities were huge. I remember one summer when my husband had two wrists that were so painful he could barely grip a cup. Doctors were of no help. With much nagging on my part, he finally went to see Mary. After two treatments with Mary, his wrist pain was gone. She had healed him and showed him ways to help his wrists himself. To this day, Ron still tells people how incredible she was.

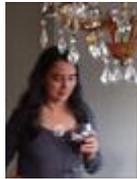
We will miss Mary. As a friend, who offered insightful advice and loving words when we were going through personal issues. As a healer, who used her skills and her soul to make our bodies feel better. And as a gifted artist, who saw life with a different perspective. Mary will always be with us.

Love, Dena & Ron Levine

Dena Levine - January 28, 2013 at 10:11 AM



“ 1 file added to the tribute wall



Anna Rhodes - January 28, 2013 at 02:50 AM



“ I came to love Mary over these years as a healer, as a very talented artist and student in my artist retreats, as a dear friend and as one of the most beautiful women that I have ever known. I will miss her, her amazing eyes and heart that took in the world that most never see. I am grateful that our paths crossed and I will cherish her always.

" The temple bell stops ringing, but the song keeps coming out of the flowers".....

Basho

May her family and friends find comfort in those who love her.

Anna Rhodes, Seattle

Anna Rhodes - January 28, 2013 at 02:48 AM



“ Mary was very important to me at a time when I was experiencing a lot of pain. She was able to relieve me of that pain in a very natural way. She also taught me the importance of listening to my body and letting myself heal naturally instead of using drugs.

We also were able to share many stories about our shared love of our dogs.

She will sorely missed.

Joani Harr - January 27, 2013 at 09:02 PM



“ It was a complete shock to hear of Mary's death. She was a gifted healer and a great student of life. She so fulsomely loved the world here in the Northwest... the ocean, the dry, sagebrush of Eastern Washington, the eagles and seaweed and tides. I will always carry her in my heart.

Jo Leffingwell

Jo Leffingwell - January 27, 2013 at 08:30 PM



“ Jo Leffingwell lit a candle in memory of Mary Helen Gales



Jo Leffingwell - January 27, 2013 at 08:22 PM



“ When I first heard about Mary, her name was all one word: Marygales. Rosanne Olson and D. Lisa West would talk about Marygales, the phenomenal healer who transformed their aching bodies.

When I finally met Marygales, she emphatically let me know that her name was just “Mary”. It was hard to break my habit of the double name.

Mary and I met at different times—mostly girlfriend gatherings. There were potluck dinners, walks around Green Lake and special events such as the publication party for Rosanne’s book.

A woman of great beauty, Mary had raven black hair and large kind eyes. Her demeanor was calm and reassuring. Always well dressed in her Eileen Fisher clothes, Mary was handsome in so many ways.

Over a year ago, Mary told me that she had begun to take classes at Gage Academy of Art. When Mary talked about her artistic endeavors, she was exhilarated. For a woman who communicated through her healing hands, she was ready to express herself visually.

Twice last winter Mary and I met to talk about our art—her drawings and my quilts. She came to my home in November and I visited Mary’s condo in February. She let me know that playing her cello and making art were becoming very important to her.

I can not believe that Mary is gone. We just celebrated another year with the annual “Ham Dinner” on the night of January 11. Mary and Steve were part of the gang who gathered round a table of ten at Rosanne and Ted’s home with holiday ham, scalloped potatoes, veggies, salad and dessert.

Mary was subdued but lovely that night. She was wearing new Eileen Fisher clothes on her slim frame. Around her neck was a piece of jewelry worthy of note. When complimented, Mary said with a pretty smile that she’d had the necklace for a long time.

From our White Elephant gift exchange that night, I took home a pair of modern candlestick holders—brought by Mary. I loved winning them although I learned, through a round of laughter, that Mary had won them the year before. Her recycled gift was an instant hit with me but now the holders means so much more.

I will close by saying that I can’t help but question how I could have made a difference in Mary’s despair. Her suicide is such a sorrowful loss to all who have known and loved Mary.

Patricia Belyea
Seattle WA



“ I knew Mary as a student of Gage Academy of Art in Seattle where I work. I also met Mary personally through my sister, Patricia, and her friends when they went walking around Green Lake early on Saturday mornings.

I was always struck by Mary's positive attitude -- how her smile filled the room with a beautiful light and how it was obvious that she had a truly generous spirit. Mary seemed to exude inner beauty and she seemed so happy to be at Gage making art. And, those enormous eyes! They really seemed to see and to know.

I cannot know how much pain Mary's parents, husband and family are enduring as they try to make sense of their loss of beautiful Mary. I wish I had known that Mary needed support because I would have opened up my arms and my heart for this lovely woman. And, we would have found a way to make Gage her home, as I understand that making art was her greatest solace while dealing with her inner pain.

I send my condolences to all who knew and who loved Mary. Unfortunately, I will be with my elderly parents on the weekend of Feb 9 and 10 in Canada so I will not be able to attend Mary's Seattle memorial. If there is any way that I can help, please let me know.

Pamela Belyea
Pamela@gageacademy.org
206 852-7959

Pamela Belyea - January 27, 2013 at 08:02 PM



“ Mary healed me. How do you thank someone for that? She was one of the brightest lights I've ever known; talented, curious, interesting, beautiful and caring, always caring.

My deepest condolences go out to her family. Please know that Mary will live in our hearts forever.

Richard K. Worthington - January 27, 2013 at 05:23 PM



“ I wanted to let you know that your family is in my thoughts and prayers.

Barb Miller - January 27, 2013 at 04:43 PM



“ My name is Mary Slater and I was a patient of Mary's from spring 2011 to spring 2012 in Seattle. Mary was a gifted practitioner, deeply intelligent and deeply spiritual. While we were ostensibly engaged in the healing of a long-term injury of mine, there was so much more that we addressed. For her the session necessarily moved beyond the realm of the physical, Mary was truly a holistic healer.

We spoke about many, many things during our sessions and I learned a lot about Mary along the way.

She was committed to her patients and their healing; she was compassionate beyond measure; she spoke about her passions for her vacation home and the Winthrop area she loved so well; she spoke movingly about her attachment to her cello and her quest to become really good at playing it; she loved the act of painting and all it was teaching her about color and her eye; she appreciated good food and would recommend restaurants to me; she was intuitive with her medical knowledge and also had top technical chops, she knew her stuff and then some; she enjoyed talking politics and global issues, and read voraciously from a wide range of material.

Mary made her mark, on my life and I am certain on the lives of every person who ever met her. She possessed an extraordinary beauty.

I am deeply saddened by the news of Mary's passing and extend my condolences to her family and friends.

Mary Slater - January 27, 2013 at 04:17 PM



“ To the Gales family: I offer up my sincerest sympathies on your loss. I will remember her as a "go-getter" at Garrigan, and someone who seemd to have a mission here in Seattle, where our paths crossed again. May you be held tightly in the palm of God's hands.
Shalom... Rev. Bill Utterback

Bill Utterback - January 28, 2013 at 11:53 PM