

This day finds us sad, for today we say our final good bye to our former, long time Seattle 4 executive director, Val Elliott. We'd like to take the next few minutes to remember this extraordinary and remarkable women.

Val was born in Anchorage Alaska, the first of 5 children to Charles and Fay Timmerman.

She graduated from West High School in Anchorage, was editor of the school newspaper, and was even voted the prettiest girl in her senior class.

She attended the University of Oregon, returning home to Alaska during the summers. On one trip back she met future husband Craig, and they married in 1972. A few years later son Bannon was born. Then in 1978 the young family moved south, settling here in Kirkland, and soon after son Mason was born.

You know, sometimes things don't go as originally planned, and 1982 found Val a single mother, raising two little boys on her own. About then, Val answered an ad for a clerical position with some outfit called "Seattle 4". Although unknown at the time, Val had found her professional home.

It didn't take long for Val to establish herself as a superb administrator, so when executive director Mickey Lahiff retired in 1987, there was but one obvious choice to replace Mickey - Val Elliott.

This club has had 112 presidents and Val served 32 of them. Try to imagine having a new boss every year for your entire career.

Some of us were easy, some, not so much. Every new president wants to set the world on fire and make a mark. Balancing ambitions and egos with actual reality is no small feat.

Val believed her mission was to support the leadership and the entire club from the background, never seeking attention or the spotlight for herself. Truly a definition of Service Above Self.

For all of her tenure, Val was the executive of the largest Rotary club in the world. As you can imagine, Val was constantly contacted by other large club executives seeking her advice, experience, and counsel.

In the 1980's, Val began experiencing kidney problems, and eventual kidney failure. She went on dialysis, which served her for 10 years, but eventually needed a kidney transplant. As any loving sibling would, brother Clark offered one of his.

Health now stabilized retirement continued to approach. Val dreamed of leisure and much traveling. But smooth sailing was not in the forecast.

The family began to notice worrisome neurological changes in her. A multitude of tests were performed, and Val was diagnosed with "[Lewy Body Dementia](#)" or LBD.

LBD is a devastating, cruel, and fatal disease. The family had no choice but to move Val into a long-term care facility about three years ago. There she lived out her life until a week ago today. She now rests in peace, wholeness, and perfect health.

Val is survived by her beloved sons Bannon and Mason, Mason's wife Courtney, grandbabies Caden and London, dear friend Bill Rudolph, numerous extended family members, and friends. And... by all of us here – her Rotary family.