



## Edward "Bud" Ames

April 10, 1935 - April 28, 2023

Edward R. "Bud" Ames died April 28, 2023 surrounded by members of his family.

He was born April 10, 1935 in Denver, Colorado to June Nixon Ames and Edward R. Ames, Sr. who died prior to Bud's birth.

Bud was mightily blessed when June married Dick Heckendorf in 1937. Dick was a great Dad to Bud and "Grandpa Dick to Bud's children.

In 1957 he married Janice Painter, his best friend and life partner. They had three daughters, his "daughters dear", Denise Cardinali, Marjorie Ames and Susan Tostenrude.

Bud was raised on a dairy farm near Littleton, Colorado. As a result of positive early experiences with the local animal doctor, he decided to become a veterinarian and completed his Doctor of Veterinary Medicine degree in 1959 at Colorado State University (CSU). He was in private veterinary practice for a short time after which he conducted research on cattle and sheep for Merck, Sharp and Dohme Research

Laboratories. Bud received a National Institutes of Health post-doctoral grant enabling him to further his education and complete his PhD in Animal Pathology in 1969 at CSU. He then taught parasitology at the veterinary school at University of Missouri, Columbia.

In 1973, the family moved to Chicago where Bud joined the staff of the American Veterinary Medical Association (AVMA) working in veterinary education; he was serving as the Director of Scientific Activities at the time of his retirement in 1995.

In Chicago, Bud and his family also worked in community development on the west side of the city in partnership with the Ecumenical Institute (now called the Institute of Cultural Affairs). Subsequently the family moved to Oak Park, Illinois where Bud and Jan lived for 30 years before moving to Corvallis, Oregon to be closer to children and grandchildren.

Bud had a long-time commitment to ending hunger and poverty in the world. He supported Bread for the World, RESULTS and Heifer Project International (now called Heifer International). His journey with running that eventually led to his work with Heifer International started in 1978 when he responded to a challenge by family and without training ran his first long distance race, the Pikes Peak Marathon. Bud finished the marathon in 6 ½ hours. He then seamlessly blended his passions for fitness and service to others through the creation of Team Heifer, a team of runners who raised more than \$400,000 to end hunger and poverty in the world by running the Boston Marathon for Heifer International. Bud ran the Boston Marathon 13 times. In addition to running with Team Heifer, he was an active volunteer with Heifer International locally and worldwide.

After his long-distance running days were over, Bud became an avid cyclist. He completed a number of triathlons and long-distance bike rides including RAGBRAI (the Registers Annual Great Bike Ride Across Iowa) and Cycle Oregon South Coast Classic Ride. Over the years Bud also enjoyed skiing in the Rocky Mountains, golf, tennis and walking with Jan.

Bud was a long time Rotarian and strived to live his life out of the Rotary

motto of Service Above Self. He and Jan welcomed many refugees and international students into their homes in Oak Park and Corvallis. In the Corvallis community Bud was involved with many activities that served others, including driving for Dial a Bus, reading with SMART, volunteering as a Senior Peer Counselor, working at the homeless shelter for men and providing support for homeless students in the Corvallis School District.

The church was very important to Bud; he was always active in the church, serving in a variety of leadership and service roles in various congregations.

Bud is survived by Jan, his wife of 66 years, daughters Denise Cardinali (Tom Cardinali), Marjorie Ames, Susan Tostenrude (David Tostenrude), grandchildren

Kenton Holme, Makenna Holme, Natalie Cardinali, Anthony Cardinali, and Caitlin Tostenrude as well as great granddaughter Rylee Tostenrude. He is also survived by his sister Ann Meier, brother Robert (Carleen) Heckendorf and many cousins, nieces and nephews.

Celebration of Life, Tuesday, May 23rd at 4 pm at the Unitarian Universalist Fellowship of Corvallis. 2945 NW Circle Boulevard. Zoom Link for Edward "Bud" Ames service

Tuesday May 23rd at 4pm Pacific Time

Join Zoom Meeting

<https://zoom.us/j/96231448170?pwd=cUoxaWxyei9wOTE5cVFVZ0t0Qk5KUT09>

Meeting ID 96231448170

passcode: 332535

If you wish to honor Bud's life, consider a donation to Heifer International, Dr. Bud Ames Heifer International Memorial Gift Page <https://fundraise.heifer.org/fundraiser/4684754>

Please share your thoughts and memories for the family at [www.mchenryfuneralhome.com](http://www.mchenryfuneralhome.com)

# Previous Events

## Celebration of Life

MAY 23. 4:00 PM (PT)

Unitarian Universalist Fellowship of Corvallis  
2945 NW Circle Blvd  
Corvallis, OR 97330

# Tribute Wall

DC

“ 2 files added to the album *Bud Ames*



Denise Cardinali - May 24, 2023 at 04:41 PM

BT

“ 11 files added to the album *Bud Ames*



Biff Traber - May 23, 2023 at 06:24 PM

LP

“ *LANCE PAINTER lit a candle in memory of Edward Ames*



LANCE PAINTER - May 22, 2023 at 09:08 PM

LP

“ I fondly remember Christmas with the Ames family. Grandmother's Virginia's ginger snaps from the freezer. The sound of Christmas songs from the old radio (which I still have). The beautiful voices of Aunt Jan and Uncle Bud singing as Aunt Jan played the piano in Grandmother's Virginia's basement followed by a black and white picture slide show projected on wrinkled portable screen. God bless you Uncle Bud for your accomplishments in this life and your charitable contributions to address human suffering. My prayers to you, Aunt Jan, my cousins and their families. Lance Painter

LANCE PAINTER - May 22, 2023 at 09:08 PM



“ Joan Guilfoyle lit a candle in memory of Edward "Bud" Ames



Joan Guilfoyle - May 20, 2023 at 08:46 AM

RB

“ Bud Ames was a founder of the Oak Park (IL) Runners Club in 1982. Until he and Jan moved to Oregon he was an active, key member. He recruited a number of us to run Boston and raise money for the Heifer project. I was also lucky to spend time with Bud on the ski slopes in Wisconsin and Colorado. We had so many good Saturday morning long runs together which usually ended at Nick's Kwiky Grill for breakfast. Knowing Bud we became friends with Jan! We miss you Jan, and wish you our sincere condolences, Bob and Ellie.

Robert A. Bell - May 12, 2023 at 03:23 PM

MP

“ I remember Uncle Bud always smiling and enjoying our family gatherings. His care for humanity, animals, and the environment was evident and inspirational in everything he did. His kind presence will be missed.

---

**Mikele Painter** - May 09, 2023 at 07:59 AM

RL

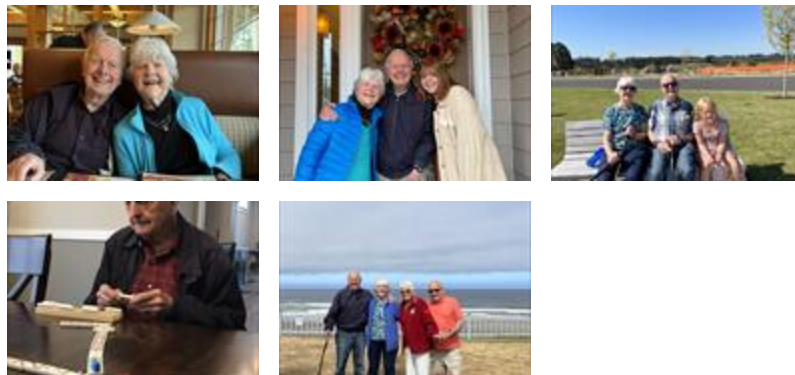
“ On FB we just talked recently about Bud's contribution to Heifer International by gathering vet friends to participate in the Boston Marathon. He was one of our Heifer Chicago Office volunteers, a wonderful guy along with his wife, Jan, who would do anything to support our work and educate us about animal husbandry. Rest in peace, dear Bud.

---

**Rosemary Larson** - May 04, 2023 at 09:38 PM

ST

“ 11 files added to the tribute wall



---

**Susan Tostenrude** - May 04, 2023 at 05:08 PM

DC

“ 16 files added to the album *Bud Ames*



---

**Denise Cardinali** - May 02, 2023 at 11:15 AM