



Hugh James Heishman

September 1, 1941 - October 16, 2022

Hugh James Heishman born in 1941 of Washington DC. In his young childhood his parents relocated to a farm in Wardensville, WV and split time at Mt. Rainer. When Jim was just ten years of age his father passed far too young at the age of 48 making of a heart attack making Jim the man of the family working on the farm with his mother and sister, Bernice. In grade/middle school, Jim would walk over two miles every day to school where there was a student body of eight and included grades k-8th. Upon graduating high school Jim joined the United States Air Force where he served our country for four years. At the age of 28 after years of searching for his forever, Jim would meet the love of his life, Redhead - aka Fee, through a co-worker after his persistence to join her for lunch when she would gather with their mutual acquaintance. The persistence paid off as his efforts turned into 53 years of marriage, three kids and two grandchildren and the conversion from the Lutheran church to the Catholic Church to appease the love of his life. Jim had an intense focus on his health driven by his dad passing at such a young age of a heart attack. He ran multiple marathons and countless 5/10k's. He was so committed to health and fitness he would wake up daily at 0330 to ensure nothing interrupted his dedication to health and at one point worked out over 6,000 days consecutively. Jim was able to provide a wonderful life for his family and worked his way up to Director of Sales for Gaylord where he worked for 28 years. Jim joined the Knights of Columbus where he partook in many philanthropic efforts. In his latter years he was able to overcome

Prostate cancer and though would never be the same still gave back where he could and worked as an usher at Holy Trinity. Hugh James Heishman lived his 81 years as an astounding provider, friend, survivor, role model, health enthusiast, and most proudly a father, grandfather and husband.

Previous Events

Mass of Christian Burial

OCT 18. 10:30 AM (ET)

Holy Trinity Catholic Church
8213 Linton Hall Rd
Gainesville, VA 20155-2997
(703) 753-6700

Interment

NOV 7. 12:30 PM (ET)

Quantico National Cemetery
18424 Joplin Road
Triangle, VA 22172

Tribute Wall

MF

“ *Always a kind and gracious man. The hospitality family was lucky to have him as one of our members.*

Martha Filson

Martha Filson - November 03, 2022 at 12:02 PM

TT

“ *Please accept my sincere condolences. I will always remember him at the cancer meetings with my friend John. My prayers are with you, Fee and Jim. Terry Thompson*

Theresa Thompson - October 18, 2022 at 07:44 AM