



Affiliated with Y Service Clubs International
Pacific Northwest Region

Y's Service News

Salem, Oregon

"To acknowledge the duty that accompanies every right."

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Y's Service Club Of the Salem Family Y

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John Mistkawi (19)
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Nominations, John Mistkawi, Bob Severson,
Programs, Executive Committee
Public Relations,
Scrap booking,
Time of Fast, Bob & Marthetta Severson
US Area & PNW Region, Bob Severson
World Service,

NEXT GENERAL MEETING

Friday September 25, 2020

Where: Virtual Zoom Meeting in your home

When: 7:00 pm

What: Katsusaburo Yoshino, President of the Kawagoe Y's Men's Club in Japan, has generously invited our Salem club to meet members of their club using Zoom. You should have received an email with a computer link that will allow you to join the meeting. Please let Bruce Stock or Fred Patron know if you are planning to join us or if you need help getting connected. Note that there is a 16 hour time difference between us therefore, while we will be meeting Friday evening in Salem, the Kawagoe club will be meeting on Saturday morning! Hope you can join us for this special event.

NEXT BOARD MEETING

Friday October 2, 2020

Where: The Lawrence's backyard

When: 11:30 am

What: "Social Distanced" Meeting

Our last board meeting successfully experimented with an in-person gathering using masks and chairs spaced 6 feet apart in Joyce & Cliff's backyard. We will try again in October! Please bring your own brown bag lunch.



**DATES TO
REMEMBER**



September

Birthdays

Cliff Lawrence 3rd
Millie Mickey 14th
Dewey Rettinger 25th

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September Anniversaries

-None-



The calendar says FALL, not the weather!

A MESSAGE FROM OUR TREASURER

A BIG THANKS to everyone who responded to **CLIFF LAWRENCE'S** July letter clarifying who had already paid our annual dues and who had forgotten. Without our normal face-to-face meetings it is difficult to keep the details straight but your response was great and we are now back in business!

CHAPLAIN'S CORNER

Marthetta Severson

"Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name."

Psalm 100:3-4

NEWS FROM NEAR AND FAR

The Helena YMCA is open on a regular basis, but with some restrictions due to the Covid 19 virus. The pool is still closed for repairs and maintenance. The fitness classes are all virtual classes.

PERSONAL

DELIA MILLER has tired of “social distancing” and has moved in with her son Eric and daughter-in-law Kim for an indefinite period of time. She is back in a very familiar neighborhood. Her new address is:
3275 Crestview Dr. S., Salem, OR 97302
Phone: 503-378-7343
Delia’s cell phone number and email are still the same.

ERIC SEVERSON has a full time permanent job in the office of National Technology Institute for the Deaf on the Rochester Institute of Technology campus to help with scheduling and assistance for their hard of hearing students. The position offers the added benefit of tuition assistance as he pursues post-graduate work.

JILL SEVERSON is in Cape May, NJ for two weeks for work to help wrap up the season.

FRED PATRON has returned to Salem after spending a relaxing summer trying to “hideout” with family at South Lake Tahoe California.

A while back I asked our members to tell us what they have been doing while we have not been able to meet in person. **MEREDIE SHEEHY** responded with a perky note saying:

“In the last 2 years I have had 4 operations – one on my right hip, one on my right shoulder and 2 more on my left shoulder. My arms are not working like they should because the bones were so bad but at least no pain now. I can’t dress myself (can’t raise my arms above my head). 🙄 Oh well- such is life!!”

She continued to say that she infrequently saw **JENEANE CHERRY** but was not able to communicate with her. She hoped all were doing well and said she will be glad when things settle enough for her to take her electric chair to some of her favorite clubs. Finally, she shared the following article that she wrote for the Capitol Manor newsletter.

“Greetings from Manor Care. It is getting very hard to endure this “stay in room” thing – but I am learning how to use technology more! I can now get YouTube, Netflix, etc. on my smart TV – thanks to the secretary here, Rhonda, she and the Enrichment staff. Victoria even helped me get something that I have been hunting for these past 4 years. This as a documentary, “Fog of War” or McNamara’s War. This was an Academy Award winner for Best Documentary featuring Robert S. McNamara. Roger Ebert (Chicago Sun Times) hailed it as “a masterpiece”. I saw this when I was in Cuba (4 years ago when I was 90 and using a walker) with a group by an organization called People to People started by President Eisenhower in 1956. Our tour leader showed it on a long bus ride as we traveled from Havana to Santiago to Baracoa where Columbus landed in 1492. We were all so impressed with it and I’ve been hunting for it ever since. Thanks to Victoria of Life Enrichment I learned how to get it on my TV. I think this would be a good one for CCTV 982. Everything on 981 and 982 can be recorded to be viewed when you want.

I also want to learn how to use Zoom so I can have conversations with my 4 children (2 on the East Coast and 2 on the West Coast) but Lynn, my oldest daughter in Gig Harbor, Washington, said she and Ben (her husband, a Federal Judge) are not allowed to use it because the Chinese listen in on all things Zoom!!

Another thing I learned when using my iPhone was the importance of having an oximeter (fits on your finger) as well as a thermometer. It provides early warning signs of breathing problems associated with Covid19 pneumonia. Contact me if you want a copy of the article that the doctor wrote about it – alerting one early about the infection that’s silently killing Coronavirus patients.

I would give a big “Thank You” to David and the Capital Manor staff and especially Manor Care (Life Enrichment, Kitchen, and all the Caregiver Staff) for keeping us safe so far. My family and I appreciate your hard work!”

I am sad to report that our longtime club member, **JOHN CHESTER** has recently passed away. While **JOHN'S** health kept him from actively participating in club activities the past few years, he will be remembered for his involvement in our programs such as "love boxes" for our troops, our annual book sale and much more. What many may not know is that he also served as our unofficial club photographer for several years and contributed many great candid photos of club activities that appeared in this newsletter. The following is a portion of his obituary that appeared in the Statesman Journal. It provides a lot of information on his many accomplishments.

John Buist Chester Jr., M.D. age 90, died on August 14, 2020. He was born July 30, 1930 at Schofield Barracks Station Hospital, Honolulu, Hawaii to Dr. John B. Chester, and Mary Catherine Payne Chester. He attended Castle Heights Military Academy High School, Lebanon, Tennessee, graduating in 1947. After high school and during college he worked summers as a roustabout for Magnolia Petroleum (later Mobile) in the oil fields of Oklahoma. He went on to attend Vanderbilt University, transferring to Austin College where he met his wife of 67 years, Hilda Palmer Thomas. He graduated from Austin College in 1952 and attended the University of Texas Southwestern Medical School, in Dallas Texas, graduating with a medical degree in 1957. He interned at Tripler General Army Hospital, and then completed his Residency in Orthopedic Surgery at Tripler and Schreiner's Hospital for Children, in Honolulu, Hawaii in 1962. From 1957 to 1969, he was commissioned to the U.S. Army, Regular, as a Medical Doctor and received an Honorable Discharge in 1969 with a Rank of Lieutenant Colonel. He was Board Certified in Orthopedic Surgery by the American Board of Orthopedic Surgery, the American Academy of Orthopedic Surgery, and was a Fellow American College of Surgeons. John specialized in trauma, hand surgery and joint reconstruction. He had teaching associations at University of Virginia Medical School, Washington University Medical School, University of Hawaii School of Medicine, and University of Oregon Health Sciences Center.

His medical career took him and his family to many locations, as Chief of Orthopedics at Kenner Army Hospital in Fort Lee, Virginia, U.S. Army Hospital in Fort Leonard Wood Missouri, US Army Medical Center, Okinawa, Japan, and Assistant Chief of Surgery, Fitzsimons General Hospital in Denver Colorado. While in Okinawa, John operated on and saved many enlisted men with traumatic injury from the Vietnam War. He took a personal interest in helping amputees rehabilitate by teaching them how to slalom water ski.

Inspired by the beauty of Oregon, John moved his family to Salem after discharge from the military, opening a private medical practice in orthopedic surgery and affiliating with Salem Hospital. After 25 years in private practice, he became a Medical Director at Salem Hospital Pain Rehabilitation Services and Industrial Medicine establishing an injured workers program. In 1991 he published a study in the Journal Spine, "Whiplash, Postural Control and the Inner Ear" culminating a career long interest in "Whiplash Syndrome." In retirement he continued as a consultant and lecturer for the Feldenkrais Method organization where he was nicknamed "Feldendoc." He invented a skeleton structure that was fully articulated through the use of elastic cords woven through joints for demonstrating skeletal function. He started a home business making skeleton kits which he handmade and sold worldwide.

John had many interests and loved the outdoors. A windsurfer was strapped on his car throughout the summer to take advantage of after-work hours wind surfing at "The Quarry Club." He involved his family in snow and water skiing, sailing, windsurfing, tennis, golf, and encouraged his children's interests. He enjoyed woodworking and helped with horse carvings for the Salem Riverfront Carousel. John was recognized for his contributions to the Salem Y Service Club. He was a loving and supportive husband, father, and grandfather, and will be greatly missed.

John was preceded in death by his parents. He is survived by his beloved wife Hilda Thomas Chester; brother Martin David and his wife, Iris Chester of Houston, TX; son Michael Chester of Portland, OR, daughter Julia Chester of Dallas, TX; and son John and his wife Paula Chester of San Francisco, CA as well as nephews Bryan and Gary Chester of Austin Texas, and Andrew Chester of Houston. The family is deeply appreciative of the assistance of his caregivers. A celebration of life will be held at a later time. See complete obituary and leave memories at www.vtgolden.com.

Y HAPPENINGS

YMCA Camp Silver Creek Alumni Association Golf Tournament

Thirty Seven teams participated in the 23rd Annual CSCAA Golf Tournament on Monday, August 17th at the Salem Golf Club. The tournament was very successful and we expect to raise nearly \$50,000.00 to fund camp scholarships for children in our surrounding communities to attend Camp Silver Creek.

The COVID-19 pandemic prevented us from having our usual shotgun start so each team was assigned a specific T-time. Unfortunately we were unable to have our dinner and award ceremony after the tournament. However, the teams were able to enjoy themselves on the greens with a to go lunch and beverages.

Our club donated \$500.00 as a “Gold Sponsor” for this year’s tournament. In addition, seven families from our club were “Camper Sponsors” (Stock; Patron; Lawrence; Miller; Keefer; Severson and Mistkawi).

Thanks to **Donofrio Dealership** for donating \$15,000.00 as our **“TITLE SPONSOR”**. Also, thank you to **Emery & Sons Construction; Oregon Cascade Plumbing & Heating** and to **Ruth Aschkenasy**, for being **“Presenting Sponsors”** who donated \$2,500.00 each. Finally we would like to thank **Jerry Woodcock** for being our chair this year. We had a total of 55 donors and we are grateful to all the donors and golf players who made this year’s tournament one of the best!

Respectfully reported, by **JOHN MISTKAWI**.



Construction of new YMCA Remains on Target

While activity at the Y site has slowed since the old structures were removed, things are about to change. Preliminary site work is underway and bids will be opened next week. After they are reviewed, serious construction should begin! Stay tuned.

Camp Silver Creek Remains Safe (for now)

For the moment, the devastating fires that have ringed Salem and threatened so many areas including Silver Falls State Park have not harmed Camp Silver Creek. Hopefully, the facilities remain safe.