



CHART NOTES

Beyond Medicine



◀ *Ralph Yates runs in the Ironman Canada in 1991, finishing 98 out of a field of 1,300.*
Courtesy of Ralph Yates



◀ *Beth Dayton poses with a volunteer on a saw training day at Silver Falls State Park.*
Courtesy of Beth Dayton



John Ross sings tenor with the Willamette Master Chorus. ▶
Courtesy of WMC



◀ *In 2015, Keith White is seen at the official entry point to Khangchendzonga National Park in Sikkim, where he was studying plants.*
Courtesy of Keith White

MORE THAN AN ACRONYM:

Local M.D.s & a D.O. share what they do after they leave the office

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President's Message

Erin Hurley, MD, FAAP



Hobbies an essential part of caring for ourselves

When we are already so busy, why should we "waste time" and pursue our hobbies?

The answer is simple. In addition to exercise, healthy eating, meditation and getting enough sleep, hobbies can be one more buffer against burnout.

I must admit that of all the things I have worked on improving during the past two years, my hobbies (and getting together with my girlfriends) tend to be the most neglected self-care activities.

If you read my earlier letters or attended our January meeting, you know that I have been working with a life coach for almost two years. Through this work, I have come to realize just how unhealthy the environment is that medical providers are immersed in. Sometimes I think we are so close to it, and used to it, that we don't realize it could, and should, be different. From long work hours without breaks to sporadic meals to countless patients needing tending, constant interruptions, exposure to stressful and traumatic situations, interrupted sleep and the driving force to constantly put the needs of others before our own, it can all be too much over a lifetime. You will read later in this issue about just how damaging years in this work environment was to a beloved local surgeon causing him to leave his career years earlier than he had planned.

My children seem to think that because I am a mom, I have an endless supply of energy, resources and money. I often tell them I am not a robot; I am human and have feelings and needs, too. Our patients, administrators and society often seem to think that because we are doctors or other health-care providers, we can

function like robots (or superheroes) with an endless capacity to provide care. I have finally learned that our human needs are just as important as our patients', if not more so. And if we can learn the lesson to put ourselves first, then we might find that not only our health and wellbeing are improved, but so are those of our patients.

In one of my first coaching sessions, I heard about seven key areas in our lives: health, friendships, love, mission, finances, spirituality and hobbies. I learned that when we are missing out on our hobbies, it is more difficult to cultivate our creativity. When I look at my journal entries from my early coaching sessions, I wrote that I wanted to start exercising, take yoga classes and play my guitar again. It took a full year, and joining a gym, before I began taking yoga classes sporadically. A few months later, I realized that in order for me to attend exercise classes regularly, I would need to get up by 4:30 or 5 a.m. to get my workout done before the kids woke up. And did I mention that I have never been a morning person? But I am determined to figure out this wellness thing, even if it means early mornings. I am hopeful I will next figure out how to get my guitar out of its case regularly in 2019!

I think there is a fighting chance I can reclaim some hobbies. I tell myself I will join my church choir or get back into karate next year. By then, my twins will turn 16 and can drive themselves to their evening activities. Then I probably won't see them for weeks at a time and will need a distraction and something to keep me occupied. After that, regular social outings with my girlfriends! I hope you will find time to do the same. 📺

RON JAECKS SHARES ROAD TO BURNOUT

What led up to his early retirement and what his plans are now

BY HEATHER RAYHORN

After two decades as a general surgeon in Salem, Ronald Jaecks retired this past fall at 62, four years before he had planned. It's not surprising that this self-described "super fan" relates his early exit to sports.

"I won the World Series. I tried to come back for one more season, but I had a career-ending injury. I went out at the top of my game," he said.

His career-ending injury was not a knee issue or one too many concussions. He said he is one of the many victims of physician burnout.

Drive, passion, dreams

Though Jaecks said burnout is a systemic problem, he takes some responsibility for his burnout, admitting he has always been a perfectionist with intense drive. He graduated top of his class from Loma Linda University School of Medicine near Los Angeles in 1981.

"I established a work ethic that would

get me in trouble later on," he said.

After graduating, he went right into a residency and then a busy successful practice at nearby San Bernardino County Hospital, in Crips and Bloods country, while also teaching at his alma mater. He was known as the gangster surgeon, working often on gunshot and knife injuries. He worked 500 cases a year for 11 years. But he didn't stop there. A dreamer, Jaecks wanted to change the community itself.

"I lived in San Bernardino while the other doctors lived in the suburbs. I wanted to be among my people," he said. "I became obsessed with saving San Bernardino."

In the early '90s, he set out with a plan to heal the area through sports, entertainment and culture. He envisioned that women's professional volleyball would be the next big thing and bought the San Bernardino Jazz volleyball team. He even had plans for running for mayor.

Despite many successes, he couldn't do it all. Multiple marriages failed, and he lost all his money in the Jazz. In 1997, on the advice of a physician assistant, he moved to Salem.

In Salem, he brought that same big heart and passion. He married his wife, Kelli, on New Year's Eve of 2000. He poured his fan passion into the Pentacle Theater, where his wife has acted in several plays. During the "Chicago" run, when his wife was Roxie Hart, Jaecks dressed up as a different character each night of the play to honor all the actors.

In Salem, though, he fell into his same habits: working 80 to 100 hours a week, pulling 24-hour shifts, covering for others, believing he could recover.

"It wasn't safe," he said. "It was bad for me, bad for patients. At 58, after being up all night, it would take me two or three days to recover."

Though he knows his personality played a role in overdoing it, he said

Rachelle McCloud, a licensed clinical social worker, demonstrates EMDR. Ron Jaecks has been getting the treatment to help with his PTSD. Credit Heather Rayhorn



cost cutting at work made it harder to get help, resulting in long hours and quick turnarounds after a tough case.

"I wanted to help people," he said. "Saving people is a high, but it's up and then down when you can't save someone, and then you turn around and do the next job."

Those around him were noticing the effect work was having on him. He was told by friends to retire before it was too late. One co-worker told him when he got to Salem he looked like Bon Jovi, but now he resembled Willie Nelson.

The breakdown

Jaecks' career-ending injury came at the end of last summer. In 18 days, Jaecks said he did nine all-night call duties

after working his regular busy day shift. At the end of this heavy workload, he had an episode he describes as being similar to sudden onset of stage fright or an out-of-body experience.

He had had a similar experience the previous Christmas when he was working under similar conditions, but this time, he wasn't recovering. He was jittery and laid in bed "totally outside myself." He called in sick, but really, he had had a nervous breakdown. He was diagnosed with Post Traumatic Stress Disorder. He couldn't do daily tasks. His blood pressure was off the charts for a month after the mental breakdown. He had no choice but to retire. He is lucky, he said, that he didn't have a heart attack or stroke.

EMDR: A path to healing

Now five months later, Jaecks is doing better, sleeping better, has energy again and is able to function. He is getting Eye Movement Desensitization and Reprocessing (EMDR) therapy for his PTSD, which struck again when a friend had a cardiac event on the tennis court in late January. Jaecks' therapist, Rachelle McCloud, a licensed clinical social worker, is working through both his personal and professional trauma one step at a time, using bilateral sensory input.

Using a wand, McCloud re-creates rapid eye movements by guiding the eyes side to side while inviting Jaecks to think about his issues so the brain can desensitize and reprocess the trauma. McCloud said

...continued on next page

RON JAECKS SHARES ROAD TO BURNOUT

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there is a powerful connection between eye movement and the mind, pointing to how the eyes move during portions of sleep and how some break eye contact and look up or down during deep thought in conversation.

McCloud said the brain is getting info all the time, and the limbic system is judging whether it is dangerous or safe. If it's safe, the limbic system passes it on. If dangerous, the system initiates fight, flight or freeze. The problem with anxiety, PTSD and depression is the limbic system is recognizing things as dangerous that are not or are no longer dangerous.

"The limbic system is not a logic center," she said. "You can't reason or use logic with it."

EMDR helps deactivate that processor and desensitize the trauma so the system no longer sees certain things as dangerous, allowing the brain to process it and better use methods such as positive thinking, problem solving and objectivity. The trauma becomes just a memory, McCloud said, instead of a controlling force that contributes to rapid heart rate, anxiety, inability to relax, nightmares, flashbacks and racing thoughts.

"Before you just had to suffer with anxiety or

depression, but really this is a brain function problem that can be resolved," McCloud said. "We can reduce treatment from years down to months or weeks."

Research supports McCloud's statements. Kaiser Permanente's Permanente Journal reported in 2014 that 24 randomized controlled trials support the positive effects of EMDR therapy in the treatment of emotional trauma and other adverse life experiences and that seven of 10 studies reported EMDR therapy to be more rapid and/or more effective than trauma-focused cognitive behavioral therapy.

McCloud said ideally people suffering from anxiety or depression will get a hold of it early. Along with EMDR, she can teach patients Emotional Freedom Techniques, an emotional acupressure intervention, to help the brain process distressing events as they happen. She recommends the therapies for those who have an unpleasant memory repeatedly surfacing in their mind or have symptoms of anxiety, tightness in their chest, fear, or who begin avoiding situations that would be upsetting. She said this kind of self-care is not a time-consuming endeavor, maybe only one to two sessions per trauma.

"Anxiety is communicating things to us. We should deal with them and not shove them away," she said. "Several helping professions have lots of opportunity to bump into primary and secondary trauma. Doctors are expected to have it all together and have answers. As helpers, doctors tend to put others before themselves, so it's easy to allow symptoms to go on."

A New Focus

In his new-found retirement, Jaecks has plans for getting more involved in the community. Jaecks, who has taken voice lessons for the past six years, recently signed up with the Pentacle to act with his wife in "Mamma Mia." It's a small role as the bartender. As well as lines to learn, he will sing and dance in group ensembles, but his real goal is to use the experience to be a better Pentacle super fan. He is creating a blog at iamsuperfan.com where he intends to write participatory journalism from the Pentacle including vignettes of stars and what it's like to be in a play and backstage and what the rehearsal process is like.

"Ron doesn't do anything subtle," said "Mamma Mia" director Robert Salberg. "He's an over-the-top kind of guy. ... I've been bothering him for years to get on stage in some shape or form."

Salberg said once he heard Jaecks had retired, he knew he wanted him in a show.

"It is a bit of a coup to get him to do a show. He is so endearing, and people love him. I feel like having him in a show is a great distinction. I feel like I got him first."



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Ron Jaecks and his wife, Kelli, are seen at a Pentacle showing of "Chicago." Jaecks calls himself a superfan and dressed up each night of the run as a different character. Courtesy of Ron Jaecks

Jaecks also can see himself getting back to magic shows, which he started performing at age 14 and continued into his residency.

In recent years, he also picked up tennis, which he plays competitively. He started playing tennis as a way to cope with the stress of work and help him sleep. He and his partner, Julie Flynn, made it to sectionals in Sunriver last year.

"For 90 minutes, that's all we think about is tennis," he said. "It's one sport where my mind doesn't wander. ... I wanted to have something that made exercise fun and have friendships."

Jaecks had hobbies outside his practice long before he retired. They aren't a cure all for burnout, and neither is diet and exercise, he said. It's time off, he said, that's critical, and not just time off but time off that's completely away from work and the possibility of phone calls. Bad news can damper a trip even to Paris.

He would love to be a part of changing the medical community to make sure nobody else goes through what he has. He is willing to help in whatever way he can to help change the culture.

His insistence has always been for doctors, not patients, to be first. He relates it to the directions for oxygen on an airplane. Adults are directed to put on their own facemask first before that of their children because if Mom or Dad go unconscious, they are of no help to those who need them. The same, Jaecks said, is true for doctors. Doctors need to get "oxygen" first before they can give it to their patients. 📌

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HOSPITAL In the Mist

The story of locating Salem's first hospital

My lifelong passion or fervor has been the history of medicine. Even in medical school, what I found the most interesting were the first couple of paragraphs of the chapter that covered the discovery and history of any particular disease. I've truly had fun digging up historical trivialities for this journal, and it has been an honor to serve on the editorial board. That also goes for the Oregon State Hospital Museum of Mental Health, where I have served as a volunteer and board member since its founding.

This article is about my good fortune in finding the earliest known photograph of Salem's first hospital, the Oregon Home for the Sick (OHFTS), and finally being able to define its exact location. I had written an earlier article about this hospital that appeared in the May 2014 issue of Chart Notes, but I was frustrated in not having a photo or knowing its exact coordinates. That's why I entitled this article "Hospital in the Mist."

My earlier article talked about the three medical professors who organized and managed this new teaching hospital for Willamette University College of Medicine. Until then, the medical

students, in addition to following around their faculty preceptors, had to rely on a walk-in clinic located downtown and a small clinic at the Oregon State Penitentiary to see patients. The article also talks about the nice distinction the hospital received when it became designated as a railroad hospital for the Oregon and California Railroad.

However, in order to get the hospital lifted out of the mist, a photo I.D. was desperately needed. That happened by luck one day while I was looking at an old photograph of the Oregon State Capitol's Cornerstone Ceremony of October 1, 1873. I noticed a two-story wooden structure off in the distance that matched the prior descriptions of the Oregon Home for the Sick. The construction dates also matched perfectly!

The question about the absence of an address in 1874 was easy: The hospital didn't have one, nor did it need one. Salem at that time, although the capitol city, was small, barely 2,000 residents, and it didn't have many streets. A local newspaper advertisement mentioned that the hospital was located near "Capitol Square." That's all the citizens needed to know. The Salem Directory



Cornerstone laying program for the Oregon State Capitol on October 1, 1873. A large crowd gathered for the occasion; many presumably came on the train pictured in the background. Note the white building which is the Home Oregon For The Sick in the right upper quadrant. This proves the building's location.

Courtesy of Salem Library Historic Images



Oregon Home for the Sick, established in 1874. This is a photo taken later in 1892 when serving as the Oregon Blind School.

Courtesy of Salem Library Historic Images



Bird's Eye View of Salem, Oregon, published 1876.

Courtesy of the Library of Congress

in 1874 was a little more precise, if not somewhat misleading, in placing the building between State and Ferry streets on Capitol Street on one page of the directory and on another page placing it eastward by a block to 12th Street. At least I knew the general location as being near the northeast corner of Willamette's campus, close to where Gatke Hall stands today. The hospital would, of course, eventually acquire an address: 204 12th St. SE, corresponding to where the Department of Administrative Services Building (DAS – State of Oregon) now stands adjacent to the railroad tracks, just south of Adam's Rib Smokehouse. All of us regularly drive past this large two-story administrative building, which now occupies twice the space that the original hospital took up on the southwest corner of 12th and Ferry streets. Later, I found an interesting 1876 bird's eye map of Salem that also confirmed the location and physical appearance of the hospital. This iconic building would

later serve sequentially as the Oregon School for the Blind (1883-1894) and then as Salem Hospital's first hospital (1896-1899). The timeline below may be of interest to you:

1867: Willamette University College of Medicine established, located on third floor of Waller Hall.

1873: Willamette University deeds Salem City Block 29, minus Lot #4, to Drs. Carpenter, Jessop and Payton to build a teaching hospital.

1874: Oregon Home for the Sick opens its doors to the public.

1878: The College of Medicine votes to move its campus to Portland, and the Block 29 properties are sold to businessman Conrad Snowden by the above professors.

1883: Oregon Blind School moves into the OHFTS building after it is purchased from Snowden by the State of Oregon.

1894: Oregon Blind School moves its campus to Church and Mission streets.


1895: Willamette's College of Medicine decides to move back to Salem.

1896: Salem Hospital becomes incorporated and takes over the OHFTS building. This all came about by a cooperative effort between Willamette University, the State of Oregon and the citizens and doctors of Salem.

1899: Salem Hospital moves to the Glen Oaks Orphans Home on Asylum Avenue to gain more space.

1915: Sanborn Fire Map shows the building still standing with what appears to be retail stores on the first floor and lodgings on the second floor.

1927: Sanborn Fire Map shows the building gone.

1954: DAS – State of Oregon Building constructed. 

- 1 Weekly Oregon Statesman, January 2, 1874.
- 2 Salem Directory for 1874, E.M. Waite and W.P. Keady Publishers, Salem, Oregon, 1874.
- 3 Marion County Deed Records.
- 4 Robert Gatke, Chronicles of Willamette (Portland, Oregon: Binforde & Mort, 1947), p. 426.
- 5 Olaf Larsell, The Doctor in Oregon (Portland, Oregon: Binforde & Mort, 1947), p. 535.

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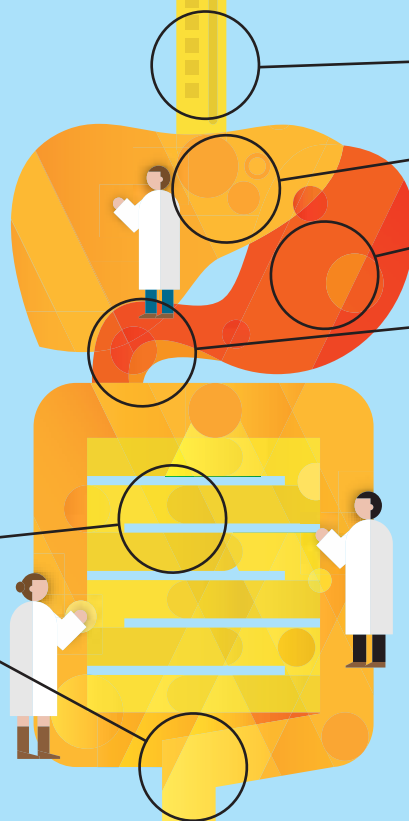
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IN MY OPINION

BY RICK D. PITTMAN, MD, MBA

HOW CARS SAVED MY LIFE

If you don't have a hobby or two, by the time you finish this issue of Chart Notes, you will be convinced of their importance.

Dr. Erin Hurley points out that the pursuance of hobbies can be a "buffer against burnout," and I can personally attest to that. We already know that at least 50 percent of physicians are dissatisfied.¹

Besides keeping us sane and balanced, hobbies lead to increased longevity and decreased chance of developing dementia.^{2,3} In my opinion, a hobby is not an option; it is a necessary part of a balanced life.

While the focus of this issue is about the positive influence of hobbies, Dr. Ron Jaecks was courageous enough to share his story with burnout and how it ended his medical career. He fell out of balance. I too fell out of balance but thankfully managed to reassess my life and make the necessary adjustments before the

brownout turned to burnout.

When I speak of life balance, I am referring to the four basic domains in which we operate: work, family, self and community, as defined by Stewart Friedman.⁴ The overabundance of one of the domains is not good, and if we neglect one of them, it is usually our self,

and that is when we get into trouble.

My tipping point occurred in September 2007. I had just gotten home around 2 a.m. after an emergency bypass operation; I was summoned back to the hospital because of a ruptured abdominal aortic aneurysm. This was the second night in

a row that I was up, and I was beyond exhaustion. At around 4 o'clock in the morning, as my hand muscles were fatigued and numb from manually controlling the patient's supra renal aorta, a little voice descended: "Just let go. All you have to do is let go, then you can go home and go to sleep."


I was saved by the automobile, trading one burnout for another. I work on cars because it's fun. It's a hobby not an obsession.

— RD Pittman, 2019



I broke out in a cold sweat, and I realized in that moment that I could no longer do what I was doing; 10 years of being on call most nights for vascular surgery had taken its toll. I realized that I was on the ragged edge and something had to change. I knew that I had lost it in the wee hours of that September morning.


I slowly backed away from doing major vascular operations and limited my craft to the construction of vascular access for patients with renal failure and focused on Venous and Lymphatic disease. I now spend most of my time away from medicine restoring cars. I practice doing burnouts in my driveway, a reminder of what could have been.

Over the years, I have been actively involved in repairing and restoring cars. I was a journeyman auto mechanic for British Motorcars in San Francisco, and this taught me the skills that allowed me to make money working on cars during college and medical school. When I started my practice in 1989, my cars and I were separated by a lack of time, the demands of a busy surgical practice and a growing family. Somewhere along the way, I lost touch and almost fell into the abyss. Today, I am at a place in my life where the balance of the four domains has never been better. Even so, satisfaction is a moving target, and it is important to reassess and make adjustments to the four domains along the way. 


“Life is like riding a bicycle. To keep your balance you must keep moving.

— Albert Einstein

1. Burnout and satisfaction with work – life balance among US physicians relative to the general US population. Shanafelt TD, Boone S, et al. 2012, Arch Intern Med.
2. Engagement in reading and hobbies and risk of incident dementia. Hughes TF, Chang CC et al. Aug 2010, Am J Alzheimers Dis Other Demen.
3. Leisure activities and the risk of dementia in the elderly. Verghese J, Lipton RB et al. Jun 19, 2003, N Engl J Med, pp. 2508-16.
4. Friedman, Stewart. Total Leadership: Be a Better Leader, Have a Richer Life. 2014.



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BEYOND MEDICINE

From trail maintenance to traveling the world in search of plants, local doctors share their passions

BY HEATHER RAYHORN

Those in the medical profession are so much more than doctors. Like others, their interests are vast, from music to trains to, like many in the Pacific Northwest, the outdoors. Some see connections between their love of medicine and their hobby, where others enjoy the differences. But as we talked to local doctors about their passions, all agreed that they provide an activity to decompress from their day.

Here, four Marion-Polk County Medical Society members share what they do after they leave the office.



Beth Dayton works a cross-cut (two-person) saw on Whetstone Mountain trail in the Opal Creek Wilderness with High Cascades Forest volunteers. Courtesy of Beth Dayton

Caring For Our Trails

Beth Dayton has always loved the outdoors. She grew up backpacking, hiking and fishing in Montana, and through the years, she has shared those passions, along with cycling, with her husband and two grown sons. But it wasn't until 2006 that she realized how much fun and how satisfying it was to care for and create the trails she had so often used in the forest.

"It's such a creative process," Dayton said about trail work. "The people you meet are very passionate from

all walks of life, every profession you can think of. And the community gets something they didn't have before that gets people in the woods and active."

Dayton, a surgeon with Oregon Oncology Specialists, moved to Salem in 1992. From 2002 to 2006, she worked with the city of Salem and a group of interested neighbors to refine South Salem's Croisan Creek Trail and get it recognized as Salem's first official trail, as well as create its sister trail, the Skyline Trail. Both mile-long trails, which are connected by a couple neighborhood blocks, are

located near Sprague High School.

She was bitten by the trail-building bug.

She joined the board of directors for the Salem Area Trail Alliance and started a new project: clearing out and shaping the Catamount Trail in the backcountry of Silver Falls State Park. Despite work parties Dayton organized a couple times each month, it took three years to shape the first three miles of trail because a lack of funds meant they had to do it by hand.

"You can build with money or time," Dayton said.

She was beginning to see the former was more desirable. During the winter of 2015, she spent several days a week after work writing a proposal for a federal Recreational Trails Program grant. Her work paid off, and in 2017, they got enough money to hire Dirt Mechanics from Bend to bring out a mini excavator.

Last spring, the Salem Area Trail Alliance added a beginner loop connected to the trail called the Newt Loop, a 1½-mile trail popular with families that features mountain bike skill stations such as switchbacks, rock drops and connected turns for all skill levels to practice on. Today, people can bike, hike and run seven miles on the east side of the state park. Next up is a trail that will connect the Newt Loop to Silver Falls Lodge and Conference Center. It's expected to open in late summer.

But Dayton hasn't stopped with trail building.

Last summer, Dayton was inspired by Eugene group High Cascades Forest Volunteers Scorpion Crew, which helps the Forest Service in the McKenzie District care for its trails. Formed under the High Cascades, Dayton created a second branch of the nonprofit called the Salamander Crew. Its aim is to help the Detroit Ranger District care for the 500 miles of trail off of Highway 22. This past fall, they cleared out trails such as the Whetstone Mountain Trail in the Opal Creek Wilderness and Maxwell Butte Trail in the Jefferson Wilderness.

Between the Salamanders and Salem Area Trail Alliance, Dayton is organizing six trail parties a month. Even when hiking, she is scouting and keeping track of what needs to

be fixed. She only works Tuesdays through Thursdays at Oregon Oncology Specialists, so that helps.

The trick with the wilderness is that power tools are not allowed, so volunteers carry what are basically 19th century tools such as cross-cut saws, hand shovels and hand saws. They can add up to 15 to 20 pounds, which is a lot when volunteers also are carrying a pack for overnighters.

Being a part of the trail alliance has given Dayton an opportunity to learn how to build a trail, including sculpting corners and digging out stumps, but also how to deal with land managers and volunteers.

"It's cool to be a beginner," Dayton said. "After all these years, I hope I'm really good at treating breast cancer, but it's cool to start at zero at something and learn new stuff."

Being a beginner at something is actually among the rules Dayton and her husband came up with to aim for before retiring. Their other rules are be active, social, creative and useful, all things that Dayton has found in her volunteer work on the trail.

As if a reward for achieving her goals, retirement is on the horizon for Dayton. She has set her retirement day to coincide with the opening of the Salem Health Breast Center in April.

"We lived our whole lives as if we wouldn't get to retire," she said about her and her husband taking time for family, vacations and hobbies. "Don't miss out on things, especially with kids. You don't get a second chance."

Try a Trail

Croisan Creek and Skyline Trails:

Off Kuebler Boulevard, turn north on Croisan Scenic Way until you hit the end of the road. Continue straight north on foot to find Croisan Creek Trail. For the Skyline Trail, go to the first parking lot at Sprague High School and look for the trail sign near the left (south) end of the parking lot. The Skyline and Croisan Trails are linked with a few blocks on Croisan Scenic Way.

Catamount Trail and Newt Loop:

The trailhead is off Silver Falls Highway, Highway 214, off of Highway 22. The starting point is the 214 Trailhead parking area. Find a map and information at salemtrails.org/new-page-3

Volunteer: *Dayton is always looking for people to help on the trails or even as scouts when they are out hiking. Volunteers should bring boots, gloves and eye protection. Helmets and food are provided, and families are welcome. For Salem Area Trail Alliance, go to highcascadesvolunteers.com or search High Cascades Forest Volunteers on Facebook.*

A Dose of Music

If you catch anesthesiologist John Ross humming, he might just have Beethoven on the mind from the night before.

Ross is a tenor for the Willamette Master Chorus, an auditioned, volunteer-based group led by Paul Klemme. The group puts on four concerts a year, and Ross dedicates one night a week to practicing with the group.

"This is a really nice adjunct for me," Ross said. "There's a family feel. It's a great way to decompress from the day. You go and get rejuvenated and sing with friends. ... Music soothes the soul."

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John Ross sings tenor with the Willamette Master Chorus. Courtesy of WMC



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Ross sang in college at St. Olaf College, a famous choir school in Minnesota. After years away from singing during medical school, residency and getting his career started, he said he realized something was missing from his life. He joined the Willamette Master Chorus in 2000. He's one of five local doctors in the Salem group.

Every year the group puts on a holiday and veterans concert. Ross said he especially appreciates the veterans concert, which invites veterans to come up and talk and features the different anthems from the different branches. Ross said it's moving to see veterans stand during their branch's song.

The holiday concert includes a variety of Christmas carols and features a local school choir each year to give students a chance to perform

with professional singers.

Reaching out to youth is a mission of the chorus, which ranges in age from teenagers to those in their 70s. New this year, the program is working with the school district to help give free music lessons to underprivileged kids.

"The goal is to get the next generation interested in this kind of music, which is mostly classical," Ross said. "I think it's timeless. ... It can be soothing or make you dance."

Ross also has been able to travel with the chorus to places such as England and France. They are planning a trip to Italy and Austria in the summer of 2020. And the chorus has given him the opportunity to sing with some of the greats, including St. Olaf Choir director Anton Armstrong and world-renowned Bach specialist Helmuth Rilling.

While the chorus performs plenty of classic pieces, those are complemented, Ross said, with unique work, like when Klemme set music to "The Hunchback of Notre Dame" or iconic video of Oregon.

"It's a well-spent afternoon to go to one of our concerts," he said. "Nothing beats a live performance as an audience member. The same music will never be quite repeated."

Willamette Master Chorus Concerts

Concerts begin at 3 p.m. at Willamette University's Hudson Hall. Tickets run \$20 to \$30 at (503) 580-0406 or WillametteMasterChorus.org.

May 4-5: Mendelssohn Elijah

Every November: Veterans concert

Every December: Holiday favorites



Keith White shows off one of the hundred-plus rhododendrons in his home garden.

Credit Heather Rayhorn

In Search of Rhodies

The license plate of Keith White's Volkswagen van offers a big hint to his long-held passion: Rhodoc.

The recently retired doctor, who had an independent family medicine practice in Independence and Monmouth until selling it to WVP in 2015 and then retiring in August last year, has always appreciated rhododendrons.

"I was my mother's garden slave," he said about his youth.

"She grew rhododendrons."

White remembers hanging out and studying at Crystal Springs Rhododendron Garden in Portland while he was in medical school at OHSU. He also worked for the U.S. Forest Service over the summers when he was in school. He was a foreman on a helicopter firefighter crew in Detroit and later worked in the Columbia Gorge Ranger District. He gained an appreciation for many native plants, including rhododendrons, during that time. It was part of a bigger appreciation for nature and adventure that included

skiing, hiking and camping, hobbies that he kept throughout his career.

In the 1980s, around the same time that he opened his Independence-Monmouth practice, he joined the American Rhododendron Society and the Rhododendron Species Foundation & Botanical Garden, a 22-acre garden in Federal Way, Washington. The garden is known as one of the largest collections of species rhododendrons in the world, as well as having many rare and valuable exotic ornamental trees and other plant species. He was invited by another doctor, Salem orthopedic surgery specialist Herbert Spady, to be on the board in the late '80s.

Today, White is the chairman of the Photography Committee, blending another of his hobbies, photography, with his love of rhododendrons. The committee is responsible for documenting the important features of each plant taken into the foundation's collection.

They also create the annual calendar.

But perhaps most fascinating are the botanical expeditions White has taken with the foundation to remote areas in places such as Tibet, Western China, India and Sikkim to legally collect specimens and seeds to be propagated for the Rhododendron Species Botanical Garden.

The genus Rhododendron has more than a thousand species and is found in its native environment in the northern hemisphere from the Arctic to the tropics but is found mostly in Asia. White's trips to that area combined his love of the outdoors, science, geography and culture. He was traveling abroad every few years in the '90s and 2000s. In 1995, he hiked out as far as one can go along the Tsang Po River that traverses Tibet, swimming in the river as a symbol of being at the end of the "road." Their goal on that trip was to get over the pass Doshong La and hike down into the Pemako, which is considered one

of the Buddhist paradises on Earth and features a lot of rare plants. His last trip, in 2015, was to Sikkim, the same place he first traveled to with the foundation in 1992. That first trip he brought back seeds of Rhododendron Niveum.

"That was one of the neatest things," White said of the beautiful smoky purple variety that features a big round truss. One of the plants that were propagated from that trip resides in his back yard.

His home garden, an acre and a half on the outskirts of South Salem, features around 75 different rhododendron species and something like 150 rhododendrons all together, as well as other plants he's picked up on his travels. He walks through them, rambling off each one's species name and the special stories behind them.

In retirement, White has plans to work in his home garden: cleaning, trimming, planting and weeding. He also is still

skiing; he takes the ski bus up to Mt. Hood Meadows on Wednesdays.

"Medicine is a great life. ... I worked a lot of hours, but I was never anywhere close to burnout. I was doing a lot of other things, had lots of other interests," he said. "You make time to fit them in."

And now in his retirement, he's enjoying the fruit of the interests he invested in earlier in his life and career.

Check Out Rhododendrons

Salem: *Bush's Pasture Park's rhododendron garden, south end of Bush's Pasture Park, just north of the intersection of Leffelle and Winter streets*

Portland: *Crystal Springs Rhododendron Garden, 5801 SE 28th Ave.*

Federal Way, Washington: *Rhododendron Species Botanical Garden, 2525 S 336th St., 10 a.m. to 4 p.m. Tuesdays-Sundays. \$8.*

Former Ironman Takes to Trains

Over the decades, Ralph Yates has gone from tracking his finish time to laying tracks.

"You go through phases in life, constantly moving and evolving," the chief medical officer at Salem Health said.

In his 30s, Yates ran marathons. A calf injury put him out for eight weeks, so he started swimming to stay active. He took to it, and because he also liked cycling, the idea to become a triathlete was born. By 37, he qualified for his first Ironman in Hawaii. Ironman triathlons, which are organized by the World Triathlon Corporation, combine a 2.4-mile swim, 112-mile bicycle ride and a marathon, a 26.22-mile run, all in one day. Yates said by the time you get to the marathon, you are already tired. It's mentally and physically demanding, something Yates thrived on. But the heat and humidity of Hawaii added an element he couldn't prepare for.

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Ralph Yates and his granddaughter Addie enjoy the train Yates has set up at his home.

Courtesy of Ralph Yates

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Racers run and cycle across dried black lava that absorbs the heat and radiates it back, registering as hot as 140 degrees.

"The press regularly fried eggs on it," he said. "It's an unpleasant course."

Though vowing not to return to Ironman in Hawaii, he eventually did one more across the hardened lava as well as competing in five in Canada. For seven years, he competed in Ironman every year, improving his time at each event.

Being an Ironman took dedication. He had three coaches, one for each element of the sport, and practiced 30 to 35 hours a week, all while sustaining a busy practice as a family physician in Portland.

"I stepped away from the sport for all the right reasons," he said, listing family, community and friends. "I was taking time out of areas I shouldn't have. I had taken it too far. My wife could see it, but I couldn't."

He finally saw it was time to reign it in in 1992. He had a goal that year to set the masters record, but on mile 14 of

the marathon portion, he had a cardiac event. He knew something wasn't right and walked the last 12 miles. It wasn't a heart attack, but he later learned he had a 300-beat rhythm.

"It was the best 12-mile walk of my life because I asked two questions: Why am I here, which I couldn't answer, and what's important? I realized the answer was at the finish line: my wife and kids. It was life changing."

It was his last Ironman. He was 44.

He didn't give up his love of extreme sports, though. When his son turned 21, the two of them took a mountaineering class and climbed the Ptarmigan Traverse in the North Cascades with a guide. He did eventually return to Ironman in 2010, but this time as his son's coach. Pictures of his and his son's races and their climbing trip hang on his office wall at Salem Health.

These days, however, his main hobby revolves around family.


"Nothing is more joyful than spending

time with the grandkids," he said.

In a barn behind his house, he has built an N-gauge train set, laying the tracks and constructing the mountainous landscape the trains weave through. He spent the past year getting it ready for the grandchildren to experience on Christmas. Each grandchild has their own train and conductor's hat.

Yates said his years as an Ironman gave him a sense of self confidence to deal with and manage fear, something that served him well in medicine.

"What each (race) taught was focus, a willingness to engage in some level of fear because it's there to understand it," Yates said. "It teaches you how to handle that stress as well as provided a wonderful escape from the stress people have in medicine."

As for trains, they also are a wonderful distraction, he said, and something he can share with his family. "Trains have been therapeutic. ... I'm not thinking about work when building trusses." 

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LOBBYING FOR HOBBIES

As we looked at doctors with hobbies, we wondered how important hobbies are for a healthy lifestyle? Could they help with burnout? Could they be a stress of their own? What do you do if you don't have a hobby? We turned to psychiatrist R. Scott Babe with those questions, specifically in reference to those in the medical field. Babe claims to be on the same journey of making room for things that bring joy, but he has some good, practical ideas. Here is what Dr. Babe had to say:

Q: Why are hobbies important, especially for doctors?

A: As physicians, we spend many years focusing on our education and career, which ultimately gives a bit of a narrow, so to speak, appearance of the world. Sometimes we tend to stay very focused on our careers and frequently identify ourselves primarily as doctors, to the exclusion of other things. With the high-pressure, high-stress environment of medicine today, with electronic medical records and documentation requirements, a lot of our time is spent focusing on one particular aspect of our lives: our career. Having a hobby or some other form of distraction becomes essential because it allows us to feed our psyche, our "soul" so to speak, with things that are positive and self-gratifying away from medicine. Unfortunately, many times I have seen physicians as they are heading toward retirement or becoming stressed and burned out turning around and asking themselves, "what do I do now?" Many of them have spent so long identifying themselves as physicians that they have very little outside activities whatsoever. The physicians who have handled transition into retirement, or handle stress and burnout well, tend to be involved in many different and varied interests in some social setting completely different from medicine and their career.

Q: Can hobbies be an added source of stress?

A: Absolutely! One characteristic physicians tend to share is a sense of perfectionism and that if something is not done "at its best" or "right," that it is not worth doing. If the hobby becomes something that needs to be done "right" or "perfect," it can substantially add to stress. The most obvious example of this is sports, but it can happen in any type of hobby or activity that physicians might engage in. The idea of a hobby is to be something that is enjoyable and self-nurturing.

Q: What is your advice for doctors on juggling their jobs and fitting in their passions?

A: Although things have to be done within reason, taking a half hour or an hour to do something that is nurturing is not going to change the amount of work that is waiting for you and will

not impact in the grand scheme of things but will potentially allow you to tackle it refreshed. Most professionals who teach organizational skills will say that scheduling the small and important things and allowing everything else to fill in around them will allow you to get much more done.

Q: If someone doesn't have that something special they are involved in, how does one find it or add that to their lives?


A: Spending about half an hour to just write down words or ideas of things that the person enjoys or finds interesting and potentially nurturing allows you to try and find activities or hobbies that relate to the things you wrote down. For example, if someone wrote down "nature, precision and fresh air," this could translate into any number of activities including gardening, bonsai trees, orchid cultivation, community beautification or clean up, hiking or trail maintenance.

Q: What are your hobbies, and how have they helped you?

A: When I was younger, running, swimming, biking and exercise helped me get through medical school without "losing my mind." I also was in the military, which provided a lot of varied experiences, both positive and negative, that allowed me to "get away from medicine" as I did them. As I have aged, and my knees no longer allow some of the running I would love to do, many other things have taken place of these things: Carpentry, travel, music, tai chi, my pets and spending time with my family have all been things that help me to keep balanced.

Q: Anything else we should know on the topic?

A: I have learned over the years that having and taking at least one day off per month to have a long weekend is essential for me to remain focused, balanced and not grumpy. If you notice, only four out of 12 months have no federal holidays, and of those four, March is traditionally spring break and April typically has Easter or the Spring equinox, depending on what you celebrate, as a holiday. Someone other than me must have noticed that having these three-day weekends or more every month are important as well. 📖



BY HEATHER RAYHORN

DOCTORS ON THE VINE

The stories behind local doctors who blend wine and medicine

There is something about wine. Maybe it's the biology, beauty or culture. Or maybe it's because doctors are more likely to have the capital to cover the costs of starting a vineyard. Whatever it is that attracts doctors to growing grapes, several doctors in the Salem area have gone beyond a wine hobby and have developed their passion into a business.

La Chouette Vineyard in Jefferson, Cubanismo Vineyards in West Salem and Andante Vineyard in Dallas all have doctors behind the helm. They have moved through the process of growing and selling their grapes to making wine under their own labels and working to get them to the public.

Lucky for them, the wine community is a tight-knit community.

"The friendships you make in wine are amazing," said anesthesiologist Ben Miller who owns La Chouette with his wife, Michelle.

And those who share careers in wine and medicine have an extra special relationship. The wine doctors in Marion and Polk counties have all supported each other in some way.

Miller, who has worked in the medical realm for years with Cubanismo owner Maurice Collada, credits Collada as a source of inspiration. He says it was

Collada who helped him and his wife decide their land was good for grapes, grapes Collada would eventually buy to help make his Rumba wine blends.

Collada also impacted Joseph Allan and Karen Saul, who started planting their vineyard, Andante, in 2011, a few years after the Millers. Allan and Saul even married at Cubanismo. They have all shared info and tips with each other throughout their separate wine journeys.

Besides a shared love of biology and chemistry that is found in both medicine and vineyard management, one thing each of these doctors has in common with the other is the full support of their wives, who all work at least part time at their respective vineyards.

Despite successful medical professions, running a winery is not cheap. Both Miller and Allan are working more to help pay for their vineyards.

"We celebrate and commiserate

together," Miller said of his doctor friends in the wine business. "Part of being doctors is we are so busy, we can't get together every month, but what I've learned from them is how to be a doctor and make a winery work."

While Miller and Allan have looked to Collada, he is not the first doctor in the area to successfully open a vineyard. Collada was influenced by Earl Van Volkinburg, a retired internal medicine specialist who sold his South Salem vineyard, Vitae Springs Vineyard, just last year.

"Earl was an individual who shared so much to help me at the onset, it is so hard to give him his due," Collada said. "I will not try. All I can say is I love that guy."

From Van Volkinburg to Collada to Miller and Allan, here is a look at area doctors who have made a career out of wine as well as medicine.



Earl Van Volkinburg former Vitae Springs Vineyard, Salem

In medicine: Retired internal medicine specialist

Path to wine: Earl Van Volkinburg and his wife, Pam, started planting grapes,

Earl Van Volkinburg, a retired internal medicine specialist, sold his South Salem vineyard, Vitae Springs Vineyard, last year and has moved to Turner. He and his wife were one of the first families to own a vineyard in the area. Credit Heather Rayhorn

including Riesling and pinot noir, on 18 acres off of Vitae Springs Road south of Salem in 1977. The Van Volkinburgs are considered one of the first families to plant a vineyard in the Willamette Valley. They sold their grapes to places like Brooks Winery before producing their first commercial production, a 1986 Riesling. The Van Volkinburgs sold their land and vineyard just last year and moved to Turner. Earl Van Volkinburg credits his introduction to wine to his time spent in Germany with the Air Force in the early '70s. He and Pam wanted to learn the German language, so they decided to move into one of the villages near the base. They rented from a couple who took them to pick Riesling grapes near the Moselle River to help out some friends who owned a vineyard. Helping on the vineyard became a joy and social

experience. It also helped with learning the language: "There is nothing better for language development than having wine," Earl Van Volkinburg said. "It puts away insecurities. You'll say anything."

Interesting fact: The vines the Van Volkinburgs planted in their vineyard came from dormant wood cuttings Pam's mom brought back to the U.S. from Germany. She had a half dozen each of Riesling, pinot noir and Muller Thurgau. Those initial cuttings were planted, and through new cuttings, they provided the majority of Van Volkinburgs' vineyard. Van Volkinburg also gave some of the cuttings to childhood friend Lowell Ford who established Illahee Vineyards near Dallas. On the Illahee website, Ford credits his early experiments in viticulture to Van Volkinburg.

Mauricio Collada Cubanisimo Vineyards, West Salem

In medicine: Neurosurgeon with Capitol Neurosurgery Specialists

Path to wine: Mauricio Collada was fascinated with biology and fermentation as an undergrad. He made liquor from bananas and mangos. "I had sweet fruit, knew you had to have sugar," he said. "If I was in Appalachia, I would have been a moonshiner." But he moved from the South to Oregon, right when Oregon wine was exploding on the scene in 1983. He fell in love with the state instantly. He bought 21 acres in the Eola-Amity Hills in 1986. By 1991, he planted 8 acres of pinot noir. He sold grapes for a while and started the Cubanisimo label in 2003, keeping half his own grapes for the



Dr. Maurice Collada (center) owns Cubanisimo Vineyards in West Salem.

Courtesy of Cubanisimo Vineyards

wine. Within two years, he was keeping all of his vintage and built a tasting room facility. He and his wife, Debra, now have 10 acres of pinot noir, 3 acres of pinot gris and an acre of gamay noir. They produce on average around 2,000 cases a year. "I probably work a lot of hours, but I enjoy my work so much that I don't do the math. That's when you start thinking of it as work.

... Like time spent parenting, you don't measure it by time but by the product." That, he claims, is true whether talking about a patient or a bottle of wine.

Behind the name: Cubanisimo means "very Cuban." Collada was born in Cuba, immigrating to America with his parents and siblings in 1962. While Cuban soil and climate don't allow for wine, the name is more

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about celebrating the Cuban culture. Collada's proud heritage is represented throughout the vineyards, from palm trees to the Cuban café atmosphere to the flying of American and Cuban flags.

What's new: Collada is giving 60- to 90-minute lectures on Cuban history and culture at the winery. The next talk

will be April 11. Collada also is starting a stand-up comedy series, including one on March 22, as well as free movie nights.

The dream: Cubanismo wine is now produced and bottled at R Stuart & Co. in McMinnville, but the Colladas would like to eventually bring production to Cubanismo.

Visit Cubanismo: The West Salem vineyard is open 11 a.m. to 5 p.m. daily for the tasting season.

Find their wine: Buy online at cubanismovineyards.com at the West Salem Roths and area restaurants including Ritters, Bentley's and Amadeus.



Ben Miller La Chouette Vineyard, Jefferson

In medicine: Salem anesthesiologist

Path to wine: Similar to the Van Volkinburgs, Ben Miller and his wife, Michelle, first gained an interest in wine when he served in Germany. He was a general medical officer in the Army in the early '90s. Both grew up in Oregon, and Miller had spent a few summers when he was younger working on his uncle's ranch in the Steens Mountains so he was familiar with working the land. In the mid 2000s, after moving back to Oregon, the Millers planted pinot noir

Dr. Ben Miller works on his vineyard south of Salem. Courtesy of La Chouette Vineyard

and pinot gris on a portion of nearly 90 acres they had bought on the east side of Ankeny National Wildlife Refuge south of Salem. In 2014, a year after their first vintage, they put in Chardonnay. Today, they have 10 acres of vineyards. They sell the majority of their grapes, but under their own label, they produce about 450 cases of wine a year.

Behind the name: Chouette is French for "the owl" but also has a double meaning. It is French slang for cool or fantastic. The Millers wanted a name relevant to the property. With the proximity to Ankeny National Wildlife Refuge, birds seemed a good choice. They picked owls. Barn owls, great horn owls, barred owls and screech owls can all be spotted and heard on their property.

The dream: The Millers hope to have an official tasting room within the next few years and an on-site wine-making facility after that. In the meantime, they dream of sharing the bounty from their dairy goats, Black Angus cattle and sheep with more farm to table dinners.

What's new: The couple welcomed a new winemaker, Drew Voit of Harper Voit Wines, last harvest. Matt Shown of Brigadoon Wine Company in Junction City made their wines for the first five vintages. The change was a cordial move due to growth of both brands. Also, La Chouette's first Chardonnay is expected to be released this fall.

Visit La Chouette: The Millers live on their land, holding events and tastings out of their home. Their land is a couple miles off of Interstate 5 in the South Salem Hills near Willamette Valley Vineyards, St. Innocent Winery, Ankeny Vineyards, Trinity Vineyards and Coria Estates, making it a great place to hit up several wineries. La Chouette is open for private tastings and two special events a year including one in spring and one in early winter. They also opened last year for the first time for Thanksgiving. Visit them for their spring event noon to 5 p.m. May 4.

Find their wine: It's available online at lachouettevineyard.com, at Roth's and Salem restaurants such as Roberts Crossing, Rafns' and Bentley's Grill.

Joseph Allan Andante Vineyard, Dallas

In medicine: Otolaryngologist with Willamette Ear Nose Throat

Path to wine: Joseph Allan and his wife, Karen Saul, had a roundabout way to wine. They wanted to have a "piece of paradise" they could farm. They found it driving the

Dallas hills on the edge of the Baskett Slough National Wildlife Refuge in the Van Duzer Corridor. Though they had to bushwhack their way to the top of the hill and could barely see the pond through the overgrowth when they bought it in 2010, they saw the potential. They didn't know what they were going to plant, but when the soil analysis came back, they learned

the only thing they could plant were grapes. So grapes it was. They planted in 2011 and had their first crop in the wet fall of 2013, which caused headaches for vineyard owners up and down the valley. They got one barrel of wine that harvest, but they kept planting. Today they have 15 acres of grapes — pinot noir, Chardonnay, Sauvignon Blanc, Aligote

and gamay noir – that produced nearly 33 tons of fruit in 2018. Of that, 21.5 tons went toward the Andante brand. That should produce close to 1,000 cases this spring. Allan comes from a line of farmers and blacksmiths, so he is no stranger to getting his hands dirty. He drives the tractor, plows and mows. “My dad said it was better to wear out than rust out. This keeps me from rusting,” he said.


Interesting fact: Allan was the seventh child of a devout Mormon family who didn’t drink wine. He never tasted wine until a Christmas party in 1998. It was a pinot.

Behind the name: Andante is an Italian music term that refers to the slower section in a symphony, a walking tempo. “The metaphor is to slow down, enjoy life,” Allan said.

What’s new: Last year, Allan and Saul turned their barn into a winery, bringing the winemaking on site in time for last season’s crush. The barn is also used as a wine-tasting area, and you

might even catch Allan playing the piano. The couple also have recently restored a 7-acre Oregon White Oak habitat on their property to attract the threatened Kincaid’s lupine, which only grows on a few, small prairie remnants in the Willamette Valley, including the nearby Baskett Slough refuge. Kincaid’s lupine is the habitat of the endangered Fender’s blue butterfly.

Visit Andante: In addition to the tasting/winemaking barn, vineyards, pond and oak habitat, there are outdoor tasting areas and an Idea Box home that Allan and Saul stay at during the summer. The vineyards will open on weekends May through August. It’s also open by appointment and during three weekends around Thanksgiving.

Find their wine: Wine can be bought online at andantevineyard.com. Andante wine also is available at Bari in Salem, Joel Palmer House in Dayton and Thistle in McMinnville. 



Dr. Joseph Allan and his wife, Karen Saul, are seen in their Dallas vineyard, Andante.

Credit Satya Tisman

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CHART NOTES - WRITER BIOS

HEATHER RAYHORN, EDITOR



After covering the Salem area for 18 years as a journalist, Heather Rayhorn is now attending Corban University's graduate program in education to become a high school English teacher.

RICK D. PITTMAN, MD, MBA



In private vascular surgery practice for 28 years before obtaining a MBA from OHSU/PSU, Dr. Pittman works full-time as a vein and wound care specialist in the Silver Falls Dermatology Clinics and spends his spare time in the garden, behind a camera or in the workshop restoring cars.

HOWARD BAUMANN, MD



Howard Baumann retired in 2010 after 34 years practicing gastroenterology at Salem Clinic. He is a member of the American Association of the History of Medicine, the Society for the History of Navy Medicine, and is a Board Member of the Oregon State Hospital of Mental Health. He contributes regularly to Chart Notes and Historical Tidbits.

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CALENDAR - SAVE THE DATE

Thursday, May 23, 2019 6-8:30pm General Membership Meeting & Dinner

Location: Spinning Room, Willamette Heritage Center

Free to all Members + a guest

Friday, October 25, 2019 6-8:30pm New Provider Celebration

Location: Dye House, Willamette Heritage Center

Free to All Providers in Marion & Polk Counties + a guest

Come Celebrate Your Newest Colleagues!

Sunday, December 1, 2019 6-8pm 19th Annual Family Holiday at the Carousel

Location: Salem Riverfront Carousel

Free to Members and their families

*Children Welcome!

Thank you to our sponsors of the January General Membership Meeting & Dinner – Abbott, First Call Home Health Care, Saalfeld Griggs, Salem Health and Willamette Valley Hospice.

FIND YOUR PASSION

Want to start a new hobby? Here are a handful of local opportunities to learn something new and join a community.



Get artsy:

The Willamette Art Center, located on the Oregon State Fairgrounds, offers a community of artists, open studio, classes, workshops and Family Clay Sunday. Participants who have some experience with clay may purchase studio passes and work in the studio that offers handbuilding tables, electric wheels, a complete glazing studio and firing in electric and gas kilns. Experienced potters are invited to join monthly "Clay-a-Thons" to make items for the Marion County and Oregon State Fair and bowls for the annual Empty Bowl fundraiser. Visit the WAC on Facebook or willametteartcenter.com.



Explore the library:

The library has book clubs and material to help you start your own. They also host a Scrabble Club, the Salem Spanish Language Group, travel club, adult coloring and a writers group.



Put on your hiking boots:

The Chemeketans, a group of outdoor enthusiasts, hold a variety of group outings including day hikes, cross-country ski trips, snowshoe outings, bicycle trips, canoe/kayak adventures, backpacking trips, mountain climbs and picture nights where members and guests share their adventures. For how to become a member and a calendar of events, go to chemeketans.org.



Rev it up:

Wine isn't all that Dr. Maurice Collada is interested in. In 2018, the Harley owner started the Salem Health Motorcycle Owners Group that organizes group rides to places like Crater Lake and Silver Falls for anyone employed at Salem Health. For more information, email Collada at mauricio@cubanisimovineyards.com.



We want to hear from you. Do you have a story idea for ChartNotes? Maybe something about you or a fellow medical society member? Or something you want to know about? We want to hear about it. Email [hryhorn@msn.com](mailto:hayhorn@msn.com)

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