



THE WEBFOOTER

**SINCE 1966 - THE OFFICIAL PUBLICATION OF THE
WEBFOOTERS POST CARD CLUB IN PORTLAND, OREGON**

"Every subject known to man can be found on a post card" - Club Motto

www.thewebfooters.com

Volume 43

Issue Number 5

May 2009



Happy Mothers Day



- ◆ See Maggie Parypa's "*Nurses are Angels in Comfortable Shoes*" on Page 4.
- ◆ Order your Webfooters Hat - See page 9 for details.

Next Meeting - May 16, 2009

At Russellville Grange - 12105 NE Prescott Street

10 am to 3:30 pm - Card sales to begin after the business meeting

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(paid advertisement)

Nurses are Angels in Comfortable Shoes

by Maggie Parypa



Florence Nightingale, “The Lady with the Lamp,” was born into an affluent British family living in an Italian villa in Tuscany, Florence, Italy. Inspired by what she took as a “Christian divine calling” she worked hard to educate herself in science, art and mathematics despite the intense anger and distress of her mother. This motivated her to become active in the women’s rights movement.

The first official nurses’ training program, the Nightingale School for Nurses in England, opened in 1860. The mission of the school was to train nurses to work in hospitals and in homes, similar to visiting nurses today. The school devoted the majority of training time to treating and educating the poor about health care and infectious diseases. Nightingale set an example for her trainees by her compassion and her commitment to patient care; and her diligent, thoughtful hospital administration.

“Nursing is an art; and if it is to be made an art, it requires an exclusive devotion, as hard a preparation as any painter’s or sculptor’s work; for what is the having to do with a dead canvas or dead marble, compared to having to do with the living body, the temple of God’s spirit? It is one of the fine arts. I had almost said the Finest of Fine Arts”. Florence Nightingale

Linda Richards nursed both of her parents who died from tuberculosis, then she nursed her critically injured husband from a Civil War battle from 1865 to 1869. She became the first professional trained nurse in the United States. Linda worked at Bellevue Hospital in New York and the New England School for Nurses. She met and trained with Florence Nightingale in London who recommended that she go to Scotland to train at the Edinburgh Royal Infirmary. She later established Nursing Training Programs in the United States and Kyoto, Japan.

*“We rose at 5:30 am and left the wards at 9 pm to go to our beds which were in little rooms between the wards. Each nurse took care of her own ward of six patients both day and night. Many a time I got up 9 times a night; often I did not get to sleep before the next call came. We had no evenings out, and no time for study or recreation. Every second week we were off duty one afternoon from two to five o’clock. No monthly allowance was given for the first three months.”*Linda Richards



The American Red Cross was founded in 1881 under the leadership of Clara Barton. She was responsible for organizing volunteers to provide health care, education and disaster relief for the traumatized, sick and wounded. Nurses worked for little or no pay, and with virtually no public acclaim. In 1889, Clara Barton and her volunteers fed, sheltered and gave medical care to the 25,000 victims of the Johnstown flood in Pennsylvania.

During the Spanish American War, the 76 year old Barton went to Cuba with her nurses to provide nursing care and medical supplies, as well as food and necessities to civilians and soldiers.

"I may be compelled to face danger, but never fear it. While our soldiers can stand and fight, I can stand and feed and nurse them." Clara Barton

In 1906 during the San Francisco Earthquake Disaster, 500 San Franciscans died and tens of thousands were left homeless. President Theodore Roosevelt named the American Red Cross as *"the only organization chartered and authorized by Congress to act at times of national calamity."* Nursing volunteers worked tirelessly to relieve the suffering of families in crisis.



In 1912, the Red Cross Nursing Corps would become officially part of the US Army Corps, leading to many women serving in Europe during World War I. From that period to World War II, Korea, Vietnam and Iraq, hundreds of nurses lost their lives in service to their countries. These brave patriotic women were aware of the risks that they were taking when they enlisted to help our troops.

Edith Cavell, "The Real Angel of Mons," was a British nurse and humanitarian who served during WWI. Her strong religious beliefs propelled her to help all those who needed help, both German & Allied Troops. By 1915, she was feeding and caring for more than 200 British, French and Belgian troops trapped in German-occupied Belgium trying to escape to neutral Holland. She was not involved in espionage, but was arrested and spent 10 weeks in prison before being executed by a German firing squad. She became a popular martyr in British history as a heroine. When her coffin arrived at Victoria Station in London, it was draped by a Union Jack flag and placed in a gun carriage that was pulled by six horses. The funeral procession to Westminster Abbey drew crowds of thousands with school children lining the route. Her funeral was attended by the King and the Royal Family.



"Patriotism is not enough; I must have no hatred or bitterness towards anyone." Edith Cavell, on the night before her execution.



My Personal Nursing Path

After I developed rheumatic fever while working at the Armadillo World Headquarters in Austin, Texas, I decided to find a job more in touch with reality. I made the decision to go to a vocational nursing school in San Angelo. I had two sisters who were nurses at the time, Mary a surgical nurse and Patty my little sister who was going to nursing school. She was always ‘the pretty sister.’ I thought, “If she could do it, I can do it.” Only I had a problem, a phobia of needles. When we were children, Dr. Flanagan would come to our house in Baltimore and chase us around with polio shots. Lenny was climbing the curtains, so I said “If I can go last I won’t make you chase me.” He said “Deal, sit down & don’t move.” This was a stupid move on my part because I had to sit there in anguish watching my brother and sisters get their shots. I even fainted when I got the penicillin shot for the rheumatic fever.

Thanks to Mrs. Burnett, an angel and teacher and the Director of the Nursing School, for graciously allowing me to stick her on the buttocks after I had locked myself in the bathroom (I had been shaking so hard during my first attempt, a nun grabbed the needle out of my hand and said “Here, let me do it).” My biggest blessing in nursing school was Terry Brooks (may you rest in peace) a fellow student who made school not only tolerable but fun. Mrs. Burnett kept us working together as a team all year. I could not have done it without her. When Terry was bitten by a stray cat, Mrs. Burnett had me give her the rabies series, “If you can stick your best friend with the rabies vaccine, you’ll never be afraid to give another injection.” I was very much in touch with reality now.

After I graduated in 1976, my first job was in a surgical intensive care unit on the night shift. I experienced high anxiety until I met Linda Knightstep RN, the Charge Nurse for both ICUs, (the other being Cardiac/Medical.) Linda had been an army nurse in Vietnam and had worked with Dr. Grant, the Chief of Staff who personally asked her to work at Shannon Hospital. What an incredible blessing for me that she liked working nights, she preferred to concentrate on patient care. She was a true angel; patient, self assured and filled with good humor. She was the best teacher in nursing I ever could have had, which helped give me the confidence that I needed for the rest of my nursing career. (When my parents were in a tragic accident in 1989, Linda was the Director of Nurses at Shannon. It was so comforting for me to know that she was taking care of my father. My mother had been killed instantly. Linda’s compassion helped hold me together during this difficult time.)

I arrived in Portland the day Elvis Presley died, August 16, 1977. One nice thing about nursing is that it is usually easy to find a job. By Monday morning I had already found a job at OHSU, Oregon Health Sciences University. I worked the first year on a renal or kidney transplant floor, transferred to a neurologic-surgical floor after the death of my dear friend James Brice. He passed away two weeks after he received a kidney transplant. For the next three years, I worked on the hardest, most physical floor at OHSU: “9C”, a 28 bed floor filled with very ill patients from the Pacific Northwest. Our patients had brain tumors, head injuries and strokes, there were paraplegics and quads. After I married Lee and had Natalie in 1980, I worked for a Kimberly Nurses Agency that sent me to every hospital in Portland. I worked mostly on psychiatric units. I have always felt comfortable on them because many patients with head traumas have similar symptoms. In the early 80s, I began working in a newborn nursery at the Family Birth Center at Emanuel Hospital. My dear friend Violet Drais, RN (who just turned 90 this year), was working in Labor & Delivery and called me when the opening came up. Mona Campbell, a long time member of The Webfooters and club secretary, worked with us at Emanuel as well.

I began my career working with patients at the end of life and ended my career in 1991 working with babies at the beginning of life. If I had a niche or common thread in the profession, it was with adolescents from young mothers, daring young men in tragic accidents (most alcohol related) with broken necks or spines, girls with anorexia nervosa to having parties at my apartment for teens with kidney transplants. Working in the healing profession provided me with the great insight that you never have to look far to find someone else in a worse situation than yours.

“Nurses offer knowledge, compassion and courage. As you cope with life’s challenges, a nurse is your lifeline, working in partnership with you, providing skilled care that makes the difference between life and death, comfort and pain, and hope and despair.”

Author unknown

Note from Judy Nagle

We would like to thank the following folks who supported our first Webfooters Post Card Club Baseball Cap Fundraiser with the purchase of a cap. These caps were donated by AB Emblem in Western North Carolina, the same factory that creates and embroiders the patches and emblems for the space program (NASA), as well as the US military and many civic organizations and businesses throughout the world.

At the end of the weekend, \$335 was turned over to the Club treasurer. (One sample cap was sold for \$15.) Considering that there was no out of pocket cost to the club, this is a great start. Those who purchased caps were: Bruce and Judy Nagle, Mary Patterson, Janice Ahl, Arne Soland, Ed Weum, Maggie Parypa, Joe Macdonald, Mark Moore, Frank Tyrrell, Terry & Don Weis, Ken Wittenberg, Eric Levorson, Betsy Steinberg, Mary Adams and Al Powers.

Judy Nagle will continue to be responsible for selling the caps and should anyone desire to purchase one, she can be contacted at either 541-994-9502 in Lincoln City or at dutsum60@mac.com. Additionally, she'll be bringing them to club meetings when she and Bruce are able to come in from the coast.

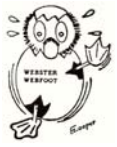


See the full color version of this newsletter at www.thewebfooters.com



Roster Additions Welcome to our new and returning members!!

Alcocer Ricardo	1632	Depoe Bay, OR
Alcocer Laurie	1633	
Frumkin Steven	1762	Beaverton, OR
Guyer Jo	1760 Collects:	Portland, OR Portland; Oregon; Holidays
Huber Paul	1589	Siletz, OR
Huber Becky	1590 Collect:	Navy; Hold-to-Light
Levorson Eric	1763 Collects:	Portland, OR Portland Restaurant Advertising; Whistlin' Pig
Robertson Ronald	1761	Detroit, OR



Club Officers

President/Editor.....Mark Moore
 Vice President.....Tony Roberts
 Secretary.....Maggie Parypa
 Treasurer.....Arne Soland
 Membership Chairman.....Krissy Durden
 Directors.....Irene Adams and Phyllis Palmer
 Historian.....Joe Macdonald
 Librarian.....Steve Kuryk



Calendar

May 13 – Webfooters Board Meeting at Elmer’s Restaurant (no host)
 10001 NE Sandy Blvd – 6:30 pm (Board Meetings held every other month)

May 16 – Webfooters Post Card Club Meeting at Russellville Grange
 12105 NE Prescott St near 122nd & Sandy Blvd – 10:00 am to 3:30 pm

June 20 – Webfooters Post Card Club Meeting at Russellville Grange
 12105 NE Prescott St near 122nd & Sandy Blvd – 10:00 am to 3:30 pm

July 18 – Webfooters Post Card Club Meeting at Russellville Grange
 12105 NE Prescott St near 122nd & Sandy Blvd – 10:00 am to 3:30 pm

For the latest news, visit our website:



www.thewebfooters.com



WEBFOOTERS POST CARD CLUB

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