

San Diego Chapter Monthly Membership Meeting Minutes

03/20/2021

President Barry Key San Diego Chapter Presiding

Vista, CA

ATTENDEES

POSITION

President	Barry Key*
Gary Peterson	2 nd Vice President*
Bill Weedman	VP for Membership*
Duncan Campbell	Color Guard Commander*
Fred Hall	Treasurer*
Bob Hayden	Secretary*
Gary Newton	Sgt. At Arms*
George Brewster, Jr.	Chancellor
Bill Peters	Genealogist

Absent

Michael Hirman	1st Vice President*
Stan De Long	Chaplain*
Ray Raser	Registrar*

Note 1: the symbol * indicates a voting member of the Board.

Note 2: There were a total of 22 members attending plus two guest.

President Key called the meeting to order at 10:00 am

President Key requested the members stand and he gave the invocation in the absence of the Dr. Rev Stan DeLong

President Key called for the Color Guard to present colors. Through a previously recorded Color Guard presentation specifically recorded for events like this virtual online meeting a video of the Color Guard presentation was played followed by the Pledge of Allegiance led by Compatriot James Helt.

The Color guard posted the colors.

Compatriot Peter Fagan then led the assembly in the singing of God Bless America.

Compatriot Philip Hinshaw then led the assembly in the Pledge to the SAR.

President Key then requested the Color Guard retire.

Guest

Judy Brooks, President Red, White, and Blue C.A.R. Chapter.

CASSAR Society Surgeon, Dr. Matthew Bowdish our guest speaker for the today.

Dr. Bowdish will be discussing George Washington's health in his presentation today.

Special Guest George Washington: (aka Vickie Emanuel)

Member of the House of Burgess

Delegate, Continental Congress (VA)

Commander in Chief of the Continental Army

Chancellor, College of William & Mary

President of the United States

President Key invited President Washington to say a few words to the assembly.

Following President's Washington's remarks, he excused himself to return to his home in Mount Vernon to attend to pressing business. Barry thanked the president for his time and advice.

New Members

President Key introduced two new members, Compatriot Gregory Campbell whose Patriot ancestor was Thomas Campbell a private in the Pennsylvania Militia and Compatriot William Richard Mitchell Sr. whose patriot ancestor was William Morris Jr, who paid supply taxes to support the Revolution.

President (Barry Key)

President Key introduced a new feature in last month's program called History, "Significant Events in Our Nation's Founding" tied to the month of the year. This meeting history discussion is tied to March.

First Articles of Confederation Ratified (1781)

Siege of Boston (1776)

Government under the Constitution begins (1789)

Boston Massacre (1776)

Spanish Siege of Pensacola (1781)

Washington squashes the Newburg Conspiracy. (1783)

King Louis XVI receives U.S. Representative (1778)

'Acts' Month – Stamp – 22nd 1765, 24th Quartering – 24th 1765, Port – 25th 1774,
Coercive – 28th 1774.

31st -

Abigail Adams urges husband to "Remember the Ladies" 1776.

President Key then introduced today's speaker Compatriot Matthew Bowdish a Board-Certified Allergist and a clinical immunologist in the Sacramento area with over 18 years' experience in the field.

Dr. Bowdish talked about George Washington's medical history based on his research and a book he wrote, "Medical History of George Washington by Matthew Stiles Bowdish, M.D.

Dr. Bowdish discussed medical care in 18th and 19th century America which consisted mostly of at home care with rarely a medical professional available to most folks. He talked about the theory and practice of 17th and 18th century medicine. For example, cupping a process of drawing blood plasma to the surface and removing bad humor from the body. Also blistering, purgatives and laxatives, and bleeding (venesection) to accomplish the same objective.

Dr. Bowdish showed paintings of Washington in done in 1794, particularly one done by William Williams that demonstrated some of the physical challenges Washington had faced throughout his life. For example, smallpox scars on his right temple and nose. A surgery scar from an abscessed tooth on his left cheek. His cheek had to be cut to remove the tooth.

Washington suffered many health issues throughout his life, measles, mumps, diphtheria, malaria. He contracted smallpox, during a trip to Barbados with his half-brother Lawrence. Also, he suffered from loss of hearing and skin damage amongst other ailments. Most of his contemporaries suffered from these same ailments, if not worse.

During the French & Indian War Washington contracted dysentery which was treated with "Dr. James Powders," (salt, mercury, bark (quinine)). It was during the Battle of Monongahela that Washington contracted dysentery and was left behind to recover but later was able to resume his duties and participate in the Battle. This was the battle where Washington had two horses shot out from underneath him and four bullet holes in his uniform but still escaped unscathed.

During this battle Washington's commander, General Braddock was mortally wounded but was able to hand over command of his troops to Washington before he passed. The

Colonial Army was completely humiliated in the engagement and Washington reputation suffered with the British.

After this experience Washington suffered from recurrent episodes of malaria and mild depression and pleurisy.

Washington eventually took up studying medicine by buying books from Great Britain on medicine and practicing on his slaves, paid help, and family members. He set up three infirmaries on the grounds of Mount Vernon and was one of the first to inoculate his slaves for smallpox.

Later on because of the disastrous American defeat at Quebec City, in no small part due to smallpox, Washington ordered all Continental troops inoculated against the disease.

Washington's medical history during the Revolutionary War is not well known mainly because it was considered a national secret.

Valley Forge was a prime example of disease and conditions that plagued the American Army at the time. Ten thousand troops camped over winter there and by spring 2500 had died from frostbite, gangrene, smallpox, typhoid, typhus, pneumonia, and dysentery.

Washington was plagued by dental problems most of his life and owned several dental tools that he used on himself and his family to care for his teeth. He lost his first tooth at age 22 and by the time he became president, age 57, he had one tooth left. He had false teeth made from human teeth, whale bone and hippopotamus teeth and saved teeth bought from slaves for dental implantation. One of his dentists was Paul Revere.

After assuming the presidency Washington had a series of medical problems, surgery on his leg to remove a large abscess (anthrax carbuncle) which took six weeks in bed to recover. In addition, conjunctivitis, and pneumonia and recurring bouts of malaria. He was out of commission for 109 days in his first term as President due to these ailments.

Washington suffered from health issues even into his retirement and died Saturday, December 14th, 1799 of upper respiratory distress (perhaps acute epiglottitis) worsened by losing three and a half quarts of blood supply by venesection (bloodletting) to which his wife Martha had objected.

According to Dr. Bowdish most of Washington's contemporaries suffered from a similar health profile including the general population of the time.

Dr. Bowdish took questions for about ten minutes and that concluded his presentation probably one of the more interesting talks I heard amongst some particularly good presentations.

Announcements (Barry Key)

- The Chapter will be receiving entries for the Poster Contest. The Board of Directors will judge the submitted posters and the winning poster will be forwarded to CASSAR for judging at the Annual Meeting of CASSAR on April 17.
- Compatriot Philip Hinshaw has awarded the Chapter's Outstanding Citizenship Award to PO2 Miguel – Arris Barlisan – Fort Fisher/TS Essex.
- MSGT. Jessica Pam of the JROTC, Scripps Ranch HS has won the San Diego Chapter's JROTC Enhanced Program Award and will be personally presented the award at a ceremony sometime in May by Sergeant at Arms Gary Newton.
- Sergeant at Arms Gary Newton stated that the Chapter will be handing out many awards this year for outstanding JROTC and ROTC cadets.
- President Key announced that the SAR Patriot Research System has been updated.
- President Key announced that at the 146th Annual Meeting of CASSAR, on April 17th, the delegates will be voting on three proposed changes to the CASSAR bylaws.
- The 131st Annual Congress will be held from July 10th through July 15th in person, at the Hyatt Regency Lake Washington, Renton, WA, Seattle's Southport barring any changes due to health concerns.
- The CASSAR 146th Fall Board of Managers Meeting will be held from November 4 through November 7, 2021, in person, in Riverside at the Mission Inn.

Upcoming Events (Barry Key)

- San Diego Chapter meeting – April 10th.
- San Diego Chapter Board of Directors Meeting – April 15th.
- California Society 146th Annual Meeting (Zoom) April 17th.
- San Diego Chapter meeting – May 15th.
- Memorial Day Tribute Wreath Laying (Zoom) – May 31st.

President Key gave the Benediction and Compatriot Hall led the members in the SAR Recessional.

The Color Guard retrieved the Colors.

President Key thanked the members for attending and invited them to join us again in April.

Meeting adjourned at 11:20 am.

Patriotically,

Bob Hayden
Secretary San Diego Chapter Secretary