

I AM ST. HELENA HOSPITAL

Jimmy Olea: Gold Medal Winner

Would you think martial arts training would make you a kinder, gentler person? According to Jimmy Olea, that's what it does. Jimmy says, "The discipline of learning and performing martial arts affects the way you travel through your time on this earth. You learn give and take. You learn about force and gentleness. You learn the discipline of training and acquire a kindness toward those who are not trained."

Jimmy has been at St. Helena Hospital since January of 1983. He works in Central Supply, decontaminating and sterilizing surgery trays and instruments, and is responsible for their safe storage and delivery to the floors. He says, "My job here as a germ fighter is like martial arts. I am part of a team that helps society in its struggle for health."



Jimmy has been interested in the martial arts since childhood. As a youth, he admired Bruce Lee and Chuck Norris, and in his 30s he began to learn Kung Fu. He has been undefeated in Eastern Ways Continuous Sparring for four years at the Eastern Ways Tournament in Sacramento and recently won the gold medal in Continuous Sparring at the Plum Blossom Tournament in San Francisco. Actually, Jimmy has won over 40 medals in Kung Fu competition. To stay in shape for Kung Fu, Jimmy runs 1-3 miles every other day and works out in the SHH gym every lunch hour.

Another interest to which Jimmy devotes his time is acting and voiceover work. He has studied acting for about 15 years and attended the Jean Shelton School of acting for two years. He has been active in amateur theater at Solano and Napa Colleges. He has also performed at the Mira Theater in Vallejo, and has been an extra in several movies, from *Howard the Duck* to *The Bandits*, with Bruce Willis. He is presently taking voiceover classes from Samantha Paris at Voicetrax in Sausalito, with a goal of performing voiceover work for animated films, and radio and television commercials.

He enjoys teaching and was a bilingual tutor of migrant children for a couple of years at St. Helena High School. When he retires from SHH he would like to teach martial arts and do animation voiceover work.

Jimmy and his wife, Jackie, have three daughters, named Dominique, Taylor and Tigerlily.

Jimmy likes the peace and beautiful natural surroundings of the Napa Valley. He enjoys working at SHH mainly because of the kindness of the employees. He quotes a memorial that is posted on the fourth floor of the hospital, "Life is precious, provided you know what to do with it." Jimmy seems to have that figured out, as he adds his own quote, "You pass through life only once. Your path should be one of kindness and friendship."