



James Lem

AUG 28, 1928 - JUN 26, 2014



Scan to Visit



FUNERAL HOME, MEMORIAL PARK & CREMATORY

Table of Contents

Obituary	Page 3
Tribute Wall	Page 4
Media	Page 5



James Lem

AUG 28, 1928 - JUN 26, 2014

James Lem passed away peacefully in San Francisco on June 26th at the California Pacific Medical Center. He was husband to Sue Lem, father to son, Mason Greg Lem, daughter Karen Leona Lem-Donahue, husband Brian, daughter Christine Dede Nagata, husband Richard, grandchildren Chaz T. Nagata and Fallon A. Lem-Donahue. But his favorite child was the dog, Megan, a Bearded Collie. He was born on August 8, 1928 in San Francisco. He attended St. Mary's Elementary School, Commerce High and UC Berkeley in Engineering. Jim was stationed in Germany during the Korean War in 1951 and with his engineering skills and knowledge of the German language he on secret assignment. Following his time in the army, he went to work at CalTrans as a Civil Engineer for over 50 years. The job he really loved. One of his earliest hobbies was boxing and became quite good at it. After that, he turned to taking and developing his own B/W photography. Then at the age of 40, he decided to take up Powerlifting. He competed and broke many records. His Powerlifting also allowed him to travel to Hawaii, Canada, England, Australia and Germany. About 10 years ago, he developed Parkinson's disease and then had a heart valve replacement 4 years ago. The operation advanced his Parkinson's and so he was in and out of the hospital 5 times. The last time was a few weeks ago when he blacked out at home. He was then taken by ambulance to the hospital, treated and then put into a rehab facility to recover. This is where he developed pneumonia and passed away at 5:30 am on June 26th. He lived life to the fullest and had many accomplishments in which we are all proud of him. He was a great man. A caring husband, father and grandfather. And now, we will hear from his son-in-law, Brian Donahue. Services will be held in his honor at Skylawn Funeral Home and Memorial Park in San Mateo, California.



Tribute Wall

James Lem

AUG 28, 1928 - JUN 26, 2014



Joe Onorati shared 5 photos to the **Memories** album.



May 29 at 2:20 PM



Cheryl Miyashiro posted:

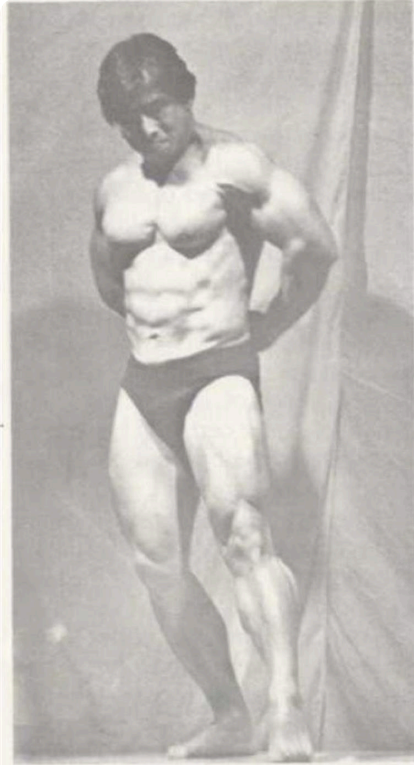
Thinking of you at this time. Know that dad will always be watching over you and forever will be in your hearts.

July 18 at 1:39 PM

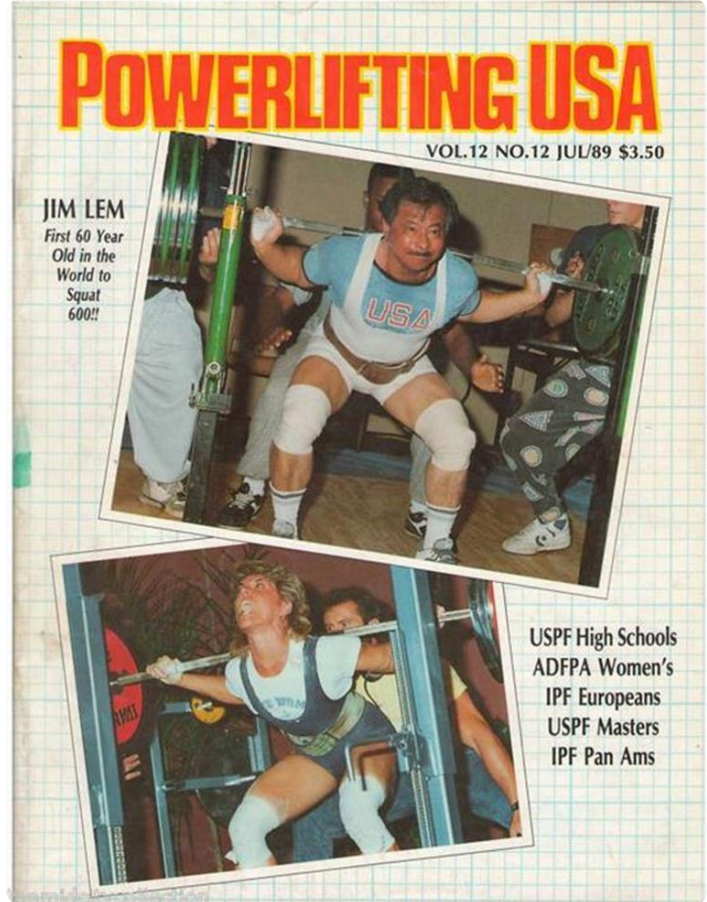


Joe Onorati shared 5 photos to the **Memories** album.

May 29 at 2:20 PM



Iron Man...Jim in shape for the Mr. Iron Man title. Photo by Lev Kirshner, who was but 9 years old when this photo was taken.

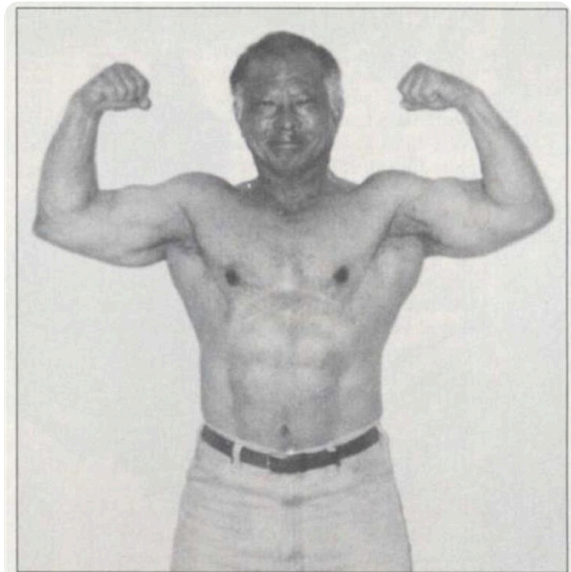
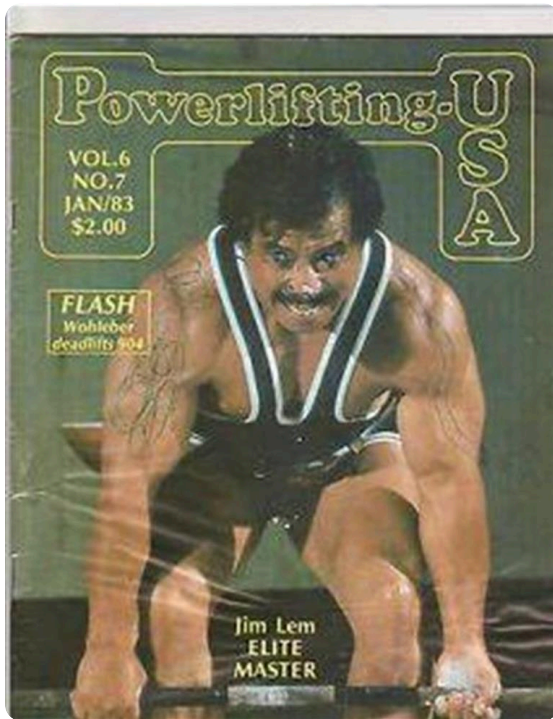


JIM LEM
First 60 Year Old in the World to Squat 600!!

USPF High Schools
ADFPA Women's
IPF Europeans
USPF Masters
IPF Pan Ams



and a few other seasoned lifters.



He's BACK... Jim Lem, the first 60 year old to squat 600, hit his first meet in almost 5 years, where he recovered sufficiently from a groin pull to squat 545 for an American Masters record in the 65-69 age group, and he took a shot at Roy Mason's 562 deadlift record. Above, the amazingly fit strength athlete flashed a double biceps shot in the motel room after the meet. Betcha Jim has positive nitrogen balance!



Memories only last if you share them

Join us in honoring James by contributing to a collection of shared memories.



Scan to Visit



FUNERAL HOME, MEMORIAL PARK & CREMATORY