



Celebrating 50 Years!
1968 — 2018

Volunteer's Voice

February 2018

Mammoth Hospital Auxiliary is a fellowship of volunteers dedicated to supporting each other, the hospital, its patients and the community.

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Treasurer's Report

Diane Beglau

December 1-31, 2017

Revenue:

Cast Off	40,118.92
Rental	1,218.29
Contributions	139.00
Membership	32.50
Interest \$ Mkt	5.10

Total Revenue: 41,513.81

Expenses:

Administration	49.00
Cast Off	6,394.44
Newsletter	80.52
Donation-Wildfire Relief	8,000.00

Total Expenses: 14,523.96

Net Income: 26,989.85

Union Bank Ending Bal:

133,566.19

Premium Money

Market Bal: 80,425.85

President's Message — Judy Bornfeld

Greetings to each one of our Auxiliary members and friends...

Okay, it's WINTER. Where are the walls of snow of last year? Where is the fluffy playful snow we live here for? We're being patient. But how patient can we be? Snow dance time is here. Come on—please, let it snow big time!!! THINK SNOW!!!

The Cast Off has been doing magnificently. The sales have been beyond any year, EVER. Thank each one of you for all of your valuable time, caring and commitment to the Mammoth Hospital Auxiliary. Your creative energy and hard work shine on a daily basis, not just the days that we're open. It's ALL of the little and giant things that you do. You are each over the top. You know, I haven't been around and doing as much with the Mammoth Hospital Auxiliary as usual. But I am like a fly on the wall at times. I feel that I know and trust you and that you communicate with me with the same caring, integrity and trust.

We're back to the last Friday of the month Cast Off Work and Pizza Lunch Day on January 26, 10 a.m. for a few hours. Whatever works for you to stop by and help spruce up the Cast Off is terrific. It sure does make a big difference in the store. Thank you to ALL of you who came in on the third Friday's of November and December, especially since so many of our volunteers were out of town and had families and friends in town. It's amazing how you help each other out with your flexibility and coverage of keeping the Cast Off open and in tip top shape. Hats off to the BEST!

Remember "**THINK PINK**" Saturdays starting January 27. I just know that we're going to have BLOW AWAY SATURDAYS! This is such a special goal for our Mammoth Hospital Auxiliary starting with our 2017-2018 Capital Outlay budget of \$175,000.00. And \$87,000.00 of that budget is for the new 3D Mammogram Machine for Mammoth Hospital. Go "**THINK PINK**" SATURDAYS, go!!!

Thank you Debbie North for putting together the AED/CPR Training at Mammoth Hospital on, January 10. I understand that this training was very informative and easy to do and it made everyone feel comfortable with using this new AED defibrillator. We are looking forward to the installation at the Cast Off of this life-saving piece of equipment which was generously donated to us by Mammoth Hospital.

Thank you for each of you. It is greatly appreciated on a daily basis. Your continued positive thoughts, caring, energy, prayers and silliness are with me each and every day. I'm doing really well. ...xoxo Judy



Hospital News — Gary Myers, CEO



Medical Staff

We continue to progress in our efforts to correct deficiencies in workflow and system build in our new Cerner E.H.R. Those closely involved in the project state that the needed corrections are moving in the right direction. High praise goes to Dr. Howell and Dr. Hummel for their extensive effort to improve the Emergency Department build, to Dr. Davis for setting up and helping train new anesthesiologists, and Dr. Burrows who has assumed this same role for our visiting physicians as well as helping the rest of the medical staff.

We recently met as a group with all of the Women's Health providers to determine final direction for physician staffing for the coming year. It was unanimously agreed upon to continue with two full-time ob/gyn physicians as well as Dr. Pauly who serves as a gyn provider and does not take call for OB but is generously available for surgical assists. We have extended an offer to an independent locum tenens physician to cover from May 1 through July 31 for a maternity leave of one of our physicians. We will continue to meet with this group on a regular basis to ensure they have the support needed to grow their practice.

With busy holiday visitation and a highly impactful flu season, we have been busy on all fronts. We continue to see higher volumes in the month of January thus far. Clinical staff have also fallen victim to illness and injury leaving us short-handed in some areas which adds to the fatigue and frustration of those still standing. The Emergency Department and Family Medicine Clinic have seen especially high numbers this past month due to flu, upper respiratory, and G.I. symptoms. Wash your hands everyone!

We have also seen a significant increase in general surgery clinic and screening colonoscopy numbers since Dr. Sindell joined the team in October. The increase in physician staffing has ensured dedicated and reliable clinic and elective surgery surgeon availability that used to be regularly disrupted by trauma and acute illness.

Hospital Staff

Our HR Department has been working very closely with our clinical department managers to fill vacancies in the ranks. We recently brought on 5 traveler staff, mostly in nursing departments, to assist with staffing. We've had turnover in our O.R. management team recently but Kathleen Alo has moved quickly to fill these key positions.

We will be honoring more than 40 employees at the annual meeting who are being recognized for their length of service to the District and their ongoing commitment to our mission.

Facilities

We have an architect submitting a "change of purpose" application to allow the conversion of old hospital space from clinical to non-clinical. This space is currently poorly utilized and could be put to much more beneficial use for the District. The state wheels turn very slowly however so we will need to come up with an interim plan for relocation of 10 staff members soon.

Layouts are complete on the Specialty Clinic and those plans, including mechanical, electrical, and plumbing, (MEP) have been submitted to the Town for review. Layouts are nearing completion on the Dental Clinic and Lab expansion. MEP is still in progress on those drawings.

Foundation

The Mammoth Hospital Foundation held its quarterly meeting and announced that Talene Shabanian has accepted the position of Foundation Coordinator. The Foundation is now under the management Sarah Vigilante, HR Director. Talene has worked for the District for the past 18 months as an HR Generalist and done an outstanding job. We look forward to Sarah and Talene leading the growth and development of our Foundation. Second quarter fundraising for the Foundation exceeded \$75,000 in gifts from private and corporate donors. Foundation board members Tim Dawson and Rusty Gregory helped us organize an apres ski party for some of their friends who are interested in the work that our Foundation does to support the hospital. Our aim is to grow a support group called the Friends of Mammoth Hospital who can be influential in our future success to raise funds for new projects. Big thanks go to Tim Dawson and Rusty Gregory for their support and encouragement of this.

Finance

December was a strong month for us as it generally is. We had high clinical activity and strong revenue.

Happy Birthday!

February Birthdays

2/10 Paul Burdeno
2/21 Pat Price
2/24 Roger Curry

People my age are so
much older than me!

Sunshine Update – Judy Bornfeld

Welcome to your Mammoth Hospital Auxiliary Sunshine Column. We like to keep on top of supporting, caring and encouraging our members and friends and to let them know that we care and are there for them. Also, we are sending our most positive thoughts for healing and speedy recoveries. Each month we continue to send our best to those that are under the radar or we haven't been informed of yet. In addition, I know some of us prefer not to have our names mentioned. I do understand and will honor your wishes.



I just saw Louray McGrale and she's doing better. She's on a new treatment program from City of Hope and it seems to be working.

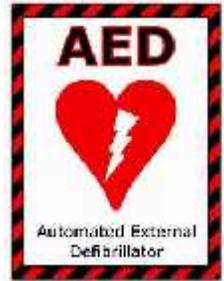
Good news as I write this. We don't have any illnesses or injuries that I've been updated on. Keep it up! Unfortunately, I do know that this flu season has had a BIG impact on our volunteers and community, even with the flu vaccine. Nothing's perfect! So keep bundling up and stay away if you're sick!!!

Our condolences go out to Andree Wallis whose son Sean recently passed away after a long battle with brain cancer. Our thoughts are with Andree and her family.

P.S. Judy's update - Love being back home in both Swall Meadows and Mammoth. It really feels normal and it is! I had my first Chemo Infusion at Cedars Sinai the beginning of January and I'm having my second one here this week at Mammoth Hospital's Infusion Center. I'm delighted I get to do this part of my journey here, at home. And the bonus is, I'm doing really well!

AED Training — Debbie North

Late last fall we learned that the hospital had an extra AED defibrillator device that they wanted to donate to us. So, on January 10, several members of the Auxiliary met at the hospital for CPR and AED training in preparation for having the AED kit installed at the Cast Off. Kathy Romagnino did an excellent job getting us comfortable with the device, which talks you clearly through every step. Kathy also gave us a tour of the CPR training room and the computer programs, purchased with funds from the Auxiliary, that they use to help keep all hospital staff trained and current in their CPR certifications. As an added bonus, Tabby Mannerter was available to help us get signed up for the new electronic records system. Many thanks go to Rick Benz, Kathy Romagnino, Tabby Mannerter, and others at the hospital who are making this possible! And thank you to the Auxiliary members who came for the training. It's one of those things that you hope you never need to use, and it doesn't replace calling 9-1-1 in an emergency, but if something happens to a customer or one of us, now we're prepared!



If anyone else is interested in training, let Debbie know at trailtrainer@gmail.com and she'll make a list and work with the hospital so more people will know how to use the new device.

Membership — Patti Heinrich

Please welcome the following new members:

Alfred Hofstatter (G) 8/7
PO Box 8221
186 Holiday Vista Dr
Mammoth Lakes, CA 93546
Cell: 661-645-4859
Email: alfred.hofstatter@gmail.com
2nd Home: 21820 Jeffers Ln
Santa Clarita, CA 91350

Joi Inscore (G) 10/27 (Mike)
PO Box 7291
469 Hillside Dr
Mammoth Lakes, CA 93546
Cell: 310-612-4435
Email: joinscore44@gmail.com

What's Happening @ the Cast Off?



Cast Off Update

Following are highlights of the January Cast Off Committee Meeting:

- ⌋ Keep sizable, nice toys that can be priced \$4.00 – 5.00 and display in the children's area, on the shelves.
- ⌋ Large Christmas Trees – do not take anything over 6 feet.
- ⌋ NO Christmas tree stands – they do not sell.
- ⌋ NO twinkle Christmas lights – only LED's.
- ⌋ Beanie Babies that had been saved because we thought they might be worth something are being sold. Patti assessed their value and they are selling for \$3 - \$4.
- ⌋ Save only sweat shirts and sweat pants for the Hospital. No Hoodies or zippers!
- ⌋ All cowboy boots should have a uniform price: Adults - \$20.00, Children - \$10.00
- ⌋ The Mammoth Lakes Repertory Theater bought the dining room set in the Front Room for \$40.
- ⌋ Please, no area rugs more than 8' X 10'. Also, no carpet scraps.
- ⌋ If a display item has "Property of the Cast Off" on it, DO NOT SELL!
- ⌋ Thanks to all of the volunteers coming in on Saturdays to help out.
- ⌋ Thanks to Diane for the hundreds of hours she has spent on sorting, getting appraisals and pricing jewelry. She does this for our annual Christmas Party Jewelry sale which took in over \$1,800.00! Diane also sells jewelry year round at the Cast Off and we all appreciate her generosity and hard work!

- ⌋ Cashiers are doing a great job and are keeping the cash register running!
- ⌋ Sewing Group: They've gone through all of the fabric and will start making winter pot holders.

From the Day Chairmen & Co-Chairmen

Monday—Karen Curry

We wish everyone in our organization a Happy New Year! We recently celebrated the Martin Luther King holiday by being open! Jan made some delicious meatballs and dessert and we all brought something to make a wonderful lunch. The best part about the day was that Judy joined us for lunch! She has completed her first round of chemotherapy and is sporting a new "do". We're so happy to have her back. Also, Gail returned from a two-week vacation so we are glad to have her aboard, too. Vicki has not been in due to a bad case of the flu, but we so look forward to her return once she is feeling well!

Note from Vicki - Just in case anyone missed the news....this flu is really dangerous and can come back with a vengeance more than once. I had a flu shot and have had it now a month. Finally went to the Doctor for antibiotics. Tell everyone to be careful, wash your hands like crazy, wear a mask if you feel you're getting it or exposed to it. You can't ignore this bug!!

Tuesday—Shannon Clark

Thanks everyone for the extra help we've received on Tuesdays. We're are doing really well.

Thursday—Sharon Clark

A few weeks ago, Thursday arrived to find 4 single iron bed springs stacked against the back of our building. To haul them to the dump = \$100. A few hours later, who should appear but Roger....steel saw in hand, eye glass goggle protectors on, attacking, sawing, reducing those bed springs to pieces so that they would fit into the dumpster. Is there anything...wooden, steel, plastic...that this guy is unable to reduce in size? I think not. Thank you, Roger. You're nothing short of a very clever "reducer" worker.

We thank Barbara Brown for filling in on the Cash Register when our own Carolyn Cook was out with the horrid 'stuff' going 'round town. Barbara, you were a life saver. Carolyn, we're so glad you're hale and hearty once again. We missed you.

Thursday (cont.)

As opposed to the customer who always wants to 'bargain' down a price, I got a big surprise last Thursday. A really neat young man and I looked up an item's price that had a range \$8 - \$10; I suggested \$9. "No", said he, "I'd rather pay \$10~~!!" I wanted to hop over the counter and hug him....*but I know better.*

Saturday—Gail Miller

I would again like to thank all the volunteers who take time out their day to come in on Saturdays. We also need people at the end of the day to help the cashier bag items and help with cleaning out dressing rooms and picking up extra hangers.

... and from Karen Curry

Gail Miller has returned from a two-week vacation and we all missed her! We thank all of those volunteers who have helped out on Saturday and kept it running smoothly. With Penny and Paul gone for two months, all of the days have pitched in to keep Linens sorted, priced and cleaned up! With more snow in our near future, ski and snowboard clothing and equipment have been selling really well. It's nice to bring down sleds and snow pans and see them fly out the door! Happy New Year!

Cast Off Supplies — Carolyn Balliet

Cashiers— please add to your opening list to check and be sure there is register tape for the credit card machine and cash register.

When requesting items to order, please include your full name so I can call you to clarify any questions I might have.

Police Blotter — Mammoth Times

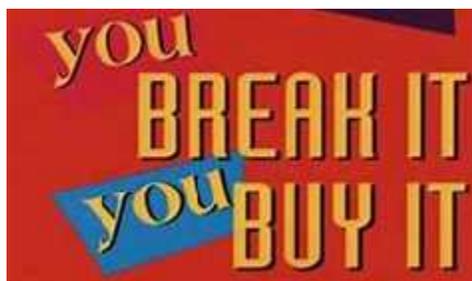
The Cast Off made the January 4 Police Blotter. It reported that someone had tried to break into the building and that there was damage from a car driving into the side of the building. Fortunately it wasn't quite as serious as the paper made it sound. Apparently Brian saw evidence that someone had been trying to break into his side of the building and he filed a police report. And yes, someone did back into the bowling alley side of the building and left an indentation about one foot square. Scott filed a police report and Karen and Roger placed plywood over it until it can be repaired.

Reminder

Strollers and backpacks are not allowed in the store. If a customer wishes to leave them or any other item behind the Cashier or in the foyer, the Cashier has green stickers that say "This item is NOT for sale" which they can place on their item so it does not get sold accidentally.

Katie's Korner — Patti Heinrich

In December we sold \$964 in vintage items.



You see this sign in many stores. Being a thrift store it's rather hard for us to enforce that.

We put more expensive or valuable items on the shelves behind the cashier's counter. If a customer wishes to see one of them, they are supposed to ask for assistance and not just walk behind the counter. In fact customers should never be allowed back there — for both security reasons and to avoid something like the following which happened recently.

Unfortunately a customer went behind the counter to look at a violin which had been priced at \$150. He dropped it and broke the violin! The customer apologized but we're out \$150. There is now a large sign that says:



**Customers not allowed behind the cashier!
Please ask for assistance.**

For such a short month, February sure has a lot of things going on!

February 2: Ground Hog Day

Punxsutawney Phil is certainly one of the most famous residents of Punxsutawney, Pennsylvania. Phil's big day is February 2. During the rest of the year, he lives in the Punxsutawney Library with his "wife" Phyllis. According to handlers John Griffiths and Ben Hughes, Phil weighs 15 pounds and thrives on dog food and ice cream in his climate-controlled home at the Punxsutawney Library.

Each year on February 2, the City of Punxsutawney holds a special festival in honor of its famous furry forecaster. The early-morning ceremony begins before sunrise in a special location called Gobbler's Knob. Up on Gobbler's Knob, Phil is placed in a heated burrow underneath a simulated tree stump on stage before being pulled out at 7:25 a.m. to make his prediction.

As Phil emerges from his home, onlookers and newscasters hold their breath waiting to see if Phil will see his shadow. According to folklore, if it is cloudy when he emerges from his hole on February 2, he will leave the burrow, and we can expect an early spring. If it is sunny and he sees his shadow, he will return to his burrow, and we can expect six more weeks of winter.

The groundhog's seasonal forecasting accuracy is somewhat low. Phil's Winter prognostications have been correct only 39% of the time.



February 4: Super Bowl

This is the second biggest food day behind Thanksgiving. We buy 12.5 million pizzas that Sunday, averaging \$26.45 per order, according to RetailMeNot.com, and the California Avocado Commission estimates that fans consume 160 million avocados (most likely in the form of guacamole, of course).

The NFL claims that the Super Bowl is viewed by one billion people, which is actually a misleading figure. It is viewable by as many as one billion people around the globe, but about 100 to 110 million usually tune in, largely from the United States. The 2015 Super is the most watched US telecast of all time, with an average viewership of 114.4 million.

Only 61,946 fans attended Super Bowl I in Los Angeles (despite the venue's capacity for 100,000), while Super Bowl XIV in Pasadena has held the attendance record

since 1980, with 103,985 fans. That figure won't be surpassed in Minneapolis at Super Bowl LII: U.S. Bank Stadium seats just 66,655. Tickets are going for \$3,700 a piece and up.

Football isn't like baseball; no game demands more than two or three balls. That said, the NFL doesn't take any chances with its biggest showcase of the year—216 official game balls are custom-produced for each Super Bowl game, imprinted with the team names and game logo. In total, 108 footballs are delivered to the game; the two contenders are allowed to do whatever they please with the rest.

The NFL may be filled with tough athletes, but the one thing the players don't seem to like is the cold weather so games are played either in a warm-weather location or under the protection of a stadium dome. Florida (including Miami and Tampa) has hosted 14, the most Super Bowls for one state. New Orleans trails close behind with nine, while the greater Los Angeles area has hosted seven.

During the first Super Bowl in 1967 a 30-second commercial cost about \$40,000. In 2017 a 30-second spot reportedly cost between \$5 million and \$5.5 million and 2018 will average the same. For comparison, the average price of a 30-second ad during Game 7 of the 2016 World Series was just over \$500,000. The price for a similar spot during the 2016 Oscars cost about \$2 million.

Best Super Bowl Commercials?

#1: Coca-Cola: "Hey kid, catch!" (Super Bowl XIV, 1980)

Widely considered the first truly blockbuster Super Bowl commercial, this 1980 Coca-Cola spot stars Pittsburgh Steeler Mean Joe Greene.

#2: Apple: 1984 (Super Bowl XVIII, 1984)

Inspired by George Orwell's novel, Apple's "1984" introduced America to the Macintosh computer. It aired nationally once: during Super Bowl XVIII.

#3: Budweiser: Frogs (Super Bowl XXIX, 1995)

The original Budweiser Frogs ad, which aired in 1995, is one of the most clever Super Bowl spots ever.

Runners Up:

) Wendy's: Where's The Beef? (1984)

) Budweiser — "Respect" (2002)

The Budweiser's Clydesdales are a regular presence during the Super Bowl. But this ad paid tribute to the victims of the Sept. 11 attacks and brought both the Clydesdales and the TV audience to their knees.



Super Bowl rings are a wearable validation of a player's professional career. 150 rings are handed out. The winning team will hand out more diamonds in one afternoon than a Zales store does in a year. In 2015, New

England's reward for beating the Seahawks in the most watched US telecast of all time and possibly the greatest game ever played was 150 rings valued at \$36,500 apiece. The NFL picks up the tab for the ornate accessories, shelling out more than \$5 million each season. The rings themselves aren't limited to the guys on the field on Super Bowl Sunday. With only 53 athletes on the active roster, that leaves 97 rings for practice squad members, coaches, executives, and members of the training staff. They can also go to former players who may have been released or traded during the season, and other off-field contributors.

While the winning players get rings, the winning team gets the Vince Lombardi Trophy. It depicts a regulation-size football atop a vaguely tee-like structure. Designed and manufactured by Tiffany & Co., the sterling silver award weighs seven pounds and takes nearly 70 hours to forge and assemble. Its estimated value is \$50,000.

February 13: Mardi Gras

"Laissez les bons temps rouler", or in English, "Let the good times roll!" Mardi Gras 2018 falls on Tuesday, February 13. It is an official state holiday in Alabama (home of the first Mardi Gras parade), Florida and Louisiana. Mardi Gras in the United States was first observed in Mobile when it was a colony of French soldiers in 1703. It got going in New Orleans soon after the city's founding in 1718. The Spanish, who ruled the Big Easy from 1762 to 1800, apparently cracked down on certain Mardi Gras rituals (though documentation from that period is scarce). U.S. authorities did much the same after taking control in 1803, banning both masked balls and public disguises. Nonetheless, they eventually accepted the festival's existence.

The first recorded Mardi Gras street parade in New Orleans took place in 1837, by which time the city had transformed from a small backwater into a major metropolis. Twenty years later, six men organized a secret society called the Mistick Krewe of Comus. By holding a parade with the theme of "The Demon Actors in Milton's Paradise Lost," along with a lavish grand ball, Comus reversed the declining popularity of Mardi Gras and helped establish New Orleans as its clear epicenter.

Beads, costumes, and King Cakes are all Mardi Gras staples, however, Carnival season just wouldn't be the

same without parades and elegant floats rolling through the streets. Average cost for a person to ride a float: \$500. Did you know it's illegal to ride on a float without a mask? The original purpose of the mask was to get rid of social constraints for the day, allowing people to mingle with whomever they chose. \$5.72 is the average cost for a Mardi Gras mask.



There are about 35 distinct parades throughout New Orleans proper, and over 50 if the surrounding suburbs are counted. None of them, however, run through the French Quarter. While the neighborhood and its famed Bourbon Street often draw attention for its partying antics and nudity, New Orleans has prohibited floats from rolling down the area's narrow streets due to fear of fire. Mardi Gras parades have only been cancelled 13 times in the 160-year history of the tradition, mostly due to the Civil, World and Korean Wars. In 2006, the lingering effects of Hurricane Katrina threatened to do the same, but officials decided to proceed with the annual celebration.

Mardi Gras is the last night of partying, drinking and eating rich foods before the ritual fasting of the Lenten season, foods such as Chicken-Andouille Gumbo, Crawfish Étouffée, Garlic Cheese Grits, Beignets, Red Beans and Rice, Shrimp Po'boys, and King Cakes. A King Cake is an oval-shaped bakery delicacy, a cross between a coffee cake and a French pastry, that is as rich in history as it is in flavor. Over 500,000 are sold during Mardi Gras season in New Orleans.

King cakes originated in Europe as a way to celebrate Twelfth Night, or the Feast of the Epiphany when the three kings traveled to Bethlehem to celebrate the birth of the baby Jesus. They're decorated in the traditional royal colors of Mardi Gras - PURPLE which signifies Justice, GREEN for Faith, and GOLD for Power. These colors were chosen to resemble a jeweled crown honoring the Wise Men. The cakes often contained a coin, bean or trinket that represented the baby Jesus. Settlers from France and Spain brought the King Cake tradition to the southeastern region of the United States, especially New Orleans, where it is a traditional food of Mardi Gras.

Keeping with tradition, we still hide a trinket or small plastic or porcelain baby in the King Cake. This symbolizes luck and prosperity to whoever finds it in his/her slice of cake. That person is also responsible for purchasing next year's cake, or for throwing the next Mardi Gras party. See a recipe for King Cake on page 11.

February 14: Valentine's Day



Only the U.S., Canada, Mexico, France, Australia and the U.K. celebrate Valentine's Day. It is big business. Last year, the average U.S. consumer spent around \$146.84 on Valentine's Day gifts, meals and entertainment.

About 3/4 of the people who buy flowers for Valentine's Day are men, while only 1/4 are women. California produces 60 percent of American roses, but the vast number sold on Valentine's Day in the United States are imported, mostly from South America. Approximately 110 million roses, the majority red, will be sold and delivered within a three-day time period.

About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.

During the late 1800s, postage rates around the world dropped, and the obscene St. Valentine's Day card became popular, despite the Victorian era being otherwise very prudish. As the numbers of racy valentines grew, several countries banned the practice of exchanging Valentine's Days cards. During this period, Chicago's post office rejected more than 25,000 cards on the grounds that they were so indecent, they were not fit to be carried through the U.S. mail.

In the 17th century a hopeful maiden ate a hard-boiled egg and pinned five bay leaves to her pillow before going to sleep on Valentine's eve. It was believed this would make her dream of her future husband.

February 16: Chinese New Year

No matter how you write it, spell it, or say it - Gung Xi Fa Cai, Gung Hey Fat Choy, etc. - the sentiment is the same. Happy Chinese New Year! The Chinese New Year, or Spring Festival, has more than 4,000 years of history and is the longest holiday of the year. In 2018, it begins on February 16 and ends March 2. It is the year of the Dog. Recent years of the Dog are: 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018

The Dog is the 11th sign of the Chinese zodiac. Honest and loyal, Dogs are the truest friends and most reliable partners. Sympathetic and intelligent, they have a binary approach to life and their relationships with others. If you benefit from their friendship or love, a Dog will never disappoint you. Preferring the countryside to the city, they are not great travelers like the Horse, and prefer above all to take care of their home. Seeking safety above all, the

Dog is the most conservative and traditionalist of all the signs of the Chinese zodiac. In the professional world, the Dog is often a lawyer, judge, police officer, teacher, educator, priest, doctor, trade unionist, leftwing politician, secret agent, philosopher, critic or writer. Dogs are healthy overall, but the status of their health often has drastic changes. Though they seem resilient, it actually hides the symptoms that they may have. The smallest colds can put them in bed for days. Be wary of influenza and other contagious diseases.

Women born in the Dog year are very cautious. They are indifferent towards people they don't like, and don't trust easily. But once they do, it's permanent. They are intensely protective of their friends and family. They are genial and independent. They love outdoor activities and being in nature. They are hard workers and don't give up until they succeed. Security and a stable income are her requirements for a career.

Men born in the Dog year are straightforward and genuine. They are energetic, though they're more pessimistic inside. Very opinionated, they're always ready to correct others and defend their stance. It's not that they want to show off. They just feel it's necessary to help others realize their mistakes. These men care deeply for their family. Their stubbornness fades in the face of their loved ones. They work to understand and compromise, resulting in a harmonious family life.

Here's a quick peek at the 12 Chinese zodiac animals and what the year 2018 holds in store for each.



Rat – You are charming, picky, ambitious and bright. You are adventurous and deep thinking. 2018 year will be kind to you. Concentrate on fulfilling your hobbies and desires. Be ready for changes and opportunities that might come knocking on your door. Budgeting for the future is a good idea. And do not forget to spend time with your loved ones.

Ox – You are patient, hardworking and dependable. You are trustworthy and like to follow rules. It may appear to be a good year, but do take some precautions. You will be keen to learn new things this year. This is a good time to start exercising and trying to overcome your mental anxiety. Take time out to relax and enjoy life to the fullest.

Tiger – You are powerful, aggressive and courageous. You can also be rebellious and unpredictable but at the same time protective and sympathetic. You can expect the year to be a very good year for you. You will prosper when involved in projects. You might be interested in

looking out for new partners. But cheating on your lover is not acceptable.

Rabbit – You are affectionate, virtuous and kind. You are sensitive to beauty and aim for peace in your life. It is not exactly a good year nor is it a bad year. Be careful in all business ventures. This will be a fast and happening year for you. Now is the time to put your plans into action. But do not forget to be physically fit and mentally alert. Go with the flow and enjoy life as it comes.

Dragon – Dragons are full of strength and energy, always on the go. You are powerful, wealthy and wise. It will be a dynamic year for you. Optimism and the will to try new things will be the key to your success. But if you must travel, do be careful. This is a good year to take up some sport as a hobby. Passionate relationships are in the cards. Flings and one night stands might prove to be tempting.

Snake – Snakes are determined, wise and intense. You are vain and inclined towards physical beauty. It is a spontaneous year for the Snake. Life will move at such a fast pace that you will tend to ignore your health. Meditate and exercise when you get time so that you do not suffer in the future. Do not be so emotional in your relationships that you start clinging.

Horse – Horses are popular and very attractive. Talkative and sometimes showy and impatient. This is a great year for Horses to enjoy themselves. You're always on the move and 2018 is no exception. But try to keep a balance in all aspects of your life if you don't wish to burn out fast! The Chinese zodiac foretells that life will be a roller coaster for you so enjoy as well as make the most of it.

Goat – You are creative and elegant, tender and sympathetic, sometimes shy. 2018 predicts a year of changes. Your energy and instincts will play a pivotal role in the different choices you make this year. Money will come easily but do not splurge on unneeded things. This will be an excellent year provided you do everything in moderation.

Monkey – Monkeys are charming and intelligent, inventive and at times deceitful. You are able to influence people and are successful at almost anything. It is a good time for hard work as it will all be recognized. Predictions forecast a year of intuition and telepathy. Use it to your advantage and you will come out a winner. Taking things with a calm mind will prove to be important for your prosperity.

Rooster – You are proud, eccentric and a little too sure of yourself. You enjoy learning and are not afraid to work. This might be a confusing year for Roosters. If you need to make decisions, make them now. Be it work, love or relationships, you are just not able to make the right choice easily. Take your time, give it thought and take your decisions wisely. There is no hurry.

Dog – Dogs are loyal and sincere. You like things to be fair and work well with others. It is your year so go for it!. Your 2018 horoscope forecasts a year of focus and strong will power. Use your extra energy in coming up with constructive ideas instead of just wasting it away. Nothing is difficult for you if you are confident about your dream and goals.

Pig – The Pig is the last animal in the Chinese Zodiac cycle. Pigs are brave, noble and chivalrous. You make lifelong friendships. It is a year of fulfillment for you. 2018 will be comfortable and peaceful. You will be keen to try out new things in your life. Do not pass up good opportunities that can open new doors. Keep your eyes open for new chances.

Do you know why the 12 Chinese zodiac animals are in the sequence above? The following story reveals the legendary reasons and some of their characteristics.

Long, long ago, there was no Chinese zodiac. The Jade Emperor wanted to select 12 animals to be his guards. He sent an immortal being into man's world to spread the message that the earlier one went through the Heavenly Gate, the better the rank one would have. To finish the race and become one of 12 animals in the calendar, the animals had to cross a river.

The next day, animals set off towards the Heavenly Gate. Rat got up very early. On his way to the gate, he encountered the river. He had to stop there, owing to the swift current. After waiting a long time, he noticed Ox about to cross the river and swiftly jumped into Ox's ear. The diligent Ox did not mind at all and simply continued. After crossing the river, he raced towards the palace of the Jade Emperor. Suddenly, Rat jumped out of Ox's ear and dashed to the feet of the Emperor. Rat won first place and Ox was second.

Tiger and Rabbit came third and fourth because both are fast and competitive, but Tiger was faster. (Rabbit got across the river by hopping on stepping stones and a floating log.)

Good-looking Dragon was fifth and was immediately noticed by the Jade Emperor, who said Dragon's son could be sixth. But Dragon's son didn't come with him that day. Just then, crafty Snake came forward and said Dragon was his adoptive father; so Snake ranked sixth.

Horse and Goat arrived. They were very kind and modest and each let the other go first. The Jade Emperor saw how polite they were and ranked them seventh and eighth.

Monkey had fallen well behind. But he jumped between trees and stones, and caught up to be ninth. Then came the Rooster and Dog in tenth and eleventh place. The happy-go-lucky Pig took his time and came in last.

February 19: President's Day



Back in former school days, February was an important month — not just because it included the eagerly-anticipated Valentine's Day, but because even though it was the shortest month of the year, it encompassed two holidays for which public schools were closed: Lincoln's Birthday (February 12) and Washington's Birthday (February 22). Two school-free days for the kids and two days off for working parents. What wasn't to like about February?

Nowadays though many of us don't get any weekdays off at all in February, or we're offered a single holiday that falls on the third Monday in February and is neither Lincoln's nor Washington's Birthday but some hybrid known as "Presidents' Day." What happened to our traditional February holidays? And just who are we commemorating on "Presidents' Day"?

Some of us think we're observing George Washington's Birthday, some of us think we're celebrating the combined birthdays of George Washington and Abraham Lincoln (two formerly separate holidays smushed into one), and some of us think we're honoring the memory of all U.S. presidents past and present. Which is it?

The seeds of confusion were sown in 1968 with the passage of a piece of legislation known as the Uniform Holidays Bill, intended to create more three-day weekends for federal employees by moving the observance of three existing federal holidays (Washington's Birthday, Memorial Day, and Veterans Day) from fixed calendar dates to designated Mondays, and by establishing Columbus Day, also to be observed on a Monday, as a new federal holiday. (Subsequent legislation enacted several years later eventually restored the observance of Veterans Day to November 11.) Under this act, from 1971 onwards the observance date of Washington's Birthday would be relocated from February 22 to the third Monday in February.

Although Lincoln's Birthday had never been designated as a federal holiday, it was observed as a state holiday in many parts of the country. However, after additional federal holidays were created for Columbus Day and the Birthday of Martin Luther King, Jr., some states dropped

the observance of Lincoln's Birthday as a separate holiday in order to maintain a fixed number of paid holidays per year. As a result, we now have a hodgepodge of state holiday schedules in the USA. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.

February 24: Think Pink Saturday

Think PINK!

**Mammoth Hospital Auxiliary
has pledged all Cast Off proceeds
from the last Saturday of each month
will go toward purchasing new life-saving
State-of-the-Art
3D Mammography Equipment
for Mammoth Hospital**

**Please shop at the Cast Off
the last Saturday of each month!
Your purchases may help SAVE a life!**

**Remember ...
Think PINK!**

For Your Funny Bone!

As a bagpiper, I play many gigs. Recently, I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a paupers cemetery. As I was not familiar with the area, I got lost and, being a typical man, I didn't stop for directions.

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man. And, as I played "Amazing Grace", the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, "I never seen anything like that before, and I've been putting in septic tanks for twenty years."

Mike walked into a post office just before Valentine's day. He couldn't help noticing a middle-aged, balding man standing in a corner sticking "Love" stamps on bright pink envelopes with hearts all over them. Then the man got out a bottle of Chanel perfume from his pocket and started spraying scent over the envelopes.

By now Mike's curiosity had got the better of him, and so he asked the man why he was sending all those cards.

The man replied, "I'm sending out 500 Valentine cards signed, 'Guess who?'"

"But why?" asked Mike.

"I'm a divorce lawyer," the man replied.

Newsletter articles are due by the 15th of each month. Drop them in Jan McPherson's mailbox at the Cast Off or mail/email them to her at PO Box 2859, Mammoth Lakes, CA 93546, scoutdj1967@gmail.com

Bon Appetit!

King Cakes are delicious and time consuming to make. The following recipe is easy and requires no yeast, no kneading and no waiting for the dough to rise!

Easy King Cake

Cake:

2 8-oz. cans crescent rolls
4 oz. cream cheese
2 T. powdered sugar
1 t. vanilla extract
2 T. butter
1/3 C. light brown sugar
1 T. ground cinnamon
1/4 C. raisins



Icing and Sugars:

1 cup powdered sugar
1 to 2 tablespoons milk
1/2 teaspoon vanilla extract
Colored sugars (purple, green and gold)

Preheat oven 350F. Coat a baking sheet with cooking spray. Soak raisins in hot water 15 minutes and pat dry.

Unroll the crescent roll dough and separate into triangles. Form a large circle or oval with the triangles on the baking sheet, positioning them next to each other with the points toward the center, overlapping the long sides about 1/4 inch. Where the pieces overlap, press the seams together in the center of each seam, leaving the ends of the seams unsealed so you can fold them up over the filling.

Combine cream cheese, powdered sugar and vanilla in a mixing bowl. Using a mixer at medium speed, beat until creamy. Spread cream cheese mixture on dough in the center where seams have been pressed together. Combine butter, brown sugar, cinnamon and raisins in a small bowl. Stir with a fork until crumbly. Sprinkle over cream cheese. Fold dough points over filling, then fold base of triangles over points forming a circular roll. Bake 20 to 25 minutes, until golden brown. Cool.

Combine all icing ingredients except colored sugars in a small bowl. Whisk until icing reaches desired consistency, adding more powdered sugar or milk as needed. Insert a trinket or small plastic or porcelain baby in cooled cake and drizzle icing over cake. Sprinkle colored sugars in wide horizontal bands over the iced cake.

Laissez les bons temps rouler!

Dates to Remember

January 26, Friday	Cast Off Work Day, 10 a.m.
January 27, Saturday	"Think Pink" at the Cast Off
February 1, Thursday	Cast Off Committee Meeting, 3:30 PM at the Cast Off
February 2, Friday	Ground Hog Day
February 4, Sunday	Super Bowl Game
February 13, Tuesday	Mardi Gras
February 14, Wednesday	MHA Board Meeting, 10:00 AM at the Cast Off Ash Wednesday Valentine's Day
February 16, Friday	Chinese New Year
February 19, Monday	President's Day
February 23, Friday	Cast Off Work Day, 10 a.m.
February 24, Saturday	"Think Pink" at the Cast Off
March 1, Thursday	Cast Off Committee Meeting, 3:30 PM at the Cast Off
March 4, Sunday	Academy Awards
March 14, Wednesday	MHA Board Meeting, 10:00 AM at the Cast Off
March 11, Sunday	Daylight Saving Time Begins
March 17, Saturday	St. Patrick's Day
March 20, Tuesday	First Day of Spring
March 25, Sunday	Palm Sunday
March 30, Friday	Cast Off Work Day, 10 a.m. Good Friday
March 31, Saturday	"Think Pink" at the Cast Off First Day of Passover

Mammoth Hospital Auxiliary

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Mammoth Lakes, CA 93546

