



Celebrating 50 Years!
1968 — 2018

Volunteer's Voice

May 2018

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

Inside this issue

In Memoriam	2
Hospital News	4
Blood Drive	4
Annual Meeting	5
Year-End Reminders	5
Sunshine	5
Historian	5
Cast Off Update	6
From the Day Chairs	6
Katie's Korner	7
CPR Training	7
Birthdays	7
Mother's Day	7
50th Anniversary	8
Membership	5
SNARL Sched	9
For Your Funny Bone	10
@ the Library	11
Bon Appetit	11
Dates to Remember	12

Treasurer's Report

Diane Beglau

March 1—31, 2018

Revenue:

Cast Off	20,251.13
Rental	1,218.29
Contributions	133.00
Interest \$ Mkt	5.28

Total Revenue: 21,607.70

Expenses:

2nd Half Prop Taxes	13,776.49
Administration	32.00
Newsletter	65.11
Gifts to Hospital	9,187.85

Total Expenses: 23,061.48

Net Income: -1,453.75

Union Bank Ending Bal:

112,264.28

Premium Money

Market Bal: 80,441.87

Jan/Feb/Mar "Think Pink"

Saturdays 6,093.60

President's Message — Judy Bornfeld

Greetings to each one of our Auxiliary members and friends

Spring has been springing ALL kinds of surprises on us—sun, snow and more wind. Enough already! We're so ripe for warmth and sunshine. And how about some colorful flowers popping up here and there? I know this is rubbing it in but I'm leaving for Maui for 10 warm and sunny days with colorful flowers to see, touch and smell. I'll make sure to blow some warmth your way. Okay?

The Cast off has been steady, even with the challenging weather. One Saturday we had one of our biggest days. The line was all the way to and cramped up to the work room. Our Volunteers continue to juggle their lives and creatively cover and fill in for each other. I'll come in one day and see Volunteers from another day helping out. You are absolutely amazing how you are communicating with each other and keeping the Cast Off up and running, quite smoothly I might emphasize! Our Volunteers ALL deserve AWARDS for being beyond the BEST of the BEST! Thank each valuable one of you. You are definitely precious gifts. Our Cast Off last Friday of the month work days continue to be incredible culling, cleaning and reorganizing days. Another big thanks. The store continues to be a welcoming place to shop, donate and to connect with people.

Our next Cast Off "THINK PINK" Saturday is April 28. Remember, all income from the last Saturday of each month goes toward the new 3D Mammogram Machine. Upcoming dates are May 26 and June 30. So far our January, February and March "THINK PINK" Saturdays have raised \$6,093.60. With April, May and June left to go we could raise over \$12,000 in addition to the \$87,000 we've already budgeted!

The Mammoth Hospital Auxiliary Board is delighted to report that the Plum family has decided to donate \$10,000 to the Mammoth Hospital Auxiliary Scholarship Fund. This is really quite an amazing amount of money and an honor that they want to be a part of supporting us to continue the education of the

people in our community. A GIANT Thank You to the Plum family for trusting the MHA and wanting to contribute to our Scholarship Fund. We really appreciate the Plum family's thoughtfulness and caring about our and their community and its future. You're terrific!

We've got our Annual Blood Drive coming up May 8, 9 and 10. Please don't forget to make those special cookies that are greatly appreciated and sign up for volunteering on these days. This is a really valuable and life saving event that we're an important part of.

Jan McPherson and I met recently at the Westin's Whitebark Restaurant to plan for our Annual Appreciation and Installation Luncheon on Wednesday, July 11. Our General meeting will take place first to vote for the 2018-2019 slate of officers. We will be having our special Jewelry Sale table for this event too! We also discussed with the Whitebark caterers our upcoming 50th Gala Anniversary celebration, tentatively to be held Friday, November 9 at the Westin. I still can't believe the MHA is celebrating our 50th! This will most definitely be a special and terrific celebration. We have some fun ideas being tossed around to celebrate this summer, to recruit new members and to continue having fun volunteering at Cast Off.

Increasing our visibility! The "Did You Know" ad that Mammoth Hospital put in the newspaper was great describing us. We are all wishing for more help in increasing MHA visibility and keeping our community knowing us and wanting to be a part of our team. I know we would all welcome and appreciate someone helping with articles or placing info in the newspapers. Thanks for thinking about what you could do to assist MHA in this task.

Remember how special we ALL are and what we do and accomplish each and every day. The MHA Board continues to appreciate and cherish each one of you. Thank you sooo much. You do make a huge difference in the lives of the people that you touch.

Judy, xoxo

IN MEMORIAM

Celebration and Remembrance of "Our Bonnie" Zwart



BONNIE ZWART 1926 – 2018

Bonnie Marie Zwart, Bishop, California, beloved wife, mother, grandmother, great grandmother, daughter, sister and aunt joined loved ones passed before her on Saturday, March 24, 2018. Bonnie passed peacefully at Bishop Care Center from Parkinson related issues and was surrounded by family and close friends as well as a caring and loving nursing staff.

Bonnie was born January 12, 1926 in Sioux City, Iowa to Margaret and Alonzo Andrews. Bonnie is survived by her children, Steve & Janice McMann-Zwart of Bayfield, Colorado; Marty Zwart & Terri Fernandez of El Centro, California; niece and nephew Margaret and Tim Alyea of Greensboro, North Carolina. Her grandchildren and great grandchildren, Daniel, Amy, Birdie and Dayle Zwart; Haleigh, Jacob, Hunter, Clay and Axel Waitman; Michael, Mariya, Jacey & Jack Zwart children of late Jason Zwart.

Bonnie was preceded in death by Joseph "Joe" Zwart, her husband of 61 years, her grandsons Jason and Eric Zwart,

her parents Margaret and Alonzo Andrews, her sisters Mae Bosse, Betty Kaplan and brother William "Bill" Andrews.

Bonnie grew up in Sioux City, Iowa and Los Angeles, California. Bonnie and Joe moved to Mammoth Lakes, California in 1957 where she made "Mammoth" their family home for 54 years. In 1963 Bonnie and Joe opened the Zwart House Family Lodge. There many families made memories and long lasting friendships.

In 1993, Bonnie was named "Woman of the Year" by the First Senatorial District in recognition of her many years serving and volunteering the Mammoth Lakes community. Bonnie was one of the founding members of the Mammoth Hospital Auxiliary known as "The Castoff". Where she proudly served, supported and worked for 34 years alongside dear friends, many who have passed before her.

But Bonnie's most cherished accomplishment was a loving, caring Mom to Steve, Marty, Margaret, Janice & Terri and Grandma to her 4 grandchildren and 9 great grandchildren.

October 2011, Bonnie moved to Sterling Heights in Bishop, California where she resided until January 2018. She was loved and cared for by an awesome team of directors and caregivers. Bonnie was a faithful and devoted member of St. Joseph's Catholic Church, Mammoth Lakes, California for 54 years. After moving to Bishop, California she joined Our Lady of Perpetual Help Catholic Church. She was a woman of great faith, grace and compassion.

Remembering Bonnie will be easy—just think of her smile, a touch, kind words of encouragement, calling you "Hon", strawberry shakes, soothing hot tea, positive attitude, flowers, pink hats and love of her Sierra Nevada mountains.

We love you Bonnie and will always carry you in our hearts and on our shoulders as "our" special Angel!!

A Mass will be held at Our Lady of Perpetual Help Catholic Church Saturday, July 14 at 10:00 AM. Immediately following the Mass please join the Zwart family for a Celebration and Remembrance of Bonnie's life "Tea Party". In lieu of flowers, the family requests donations sent to Mammoth Hospital Auxiliary Scholarships, P. O. Box 1399, Mammoth Lakes, California, 93546 in the name of Bonnie Zwart.

Cards may be sent to Paula Plum's address:
P. O. Box 8208, Mammoth Lakes, CA 93546, addressed to "The Zwart Family"

Remembering "Our Auxiliary Bonnie"

Bonnie was a long-time and, until recent years, very active member of the Auxiliary. She served on the Board as President four times, 1st Vice President three times, 4th Vice President three times, Treasurer three times, Corresponding Secretary three times and was made a Lifetime Honorary Member in 1992. She chaired or served on many committees over the years including Hospitality and Scholarship. She was also a Cast Off volunteer and Tuesday Day Chair.



We will always remember the "sweet" side of Bonnie but we will also remember her "funny" side. How can we ever forget her crazy hats and costumes at our annual tea parties!



Bonnie, you were a sweet and gentle lady, you often made us laugh, you always had a kind word for everyone, and we are better for having known you!

Hospital News – Gary Myers, CEO

Medical Staff

We have been working on various fronts to attract other part-time and full-time specialists in pursuit of our strategic initiative of increasing specialty care for the region. We are in contract negotiations with a urologist, in conversation with a neurologist, and planning a site visit in June with a psychiatrist. We are hopeful that all of these experienced physicians will find their way here to provide their expertise in their respective fields to our patients. Dr. Burrows, CMO, and Melanie Van Winkle, CFO, have been instrumental in physician recruitment and retention this past year and I am pleased to commend them for their efforts.



Dr. Charles Sardanha, Psychiatrist, held his first videoconference with our behavioral health staff to provide consultation on complex patients. We've also had pediatric locum tenens help this past month and Dr. John Roberts, M.D., U.S.N. provided vacation relief for Dr. Payton in pathology. Again, Dr. Burrows and Melanie took the lead on these efforts.

Hospital Staff

Long-term employees Steve Jost, EMT, in our Emergency Department; Gwen Evans, Accounts Payable and Payroll Specialist in the Finance Department; and Karilyn Myers, PT, Manager of Orthopedics, Rehab Services, and General Surgery are all retiring in April. We thank them for their years of service to our hospital and community and wish them well in the next chapter of their lives.

We are anticipating receipt of the "Culture of Safety" survey results conducted by BETA as a first step in our undertaking the H.E.A.R.T. program. This program directly aligns with our efforts toward patient safety and advancing to become a high reliability organization.

Executive search firm representatives from Witt Kieffer will attend this month's Board meeting to discuss the search process for the new CEO with Board members. They plan to spend the day meeting with management staff and physicians as well as to explore the community to provide background and context for their search.

Facilities

The site work project on the south side of the Medical Office Building is set to begin in May. Chuck Villar Construction has met with us to review plans and specifications and to discuss the interim traffic plan during the course of construction to ensure access for emergency

vehicles and deliveries. We anticipate this 8 week project to begin on or about May 1. Of course it is snowing as I write this!

Planning work is winding up on the Specialty Clinic and we will be publishing an announcement to solicit qualified bidders at the end of April. The Dental Clinic and Lab remodels will be published close on the heels of the Specialty Clinic but actual construction won't begin on these two elements until after completion of the Specialty Clinic.

Relocation of Senior Administration Offices (SAO) occupants: the SAO building has now been completely vacated and all administrative staff is located in the main hospital and administration building.

Finance

March results: The re-visit to winter weather gave us a good boost in March along with early spring breaks for some S. CA schools. While under budget for revenue we still had positive revenues over expenses for the month.

Blood Drive – Darlene Joerger

It's "Blood" time again. Mark your calendars for May 8, 9 and 10. I need all you volunteers to come help us out as well as bakers to make lots of cookies for the donors. Signup sheets will be going up shortly at the Cast Off so please, everyone, sign up!

It takes a team to put this on and I need YOU!



**TUESDAY – THURSDAY
MAY 8 – 10, 2018**

**BLOOD CANNOT BE MANUFACTURED –
IT CAN ONLY COME FROM
GENEROUS DONORS!**



Hard to believe that our fiscal year-end is just around the corner. Plans are under way for the Annual Meeting and Installation and Appreciation Luncheon on Wednesday, July 11 so be sure to mark your calendar. Once again it will be at the Westin Hotel. The meeting will begin at 11:30 a.m. with the election of officers for the new year, followed by a buffet luncheon and installation of the new Board.

The luncheon is open to all members and guests. It's free for members as a thank you for all your support and hard work this last year, and \$25 per guest. This is a good opportunity to bring a potential member as your guest and show them what the Auxiliary is about. More information in next month's newsletter.

Year-End Reminders

Officers & Committee Chairmen:

-)] Your year-end reports are due to Judy Bornfeld by June 15.
-)] Budget requests are due to Diane Beglau by June 30.
-)] It's also time to review your job descriptions and give any updates to Jan McPherson.

All Members:

Please make sure your volunteer hours are up to date and turned in to Susy Fontana by June 30. Any turned in after that date will be applied to the next fiscal year.

Historian— Penny Burdeno

As you start your summer activities, please keep the Auxiliary Historian in mind. It's easy to take photos of our members toiling away at the Cast Off, but a few pictures of them hiking, traveling, receiving recognition, or just having fun adds real interest to the yearly album. Looking back, the most interesting aspect of the Auxiliary's 50-year history is getting to know your fellow volunteers, who they are, and what brought them to the Eastern Sierra. Articles and photos can be dropped in my mailbox at the Cast Off or emailed to me at ppburdeno@aol.com. Thank you for your help!

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.



With complete sadness, the MHA just recently lost a very special founding member, our precious Bonnie Zwart. Our condolences to the Zwart families and friends. I know we thought we'd have "Our Bonnie" forever.

Our positive thoughts and energy are being sent to Wilma Wheeler who has been having health issues. She was down south being evaluated and is now on her way back home to Mammoth. We're there for you Wilma. Please take care.

Rick Boccia will be having back surgery this month down south. Fortunately, Rick has been working out as best as he can to be strong. We wish him strength, success and patience for a speedy recovery.

P.S. I had my evaluation with my oncologist recently and their team has decided that I need to be on a maintenance program. This consists of chemo pills for at least 2 years and hormonal injections for at least 5 years along with twice a year bone infusions. Quite honestly I was not expecting this info, but I do know maintenance is the only way to go for me. I do understand that this program is NOT quite as taxing as chemo infusions on one's body. So, this is a relief, believe me!!! Your support and caring continue to fill me with so much positive energy, thoughts and love. Thank each of you. Xoxox



What's Happening @ the Cast Off?



Cast Off Update

Following are highlights of the April Cast Off Committee Meeting:

- ⌋ If the Cast Off is closed for a day, let Penny Bourne and/or Diane Beglau know so they don't expect a deposit bag for that day. Otherwise they may think it has gone missing.
- ⌋ The first aid kit has been cleaned out and now contains plenty of band aids for minor injuries . All major injury first aid items have been sold. If someone needs first aid that badly, they should be at the hospital!
- ⌋ We have a few "tap lights" that can be placed in areas which need lighting. They are in the Monday box on the top shelf of the mailboxes. If you use one, just remember to tap it off before you leave.
- ⌋ More business cards have been printed and are in the desk drawer. A large supply is also in the supply cabinet in the copier room.
- ⌋ The \$200 day bag needs \$1 bills. Try to leave \$50 in \$1's for the next day.
- ⌋ Remember to pull the tape off the credit card machine first thing each morning and put it in the day bag.
- ⌋ The specially priced violin which was broken cannot be repaired. It was a student violin and not as valuable as originally thought. We have given it to the Felici Trio who can use it for parts.

From the Day Chairs & Co-Chairs

Monday—Karen Curry

There is nothing much to report this month as all is status quo. Everything is running smoothly and we all work hard to keep the store and back room looking neat! We recently celebrated Jan's birthday with a potluck luncheon, and, somehow, we wound up with a dessert fest! We had homemade cake, lemon meringue pie, cheesecake and five different types of ice cream! It was all so good and yummy. During the luncheon, Gisela called to send happy birthday wishes to Jan. How sweet was that? Judy was able to join us and she is looking great! For those Monday crew that are out of town, please hurry back to join us!

Tuesday—Shannon Clark

The ceiling vent in the copier/wash room is hideously dusty and dirty so should be cleaned. All the ceiling vents probably need to be checked for dust. Please clean the deep tubs after items are washed and empty the little sink traps. I will clean the traps next time I am in.

Lorrie Gould has printed instructions for unlocking the credit card machine (which Sharon Johnson figured out). A laminated copy is taped to the counter so all cashiers will know what to do immediately!

Thursday—Sharon Clark

Thursday was having a big sale...cash register line was long...customers were chatting: Customer 1: "Gee, I didn't quite find what I wanted so I'll go check xxxxxx." Customer 2: "Wow...that's a waste of time. They are way more expensive and don't begin to have as much stuff as this shop". Customer 3: "I live down south and come here every time I'm in ML. I always find something that I need. The prices are just so great". Customer 4: "I find things I don't *need* but decide I have to have them anyway. I come to Cast Off every time I'm in town, too. Just can't pass up the prices".

So, ladies and gentlemen, we're obviously doing *lots of things RIGHT~~!!*

Saturday—Gail Miller & Willi Hasle

We had one of our busiest days this year on Saturday, March 31—our "Think Pink" Saturday. Thank you Karen and Shirley for your hard work in the back room with donations. Paloma, Ana, Rosa, Maria do a great job on the clothes every week. Thank you so much. And of course to our cashiers Lorrie, Willi, Sharon, Shannon and Gisela. Thank you to Mary Jo for opening up the Cast Off

and getting the back room organized, taking clothes out and culling the racks. We also want to thank our part timers Barbara Hope, Lisa Shugart, Carole and Sterling Claus.

A couple of Saturdays ago we got some flowers for the Cast Off from a customer in appreciation for all we do.

Shepherd's Flock—Shannon Clark

After a brief six weeks off during Spring breaks, we are back working on spring and summer potholder materials. Kudos to Barbara Goodman from Swall Meadows who made 140 Kleenex cases in bright summer materials for immediate sale in our store. Hurrah for you, Barbara. I'm so proud of you.

Thank you to whoever put aside the "Shepherd's Flock" ticket I left by mistake!

Katie's Korner — Patti Heinrich

March was a slow month for Katie's room. Only \$489.



Happy Birthday!

Birthdays for May

- 5/1 Jim Lemon
- 5/11 Sterling Claus
- 5/17 Barbara Campbell
- 5/22 Yolanda Garcia
- 5/25 Shannon Clark
- 5/28 Al Heinrich
- 5/29 Barbara Boyd
- 5/31 Diane Salinger

Happy Mother's Day!

Things I've Learned from my Children:

If you spray hair spray on dust bunnies and run over them with roller blades, they can ignite.

If you hook a dog leash over a ceiling fan, the motor is not strong enough to rotate a 42-pound boy wearing Batman underwear and a superman cape. It is strong enough however to spread paint on all four walls of a 20 by 20 foot room.

A six year old can start a fire with a flint rock even though a 36-year-old man says they can only do it in the movies.

A king size waterbed holds enough water to fill a 2000 sq foot house 4 inches deep

Play Dough and Microwave should never be used in the same sentence.

Super glue is forever.

No matter how much Jell-O you put in a swimming pool you still can't walk on water.

Always look in the oven before you turn it on.

The spin cycle on the washing machine does not make earthworms dizzy. It will however make cats dizzy. Cats throw up twice their body weight when dizzy.



Reminder

CPR Training
Thursday, April 26
9-10 a.m.
Hospital Conference Rooms A & B



**Celebrating 50 Years
1968 - 2018**

Remembering our past ...

Enjoying the present ...

Looking forward to the future!

This year is a major milestone for Mammoth Hospital Auxiliary. It is our 50th year and a reason to celebrate. Why celebrate? It's a chance to look back on how far we've come over the last five decades and celebrate our successes. It's a chance to thank the community and reward the loyalty of all the customers who have supported us through the years. It's an opportunity to attract new members. And it's a chance to recognize, thank and reward our members and volunteers who have made everything we've achieved possible.

At the last Board meeting we discussed several ways to celebrate. Here are a few of the ideas. What do you think? Do you have ideas and suggestions? Please share them with your Day Chair or any of the Board members!

-)] Hold a monthly drawing for a \$50 Cast Off gift certificate (\$50 for 50 years). Customers complete an entry blank, one per day, and winner will be drawn last Saturday of each month through November or December. All entries will go back in for a year-end drawing for a \$100 Vons Gift Card.
-)] Friday, August 17, is National Thrift Shop Day. Open the store that Friday for shopping and an ice cream social, contests and prizes. Not only do we reward customers but we make an additional day of revenue and may attract some new members.
-)] Hold a membership drive this summer. Have a luau in the Cast Off back yard on a day we're not normally open. Open the store to the guests and also offer a high-end clothing and jewelry boutique like the very successful one we held a couple of years ago. We receive so many nice items that should really be sold for more than our normal prices so start putting them aside—not just clothing but other nice things as well. They can be taken to the meeting room upstairs and hung on racks or placed on tables.. In addition to attracting new members we will also make some additional revenue!
-)] Hold a gala anniversary party in November for members and spouses. This time the Auxiliary will pay

for everything and everyone. It is a way to say thank you and reward our members.

-)] Celebrate our past by displaying in the foyer the historical picture boards that used to hang in the old meeting room. There is a picture board for each decade.
-)] Look forward to the future by preparing and burying a time capsule. Members can write remembrances, well wishes and notes to future members. We can include photographs, meaningful items from the Cast Off, etc. Bury in our back yard for 10 years? or more?
-)] Hang a BIG banner (or banners) like the one at the top of this page proclaiming that we're celebrating 50 years!!
-)] Put together a 50th Anniversary Cookbook. It doesn't have to be big—perhaps a “Best Of” from the prior three books, or more specific like “Beginnings & Endings—Appetizers & Desserts”, or whatever. It's been 18 years since our last Cookbook. Ideas? Suggestions?

Please let us know what you think!

Membership — Patti Heinrich

Please welcome the following new member:

Rachel Hurst (G) 12/12 (Richard Clampitt)
4870 Hart Dr
San Diego, CA 92116
Cell: 619-342-5947
Email: rachelahurst@yahoo.com
2nd Home: 3 Meadow Ln, Snowflower
Mammoth Lakes, CA 93546

2018 SNARL SPRING SEMINAR SERIES

SIERRA NEVADA AQUATIC RESEARCH LABORATORY

- May 1** *Exploring Pristine Seas: protecting the last wild places in our oceans with National Geographic*
Dr. Jennifer Caselle, Research Biologist, Marine Science Institute, UC Santa Barbara
- May 8** *Ethical concerns in conservation of biodiversity: examples from desert fishes and mountain lakes*
Phil Pister, Executive Secretary Desert Fishes Council
- May 15** *Owen's Lake: an in depth look at its past, present, future*
Kathy Bancroft Tribal Historic Preservation Officer, Lone Pine Paiute-Shoshone Reservation
- May 22** *Big bears, big lizards and little ground squirrels: The importance of comparative physiology in wildlife conservation and human medicine*
Dr. Hank Harlow, Professor Emeritus Department of Zoology & Physiology, University of Wyoming and Emeritus Director of the UW-NPS Biological Field Research Station in Grand Teton National Park
- May 29** *Bear Essential?: The past, present, and potential future of grizzlies in California*
Dr. Peter Alagona, Associate professor of history, geography, and environmental studies at UC Santa Barbara, as well as the founder and facilitator of the California Grizzly Study Group.
- June 5** *Back from the Brink: Bighorns, Peregrines, and Foxes in Yosemite National Park*
Sarah Stock, Wildlife Ecologist at Yosemite National Park, CA

Seminars are on Tuesday evenings from 7-8 PM and doors open at 6:30. All seminars will be held in the Page Center at SNARL – 1016 Mount Morrison Road. Small tastings of food and drink will be provided by local businesses. Please arrive early to park, secure a seat, snack and mingle. Seminars are geared to adult audiences, however young people are encouraged to attend and well-behaved children are welcome. Visitors are not allowed to bring dogs to SNARL, so please leave pets at home. Looking forward to seeing you at SNARL.

For Your Funny Bone!

Last weekend I saw something that sparked my interest. I was looking for a little something different for my wife for Mother's Day. What I came across was a 100,000-volt, pocket/purse-sized taser. The effects of the taser were supposed to be short lived, with no long term adverse affect on your assailant, allowing her adequate time to retreat to safety...??

WAY TOO COOL! Long story short, I bought the device and brought it home. I loaded two AAA batteries in the thing and pushed the button. Nothing! I was disappointed. I learned, however, that if I pushed the button and pressed it against a metal surface at the same time, I'd get the blue arc of electricity darting back and forth between the prongs. AWESOME!!! Unfortunately, I have yet to explain what that burn spot is on the face of her microwave.

Okay, so I was home alone with this new toy, thinking to myself that it couldn't be all that bad with only two AAA batteries, right? There I sat in my recliner, my cat looking on intently (trusting little soul) while I was reading the directions and thinking that I really needed to try this thing out on a flesh & blood moving target. I must admit I thought about zapping the cat (for a fraction of a second) and then thought better of it. He is such a sweet cat. But, if I was going to give this thing to my wife to protect herself against a mugger, I did want some assurance that it would work as advertised. Am I wrong?

So, there I sat in a pair of shorts with my reading glasses perched delicately on the bridge of my nose, directions in one hand, and taser in another. The directions said that: a one-second burst would shock and disorient your assailant; a two-second burst was supposed to cause muscle spasms and a major loss of bodily control; and a three-second burst would purportedly make your assailant flop on the ground like a fish out of water. Any burst longer than three seconds would be wasting the batteries.

All the while I'm looking at this little device measuring about 5" long, less than 3/4 inch in circumference (loaded with two it'sy, bitsy AAA batteries); pretty cute really, and thinking to myself, 'no possible way!'

What happened next is almost beyond description, but I'll do my best.

I'm sitting there alone, the cat looking on with his head cocked to one side so as to say, 'Don't do it stupid,' reasoning that a one second burst from such a tiny lil ole

thing couldn't hurt all that bad. I decided to give myself a one second burst just for the heck of it. I touched the prongs to my naked thigh, pushed the button, and...



**HOLY MOTHER OF GOD.
WEAPONS OF MASS
DESTRUCTION. WHAT
THE... !!!**

I'm pretty sure Hulk Hogan ran in through the side door, picked me up in the recliner, then body slammed us both on the carpet, over and over and over again. I vaguely recall waking up on my side in the fetal position, with tears in my eyes, body soaking wet, both nipples on fire, testicles nowhere to be found, with my left arm tucked under my body in the oddest position, and tingling in my legs! The cat was making meowing sounds I had never heard before, clinging to a picture frame hanging above the fireplace, obviously in an attempt to avoid getting slammed by my body flopping all over the living room.

Note: If you ever feel compelled to 'mug' yourself with a taser, one note of caution: There is NO such thing as a one second burst when you zap yourself! You will not let go of that thing until it is dislodged from your hand by a violent thrashing about on the floor!

A three second burst would be considered conservative! A minute or so later (I can't be sure, as time was a relative thing at that point), I collected my wits (what little I had left), sat up and surveyed the landscape.

- ⌋ My bent reading glasses were on the top of the TV.
- ⌋ The recliner was upside down and about 8 feet or so from where it originally was.
- ⌋ My triceps, right thigh and both nipples were still twitching.
- ⌋ My face felt like it had been shot up with Novocain, and my bottom lip weighed 88 lbs.
- ⌋ I had no control over the drooling.
- ⌋ Apparently I had lost control of my bowels but was too numb to know for sure, and my sense of smell was gone.
- ⌋ I saw a faint smoke cloud above my head, which I believe came from my hair.
- ⌋ I'm still looking for my testicles and I'm offering a significant reward for their safe return!

PS: My wife can't stop laughing about my experience, loved the gift and now regularly threatens me with it!

Hope all the Moms, Grandmoms, Great-Grandmoms, Aunts, Sisters and other women who have helped shape our lives had a very Happy Mother's Day! With no tasers!

Mammoth Lakes Library New Community Art Show Featuring Animals by Local artists!



May 1st through June 30th

The month of May is Go Fetch! Food Drive for homeless animals!
We will waive any existing overdue fines on your account up to \$10.00
for your donation of any pet food, pet treat or toy!

All artwork displayed is for sale and 30% of the sale price goes to the Mammoth Lakes Friends of the Library.

Mammoth Lakes Library The Month of May is Go Fetch! Food Drive for Homeless Animal Month

To Celebrate Go Fetch!

We will waive any existing overdue fines
on your account up to \$10.00!!!



All you need to
do is bring back
your overdue
items with your
donation of any
pet food, pet
treat or toy!



Come see our community art show featuring animals
Running May 1st through June 30th.

Bon Appetit!

Love chocolate? Love avocados? Then try this rich and creamy tart with a dark chocolate ganache topping. Yum!!

Dark Chocolate Avocado Tart



- 1/2 cup unsalted roasted pistachios
- 6 oz. (28) dark chocolate wafer cookies
- 2 tsp. sugar
- 5 tbsp. butter, melted
- 2 medium soft-ripe avocados
- 8 oz. cream cheese, room temperature
- 6 tbsp. powdered sugar
- 2 tsp. each lemon juice and vanilla extract
- 4 oz. dark chocolate, chopped
- 1/2 cup heavy whipping cream

Preheat oven to 350. Pulse pistachios in a food processor until coarsely ground. Reserve 1 tbsp. Add cookies, sugar and a pinch of salt to remaining nuts and whirl until just combined. Press over bottom and up sides of a 9 to 10 inch tart pan with a removable rim. Bake 10-12 minutes. Let cool completely on a rack.

Scoop avocados into cleaned food processor. Add cream cheese, powdered sugar, lemon juice, vanilla and a pinch of salt and whirl until smooth. Spread into cooled crust. Chill.

Put chocolate in a small bowl. Heat cream until bubbles form around edge. Pour cream over chocolate and let stand 1 minute. Whisk until smooth. Cool until just warm to touch, 5-6 minutes. Pour over avocado filling and gently spread to cover. Sprinkle with reserved pistachios. Chill at least 2 hours.

Can be made up to 8 hours ahead, chilled, uncut and wrapped airtight. Also good with almonds or macadamia nuts.

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

Dates to Remember

April 26, Thursday	CPR Training, 9-10 a.m., Hospital Conf. Rms. A & B
April 28, Saturday	"Think Pink" at the Cast Off Opening Day of Fishing Season
May 3, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
May 5, Saturday	Cinco de Mayo
May 6, Sunday	National Nurses Day
May 8-10, Tuesday-Thursday	Blood Drive at Fire Station #1 on Main Street
May 9, Wednesday	MHA Board Meeting, 10 a.m. at the Cast Off
May 13, Sunday	Mother's Day
May 25, Friday	Cast Off Work Day, 10 a.m.
May 26, Saturday	"Think Pink" at the Cast Off
May 28, Monday	Memorial Day
June 6, Wednesday	D-Day
June 7, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
June 13, Wednesday	MHA Board Meeting, 10:00 a.m. at the Cast Off
June 17, Sunday	Father's Day
June 21, Thursday	First Day of Summer
June 29, Friday	Cast Off Work Day, 10 a.m.
June 30, Saturday	"Think Pink" at the Cast Off Last Day of our Fiscal Year
July 1, Sunday	Start of New Fiscal Year – Membership Renewals Due
July 4, Wednesday	Independence Day & Parade
July 5, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
July 11, Wednesday	MHA Board Meeting, 10:00 a.m. at the Westin Hotel Annual Meeting & Election of Board & Officers, 11:30 a.m. at the Westin Hotel Followed by Appreciation Luncheon and Installation of new Board



Mammoth Hospital Auxiliary

P.O. Box 1399

Mammoth Lakes, CA 93546

