



Celebrating 50 Years!
1968 — 2018

Volunteer's Voice

June 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

April 1—30, 2018

Revenue:

Cast Off	25,984.84
Rental	1,218.29
Donation Jar	104.00
Contribution (Zwart)	50.00
Membership	15.00
Interest \$ Mkt	5.10

Total Revenue: 27,377.23

Expenses:

Cast Off	5,290.07
Newsletter	40.88

Total Expenses: 23,061.48

Net Income: 22,046.28

Union Bank Ending Bal:

135,280.92

Premium Money

Market Bal: 80,446.97

Jan/Feb/Mar/ Apr

"Think Pink" Saturdays

7,805.97

President's Message — Judy Bornfeld

Greetings to each one of our Auxiliary members and friends.

I realize that we're in the middle of Spring what with the rain, hail and the beautiful colorful flowers sprouting up and the leaves appearing on the trees, but I'm still craving more warmth and sunshine!

Our trip to Maui was both fun, restful and delicious food! We experienced quite drizzly and rainy weather while we were there. We still managed to go snorkeling, explore waterfalls and go zip lining, which I highly recommend. It really frees your spirit! Fortunately, we weren't on the big Island of Hawaii while the volcano and the earthquakes were happening.

The Cast Off continues to thrive even though this is the shoulder season. I appreciate how creative and dedicated our Volunteers are. You come up with different ways to improve the store in how it looks and flows and with different ways to increase our sales. Besides being such caring, hard working and fun volunteers, each one of you is a terrific and quite talented individual. Thank each one of you for you. I really appreciate you and the gifts that you are. Also, as a bonus, I went on vacation with no worries. We get to totally trust each other. Wow!!!

Thank you Darlene Joerger, our Blood Drive Chair, for all that you did in organizing this important event. And thanks go out to her wonderful volunteers for running such a successful Blood Drive this year. Your time and of course the cookies are appreciated by all.

Our Scholarship Committee will be meeting soon to select the high school students who will be receiving the Achievement Awards that we give out each year, which is \$7,000. New this year, from the generous Plum Family Scholarship donation of \$10,000, we will be selecting 5 additional students that are committed to attending college. More information on page 8. This is all very exciting. We get to be a part of educating and

investing in the now and our future to the tune of \$17,000!!!

I'm looking forward to our Work and Pizza Friday coming up on May 25 at 10 AM. I believe that we have some exciting ideas in how to improve our Cast Off. Also, it's very rewarding to see what a one-day team can do spiffing up the store when it is closed.

The Annual Volunteer Appreciation Luncheon hosted by Mammoth Hospital is at Toomeys Restaurant, Wednesday, May 30, 12-1:30 PM. Be sure to RSVP by May 23 to 760-924-4015. Parking is very limited so carpooling is suggested.

Don't forget to mark your calendars for our upcoming Annual Appreciation and Installation Luncheon on Wednesday, July 11 at 11:30 AM at the Westin Hotel. Our MHA General meeting will take place first to vote for the 2018-2019 slate of officers. Yes, we will be having our special Jewelry Sale table. More information on page 3.

Your MHA Board is working on and tossing around some exciting ideas with regard to our "50th Anniversary". Good news will be following with concrete confirmations!

I continue to feel and be blessed by each one of you. ALL of you are very much appreciated and cherished. Enjoy each other and thank each one of you each and every day. You do make a difference in the lives of people that you touch.

Life is very precious... Judy xoxo



Hospital News — Gary Myers, CEO

Medical Staff

I am pleased to present a proposed agreement between Paul Polishuk, MD, and SMHD for the provision of urology services beginning in the late fall/early winter as soon as insurance enrollment is complete.

Dr. Polishuk was recruited by Dr. Craig Burrows who worked with him in Escondido.



At the same time we are sad to lose Dr. Maxine Karimoto, Ob/Gyn and Dr. Kris Wilson, Pediatrician. We have a locum tenens covering for the next few months in OB, Dr. Mark Vuchinich, who recently retired from UC Irvine. Dr. Ed Cody will be covering for Dr. Kris Collins while she is out on leave and we intend to find another locums to cover for Dr. Wilson following her departure at the end of July. We have already begun recruiting full-time replacements for both Karimoto and Wilson. We wish both of them the very best and thank them for their service to our community.

Hospital Staff

The operating budget has been a big challenge this year. In the face of reduced inpatient days, flat reimbursement, increased staff, and rising costs across the board, we have been hard pressed to meet our desired margin. The largest line item in the operating budget is, of course, salaries and wages. We should be able to achieve the reduction we need through attrition and meet some requests for new positions by re-balancing roles and responsibilities.

We have received 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.

Facilities

The site work project on the south side of the Medical Office Building as of this writing is still in plan review.

Planning work on the Specialty Clinic is down to cabinet details and other specifications. We're negotiating a few items with the Town and hope to have resolution of everything in the next few weeks so we can go out to bid.

MRI: We had a productive kickoff meeting with Canon Medical on the MRI project on April 24 during which we

reviewed the scope of work in detail and clarified several issues. The timeline calls for Canon to submit drawings to OSHPD in early June for their review. It is expected that OSHPD will take between 120 and 180 days to review and approve a conditional permit and notice to proceed.

Staff and our OSHPD architect, Michael Ryan of Greenbough Design, have been working together with Hologic on the planning for our mammography machine replacement.

Blood Drive — Darlene Joerger

I don't remember if I had the chance to thank all the volunteers from last year's Blood Drive who jumped in and help put together a wonderful drive so I'm taking this opportunity to thank you now. Thank you for all your love and support for me doing my journey with my cancer. I felt the love!

This was my 10th year with the Blood Drive and we had a very successful one. Not quite the numbers that we wanted but that's OK. We did 85 units on Tuesday (which was 10 units OVER projections), 63 units on Wednesday (which was 10 units under projections), and, finally on Thursday we did about 40 units (which was slightly under projections). That's 188 units (for those of you that are mathematically challenged) that go to help people in the Eastern Sierra. What a wonderful gift it is.

Thank you to all the volunteers this year that gave up a few hours of their time. We are all so busy with our own lives that sometimes it's hard to sacrifice a couple of hours for a cause. Thank you Jan McPherson for sending out the email blast. A special thanks to Peggy Rogers who spent several hours trying to drum up more volunteers. Thanks to Peggy Rogers, Shannon Clark and Marianne Launspach for giving me extra time. I do appreciate it all.

The cookies were wonderful! We had a few left over that we donated to the firemen and women. They really liked them. Sheryl Saari donated some rice crispy treats that disappeared quickly. She is not a member but because she couldn't give blood she wanted to donate the sweets.

We feel that the drive was a success, but we'd like it to be even bigger. If anyone has any ideas on how to reach out to the public, please let me know. I will be happy to forward anything up to the United Blood Services. As our hospital grows so does the need for blood. Let's work together and try to increase these numbers.

Thanks again for all your help!

ANNUAL MEETING

Notes from the Nominating Committee

The MHA Nominating Committee was headed by Immediate Past President, Karen Curry, and assisting were Gail Miller and Lorrie Gould. It is important that we select a Board of Directors to lead us into our 51st year, the 2018/2019 fiscal year! Proudly serving this great organization is our new slate of officers:

-)] President Judy Bornfeld
-)] Vice President Lorrie Gould
-)] Treasurer Diane Beglau
-)] Secretary Debbie North
-)] Immed. Past Pres. Karen Curry
-)] Parliamentarian Jan McPherson
-)] Members-at-Large Kathryn Adkins, Gail Miller, Vicki Mobley

The slate of officers will be presented at our Annual Meeting on Wednesday, July 11, at 11:30 am, at the Westin Hotel. The meeting will be followed by a buffet luncheon and installation of the new Board. There will be a sign up sheet at the Cast Off so please sign up by July 3, or call Jan at 760-934-5813 or Judy at 760-937-4387. If you must cancel, call Jan or Judy no later than July 6. We have to pay the hotel even if you are a "no-show" so you will be charged \$25 if you "sign up but don't show up!" The luncheon is open to all members and guests, however, it's free to members and \$25 for guests. This is a great opportunity to bring a potential member and show them what the Auxiliary is all about. There is ample parking at the hotel and the Auxiliary has made arrangements for free valet parking.

Diane Beglau has selected some fine pieces of jewelry which will be available for purchase at the Annual Meeting. Please bring your checkbook or cash; sorry, no credit cards!

**Hope to see you there!
This is the only time we see some of you!!!**

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. We continue to extend our most positive thoughts for healing and speedy recoveries to each of you.



This month we are reaching out to Debbie North who is recovering from knee surgery and working hard on getting her strength back to her normal self. Go Debbie go! Also, Carolyn Balliet who had a bout of pneumonia and has been resting and getting stronger every day. Patience is one of the keys to healing.

Our condolences go out to Marti Witters whose husband Randy recently passed away. Our thoughts are with Marti and her family.

Each month we send our thoughts and healing energy to those of our members and friends that are under the radar or we haven't been informed of yet. Please know that the Auxiliary is there for you. Just let us know. Also, I know some of us prefer not to have our names mentioned. I do understand and will honor your wishes.

P.S. I'm happy to report, I'm doing really well on my new treatments. Thanks for your ongoing support, caring and love,.

Judy xoxox

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.

What's Happening @ the Cast Off?



Cast Off Update

Following are highlights of the May Cast Off Committee Meeting:

- ⌋ Please do not lock the side hallway door leading to the public restrooms.
- ⌋ We are leaving the door unlocked to the upstairs meeting room as we are bringing up many high end articles of clothing and other higher priced items for a future sale.
- ⌋ Terry Sampson recently sorted and organized all of the Christmas items upstairs.
- ⌋ Karen will visit the 4 days we're open to teach how to repair and re-load the pricing guns.
- ⌋ Prom dresses are not selling; send them to Bishop.
- ⌋ If a volunteer is sick, please stay home.
- ⌋ Discussion on pricing of items; some regular priced items are winding up in Katie's Korner.
- ⌋ Eastern Sierra Bank: employees to volunteer at the Cast Off. They should fill out an application but we should waive the fee.
- ⌋ Coats and dresses need culling. They should be culled just like all of the other clothing!
- ⌋ If music is played during stores hours, please turn off the stereo at the end of the day. Clearly marked.
- ⌋ **ONLY THE DAY CHAIRMAN & CO-CHAIRMAN CAN LOWER PRICES ON FURNITURE AND OTHER ITEMS!**
- ⌋ Gail Miller has agreed to be a Co-Chairman on Tuesday.

- ⌋ Please remember to take nicer items than can be sold for more than our normal prices to the meeting room upstairs.

From the Day Chairs & Co-Chairs

Monday—Karen Curry

Monday is so happy to welcome Vicki back from her home in Southern California. We missed your smiling face and expertise in keeping our front room looking professionally decorated! Also, Judy has returned from a relaxing trip to Maui with her family. While there, our brave girl hiked and zip-lined through the lush greenery of this tropical island! We are hoping that Gisela will return soon as well.

Tuesday—Shannon Clark

Again we are looking for more volunteers and, hopefully, those who are willing to record their names on the signup sheet so we have some idea of who will be here and do not have to call so much. Any time you can give will be greatly appreciated.

Those of you who work with clothes, please put all coats on wooden hangers.

Thursday—Sharon Clark

Thursday has decided **everyBODY** in Mammoth Lakes is doing 'Spring Cleaning'....and they're bringing it ALL to Cast Off. Now, mind you, donations may or may not be worth selling...no matter, we get it. Consequently, we had **lots and lots** of full trash cans. And of course, Mr. Al Heinrich, our trash can 'dumper' never wavered. He dumped and dumped and dumped. THEN, he got INTO the dumpster to 'tamp' down trash so he could put more in. I had a hissy-fit watching him jump and jump but he, of course, ignored me. All this to say, we learned a very valuable lesson: **Do not FILL trash cans...they simply are too heavy.** Al injured his back and is not even supposed to be on his feet. But, naturally, he came right on back to CO. Amazing how much electricity he's able to check out....*sitting*~! We love ya Al...but you may **NOT** pick up anything for a while....doctor's order~!!

Saturday—Karen Curry

Saturday continues to need help with clothing and all of the donations coming in the back door. As we approach summer, it's that time of year when yard sales are popular in Mammoth and we get the leftovers! We appreciate every volunteer who can work an hour or two on this busy day. Our Saturday Co-Chair, Gail Miller, has taken on the position of Co-Chair on Tuesday also. Way to go, Gail!

Shepherd's Flock—Shannon Clark

On May 8, we had a special visit from Yurgen and Hortensia Roesler, our friends from Hemet. Yurgen brought with him beautifully well-made potholders in Holiday materials for sale here at the Cast Off. We are so lucky to have him to continue to sew so excellently for our cause.

Katie's Korner — Patti Heinrich

We made \$1,130 in April. Nice job!!



Happy Birthday!

Birthdays for June

6/3	Mary Jo Bauer
6/5	Edyth Irvine
6/6	Lenore Lemon
	Peggy Rogers
	Yvonne Reyes
6/8	Kathryn Adkins
6/14	Jonal Beck
	Paloma Ramirez
6/15	Katie Ritter
6/20	Louray McGrale
6/24	Gail Miller
6/26	Barbara Hope
6/28	Jim Clark
6/30	Michael Bornfeld

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

2018 Trends for the Thrift Store Fashionista

Things to keep in mind for our younger shoppers, at least according to the latest thrift shop news.

Chunky and oversized sweaters

Who doesn't love sweater season? This trend is still going strong and we're OK with that. As temperatures still dip into the chilly category, you never can go wrong with a soft and cuddly sweater. We tend to steer toward soft, neutral colors such as light grey, pale pink and dusty blue.

Pleats

Pleats are making a comeback and in a sweet and dainty way. We see them in everything from skirts to dresses to tops and even accessories. We love, love, love the magic of a pleated skirt. It adds refinement, the perfect amount of twirl and a little something extra to an outfit. Try one in as basic a color as black and pair with a tucked-in blouse. Add a statement necklace and some heels and you are set to dazzle. If you aren't sure you want to fully commit to this trend, try it out in smaller ways. Find a top with small pleats in the details.

Plaid, everywhere

Another trend still going strong is plaid. We see it in every color combination and on every type of garment. Instead of a traditional plaid shirt, look for unexpected pieces. Plaid is so versatile because it can be considered casual or dressy. Try plaid in a skirt and pair it with a solid blouse, opaque tights and tall boots. We also really like topping off an outfit with a plaid coat.

Bell sleeves

Bell sleeves are e-v-e-r-y-w-h-e-r-e. You can find them on sweaters, blouses and dresses. This detail adds a little something extra to an otherwise blah sleeve. Pair a bell-sleeved blouse with a pair of distressed skinny jeans for a laid-back look. If you are looking to stand out but still stay warm, search for a dress with bell sleeves and keep those arms covered. Add a long tassel necklace for a little extra pizzazz.

Cargo

Cargo jackets have been a thing for a while now, but we are seeing the cargo trend spread to more than just jackets. We are seeing the telltale cargo pockets and zipper details in dresses and skinny pants as well. Cargo details add a bit of toughness to an outfit so to keep things feminine try adding delicate pieces such as a flowy blouse, dainty jewelry and heels. Conversely, we also think a leather jacket is the perfect topper to a pair of cargo pants and heels for a night out.



Celebrating 50 Years
1968 - 2018

Remembering our past ...
Enjoying the present ...
Looking forward to the future!

We aren't the only ones celebrating!

The Myers' Retirement & Mammoth Hospital's 40th Anniversary

2018 marks an important year in Mammoth Hospital's history as we celebrate our 40th anniversary and bid farewell to CEO Gary Myers and his wife, Karilyn, long-time Orthopedics/General Surgery/Rehabilitation Manager. The Myers' retirement marks the end of an era, one in which the Hospital grew from a small rural outpost to a full spectrum health care provider. (And yet, in all that time, we failed to come up with a more succinct title for Karilyn's position.) Jokes aside, this year presents an opportunity to reflect on how far both the Hospital and the Town have come. Talking with the Myers about their life in the Eastern Sierra, their story offers a first person perspective of that trajectory.

For a hospital to open in the United States, it has to make business sense, not people sense. That is why Mammoth Hospital's story is unique. It didn't make a dime of business sense to open a hospital in Mammoth forty years ago. With less than 3,500 residents, a hospital couldn't sustain demand to keep qualified doctors and nurses employed, much less recruit them in the first place or finance construction.

Fortunately for all of us who live in or visit the area today, a tenacious group of proactive citizens recognized the need for accessible healthcare regardless of the bottom line and took it upon themselves to do something about it. From 1968 to 1978, the Mammoth Hospital Auxiliary, as they came to be known, strived to raise funds and campaigned for a bond to fund the construction of Mammoth Hospital. Today the Mammoth Hospital Auxiliary is still supporting Mammoth, operating The Cast Off on a 100% volunteer basis, donating all proceeds to the community and the Hospital.

By 1981 Mammoth Hospital had been open for three years. The 20,000 square foot hospital didn't have a single computer or high-tech medical device. Starting a tiny hospital high in the mountains had been the realization of a daring dream. But now with doors open and the operation struggling, questions were surfacing—was it perhaps too daring? That year Gary and Karilyn were living in the Pacific Northwest, recently having graduated from Stanford University's Master's in Physical Therapy program, where they met. They were two years into their physical therapy careers that fall when they moved to Mammoth. While they quickly fell in love with the Eastern

Sierra, their inquiries into physical therapy work hit a dead end as they were informed there wasn't demand for services beyond the one physical therapist who operated entirely on an inpatient basis.

Consequently, Gary and Karilyn viewed their time here as a brief sabbatical and took odd jobs to make ends meet. Karilyn worked as a waitress at Shogun and as a sales attendant at Kittredge Sports, where her paychecks promptly went back into the till to outfit the two for their outdoor adventures. Gary rotated between a handful of jobs, working as a cook at Shogun, a checker at Safeway, and picking up construction jobs where he could. Believe it or not, had you been a patron at the Chart House in Mammoth in 1982 it would have been Gary behind the bar slinging drinks. I like to think that his experience wheedling unruly patrons helped him develop the skills later required to manage a pressing flock of employees and physicians.

Following a familiar pattern, Gary and Karilyn's intended season in town extended into a year. They began to hear increasingly from locals soliciting advice for activity-related injuries. With no real sports medicine clinic in the area, there was little awareness that many common injuries were treatable with physical therapy. Gary and Karilyn began coordinating with Mammoth Hospital's physical therapist to extend coverage. When they weren't assisting with inpatient care, the pair began traveling to see patients throughout Mono, Inyo, and neighboring counties, from Bridgeport to Lone Pine, even as far as Tonopah. Gary had his pilot's license and once a month flew Karilyn to Trona in Kern County, where she provided physical therapy to children with disabilities. A notable contribution by Karilyn, eclipsed by the realization that for many years we have failed to utilize a potentially effective physician recruitment technique—enticing physicians with a private flight and then pressuring them to sign contracts midair with Gary in the pilot's seat.

Gary and Karilyn began to fly and drive less, their focus increasingly drawn to Mammoth where their practice was seeing steady growth. With two baby girls at home, Jacquelyn and Jennifer, this was a welcome development. Centinela Hospital had recently acquired Mammoth Hospital and recruited Gary to offer physical therapy services. Meanwhile, Karilyn worked for the schools, providing physical therapy to students all over Mono and Inyo Counties. Eventually the two opened a private practice, Myers & Associates, where they provided the first outpatient physical therapy services in Mammoth.

In 1992, Gary returned to Mammoth after spending a year traveling as a physical therapist with the US Ski Team and began what would become a pivotal post as a board member on the Southern Mono Healthcare District Board. Centinela, the Hospital's parent company at the time, chose to return ownership to Southern Mono Healthcare District (SMHD), tasking the SMHD Board with leading the CEO recruitment process. After extending offers to several candidates who proved unwilling to relocate, the Board finally extended an offer that was accepted, only to have the candidate pull out last minute. Exasperated, the Board approached Gary to submit an application. While Gary thrived leading his private practice, he had not considered extending beyond that scope. He took some time to contemplate the proposal before resigning from the Board and submitting his successful application as CEO at the age of 42.

Over time, the demand for orthopedic services grew, and Mammoth Hospital decided to invest in developing an Orthopedic Center of Excellence. By 2004 it became apparent that with an increasingly busy orthopedic clinic, physical therapy services needed to move in-house. Mammoth Hospital determined it would purchase Myers & Associates, where nearly all physical therapy patients in town were seeking care; however Gary and Karilyn took no money for their successful physical therapy practice itself, selling only the equipment and obtaining an agreement from Mammoth Hospital that none of their faithful employees would be lost in the transition. Karilyn brought her talented staff along as she assumed management of the Physical Therapy department. Several of those employees are still working at Mammoth Hospital today, including Lorraine Koenig, Kim Erickson, Sheri Pueblo, Gillian McChesney, and Lance and Rachel Georgeson.

Over ten years of successful management later, I asked Karilyn for her parting thoughts. She reflected that she was enormously gratified to see the evolution in attitudes around physical therapy in the community, noting that much has changed since 1981, when comments such as "we don't need physical therapists" and "I didn't know physical therapists did that" were common. Today, physical therapy is a respected and widely valued medical specialty that plays a key role in recovery and prevention. Karilyn is excited to see the team model of care develop with physical therapy well-integrated. In one of her last staff meetings before she retired at the end of April, Karilyn encouraged her team to hold onto lifelong learning, emphasizing the value of professional growth, keeping current with the latest studies, and being involved with students, new recruits, interns, and fellows. Karilyn is a fervent believer that teaching others makes you a sharper, better, and more energized professional. "It takes extra time, extra energy, extra effort," she says, "but even at little Mammoth Hospital, we can be at that level, helping to educate the next generation." Last but not least, Karilyn encouraged her staff to stay involved in the community and to look for ways to spread their knowledge and be of service.

Gary's tenure is still very much present tense; with several months to go before he leaves, he is now, as ever, a very hands-on leader involved in the thick of operations. Gary's thoughts around his retirement are still crystallizing, though he did affirm that he is feeling good about several years of continued growth and success at the Hospital: "I'm very proud of the quality of services and medical staff we've built as well as the technical and administrative staff that support them." When prompted to reflect on his tenure, he said humbly, "Where else would a guy like me have an opportunity like this. It's been a gift and a privilege."

The Hospital has engaged a recruiting firm, Witt/Kieffer, and is actively searching for CEO candidates to interview. The recruitment process will take approximately six months, if all goes as planned. Interested candidates will not be disclosed to the public until the final stages of the search process this fall to protect the privacy of those who may be interested in applying but are not certain they are ready to leave their current employer. I asked Gary what he thought the next CEO needed to be successful in this role. After listing the daunting qualifications needed for any hospital CEO, Gary noted, "The most important thing is the small town aspect, being part of the community, getting out and being visible, accessible, involved and integrated

into the community."

Both Gary and Karilyn are leaving some very big shoes to fill. When Centinela relinquished ownership of Mammoth Hospital in 1994 they abandoned plans to develop a sports medicine program due to the challenges of operating in a remote location. The Mammoth Orthopedic Institute is now an official medical provider for US Ski & Snowboard with some of the top orthopedic surgeons in the nation. Under Karilyn's leadership, the Physical Therapy and Orthopedic clinics have been working hand in hand, a robust hub of activity and development, employing over 50 knowledgeable physical therapists, athletic trainers, physician assistants, and support staff. Moreover, physical therapy is integrated as part of the team care plan offered throughout Mammoth Hospital, helping to heal patients and getting them back outdoors.

When Gary assumed his position as CEO in 1994, Mammoth Hospital had only a 15% market share of inpatient hospital admissions in Mono County. Centinela had predicted Mammoth Hospital would go under in just a few years. Now, celebrating its 40th anniversary, Mammoth Hospital is financially sound, employs over 400 people, and is poised for growth in the next decade. The Hospital has transformed from a small rural outpost to a nearly 100,000 square-foot facility housing a board-certified team of physical therapists, comprehensive primary care providers in family medicine, pediatrics, women's health and advanced care surgical specialists in general surgery, urology, and of course orthopedics. We have a state-of-the-art Medical Imaging Center, a full-service laboratory, and advanced information technology. Residents and guests live and play in Mammoth with the peace of mind knowing that the very best physicians, nurses, facilities, and medical technology are at their doorstep!

There is a widely shared feeling of gratitude for the many of us that have served under both Gary and Karilyn's leadership and have benefited by studying their example. We will remember the Myers and their story as an example of the incredible journey this community hospital has taken and as inspiration for how much can be achieved through education, hard work, commitment, and not least of all, heart! Best of luck and deepest thanks to you both for your dedicated years of service! You have well-earned what we all hope will be golden years.





Mammoth High School Graduation

Mammoth Hospital Auxiliary began giving High School Achievement Awards in 1985. Since that time we have awarded \$114,050 to some of Mammoth's finest. The High School Achievement Awards are given to deserving graduating seniors at Mammoth High School to recognize their all-around achievements **during their high school years**. Eligibility requirements include their achievement academically by maintaining an acceptable GPA or showing significant improvement, as well as involvement in school, community and work activities. They must be a current resident of Mono County and resided there full time for a minimum of two years. Our annual budget is \$7,000.

New this year is the Plum Family Scholarship. This Scholarship is made possible through the generosity of Terry and Paula Plum and their family. Their goal is to support further education for as many young people as possible. They have donated \$10,000 to be awarded to deserving high school seniors who are going on to college. Awards will be made based on financial need, motivation and goals, community and school involvement as well as academic ability, i.e., class ranking, SAT scores, minimum 3.0 GPA. The most exciting thing about this scholarship is that if students continue to meet established criteria, funds may be renewed and continued through their college years.

The Scholarship Committee is meeting this week to select the recipients of both the High School Achievement Awards and the Plum Family Scholarships. Awards will be presented at the June 8 Senior Awards Breakfast. This year there are 52 applicants out of a graduating class of 79. The Scholarship Committee has quite a selection task ahead of them!

Who Goes On to College?

According to the U.S. Bureau of Labor Statistics, of the 2.9 million youth age 16 to 24 who graduated from high school between January and October 2017, about 66.7 percent were enrolled in college in October. The college enrollment rate of recent high school graduates in October 2017 was slightly lower than the rate in October 2016 which was 69.7 percent.

Among 2017 high school graduates age 16 to 24, the college enrollment rate for young women was 71.7 percent, higher than the rate of 61.1 percent for young men.

What about California? Most California students graduate from high school, but far fewer graduate from college. California's high school graduation rates have increased significantly in recent years, but the percentage of those students who complete their college education continues to lag, with long-term implications for the state's future.

California's high school graduation rate — measured by the percentage of students who begin in the 9th grade and graduate four years later — increased from 77 percent in 2010 to 84 percent in 2016.

Just over half of California's college students — 55 percent — get their associate degrees at a community college in three years or bachelor's degrees in six years. That figure includes completion rates for private institutions as well as the state's public colleges and universities. Completion rates are lowest at the California Community Colleges, which serves a student body with more part-time and older students than the California State University or the University of California.

Just over half of girls (51 percent) graduate from high school meeting the eligibility requirements to enter a CSU or UC campus, while only 40 percent of boys do. Male students have far lower college completion rates (52 percent) compared to women (58 percent).

College Scholarships Due June 30

Mammoth Hospital Auxiliary began giving College Scholarships in 1985. The College Scholarships are given to students who have completed two years of prerequisites in a medically related college curriculum with a minimum 3.0 GPA, or worked for two years in a medically related field in Mono County. They must also be a current resident of Mono County and resided there full time for a minimum of two years, or are currently working in Mono County full time for a minimum of two years. Awards are based on financial need, academic ability, as well as motivation and goals. We've recently added that they volunteer at least five hours at the Cast Off so they have a better understanding of how hard we work for their scholarship money. Our annual budget is \$25,000 and to date we have awarded \$566,000. The application period is April 1 - June 30 and applications are available at both the Hospital and the Cast Off. Awards will be announced in early August.

Happy Father's Day!

The following appeared in our newsletter a few years ago and has been requested again.

Her hair was in a pony tail,
Her dress tied with a bow.
Today was "Daddy's Day" at school,
She couldn't wait to go.

But her mommy tried to tell her,
That she probably should stay home;
The kids just might not understand,
If she went to school alone.

But she was not afraid;
She knew just what to say,
What to tell her classmates
Why he wasn't there today.

But still her mother worried,
For her to face this day alone.
And that was why, once again,
She tried to keep her daughter home.

But the little girl went to school,
Eager to tell them all
About a dad she never sees,
A dad who never calls.

There were daddies along the wall
for everyone to meet,
Children squirming impatiently,
Anxious in their seat.

One by one the teacher called
A student from the class.
To introduce their daddy,
As seconds slowly passed.

At last the teacher called her name,
As each child turned to stare.
Each of them was searching,
For a man who wasn't there.

"Where's her daddy at?"
She heard a boy call out.
"She probably doesn't have one,"
Another dared to shout.

And from somewhere near the back,
She heard a daddy say,
"Looks like another deadbeat dad,
Too busy to waste his day."

The words did not offend her,
As she smiled up at her Mom.
And looked back at her teacher,
Who told her to go on.

With little hands behind her back,
Slowly she began to speak.
And out from the mouth of a child,
Came words incredibly unique.

"My Daddy couldn't be here,
Because he lives so far away.
But I know he wishes he could be,
Since this is such a special day.

And though you cannot meet him,
I wanted you to know
All about my daddy,
And how much he loves me so.

He loved to tell me stories,
He taught me to ride my bike;
He surprised me with pink roses,
And taught me to fly a kite.

We used to share fudge sundaes,
And ice cream in a cone.
And though you cannot see him,
I'm not standing here alone.

'Cause my daddy's always with me,
Even though we are apart;
I know because he told me,
He'll forever be in my heart."

With that, her little hand reached up,
And lay across her chest,
Feeling her own heartbeat
Beneath her favorite dress.

Somewhere in the crowd of dads,
Her mother stood in tears.
Proudly watching her little girl,
Wise beyond her years.

For she stood up for the love
Of a man not in her life.
Doing what was best for her,
Doing what was right.

She dropped her little hand back down
And staring straight into the crowd.
She finished with a voice so soft,
But its message clear and loud.

"I love my daddy very much,
He is my shining star.
And if he could, he'd be here,
But heaven's just too far.

You see he is a soldier
And he died just this past year,
When a roadside bomb hit his convoy
And taught the warriors fear.

But sometimes when I close my eyes,
It's like he never went away."
And then she closed her eyes,
And saw him clearly there that day.

And to her mother's amazement,
She witnessed with surprise,
A room full of daddies and children,
All starting to close their eyes.

Who knows what they saw before them;
Who knows what they felt inside,
Perhaps, for a mere second,
They saw him at her side.

"I know you're with me Daddy,"
To the silence she called out
And what happened next made believers,
Of those once filled with doubt.

Not one in that room could explain it,
For each of their eyes had been closed,
But there on the desk beside her
Was a fragrant, long-stemmed, pink rose



And a child was blessed, if only for
A moment, by the love of her shining star,
And given the gift of believing,
That heaven is never too far.

There are many children in the same boat as this little girl. We give our thanks to all the servicemen and women and their families for the sacrifices they are making to keep our country free. The ULTIMATE sacrifice is being left behind. Let us not forget them on Father's Day, Memorial Day, and every other day!

Valentine Reserve Public Tours

Guided walking tours of Valentine Camp are offered in the summer. Tours are thematic and offered on wildlife, history, geology, wildflowers, birds, bears and more. The tours are limited to 15 people and are advertised on our website <http://vesr.nrs.ucsb.edu/education-outreach/valentine-public-tours> or through our email events list. A modest donation is requested to help support our outreach program to teach science classes to the children of Inyo and Mono County. Registration is open. Please sign up on the website and pay for all the tours you would like to attend.

History of the Valentine Reserve I | June 21

History of the Valentine Reserve II | June 28

The area known as the Valentine Reserve has had many uses over the years. Join us on a tour of the reserve to learn about the area's first visitors, how the inhabitants have changed over a century or so and how the land is being used today. From Native Americans to gold speculators to wealthy Angelenos and now educators and scientists, this land has served a wide variety of needs.

The Geology of Valentine Reserve I | June 22

The Geology of Valentine Reserve II | July 05

The Geology of Valentine Reserve III | July 10

The geography of Valentine Reserve was shaped over the millennia by the geologic forces of time. Mammoth Mountain volcano, the glaciers of the Tioga glacial epic and the explosions of the Inyo Craters have all left their mark at Valentine. During this moderately strenuous hike, you will learn how the rocks of Valentine arrived at their destination. Bring water, hat and sunscreen.

Wildflowers of Valentine Reserve I | June 29 |

Wildflowers of Valentine Reserve II | July 09 |

Wildflowers of Valentine Reserve III | July 25 |

Valentine Reserve changes color throughout the wildflower season. This hike will allow you to see what is blooming early in the season. Depending on the year, you can expect to see arrays of forget-me-nots, Mariposa lilies, and violets which will be in seed later in the summer. The hike is moderately strenuous, with a 500' elevation gain. Bring water, hat and sunscreen.

Black Bears I | July 06

Black Bears II | July 12

While walking through Black Bear forest habitat you will see bear scratched trees, a bear den and occasionally bear tracks. Learn how bears survive in the forest, and how Mammoth Lakes is managing their bear population. Children welcome.

Sundays at the Valentine Reserve I | July 08

Sundays at the Valentine Reserve II | July 15

Sundays at the Valentine Reserve III | July 22

Sundays at the Valentine Reserve IV | July 29

Have you ever wondered about the mysterious Valentine Reserve. Where is it? What is it? Come with us on the general tour of the Reserve and learn a little bit about the history, flora, fauna and what makes the Reserve so special. This tour will be relaxed introduction to the best kept secret in Mammoth! The hike is moderately strenuous, with a 500' elevation gain. Bring water, hat, and sunscreen.

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

@ the Library

Brown Bag Book Club Monday, June 25

Bring your lunch and join us to discuss *Angle of Repose* by Wallace Stegner at noon in the Ellie Randol Reading Room. Books are available at the Mammoth Lakes Library.

For Your Funny Bone!

On Father's Day, a little boy decides to make his dad breakfast in bed. He makes scrambled eggs, toast, and coffee. He brings it in to his dad, hands him the cup of coffee and says, "Try it, dad."

The dad takes a sip and nearly passes out because it is so strong. The little boy asks, "How do you like it, Dad?" The dad doesn't want to hurt the little boy's feelings so he says, "This is ... something else. I've never tasted coffee quite like this before, Son." The little boy smiles from ear to ear and says, "Drink some more Pops."

As the dad is drinking, he notices two army men in the bottom of the cup, and says, "Hey! Why did you put army men in here?" The little boy again smiles and sings, "The Best Part Of Waking Up, Is SOLDIERS In Your Cup."

A father passing by his son's bedroom on Father's Day morning was astonished to see that his bed was nicely made and everything was picked up. Then he saw an envelope, propped up prominently on the pillow that was addressed to 'Dad.' With dread, he opened the envelope and read the letter.

Dear Dad,

It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend because I wanted to avoid a scene with Mom and you. I have found real passion with Stacy and she is so nice. But I knew you would not approve of her because of all her piercing, tattoos, tight motorcycle clothes and the fact that she is much older than I am. But it's not only the passion...Dad, she's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods and has a stack of firewood for the whole winter. We share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves and trading it with the other people that live nearby for cocaine and ecstasy. In the meantime, we will pray that science finds a cure for AIDS so Stacy can get better. She deserves it.

Don't worry Dad. I'm 15 and I know how to take care of myself. Someday I'm sure that we will be back to visit so that you can get to know your grandchildren.

Love, Your son, John

PS. Dad, none of the above is true. I'm over at Tommy's house.

PPS. I just wanted to remind you that there are worse things in life than a school report card. That's in my center desk drawer. I love you. Call me when it's safe to come home.

Bon Appetit!

Ice Cream Sandwich Cake



15 Oreo cookies
 1 tablespoon milk
 8 -9 ice cream sandwiches, depending on size
 1 pint mint chocolate chip ice cream
 1 pint vanilla frozen yogurt
 1 pint strawberry ice cream
 1 (8 ounce) container frozen whipped topping, thawed
 Optional: Chocolate syrup & pretzels

You can use any flavor of ice cream or frozen yogurt. Be creative! Mint ice cream sandwiches and mint ice cream make a colorful and tasty combination.

Coat bottom and side of a 9-inch round springform pan with nonstick cooking spray. Line side with waxed paper, using spray to help adhere to pan. Trim paper to height of pan. Finely crush 12 Oreos in a food processor. Add milk; pulse just until mixture holds together. Set aside.

Unwrap 4 ice cream sandwiches. Working quickly, cut each in quarters (cut once horizontally, once vertically). Stack strips of sandwiches on end, packing them snugly together, around wax-paper-lined pan. Repeat with remaining sandwiches to form a stand-up edge. Spoon cookie crumbs into center of pan; press firmly over bottom. Freeze 1 hour.

Remove all 3 flavors of ice cream or frozen yogurt from freezer and let soften for 15 minutes at room temperature. Transfer mint ice cream to a small bowl and stir until good but firm spreading consistency. Repeat with vanilla and strawberry. Remove pan from freezer. Spread mint ice cream on bottom, then top with vanilla and strawberry, spreading all layers at level. Top with thawed whipped topping, swirling top decoratively. Crush remaining 3 Oreos and sprinkle over cake. Drizzle with chocolate syrup and decorate with pretzels. Return to freezer; freeze overnight.

To serve, remove side of pan, then waxed paper. Cut into wedges.

Dates to Remember

May 25, Friday	Cast Off Work Day, 10 a.m.
May 26, Saturday	"Think Pink" at the Cast Off
May 28, Monday	Memorial Day
May 30, Wednesday	Volunteer Appreciation Luncheon, 12 noon at Toomeys
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
July 27, Friday	Cast Off Work Day, 10 a.m.



Mammoth Hospital Auxiliary

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