



Volunteer's Voice

July 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

May 1—31, 2017

Revenue:

Cast Off	24,464.88
Rental	1,218.29
Donation Jar	102.00
Contribution (Zwart)	150.00
Memberships	25.00
Interest Income	5.81
Scholarship (Plum)	10,000.00
Total Revenue:	35,965.98

Expenses:

Cast Off	5,190.44
Administration	971.40
Blood Drive	300.00
Donation (Golf Tournament)	500.00
Student Achievement Awards	7,000.00
Total Expenses:	13,961.84

Net Income: 22,004.14

Union Bank Ending Bal:

167,706.69

MoneyMarket Bal: 80,452.78

"Think Pink" Saturdays

Jan thru May 10,334.44

President's Message — Judy Bornfeld

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

We're all happy, it's summertime and life is beautiful. Enjoy each and every day!

I want to thank Vicki Mobley and her wonderful Scholarship Committee for the outstanding job that they did in selecting 29 high school seniors to receive Achievement Awards. Also, in selecting the 5 and 1 alternate for the new Plum Family Scholarships. The surprised faces, the smiles, tears of joy that were shared and expressed that day are what precious memories are made of. See pictures on page 8.

A Giant thank you to the fun and very productive May 25 Cast Off Work Pizza Day. We had Gail Buchholz, Sharon Clark, Carolyn Cook, Karen Curry, Sara Knadler, Dawn Lazar, Vicki Mobley and me re-doing the layout and design of the Cast Off. You all made such a big difference in the functioning and attractiveness of the store. You're

terrific! Next one is Friday, June 29, 10 a.m. Come join the fun!

Our next "THINK PINK SATURDAY" is Saturday, June 30. So far we've collected over \$10,000 additional for the new 3D Mammogram machine for Mammoth Hospital. WOW!!!

After much thinking, discussing and tossing of ideas, I will be staying on as your MHA President for this next year only. I know that at times I will have limitations. The MHA Board and Auxiliary members will be brainstorming on defining the different job descriptions and how many of our roles can be delegated and shared. We are certainly open to new ideas and suggestions.

We're looking forward to our Annual Appreciation and Installation Luncheon on Wednesday, July 11 at 11:30 at the Westin.

Thank each one of you for ALL that you do. I appreciate it from the bottom of my heart... xoxo Judy

SEE IMPORTANT CAPITAL OUTLAY NEWS ON PAGE 2!

HAPPY



Capital Outlay News — BIG NEWS!!!

We recently learned that the 3D mammography equipment for which we budgeted \$87,000 will not be available until after the end of this 2017-2018 fiscal year. A letter was received from the hospital explaining that the new mammogram machine requires design and engineering review prior to installation and will not be ready to purchase or install until our next fiscal year.

Upon receiving this news, the Board immediately sought alternate projects in order to spend the funds committed this fiscal year. As a 501 (c) (3) we need to spend the allocated funds this year to show that we are fulfilling our mission to provide Mammoth Hospital with services, medical equipment, and other specific needs to benefit patients.

The Board learned of a capital campaign for the Hospital's Dental and Specialty Clinic Expansion and began discussions with Gary Myers and other hospital personnel to see if perhaps our capital outlay funds could go toward part of that. The hospital proposed a capital outlay purchase which the MHA Board approved. Since the end of our fiscal year is nearly here, an emergency General Meeting was called for May 24 to present the recommendation to the general membership.

A quorum was present and Talene Shabanian, Mammoth Hospital Foundation Coordinator, presented a proposal for us to consider sponsoring the expansion of the Dental Clinic. She described the importance of the clinic and that it is the only Medi-Cal provider in Southern Mono County. The expansion will increase much needed access for residents, primarily children, who rely on Mammoth Hospital as their sole source of dental care. The proposal suggested that we might be interested in putting the entire \$87,000 toward expanding the clinic rather than adopting only a room. And if next fiscal year we added \$13,000 more to make it a total of \$100,000, it would entitle MHA to naming rights of the clinic. In addition, the long wall adjacent to the clinic would become a tribute wall recognizing the Auxiliary's history and contributions to the Hospital. It would be created and designed with input from the Auxiliary.

It was moved to take the \$87,000 committed in the 2017-18 capital outlay budget for the 3D mammogram machine plus add another \$13,000 from this year's budget to donate a total of \$100,000 this fiscal year to enhance and name the new dental clinic at the Hospital. The motion was seconded (and thirded) and passed unanimously! Talene said that the Hospital would not be what it is without the Auxiliary's support and they are thrilled to give the Auxiliary this very visible recognition. It was also noted

that this is a great opportunity for making a very significant and enduring contribution to commemorate our 50th anniversary.

We will definitely be including the 3D mammography equipment in the Capital Outlay 2018-2019 budget!



Hope you are planning to attend the Annual Meeting on Wednesday, July 11, 11:30 a.m. at the Westin Hotel. It's important for everyone to be there as we'll be electing our new Board and Officers for the coming year. We are proud to announce this coming fiscal year's 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 Carolyn Cook
Gail Miller
Kathryn Adkins
Vicki Mobley

The meeting will be followed by a buffet luncheon and installation of the new Board. There is 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. 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.

We have received lots of nice jewelry and Diane has been sorting and pricing it to sell it at the meeting. So be sure to bring your checkbooks or cash! Sorry, no credit cards.

Hospital News — Gary Myers, CEO



Medical Staff

I met with Dr. MaryAlice Lopez and she informed me that she would not be renewing her agreement with us for the provision of her professional services as an Ob/Gyn next year. Her agreement expires on September 30, 2018. We are now recruiting two new Ob/Gyns and will maintain coverage for this service using locum tenens for the foreseeable future. We currently have a short gap in coverage due to our locums physician having a family emergency and Dr. Lopez being out of town on a previous commitment.

We had a good site visit with a psychiatrist who is interested in moving here and establishing a practice with the hospital. An offer is currently being prepared. This physician desires to be employed rather than function as an independent contractor. We will work with legal counsel to derive a proposed employment agreement template.

Our two remaining pediatricians, Dr. Collins and Dr. Salisbury, would also like to become employees of the District as would select members of the Family Medicine physicians. Again, we need to work with legal counsel to derive appropriate employment agreements for these physicians. Melanie Van Winkle has done extensive research on this proposed transition of reimbursement models from independent contractor to employee utilizing a consultant from Eide Bailey.

CEO Search

We received an update from Witt-Keiffer on their progress on the CEO search. They are in the process of vetting a number of potential candidates and their goal is to provide a slate of candidates for the Board search committee review by mid-July.

Facilities

The permit for the site work project from the Town of Mammoth Lakes is now ready for pick up pending our contractor's review and pricing of required changes to the

plans. Unfortunately, the delay in this project is now going to likely be extended as our contractor has become busy with other projects in the interim. We still plan to get this work done this summer.

MRI: We have our next meeting with Canon Medical on the MRI project in mid-July. The timeline now calls for Canon to submit drawings to OSHPD in mid-July 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.

Finance

Escrow on the South Gateway Apartment Building is also winding down, with all documents received in final form and being circulated for signature. Our Facilities Manager, Dan Conners, is currently obtaining updated bids on deferred maintenance issues so that we can dive into those projects once escrow closes. We have already hired the property manager and are pleased to find that the building is 90+ percent occupied for the upcoming Fall term. We are holding 6 rooms vacant for anticipated hospital needs coming up soon.

Finally, congratulations to Lynda Salcido on her victory in the Town Council election! Lynda has served our District for several terms as a Board member and has been an invaluable asset in her governance role. We will miss her wise counsel, good humor, and leadership, but know that she will now bring those qualities to her new role in public service as a Councilmember. Thank you, Lynda, for your dedicated service to our community!

Mammoth Hospital Auxiliary sends a big thank you to Mammoth Hospital, and especially to Talene Shabanian and Ehren Goetz, for all the recent publicity they've arranged for the Auxiliary. There have been multiple ads in the Mammoth Times. The most recent ad is about our College Scholarship program and how much we have awarded. They also had three big banners made for us to display in the Cast Off. One is an 8 foot wide horizontal banner announcing our 50th Anniversary and will be hung from the upstairs railing. The other two are 6 feet high and on stands so they can be moved around. One is about how much money we have donated in our 50 years and the other about the Cast Off being 100% volunteer operated and requesting new volunteers.



Celebration and Remembrance of "Our Bonnie" Zwart



Please remember that a Mass will be held for Bonnie at Our Lady of Perpetual Help Catholic Church Saturday, July 14 at 10:00 a.m.. 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 be sent to Mammoth Hospital Auxiliary Scholarships, P. O. Box 1399, Mammoth Lakes, California, 93546 in the name of Bonnie Zwart.

Membership — Patti Heinrich

Our new fiscal year begins July 1 so it's time to renew your membership for 2018-2019. Renewal forms are in the mail. Please fill out the form even if your information has not changed. This includes Honorary and Lifetime members so we can make sure the database is correct. Bring your completed form and dues to the Annual Meeting on July 11, or drop them off at The Cast Off in Patti's mailbox, or mail them to PO Box 1399, Mammoth Lakes, CA 93546, Attn: Membership Chairman.

The application has been updated to include a space at the top for the name of the member who gives an application to a prospective member. This is very helpful if the Membership Chair has any questions. Also three additional volunteer categories have been added: Scholarship Applicant, Hospital Employee and Community Volunteer.

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 and healing and speedy recoveries to each of you.



This month, as of this moment, I have no updates of any of our members and friends. So, good news!

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.

P.S. I need to step back from some of my MHA responsibilities for medical reasons, which includes retiring from being Sunshine Chair. I'm on a new chemo program and we discovered it was too strong of a dosage for me. So, I've been taken off of it for 3 weeks and hopefully starting back on this new program, but with a reduced dose of RX.

I would really appreciate it if someone would step up and become our Sunshine Chair. This job is a very rewarding, satisfying and important job in reaching out to our members and friends. I have a box with all kinds of cards and MHA note paper and stamps. So please, someone help us out with filling this position. I will be happy to help and work with you to make the transition easy and comfortable.

Year-End Reminders

Officers & Committee Chairmen:

- Your year-end reports are due to Judy Bornfeld **NOW**.
- 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.



Thank you Mammoth Hospital for the lovely Volunteer Appreciation Luncheon!

Happy Birthday!

Birthdays for July

- 7/1 Diane Walsh-Boccia
- 7/2 Dinah Craig
- 7/3 Virginia LeRoy
- 7/6 Lee Shugart
- 7/8 Willy Bauer
- 7/13 Sandy Howley
- Ana Prieto
- 7/29 Lydia Inouye
- 7/31 Valerie Mackay

What's Happening @ the Cast Off?



Cast Off Update

Following are highlights from the July Cast Off Committee meeting:

- Tags on nicer active clothes are being pulled off. Will try to mark item in ink.
- Sorting table floor mats are a hazard. They are rolled up and in the Dining Room.
- Some of the scarf hangers are missing. Anyone know where they are?
- One of the moveable racks will be used to display scarves.
- Put the plastic hangers we sell next to the fabric shelves.

From the Day Chairs & Co-Chairs

Monday—Karen Curry

After returning from a recent trip to Southern California, Roger and Karen encountered ten sofas behind the Cast Off. Five were good and five were in bad condition! So, five sofas were moved into the store and Roger proceeded to dismantle the bad ones and fill the dumpster. Next morning, on a Monday, the trash truck driver not only dumped our full dumpster, but helped Roger reload and dumped again. A tip was definitely in order for the driver!

Since Memorial Day fell on a Monday, the Cast Off was open and Monday Crew remembered and celebrated our veterans with a potluck luncheon! As always, a good time was had by all.

Tuesday—Shannon Clark

Tuesday, June 12 was a banner day for workers. Gisela Sellinger and Sharon Good helped out on the register. We had Alex Hamilton and Alex Garcia, both Auxiliary Scholarship applicants, come in to help in the back room

where we sorely need their strength! And Samantha Knadler as well plus another new volunteer, Lindsey. It is great when school is out and young people can give us some help. We had a very good \$1,600 day, thanks to all!

Thursday—Sharon Clark

A couple weeks ago, Thursday crew arrived to find what we thought might be a bunk bed or twin beds, i.e., heavy wood headboards, slats, etc., with various long bolts, nuts and washers in a sack taped to the wood. These various bed puzzle parts were leaning against the wall. There was NO way Carolyn and I could pick up some of the pieces much less get one bed atop another. And, of course, it was a vacation day for Al and Patti so we were "it". No one was gonna buy these pieces without seeing what it was supposed to "become" once it was assembled. Just about then, a strong young tall guy arrived. Roger barely got in the door before we grabbed him and took him straight to the wooden bed parts. Roger hardly needed our help but we hung around and offered anyway. He had the bed pieces neatly assembled and in order quickly. Some nuts were missing but he knew where to find replacements. This very good-looking wooden bunk bed sold almost as soon as we opened. The buyers were so happy as they labored to unscrew, unbolt, and take down what Roger had just constructed. They finally loaded their prize in the back of their truck. Thanks much, Roger, not only for your ability and the sale but also because pleased customers will return often.

Saturday—Karen Curry

As we head into summer, yard sales are in full swing, increasing donations every Saturday afternoon! It's all we can do to keep the back room cleared of boxes and bags, loading carts and getting them out into the store. Meanwhile, our cashier and bagger try to keep the very long line moving so that it doesn't go all the way to the back room! Aren't we just so lucky to have such loyal customers and visitors who want to get that special deal at the Cast Off. We all get to be part of this great team!

Shepherd's Flock—Shannon Clark

We haven't been meeting lately—everyone is too busy with Dr.'s appointments or going to relative's graduations. We will get going again after the 4th of July. Meanwhile, a couple of us have visited Maxine who continues to thrive in her new Gardnerville home. She keeps busy with the many sewing projects given to her by her daughter, Sandra. I hope you all saw her picture taken by our Wendy G. of the Mammoth times in a late May edition.

Katie's Korner — Patti Heinrich

WOW \$1,494.00 in May. Great month!!!

Senior Focus Group

The Auxiliary recently received the following notice from Christina M. Caro, PhD, Licensed Clinical Psychologist. The subject sounds like it would be of great interest to many of our members.

Until recently I have been the only Medicare provider for Mental Health services in Mono County. I have a growing concern about the issues of loneliness and the risks of depression and isolation for seniors in Mammoth who might have mobility challenges or other disabilities, experienced loss of a spouse, and/or who do not have extended family nearby. Cigna recently shared a study on loneliness that points to significant concern around addressing social needs:

Chronic Disease & Loneliness

- 60% of Americans have at least one chronic disease.
- 80% of older adults have at least one chronic condition; 50% at least two.
- Rural older adults are dying from the opioid epidemic at a higher rate than older adults in the nation as a whole.
- A recent study by Cigna revealed American adults see themselves as lonely with increasing prevalence for those suffering from chronic illness.
- Those who rate their health as fair/poor have a loneliness score that is nearly 11 points higher than those who rate their health as being good/very good/excellent
- Loneliness has the same impact on mortality as smoking 15 cigarettes a day, making it even more dangerous than obesity.

I have been exploring how to expand enrichment and wellness activities for seniors (age 60+), particularly those who have mobility challenges, since the Wellness Center stopped providing art, music, and social activities a few years ago. I did a presentation at the last Mono County Behavioral Health Advisory Board meeting about the importance of social, recreational, and creative activities for senior wellbeing. They agreed to put on a focus group JUNE 27 to see if there is enough interest to work on providing more activities, possibly through the Town of Mammoth Lakes Parks and Recreation.

Ideas we discussed included weekend trips to Reno or San Francisco or other metropolitan areas with cultural resources, aquatic classes for arthritis relief, thai chi, art classes, music lessons, social lunches and cooking lessons, mahjong and other game nights, movie night, etc. Most communities have wonderful, robust senior centers with all kinds of programs to help support wellness for seniors.

The Mammoth community often assumes people are already active or they wouldn't live here. But if you have developed mobility or other disabilities that come with age, had a spouse die, or are more introverted, Mammoth can be a lonely place. I'd like to see if we can address this. But first we have to see if there is a large enough constituency.

There are about 580 seniors in our community. Please spread the word and share this flier with your friends or clients. The more people who show up, the more likely they will invest in senior programs.

I hope you and your friends and neighbors can come!

Christina M. Caro, PhD
Licensed Clinical Psychologist
CA PSY 22772
ccaro@christinacarophd.com
(408) 768-8636

Please join us for a

FOCUS GROUP ON SENIOR PROGRAMS

June 27 from 4 - 5 PM
Mammoth Lakes Community Center
1000 Forest Trail

Are you interested in sharing your thoughts on programs for senior citizens in Mammoth Lakes?
Join Mono County Behavioral Health and the Mammoth Lakes Parks and Recreation Department for a focus group!

Please RSVP to Amanda Greenberg at
agreenberg@mono.ca.gov or 760-924-1754



2018 Mammoth High School Achievement Awards

Vicki Mobley and Judy Bornfeld presented High School Achievement Awards totaling \$7,000 to 29 happy Mammoth High School graduates at the June 8 Senior Awards Breakfast.



2018 Plum Family Scholarship Recipients

Paula, Jovie & Imogen Plum were on hand at the Awards Breakfast to congratulate the first recipients of their newly established **Plum Family Scholarship**. Five deserving Mammoth High School seniors received \$2,000 each!



Left to right: Cary Walker, Francisco Solorio, Mallory Podosin, Hayley Moss, Paula, Imogen & Jovie Plum, Vicki Mobley, Tanner Bissonette, and Judy Bornfeld.



Since 1954 the Volunteer Services Department of the California Association of Hospitals and Health Systems (CAHHS) has promoted and supported health care volunteerism in the state's hospitals and health systems. The following is an excerpt

from an article on their website www.calhospital.org/volunteer.

The High Tech of High Touch

Published on March 5, 2018

Sue Carter Kahl, President, Sue Carter Kahl Consulting

If volunteers were a new technology or drug, every hospital would be clamoring for them. At least that was my impression after hearing Dr. Robin and Meredith Youngson speak at the California Hospital Volunteer Leadership Conference. The couple shared their moving story and cited findings from randomized controlled trials that spoke to the positive health impact of compassionate care. That impact included: decreased need for pain meds, decreased levels of anxiety, faster wound healing, fewer hospital nights, fewer complications and readmissions. It just so happens that many of these outcomes decrease the costs of healthcare, too.

How might volunteers contribute to these outcomes? Dr. Youngson identified practices that cultivate compassion and support healing: human connection, small acts of kindness, active listening. It turns out that these acts tend to be the ones in which volunteers specialize. This is especially important as many clinical professionals in medicine are feeling stretched and burned out by a system that excels at treatment, but struggles with healing.

I wonder if the secret sauce of healing may be a result of the "luxury of focus" that volunteers often have, according to Susan Ellis. They are not pulled in as many directions as paid staff. As a result, they can take their time with patients, families, or visitors in need. Seemingly small acts matter - escorting patients through the maze-like corridors of the hospital, delivering a newspaper or cup of coffee along with a smile and kind word, or visiting with patients in ER waiting rooms or on the units.

Too often, these activities are viewed as sweet, soft, or nice, but certainly not necessary. They seem to pale in comparison to the latest technology, promising pharmaceuticals, and specialized procedures. But Dr. Youngson warned that if we omit attention to basic human needs, we can limit the effectiveness of the most

excellent clinical treatment. He shared that caring for people with empathy can create cascading reactions for healing. The opposite is also true. Dehumanizing interactions can set off cascading reactions of wounding. Perhaps high touch is the new high tech...

As someone who studies the value that volunteers can bring to the organizations, communities, and clients they serve, I'm fascinated to discover clinical outcomes that align with volunteer activity. It adds a new layer to the research I'm conducting and leaves me wondering what outcomes we might find if we could study the influence of volunteers in other settings. Just as importantly, I'm curious about what organizational practices we need to develop and sustain to ensure that staff and volunteers are equipped to work well together so they can elicit these outcomes with patients or clients.



Things to do this holiday

Mammoth Celebrates the Arts

Sunday, July 1 thru Wednesday, July 4
Footloose Sports parking lot
Shop from over 70 talented artists

Lions Club Pancake Breakfast

Wednesday, July 4, 7:00am to 11:00am
Old Mammoth Road

4th of July Parade

Wednesday, July 4, 11:00am to 1:00pm
Spectators are welcome to set up chairs along Old Mammoth Road and Main Street to watch the festivities. Check out a collection of interesting groups and floats to celebrate America's favorite holiday.

4th of July Fireworks Spectacular

Wednesday, July 4, 9:15pm to 9:45pm
1149 South Landing Road, Crowley Lake

Mammoth Jazzfest

Friday, July 6 & Saturday, July 7
In the Village

Brian Venneman Memorial Cancer Outreach Golf Tournament



On July 20th, 2018, Mammoth Hospital will host the 15th Annual Brian Venneman Memorial Cancer Outreach Golf Tournament at Sierra Star Golf Course in Mammoth Lakes to support local residents battling cancer. All proceeds from the tournament will support Mammoth Hospital's Cancer Outreach Program. The program has a direct impact on our community by helping ease the financial burden for local cancer patients during their treatments by offering support during their challenging time.

Mammoth Hospital's Cancer Outreach Program has raised over \$450,000 for local cancer patients in the last 15 years. The program is intended for those living or working in Mono County and its focus is to provide support, resources and financial assistance to cancer patients. Although Mammoth Hospital does provide early detection screening and some treatment services such as chemotherapy infusion, specialized care is referred to cancer centers outside our area. The Cancer Outreach Program financially assists patients with gas, meals, and lodging expenses associated with travel to these cancer centers.

Through your participation in this event, the Cancer Outreach Program is able to grow and bring services to people battling cancer. This effort takes the support of us all, from sponsors, to players and volunteers, as well as all those who step up to support the tournament financially. Without each of these pieces the event would not be the success that it is.

NOTE: Mammoth Hospital Auxiliary has participated as an "Exclusive Hole" sponsor for the last few years and is proud to do so again this year! For more information on supporting the tournament or to be added to the mailing list for future events, please reach out to Talene Shabanian, Foundation Coordinator at (760) 924-4128 or email talene.shabanian@mammothhospital.com.

**Long ago, when men cursed and beat the ground
with sticks, it was called witchcraft.
Today it's called golf.**

The following is not intended to offend fans of tennis, basketball, football or baseball. It is, rather, an attempt to put everything into proper perspective.

Ever wonder why golf is growing in popularity and why people who don't even play go to tournaments or watch it on TV? The following truisms may shed some light.

- Golfers don't have some of their players in jail every week.
- Golfers don't kick dirt on, or throw bottles at, other people.
- Professional golfers are paid in direct proportion to how well they play.
- Golfers don't hold out for more money, or demand new contracts, because of another player's deal.
- Professional golfers don't demand that the taxpayers pay for the courses on which they play.
- When golfers make a mistake, nobody is there to cover for them or back them up.
- The PGA raises more money for charity in 1 year than the NFL does in 2.
- You can watch the best golfers in the world up close, at any tournament, including the majors, all day every day for \$25 or \$30.
- Even in the nose bleed section a ticket to the Super Bowl will cost you over \$300 - or \$1,000 from a scalper.
- Golfers keep their clothes on while being interviewed.
- Golf doesn't have a free agency. In their prime, Palmer, Norman, and other stars, would shake your hand and say they were happy to meet you. In his prime Jose Canseco wore T-shirts that read "Leave Me Alone."
- You can hear birds chirping on the golf course during a tournament.
- At a golf tournament (unlike at taxpayer-funded sports stadiums and arenas) you won't hear a steady stream of four letter words and nasty name calling while you're hoping that no one spills beer on you.
- Golf courses don't ruin the neighborhood.

Finally, here's a little slice of golf history. Why do golf courses have 18 holes - not 20 or 10 or an even dozen?

During a discussion among the club's membership board at St. Andrews in 1858, a senior member pointed out that it takes exactly 18 shots to polish off a fifth of Scotch. By limiting himself to only one shot of Scotch per hole, the Scot figured a round of golf was when the Scotch ran out.

For Your Funny Bone!

To his surprise, the old man plays quickly. He doesn't hit the ball very far, but it goes straight. Furthermore, the old man moves along without wasting any time.

When they reach the 9th fairway, the young man is facing a tough shot. A large pine tree sits in front of his ball, directly between it and the green.

After several minutes pondering how to hit the shot, the old man says, "You know, when I was your age, I'd hit the ball right over that tree."

With the challenge before him, the young man swings hard, hits the ball, watches it fly into the branches, rattle around, and land with a thud a foot from where it had started.

"Of course," says the old man, "when I was your age, that tree was only three feet tall."

Will Rogers was one of the greatest political country/cowboy sages this country has ever known. Some of his sayings:

- Never slap a man who's chewing tobacco.
- There are two theories to arguing with a woman. Neither works.
- Never miss a good chance to shut up.
- Always drink upstream from the herd.
- If you find yourself in a hole, stop digging.
- The quickest way to double your money is to fold it and put it back into your pocket.
- There are three kinds of men: The ones that learn by reading. The few who learn by observation. The rest of them have to pee on the electric fence and find out for themselves.
- Good judgment comes from experience, and a lot of that comes from bad judgment.
- If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.
- Lettin' the cat outta the bag is a whole lot easier'n puttin' it back.
- After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral: When you're full of bull, keep your mouth shut.

Bon Appetit!

Summer is here so time to enjoy Margaritas! Just omit the booze for non-alcoholic treats.

Margarita Popsicles!

1 cup margarita mix
 2 oz fresh lime juice
 1 oz water
 1 oz triple sec or fresh orange juice
 2 oz tequila
 A pinch of salt

Mix all ingredients in blender and pour into popsicle molds. Freeze.

Frozen Margarita Pie

2 cups crushed graham cracker crumbs
 2 tbsp sugar
 1/2 cup melted butter
 1 12 oz can of frozen concentrated margarita mix
 3 cups vanilla ice cream
 3 cups lime sherbet
 2 tbsp tequila
 Fresh lime slices

About 20 minute before, set out ice cream, sherbet and margarita mix to soften.

Combine graham cracker crumbs and sugar, mix well. Add butter and stir until completely combined. Press into a springform pan and freeze.

Combine vanilla ice cream, sherbet, margarita mix and tequila. Stir until everything is completely combined. Add ice cream mixture to springform pan. Smooth out top and place pan back in the freezer for at least an hour.

Whip heavy cream until soft peaks form. Add sugar and continue whipping until the cream forms stiff peaks. Spread whipped cream on top of pie and garnish with lime slices. Return to freezer for several hours.

Enjoy!

Newsletter articles are due the 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, 760-934-5813, scoutdj1967@gmail.com

Dates to Remember

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, 9:30 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.
August 2, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
August 8, Wednesday	MHA Board Meeting, 10:00 AM at the Cast Off
August 17, Friday	National Thrift Shop Day Celebration at the Cast Off
August 31, Friday	Cast Off Work Day, 10 a.m.



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Mammoth Hospital Auxiliary
P.O. Box 1399
Mammoth Lakes, CA 93546

