



Volunteer's Voice

April 2020

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

Inside this issue

Hospital News	2
Sunshine	2
Stay Balanced	3
Cast Off News	4
News from Each Day	4
Birthdays	5
Budget Requests	5
Nominating Comm	5
Scholarships	6
Things to Do @ Home	7
April Events	8
Before TP	10
For Your Funny Bone	11
Bon Appétit	11
Dates to Remember	12

Treasurer's Report

Diane Beglau

February 1—29, 2020

Revenue:

Cast Off	24,658.64
Rental	1,218.29
Donation Jar	84.00
Interest Income	4.47
Total Revenue:	25,965.40

Expenses:

Cast Off	7,972.36
Newsletter (2 mos.)	61.72
Total Expenses:	8,034.08

Net Income: 17,931.32

Union Bank:	125,476.08
Money Market:	70,540.78
EasternSierraCommBk	27,081.21

President's Message — Judy Bornfeld

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

WOW, who would of thought that our World would be in a COVID-19 situation? It is very difficult to wrap oneself around this reality when one believes that this could never really happen in one's lifetime. We just don't think like that but, in our reality, this virus is here and now! We must be diligent in keeping ourselves healthy and following the careful guidelines to continue being healthy. This is all so new and foreign to us, but we'll get through it. Keep in touch with each other without touching!

I believe that the Mammoth Hospital Auxiliary Board's decision to close the Cast Off when we did was a very wise decision. So far, we've been very fortunate that people have been reading the "Please No Donations" signs and have been honoring them with no

dumping or donations coming in. We have cut back on our dumpster pick up days and there'll be notices in the Mammoth Times and the Sheet that we are closed and not accepting any donations until further notice.

Wishing for safety and good health to each one of you. I know that we miss each other and the Cast Off's fun, energy, caring and hard work but, eventually for sure, we'll get it back!

Hugs from a distance!
Judy

PS...I am waiting to hear from the United Blood Services in Reno in regards to our May Blood Drive. My understanding is the Red Cross is short on blood donations and asking people to donate. We don't know what our decision will be until we communicate with United Blood Services in Reno. Safety comes first!

The current health crisis has created a need at our hospital for respirators and ventilators. These are critical for those who have contracted the coronavirus and the hospital is in the process of obtaining this life-saving equipment. The Auxiliary has already approved capital outlay funds for other equipment this fiscal year. Due to the immediate need for respirators and ventilators, the Board will be seeking membership approval to redirect some of the capital outlay funds to this urgent need. As soon as the exact amount needed is determined, we will email the information to you and request that you respond yes or no by a specific date. Your consideration and approval is requested for this life-saving equipment.

Hospital News — Tom Parker, CEO



COVID-19

As you know the focus for much of our work right now is centered on our plans for, and management of, COVID-19. I begin this report with a summary of these activities:

- J The COVID-19 Hospital Incident Command Team meets daily during the week and on most days meets as needed throughout the day. Discussion of issues occur after business hours and on weekends as well. Member of the team are: Tom Parker, Craig Burrows, M.D., Kyle Howell, M.D., Kathleen Alo, Lenna Monte, Staci Brock, and Ehren Goetz.
- J A multi-stage plan has been developed with organization-wide actions changing depending on changes in the spread of the virus and its effect on hospital resources.
- J Regular public and internal messaging via email, town hall meetings, press releases, website stories and social media posts.
- J Decision to move to Stage 2
 - Controls on access to hospital and clinic facilities including launch of door greeter program.
 - Updated testing protocols (pending increase in test kit supply).
 - Erection and use of ED triage tent.
- J Initiation of work from home for those positions capable of doing so.
- J Changes to meetings in support of social distancing.
- J Coordination with Mono County Public Health, Northern Inyo Hospital, and Town of Mammoth Lakes.
- J Inventory, ordering, and securing of personal protective equipment.
- J Contingency facilities plan: Holding vacant condos and specialty clinic.
- J Commissioning of Ethics Committee.
- J Discontinuing self-serve food services in cafeteria.
- J Daily staff health screening by managers.
- J Issuing of travel advisory to staff: "We strongly encourage all employees and medical staff to avoid any non-essential travel. The decision to travel is at the discretion of every individual."
- J Waiving of three-day period of PTO use for employees affected by COVID-19 before being able to use Major Medical benefit.

The Cast Off has closed until further notice to protect volunteers and the public.

I will continue to copy board members on important developments communicated to staff via email. The most recent public messages are always available on our website and Facebook page.

Select Operational Updates

- J Kathleen Alo has announced her plan to retire as of May 8, 2020. Over 20 applications were received for the job. I have narrowed the field to three finalists who have each now completed panel interviews with physicians, the Admin Team, and the Nursing Leadership Team. A final decision and offer will be made this week.
- J Cash & Investments are now at \$70 million, 348 Days cash on hand.
- J Year to date through February increase in net assets is \$7.3 million, with a net margin of 13.1%
- J Mammoth Hospital was listed as one of 13 California hospitals with top scores for nurse-patient communication by Becker's Hospital Review.
- J The Specialty Clinic project is nearing completion. Contractors are installing cabinets, floors, and completing the finish plumbing work. Interior pointing is complete and outside painting is ongoing. We are delaying occupancy pending the possible use of the building in the management of COVID-19.
- J New Foundation Coordinator, Gardiner Miller, will be starting work in April.
- J Greater focus on donor gratitude: Work on the Auxiliary donor wall has begun. This will be outside of the dental clinic.

Sunshine Update — Sharon Clark

Don McPherson has been dealing with the awful pain of pancreatitis. By carefully watching his diet, seeing the proper specialists and scheduling out-patient surgery, he is doing much better.



Peggy Rogers reports that she has finally whipped her miserable cold and is on the road to recovery.

So far, knock on wood, none of have caught Covid-19. Thanks to swift Auxiliary Board action, our Cast Off is closed indefinitely. Thanks to Karen and Roger Curry, signs were up at the store Friday morning, March 13, announcing closure. Thanks to Diane Beglau, our CO phone message, announcing closure, was running by Friday morning. Taking care of each other is paramount.

Stay Balanced

Bored? Looking for something to do during this time of self-quarantine? Here are a few daily exercises you can do in 10 minutes to improve your balance – physical, not mental, although they may help with that too!

Cut your risk of falls with these simple stability moves. Just like strength, balance declines with age. And with a loss of balance comes an increased risk of injury and loss of mobility. But strength and balance training can improve your ability to stay centered and stable on your feet. A professional ballerina who offers balance, strength and flexibility training, recommends four exercises you can do in less than 10 minutes a day. Do them three to four times a week for a few weeks and you'll notice a difference she says.

Toe Tap

Stand with one hand on a wall for stability. Keeping both legs straight, lift one leg and stretch it in front of you until it's at a 45-degree angle to your body, toes pointed. Now touch your toes to the ground, hold a moment and return to the starting position. Do 2 sets of 8 reps with each leg.



Toes Up

Lie on your back, hands under your hips, and lift your legs straight in the air. Now pull in with your stomach to raise your hips slightly off the mat; point your toes. Hold for 2 counts; then, keeping your legs perpendicular to you, lower your hips back to the mat. Do 2 to 4 sets of 8 reps.



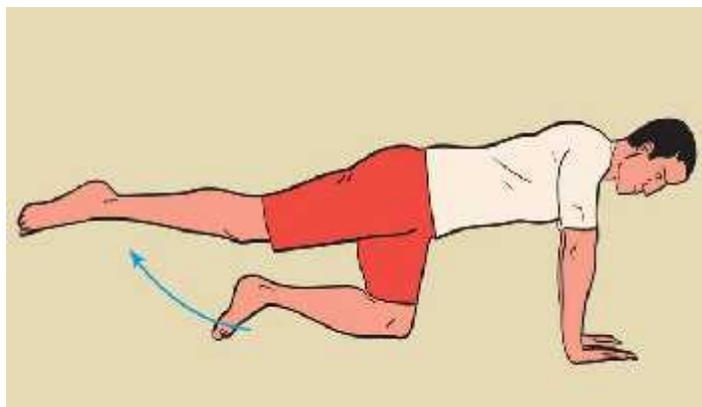
Knee Bends with Heel Raises

Stand with one hand on a wall for stability, your other arm at your side. Keeping your feet together and torso straight, bend your knees. Next, lift your heels off the floor as you straighten your legs and raise your free arm above your head. Hold for a moment. Perform 2 sets of 8 reps.



Arabesque

Get on your hands and knees. (Use a pillow under your knees, if you wish.) Pull in your abdomen and lift your right leg straight back, keeping your abdomen tight, with your knee straight and toes pointed. Don't arch your back. Hold for a moment, then lower and repeat with your left leg. Do 2 sets of 8 reps.



What's Happening @ the Cast Off?



Cast Off News

- J A cabinet was placed in front of the door in the Showroom, blocking the door that comes out from our restroom. Please keep this area free from furniture!
- J We are all a team, volunteering in the same organization and not split up into "Days". Please address someone with kindness and consideration and don't be confrontational.
- J Cashiers: do not take in bags of change as payment on merchandise. It takes too long to roll the coins and sometimes the amount is wrong!
- J Saturday Crew is thankful for all who volunteer and especially our cashiers, and those who relieve them for lunch.
- J Only those trained on the use of the Lift should use it. Roger says we should have a 50# limit.
- J Please leave the Mechanical Room door unlocked!
- J "George" is back and will pick up steel every other Tuesday starting March 10. Please save pots, pans, cookie sheets, bed frames, etc. There is a blue tub for these items in the Black Bag Room.
- J There are many small baskets for little stuff like hair clips and accessories, magnets, etc., up front on the small shelf under the window. It's right next to the jewelry displays. Please put small items there!

News from Each Day

Monday—Karen Curry

Wow, where to start! A few days ago, Vicki put out an email looking for cashiers for the following Monday. I got involved as there was a possibility that we might also need a Day Chair for that day. I had doctor's appointments down south and Jan was taking care of Don. Then, Judy called me and we had a long conversation about closing the Cast Off due to the threat of Coronavirus and, most importantly, the safety of our volunteers. The decision was easy. Close the Cast Off! We sprang into action. Judy

posted notices of our closing on front and rear doors. Roger hung a huge sign on the dumpster to ask customers: "Please, no donations!" Diane changed the answering machine message about our closure. And, so it begins!

Tuesday—Shirley Parker

The Tuesday before the store closed was a challenge with hardly any cashiers. Sharon Clark came in and helped for the first hour and I worked the rest with a wonderful break for lunch from Diane. We need more people trained to be on the cash register even if it's to give a break to someone for 30 minutes. Thank you to Sara and all who helped in the back. It was awesome we were able to stay open. Really hope everyone is safe and look forward to being with you all at the Cast Off in the future. I wanted to pass this along about a local young man who works at Wave Rave and is available if any of us would need his services. A good guy who wants to work. Stay safe.



Thursday—Sharon Clark

Thursday, March 12, was the slowest Cast Off day any of us could remember. We did have 2 hours help from two Mormon young men fulfilling their mission. Gail O'Sullivan got **all** remaining linens *out*; Carolyn and Cindy *finished* hanging **all** clothing donations; Sharon priced **all** donated *stuff*; Dick tested, priced and put out **all** electronic *items*; Gail Miller *cleared all* shoes on table; Pat *priced/hung all* expensive clothing. While I was ringing up a sale, the customer coughed, and I instinctively stepped back. "Oh," said she, "no problem. It's an allergy". Really? Pat, Gail O and Carolyn took turns being bored at the cash register. We folded/readied bags for packing. The gem of the day was a customer who insisted on telling Carolyn *HOW* to pack the million dishes of expensive China ware. Isn't it *fun* when the customer is always *right*and we just keep smiling?? I was so impressed that Carolyn kept her *cool*~~!! More than once, we considered closing. Normally, we make over \$1400...but we had receipts of only \$997. Downtime....until 2:45 when a lady brought bags of clothing and items to be priced. Never fails. But then Diane appeared to help and price jewelry. What a day.

Saturday—Karen Curry

Saturday, March 14, was the first Day we were closed due to the Coronavirus. I still thank Sharon Clark for speaking up, saying that she would not be working on Saturday, the 14th, due to her age and minimizing exposure to the Coronavirus. Couldn't agree more! She was instrumental in our decision to close the Cast Off. Not much else to report other than a few donations showed up at the Cast Off today in spite of the big sign. We'll continue to check on the status of that and keep the back of the store cleaned up! Thanks to everyone for their support and cooperation.

Budget Requests — Diane Beglau

It's time to think about our budget and anything that might be needed this coming fiscal year July 1, 2020, through June 30, 2021. Please let me know by April 30 if you have any budget requests. We will have a budget meeting in May. If you are interested in participating, please let me know.

Nominating Committee— Karen Curry

As Immediate Past President, I'm forming the Nominating Committee to put together the slate of officers for our next fiscal year. The Committee is comprised of Karen Curry, Lorrie Gould, and Gail Miller. If you would like to serve this wonderful organization by being a member of this committee or taking a position on the MHA Board for the 2020/2021 fiscal year, or if you know of another member wanting to serve, please contact one of the Committee members at the Cast Off or call Karen at (760)914-1098, or leave a note in her mailbox at the Cast Off.



Birthdays for April

- 4/2 Ilene Nevins
- 4/3 Duane Buchholz
Gary Myers
- 4/4 Maria Garcia
- 4/15 Sharon Clark
- 4/16 Jan McPherson
Sean Plunkett
Marianna Roberts
- 4/20 Marian Guder
Talene Shabanian
- 4/22 Jan Morin

Pee on the electric fence
they said...
It will be fun they said...



MHA Scholarships

Each year we award college scholarships to residents of Mono County who are pursuing a career in a medically related field. The Scholarship Fund was established in 1985 and since that time we have awarded \$604,000 to deserving locals.

Applications for 2020-2021 Scholarships will be available April 1 and can be picked up at the Cast Off or Mammoth Hospital. They are also available on the hospital's website. Eligibility requirements are:

1. Pursuing a course of study in a medically related field.
2. Be a current resident of Mono County and resided there full time for a minimum of two years, or currently working in Mono County full time for a minimum of two years.
3. Completed two years of prerequisites in a medically related college curriculum with a minimum 3.0 grade point average, or worked for two years in a medically related field in Mono County.

Applications must be postmarked no later than June 30 and awardees will be announced in August.



Plum Family Scholarships

The Auxiliary is overseeing and administering another scholarship fund. The Plum Family Scholarship is made possible through the generosity of Terry and Paula Plum and their family. The purpose is to support further education for as many Mammoth Lakes High School young people as possible and continue to fund them through their college years. Scholarships are based on financial need, motivation and goals, community and school involvement as well as academic ability, i.e., class ranking, SAT scores, and GPA. There are no requirements to pursue a specific field of study or major.

The scholarship was established in May 2018 and \$10,000 which was awarded to five deserving high school seniors. The Plum family donated \$20,000 in 2019, \$10,000 for the prior awardees if they wished to apply for a renewal and met the necessary qualifications. Four of those five received funding for another year. The other \$10,000 was for eligible graduating seniors.

The Plum family plans to continue their donations for both eligible high school seniors and prior awardees. High school applications will reviewed and scholarships presented at the Senior Breakfast. Applications for renewals will be emailed in April and must be received by June 30 to be considered. Awardees will be notified in August.

Our thanks to the entire Plum Family for their faith in and support of some of Mammoth's finest young people.

Prediction: There will be a minor baby boom in 9 months, and then one day in 2033, we shall witness the rise of THE QUARANTEENS.

Guy at store was carrying 5 palettes of TP. Woman shouts "omg I can't believe this!" and starts filming him going "are you proud of yourself sir?" He gives her a funny look, then starts putting the rolls on the shelf, revealing his nametag. He was a worker restocking the shelf

Editor's Note: With the Cast Off closed, meetings cancelled, being confined to home, lack of news that isn't depressing, and too much time on my hands, you will find the next few pages filled with non-MHA items. It's said that in times of stress and trouble, humor and laughter go a long way to help us feel better and lift our spirits.

Stuck at home because of coronavirus? Here are some ideas for indoor activities.

-) Take a virtual tour of museums both locally and around the world. Museums across the globe are temporarily closed due to the coronavirus. But thanks to [Google Arts & Culture](#), you can still explore hundreds of them virtually. Or go to this website: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
-) Binge watch. This isn't a novel suggestion, but there's simply too much content out there to have possibly watched everything you want to see. Take a day or two to turn into such a couch potato that your brain gets mashed.
-) Read a book (or several)
-) Break out the board games
-) Work your way through a cookbook (see recipe on page 11)
-) Teach yourself how to do an Australian accent (or any accent, for that matter)
-) Bake a cake and eat the whole thing yourself
-) Memorize the lyrics to all of your favorite songs
-) Practice your autograph for when you become famous
-) Practice picking locks
-) Do your tax return
-) Shop online
-) Google yourself
-) Tour another country with Google Street View
-) Get ordained. Who needs to go to seminary when you can get ordained to officiate marriages online?
-) Take a trip down the YouTube Rabbit Hole. One minute you're watching a video about how to cut a pineapple, then the next you're watching an informative piece on the 10 most haunted castles in Lithuania. Thanks to the recommended videos on the sidebar of each video, you can explore for hours.
-) Explore "life hacks". Have you ever wondered how to fold a fitted bed sheet or how to fit multiple bowls in a single microwave? There's probably a hack for it. Google "life hacks" and prepare to have your mind blown.
-) Still bored? Go to www.allmyfaves.com and you will surely find something to keep you amused and busy!

Fluffy, the orphan Easter Bunny and Cedric the orphan snake lived in the forest; they were, by an amazing coincidence, both blind from birth.

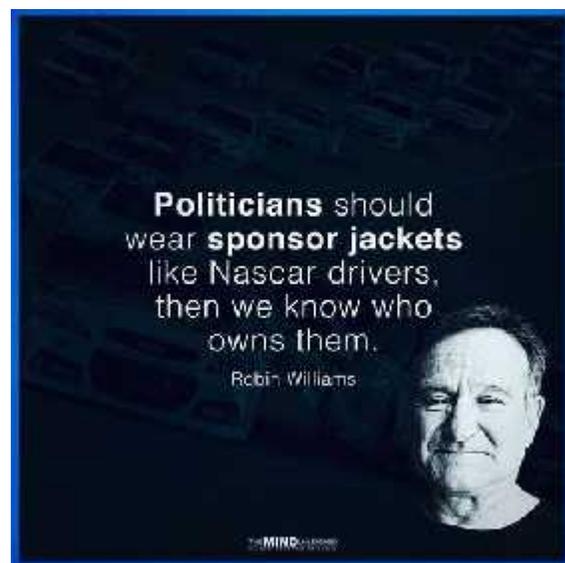
One morning, bright and early, Fluffy was hopping through the forest when he tripped over the body of Cedric who was basking in the sunlit undergrowth. Fluffy landed quite hard on the prostrate body of Cedric. 'Crikey,' exclaimed Fluffy, 'I'm so sorry. I didn't mean to squash you. I've been blind since birth, so, I can't see where I'm going. In fact, since I'm also an orphan, I don't even know what creature I am.'

'That's OK, mate,' commented Cedric the snake. 'Actually, my story is much the same as yours. I, too, have been blind since birth, and also never knew my mother. Tell you what, maybe I could slither all over you and work out what you are, so at least you'll be able to find that out.' 'What a marvelous idea,' replied Fluffy.

So, Cedric slithered all over Fluffy and said, 'Well, you're covered with soft fur, you have really long ears, your nose twitches and you have a soft cottony tail. I'd say that you must be a bunny rabbit.'

'Oh, thank you, thank you,' cried Fluffy with tremendous pleasure. Then Fluffy the bunny suggested to the snake, 'Perhaps I could be allowed to feel you all over with my paw and help you the same way that you've helped me.'

So Fluffy the bunny felt Cedric the snake all over and summarized, 'Well, you're smooth and slippery, you have a forked tongue and no backbone. I'd say you must be either someone in senior management or a politician.'



April is ...

National Humor Month

How appropriate since we must all keep our sense of humor during this rather trying time! Are you stressed out? Unable to relax? Feeling gloomy? Well, you might consider going for a long and exhausting jog or, if you want more immediate results, you can just laugh it off! Founded in 1976 by author and humorist Larry Wilde, the original idea was to heighten public awareness of the therapeutic and restorative values of joy and laughter. According to the Huffington Post, laughter itself changes us physiologically. Like exercise or waving your arms around, it boosts the heart rate and increases blood flow, so we breathe faster, and more oxygen is delivered to the body's tissues. Our facial muscles stretch, and we actually burn calories when we're laughing. It's fat-free and you can have as much of it as you like. In fact, the mere act of smiling can alter your mood almost immediately.

- J **Laughter Reduces Stress:** When stressed, we produce a hormone called cortisol. Laughter can significantly reduce cortisol levels.
- J **Laughter Can Reduce Pain:** Laughter causes us to produce endorphins, which are natural, pain-killing hormones.
- J **Laughter Strengthens the Immune System:** A hearty laugh decreases stress hormones and increases production of T-cells, immune proteins and infection-fighting antibodies.
- J **Laughter Helps the Heart:** When we laugh we increase blood flow and the function of blood vessels, which can help prevent cardiovascular problems.
- J **Laughter Relaxes the Whole Body:** One good belly laugh can relieve physical tension and relax your muscles for up to 45 minutes.
- J **Laughter Helps You Recharge:** By reducing stress levels and increasing your energy, laughter can help you focus and achieve more.

So, not only is a great giggle a lot of fun, it's good for you! And the great thing about humor is that there is a bottomless supply out there, you don't need to sign up for anything, and it doesn't cost a thing.

National Volunteer Month

April is also National Volunteer Month when we celebrate the work that volunteers do year-round. Organizations across the country will recognize their volunteers for helping them achieve their mission and honor the legions of volunteers who dedicate themselves to causes and helping others. Volunteers are making big and small differences in the lives of millions of people all over the world. They are saving lives. They are improving lives and providing comfort. They assist people, animals, and nature. Most volunteers do not ask for recognition. They just want to help and to "give back" where they can.

What Else is Happening in April?

In addition to National Humor and Volunteer Month, there are lots of other things going on. We have the religious holidays:

- Palm Sunday, April 5
- Good Friday, April 10
- Easter, April 12
- Passover, April 19-16

And if all the social distancing, restrictions and closures are making you stir crazy, here are some holidays you can celebrate at home, or via email or ignore entirely.

April 1: April Fools' Day

Is there a correct way to punctuate April Fools' Day? Should it be April Fool's Day or April Fools' Day? And do you really care? If you do, here is an explanation. Depending on the dictionary you use, you may or may not see both listed. For example, the *Oxford English Dictionary* shows April Fool's Day. *The American Heritage Dictionary* lists April Fools' Day but not April Fool's Day. And *Merriam-Webster's Dictionary* lists April Fools' Day with April Fool's being a variant of the name. So, which one is correct? Since both variants are found in well-esteemed dictionaries, both are probably acceptable. However, *The Associated Press Stylebook* and *The Chicago Manual of Style* (which are references for authors, editors, copywriters, publishers, and other areas where the written word is primarily used) both call for the use of April Fools' Day because the plural possessive seems to make more logical sense. There are multiple fools in the world for which this is their holiday. Following this same logic would also explain why the holiday is sometimes referred to as All Fools' Day because there are many, many fools and this is their day. And unlike Father's Day, April Fools' Day is not meant to be a holiday directed at individuals but, rather, the entire lot of fools in the world.

April 4: Tell a Lie Day

If you ever need to tell a lie, today is the day to do so. But please, do not make a habit of lying. Why someone would create a day to encourage a person to lie is hard to comprehend. Be that as it may, today is the day to tell lies, big and small. Tomorrow, we can all get back to the virtue of "honesty is the best policy". If you find today a bit discomfoting, you can look forward to National Honesty Day later in the month. Research did not find the creator, or the origin of this day. It's believed that the creator of this day will be the only person who answers "no" to the following question.... "Did you create *Tell a Lie Day*?" In keeping with the spirit of this day, everyone's answer will be a lie. Therefore, everyone will say "Yes", except the creator. Some have suggested that this special day was created by a politician...Hmmm.

April 6: New Beer's Eve Day

For over a decade (1920-1933), beer and alcohol were banned in the United States. This ban was set in place by the 18th Amendment to the Constitution. The 18th Amendment failed miserably. It was largely ignored. Millions of people turned to making their own bathtub beer and made alcohol in homemade stills. Bootleg beer and alcohol, much of which was smuggled in from Canada, caused the loss of millions of dollars in potential tax revenues. The 21st Amendment repealed the 18th Amendment. It took effect at 12:01 a.m. on April 7, 1933. On the evening of April 6, anxious Americans lined up at breweries and distilleries to purchase legal beer and alcohol at the stroke of midnight. That night, someone coined the term "*New Beer's Eve*" and a new annual holiday was born!

April 7: National Beer Day

On March 22, 1933, President Franklin D. Roosevelt, signed into law, the Cullen-Harrison Act. This act repealed prohibition for beer. Effective April 7, 1933, people could once more buy, sell and consume beer. On April 7, 1993, the first National Beer Day, Americans consumed 1.5 million barrels of legal beer and ale.

April 7: UN World Health Day

Not exactly a "fun" holiday, it is a rather important one considering the world's current health crisis. Sponsored by United Nation's World Health Organization (WHO), World Health Day focuses upon a different health theme each year. Wonder what it will be for 2020? This is an international event to emphasize and work on important health issues or problems. Many countries around the world participate. Major activities focus upon awareness, education programs, and fundraising activities to help with the health issue for the year. Countries also work on resolving problems related to the theme.

April 14: International Moment of Laughter Day

International Moment of Laughter Day is a special day that will put a big smile on your face. The objective of this day is to get people around the world to laugh, and to laugh more often. After all, "laughter is the best medicine". What's important is that you bring laughter and happiness to those you come in contact with today, at the correct "social distance" of course. To celebrate this special day, simply tell jokes or do funny things that cause people to laugh. Just a smile is not a good enough reaction. Successful participation in this day results in whole-hearted laughter. Remember, this is National Humor Month!

April 15: That Sucks Day

Today is a celebration of all that sucks in our lives, and in the world. And, let's face it, a lot of things suck. We've all had days that suck, events that suck, situations that suck, and relationships that suck. It's a reality of life. This

special day gives well deserved recognition to the fact that a lot of experiences in our lives really suck. And, it can happen frequently. Bruce Novotny, the creator of That Sucks Day, established this day to be celebrated on April 15 as there are a number of major events in history that suck on this date. They include: Tax day, the assassination of President Abraham Lincoln, and the sinking of the Titanic.

April 16: National Stress Awareness Day

How appropriate is this day considering everything going on in the world right now!!!! In addition to that nasty virus, is lack of work or no school putting on the pressure? Are the kids getting on your nerves? Is there enough money to pay all of those the bills? There are literally thousands of reasons for you to get stressed out. SO RELAX!!! Today is National Stress Awareness Day. This is your opportunity to recognize that there is plenty of stress in your life... as if you didn't already know...and quit stressing out for just one day.

April 23: World Laboratory Day

World Laboratory Day celebrates the place where great discoveries, inventions, and medical cures are made. Perhaps for the Coronavirus? It's also where mad scientists dwell. Perhaps the most well-known thing to come out of a laboratory was...Frankenstein! Countless ideas, concepts and theories are tested in laboratories. Most of the world's greatest medical treatments and cures were discovered and perfected in laboratories, after endless study and testing. Products coming out of laboratories have helped and aided mankind in many, many ways.

April 25: "Fishmas"

Fishing season opens today! This is when most waters in Mono County are open to anglers to fish for as many as 5 trout to catch-and-keep per day.

April 30: National Honesty Day

National Honesty Day encourages us to be honest today, and every day. Honesty is a great virtue. If we want people to believe us when its important, then we need to be open and honest all of the time. We all know about the boy who cried wolf. When a wolf actually appeared, no one believed him. Celebrate National Honesty Day in a completely open and honest way. To be totally honest, there is only one rule for this special day.....just be honest. M. Hirsh Goldberg, former press secretary to a governor of Maryland and author of five books, created National Honesty Day in the early 1990s He felt that the month of April, which begins with a big day of lying on April Fools' Day and is followed by Tell a Lie Day on April 4, should end on a higher moral note.

For the last few weeks, we've been inundated with information, real and fake, about Coronavirus (COVID-19). We've learned to cope with business closures, meeting cancellations, social distancing, hoarding, no toilet paper, etc. Here's some helpful information compliments of former Mammoth residents, Harry White & Leigh Montgomery.

As people hoard toilet paper during this siege mentality, you may be able to use some of following...

No toilet paper available on store shelves? Here are some pre-toilet paper options.

What Did People Use Before Toilet Paper?

by Edward Higgins | Posted In: Featured, Home and Garden

Anyone who's been camping will tell you that a handful of dry leaves sure comes in handy when there isn't any toilet paper around (and as anyone knows, unfortunate, accidental brushes with poison ivy can happen!). But you may be surprised to learn that before the mass production of toilet paper, the choices for "cleaning up" were far more varied than you might imagine.

The Early Days of Toilet Paper

Toilet paper was invented in China. The earliest historical accounts of using wads of tissue paper to clean up after... well, afterward, are found in the 6th century. The first toilet paper was manufactured on a large scale for that particular use, occurring in what is today Zhejiang province in the 14th century. Modern toilet paper wasn't commonly available in the United States until the mid-19th century. Before it was manufactured in the ubiquitous 4 ½" rolls we all know and love, toilet paper came in bundles of flat sheets, roughly the size of the box of today's facial tissues (which are larger sheets, folded). The father of American toilet tissue is said to be J.C. Gayetty, and his "Gayetty's Medicated Paper for the Water-Closet" was available from the Civil War era, well into the 1920s.

Before Toilet Paper...

But what did people use before toilet paper was readily available? That depends on what part of the world you are from:

-)] Traditionally, people in the Middle East and the Indian subcontinent use water and the mechanical action of the left hand.
-)] Parts of Europe, too, use strategically aimed jets of water, or separate fixtures known as *bidets*. In those cases, toilet paper is simply used to dry off.
-)] In Japan, flat sticks, a bit like tongue depressors, known as *chügi*, were drawn from left to right over the soiled area.
-)] In ancient Greece, pottery shards were used with a similar scraping motion. Sometimes these pottery fragments would be inscribed with the name of an enemy before being used.

-)] In Rome, people cleaned themselves after using a public latrine with a sea sponge lashed to a stick, stored in a bucket of salt water or vinegar. It was considered polite to give the sponge a cursory rinse and a squeeze before putting it back in the bucket to get it ready for the next person.
-)] Native Americans used twigs, dry grass, small stones, and even oyster or clam shells.

Corncocks?

In rural agrarian communities, handfuls of straw were frequently used, but one of the most popular items to use for clean-up was dried corncocks. They were plentiful and quite efficient at cleaning. They could be drawn in one direction or turned on an axis. They were also softer on tender areas than you might think. Even after toilet paper became available, some people in Western states still preferred corncocks when using the outhouse.

But Wait... There's More!

Frugal settlers without indoor plumbing also deployed squares of newspaper, pages of telephone books, or the Sears Roebuck catalog because the paper was newsprint style, which was good for absorbency and softness. And some would even resort to using the pages of our own *Farmers' Almanac*, which was often faithfully (and conveniently) hanging in the outhouse.

This past year, Americans bought over seven billion rolls of toilet paper, most of which is soft and designed to dissolve in water, making it friendly to our sewer and septic systems.

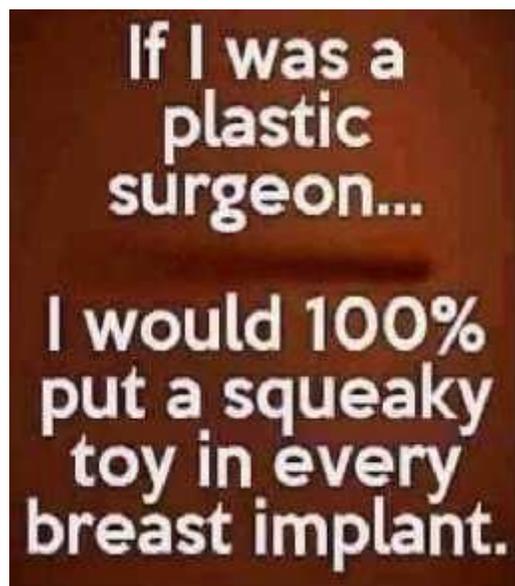
Editor's Note: Wonder how many rolls will be bought in 2020?

GRANDPA... TELL US AGAIN ABOUT THE GREAT TOILET PAPER FAMINE OF 2020!



From the *Wall Street Journal*: "Relax, America: The U.S. has plenty of toilet paper. Factories are flush with bathroom tissue, but large manufacturers say the problem is getting it to stores." Maybe now's the time to buy stock in *Georgia-Pacific*, *Procter & Gamble* and *Kimberly Clark*!

For Your Funny Bone!



**THERE ARE TWO WAYS
OF ARGUING WITH
A WOMAN.**

NEITHER ONE WORKS.

Bon Appétit!

With time on our hands, now is the time to try a new recipe.

Cornish Hens en Crème

2 Cornish Hens, thawed
2 cups chicken broth
2 cups cream
1/2 cup sherry
1 tablespoon Worcestershire sauce
1 onion, finely chopped
1 clove garlic, minced
1 teaspoon salt
1/4 teaspoon pepper
Melted butter
Paprika
1 cup water
1/4 cup flour

Heat oven to 325. Wash hens and pat dry. Cut each in half and place in a deep roasting pan. Mix remaining ingredients (except butter, paprika, water and flour). Heat and pour over hens. Cover and bake 2 hours.

Lower oven to 300. Remove hens from sauce; place skin side up on a shallow pan. Brush with butter and sprinkle with paprika. Bake 30 minutes or until tender and brown.

While hens brown, skim fat from sauce. Shake water and flour in covered container and stir slowly into sauce. Heat to boiling, stirring constantly. Boil and stir for 1 minute.

To serve, pour some sauce over each hen half and offer remaining on the side.

Serves 4. This is also good with chicken pieces rather than Cornish Hens.

Enjoy!

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 2, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
April 5, Sunday	Palm Sunday
April 8, Wednesday	MHA Board Meeting, 10 a.m. at the Cast Off
	Passover Begins
April 10, Friday	Good Friday
April 12, Sunday	Easter
April 15, Wednesday	Tax Day
April 16, Thursday	Passover Ends
April 24, Friday	Cast Off Work Day, 10 a.m.
May 5, Tuesday	Cinco de Mayo
May 7, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
May 10, Sunday	Mother's Day
May 13, Wednesday	MHA Board Meeting, 10 a.m. at the Cast Off
May 22, Friday	Cast Off Work Day, 10 a.m.
May 25, Monday	Memorial Day
June 4, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
June 6, Saturday	D-Day
June 10, Wednesday	MHA Board Meeting, 10:00 a.m. at the Cast Off
June 21, Sunday	Father's Day
	First Day of Summer
June 26, Friday	Cast Off Work Day, 10 a.m.
June 30, Tuesday	Last Day of our Fiscal Year

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Mammoth Hospital Auxiliary

P.O. Box 1399

Mammoth Lakes, CA 93546

