



# Volunteer's Voice

October 2020

*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

August 1—31, 2020

### Revenue:

Cast Off	19,835.77
Rental	1,218.29
Membership	85.00
Donation Jar	104.00
Interest Income	1.19
<b>Total Revenue:</b>	<b>21,244.25</b>

### Expenses:

Cast Off	7,441.76
Volunteer Voice	32.98
Administration	14.65
Scholarship-Plum	8,000.00
Scholarship-MHA	12,000.00
<b>Total Expenses:</b>	<b>27,489.39</b>

**Net Income:** -6,245.14

**Union Bank:** 19,936.69

**Money Market:** 30,554.12

**EasternSierraCommBk** 48,901.52

## President's Message — Karen Curry

We are definitely in the “shoulder season”! After a summer packed with record amounts of tourists, Labor Day came and they left our little town in droves! But, the day after Labor Day, the “Creek Fire” began on the western side of the Sierras and it grew in size day after day. It produced enormous amounts of smoke which has descended upon our town, making it difficult to navigate through the thick haze and more importantly, difficult to breath. The National Forest shut down, Mammoth Mountain closed and we are left with a smoky ghost town. Now, we await the fire approaching, but we are comforted by knowing our Fire Department has a plan in place, working closely with Cal Fire and other resources, to keep us safe!



On the bright side, our amazing volunteers at the Cast Off have given their “all” to keep the store running smoothly. We still remain open on Tuesday and Saturday, with Monday and Friday being work days. On Labor Day weekend, Diane set up a beautiful

jewelry display outside. Her husband, Bob, set up a pop up tent as it was very hot! With the help of Alisa, she brought in over \$1,000! That Saturday topped \$3,400 so this was an awesome effort by all of the volunteers, those on the receiving end, and our marvelous cashiers!

I am happy to report that Roger and I are no longer “Gypsies”! Our dear friends, Marty and Arlene, offered their condo and we lived there for 3 weeks. While there, we found a beautiful townhouse at the Lodges at Snowcreek and after an 11 day escrow, we moved in. Yes, that is two complete moves in 3 weeks!

My heart goes out to the family of Mary Jo Bauer whom we lost recently. Mary Jo was such a sweet addition to our Saturday crew, as a Day Chair. And, I am sending healing wishes to Sharon Clark and Mary Ann Schimmel. I hope it won't be long until you both return to volunteering at the Cast Off!

Karen



Hospital News — Tom Parker, CEO



**COVID-19 (C19):**

C19 planning continues to be done by the Admin Team having transitioned those duties from the Hospital Incident Management Team (HIMT).

Personal Protective Equipment (PPE) supplies on hand remain high with 60-plus days at surge use rates for all critical supplies needed to manage C19 patients. This includes the new antigen test which provides 15-minute turnaround of results.

As of the writing of this report, there have been 163 positive results from C19 testing in the community. That number has plateaued since mid-August. The seven-day positivity testing rate has been at zero since August 27. One new positive test came in on Friday, September 11.

To date, there have been no cases of staff having been infected as a result of work in the hospital setting. All COVID-positive employees have been linked to a household contact or other employment. At this time, 1 percent of our workforce is not working or on a reduced schedule due to childcare challenges, quarantining due to a household or other exposure, and/or C19. This is down from 8 percent last month.

Labor & Delivery services continue to operate out of Med/Surg. This has allowed for the L&D unit to serve as the inpatient unit for C19+ patients.

The new screening team is now fully staffed and under the supervision of Safety and Security Specialist Trapper Felt.

Our thanks to clothing brand Johnny Was for donating hundreds of fashionable masks for hospital staff!

**July Financial Results:**

Total Gross Revenue of \$11.9m in August is \$300k lower than July and \$466k higher than August of last year. Net Gain in August was \$633k, up from the July net gain of \$541k and less than last year's August Net Gain of \$741k.

Year-to-date Net Gain is \$1.2m (9.3% Total Margin) compared to last year at this time of \$1.4m (11.2% Total Margin).

**Budget 2020/21:** With the August financials completed, we will resume the budgeting for FY2020/21. Monthly historical volumes by department will be reviewed and estimates will be made for the current year. Note that we have many unprecedented events of late that increase the uncertainty in the budgeting. A draft budget will be presented to the Board at the November or December Board meeting.

**Lab:** Lab Manager Jamie Sallee has completed the process to set up our pathologist, Dr. Payton, under our CLIA licensing to perform reads from his home office. The lab will overnight specimens to him for immediate reads, greatly improving our turn-around time.

**Quality:** The Quality team and interpreters have designed a questionnaire to give to patients upon discharge to help identify issues we may have with respect to equity and diversity. Also, the Patient and Family Advisory Council (PFAC) is working to recruit more members with a focus on improving the diversity of the group.

**Foundation:** The Mammoth Hospital Foundation Board made the selection for the annual appeal item. The Foundation will raise funds for the purchase of the "SIM Baby" to be used for training of nurses and providers in Labor and Delivery. The simulation baby will provide more realistic hands-on training for low-volume high-risk situations such as neonatal resuscitation.

The Cancer Outreach Day of Golf will take place on September 25 with COVID-safe requirements in place to ensure the safety of players and volunteers. The teams are nearly full and we have vendors who are sponsoring in compliance with the safety protocols.

<b>Dates for this year's flu clinics:</b>			
Monday	September 28	Mammoth Lakes SNR	2 pm to 6 pm
Thursday	October 1	Walker Community Ctr	2 pm to 5 pm
Monday	October 5	Bridgeport HD	2 pm to 5 pm
Saturday	October 10	Coleville HS	10 am to 2 pm
Monday	October 12	Chalfant	2 pm to 5 pm
Thursday	October 15	Crowley	2 pm to 5 pm
Saturday	October 17	Benton	10 am to 2 pm
Monday	October 19	Swall Fire station	2 pm to 5 pm
Thursday	October 22	Lee Vining Comm Ctr	2 pm to 5 pm
Saturday	October 24	Mammoth Civic Ctr	10 am to 2 pm
Monday	October 26	June Lake	2 pm to 5 pm
Saturday	October 31	Bridgeport HD	10 am to 2 pm

## In Memoriam



Mary Jo Bauer  
1937 - 2020

Mary Jo (Hebbe) Bauer passed away peacefully on August 18, 2020 due to a stroke. She was born June 3, 1937 in Fort Atkinson, Wisconsin, to LaVerne and Josephine Hebbe. She spent her early childhood in Fort Atkinson. In 1945 her father returned from serving in the Army in WWII and the family moved to New Jersey where she finished grade school. They were transferred to Germany where she attended High School for three years. They then moved to Buffalo, New York where she graduated from Depew High School. After graduation, she attended Business College and worked for an Architectural Firm. That firm designed the Catholic Church in Fort Atkinson. She then moved to Southern California where she worked as an executive secretary.

In the early 1960s she moved to Mammoth Lakes where she was one of the first waitresses at the Yoddler Restaurant. A few years later she moved to the Los Angeles area where she spent 20 years raising her two children. She was a dedicated mother who treasured her children. She also volunteered for countless organizations, from St. Anastasia Catholic Parish, to the PTA, all while pursuing a career in real estate. After her children were grown, she returned to her beloved mountains. She met and married Willy Bauer in 1994 and they spent the next 26 years together in Mammoth. She volunteered for several organizations in Mammoth including the Mammoth Hospital Auxiliary and The Cast Off, the Mammoth Library and various groups at St. Joseph Church. She loved skiing, hiking and enjoying time with friends and family.

Mary Jo will be lovingly remembered by her dear husband Willy Bauer; sister Kathleen Freedlun; her daughter Christina Bergstrom Brinegar and husband Frank; son

Michael Bergstrom; her grandchildren Alexandra Brinegar Shmais, Rosemary, Chase and Camille Brinegar; and great-grandson Nathan Shmais; extended family and friends. A funeral mass was celebrated at St. Joseph Catholic Church in Mammoth Lakes on Friday, September 11. As an expression of sympathy, donations may be made to St. Joseph Catholic Church.



Mary Jo joined the Mammoth Hospital Auxiliary in 1992. She was a regular Cast Off volunteer on Saturdays and any other day she was needed. In 2012-2013 she was the Saturday Co-chair with Darla Howley. Mary Jo had 6,145 volunteer hours and was made an Honorary Lifetime Member in 2014 in recognition of all she did for the Auxiliary. Her smiling face and ready laugh will be sorely missed. Our thoughts are with Willy and the rest of her family.

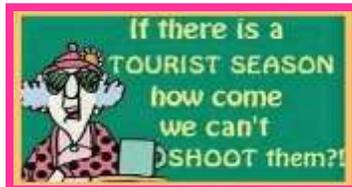
## What's Happening @ the Cast Off?



### Monday & Saturday—Karen Curry

Monday continues to be a workday, where we can get the store straightened up and cull clothes. We can't touch the clothing and linens donated on Saturday because they have to sit in quarantine for a full 72 hours. Our Day Chairman on Monday has been Sharon Clark and she runs a tight ship, sprinkled with wit and laughter! However, Sharon had a total knee replacement only a few days ago so she is recovering at home and we all wish her a speedy and successful recovery!

Labor Day Weekend brought so many tourists to Mammoth that all of us locals could barely navigate around town! Diane Beglau, who has been swamped working at Sierra



Escrow and juggling her duties as Treasurer of the Auxiliary, also sorts and prices jewelry for the Cast Off. On Friday of the beginning of the huge holiday weekend, Diane decided to set up shop on Saturday morning outside, near the entrance to the store, so customers could socially distance, not inside like she normally does. Saturday morning, Bob set up a tent for Diane, as it was hot, and she covered her tables with beautiful jewelry. Alisa helped her throughout the day and when the store finally closed at 3:00pm, Diane brought in more than \$1,000! Awesome day, Diane!

### Odds & Ends from Cast Off Committee Mtg

- New Cast Off donation receipts have been printed. They're pre-signed so Volunteers only have to add the date. They have great MHA info on the back.
- There are new business cards with the temporary COVID-19 days and hours we are open—Tuesday & Saturday, 10 a.m. to 3 p.m.
- If any Volunteer feels unsafe working on the sales floor while customers are present, they should never feel they

ever have to be in that area. There is *plenty* of work in the back of part of the store to keep us all busy from 8 a.m. until 3 p.m. every Tuesday and Saturday.

- Fire Department evaluation of the occupancy load for our retail space is 129 shoppers. We decided that we could safely allow 25 shoppers at one time. More shoppers, sell more merchandise, more \$\$\$\$\$.
- The Auxiliary will continue to keep two bank accounts at two different banks: Union Bank and Eastern Sierra Community Bank.
- We are getting too relaxed about *masking*. **All Volunteers must wear their mask to work at Cast Off.**
- Everyone continues to be amazed that, as we tackled the COVID-19 learning curve, we won it with flying colors! We are, all together, performing like a well-oiled clock. Volunteers know SOP at the Front Door, Cash Register, on the Sales Floor, in Backroom Work area, Sorting/Pricing Table, Electronics Room, Monday and Friday workdays, quarantine, *and* the busy, busy Tent. Well done, all of you Volunteers. Pat yourselves on the back. You certainly deserve it!!

Hi Karen,

I was telling Penny Bourne how thrilled my 7-year old grandson is with the sewing machine I bought a few weeks ago at the Cast-Off. She suggested I could tell you.

Everett likes to sew on my machine and asked for his own machine and I replied maybe when he was older. But then I saw this one and had to get it for him. He loves it and uses it almost every day for simple projects. Attached is photo of him at work.

Thanks for all the good work by volunteers at the Cast -Off. I always say the Town would be in better hands if it were managed by the men and ladies at Cast Off rather than our elected officials.

Sally Gaines





**You never know what will show up at the Cast Off.**

**Just look at what Cindy Wilson found the other day.**



**And just look at the sweater Cindy was wearing in 1981!**



## Sunshine Update — Sharon Clark

Mary Ann Schimmel was flown to Renown on September 12. She had developed a subdural hematoma due to her fall and subsequent concussion a month ago. She had surgery September 13 to drain the blood. She will stay at Renown three to four days for observation. Wow, Mary Ann, that bike accident, resulting in a hematoma, was worse than anyone could have imagined. Soon tho, as we all send speedy recovery vibes your way...you'll be up and with us again!!



Last month, we had no one from our Cast Off family 'under the weather'. This month both Mary Ann and Sharon Clark will be hospitalized at the same time. Sharon will have her knee replaced September 15 at our favorite hospital right here in town.

Stay inside with air filters running, masked, distant, safe, and sane ... **stay well!!!**

### **Katie's Korner** — Patti Heinrich

Sales for August were \$568 and September \$791.

## Thoughts from a Cast Off Volunteer

It's hard to believe that there could be a silver lining in this dark cloud = COVID-19 ..... but I think there is. The ray of light for me has been getting to interact, work with and know more Cast Off Volunteers. Remember how we used to be Monday, Tuesday, Thursday and Saturday crews? Well, now we're definitely ALL one dedicated **team** of super Volunteers who are not to be closed down just because of a pandemic. We've persevered, kept our distance and learned from each other...all while wearing masks!

I already knew Al, Patti, Carolyn, Pat, Cindy, Dick, Gail M, Michele, and Gail O from Thurs crew. And now I know Karen C, Shirley P, Shannon, Lorrie, Vicki, Linda, Shirley S, Kathryn, Dennis, Barbara, Paul, Penny, Lenore, Sean, Jan, Diane, Suzanne, Mary Ann, Pastor, Etelvina, Marianna, Judy S, another Karen, and Gisela. Obviously, before COVID, each day did things their own way. These differences had to be worked out. Now and then, a nose got knocked outta joint, words said, feelings hurt...but that is the way with Families. Our Cast Off Family is no different.

The silver lining in this grey cloud has been watching us come and work together, conquering whatever COVID and donating folk have thrown at us and moving on. We've worked hard but we've had *a good time while doing so*. We socialize, laugh, catch up and visit. My poor husband used to Volunteer at Book Chalet which never opened and is now gone. His 'social' interaction is taking trash and recycles to Mammoth Disposal and then stopping at the PO~~!! Aren't we lucky to have a safe place to interact with each other???...YEAH~~~!!

Sharon Clark

Editor's Note: Sharon has worked all but 3 days since we reopened. That includes the 2 days each week we're open to the public as well as the 2 volunteer only workdays each week! Thank you, Sharon, for putting into words how the rest of us feel about our Cast Off Family.



## What You Need to Know: The Truth About 10 Common Breast Cancer Myths

By: Susan G. Komen

You know this is the time of year when we are surrounded by tons of information about breast cancer. Some good, some bad. The internet can be a huge help, but it is also filled with myths about breast cancer. And while your friends and family members have the best intentions to give you information to protect you, not everything you hear is true. Sometimes it's hard to tell the difference between the good and the bad. Here, we tackle 10 common myths about breast cancer.

**Myth:** Wearing deodorant causes breast cancer.

**Fact:** Lucky for us (and those around us), this is not true. While there have been some reports that chemicals found in deodorants and antiperspirants can enter the skin and cause changes in breast cells that could lead to cancer, the research to date does not support a link between deodorant use and breast cancer risk.

**Myth:** Wearing a bra causes breast cancer.

**Fact:** Don't worry; you can keep wearing your bra (if you want). Scientific evidence does not support a link between wearing an underwire bra (or any type of bra) and breast cancer risk. There is no biological reason why the two would be linked.

**Myth:** Injury or trauma to the breast, like getting hit in the breast, can cause breast cancer.

**Fact:** While we never want to get hurt, the good news is there is no evidence to support a link between trauma or injury to the breast and the risk of breast cancer.

**Myth:** Having a family history of breast cancer means "I WILL" get breast cancer.

**Fact:** A family history of certain types of cancer can increase your risk of breast cancer. However, most women with breast cancer don't have a family history of the disease. In fact, only about 13 percent of women with breast cancer have a close relative (mother, sister or daughter) with breast cancer. Also, even if you don't have a family history, be aware because you can still get breast cancer! In fact, most people diagnosed with breast cancer are at average risk and we don't know which factors came together to cause the cancer.

**Myth:** Breast cancer always forms a lump.

**Fact:** Most people know that a lump in the breast may be a sign of breast cancer, but there are actually seven other warning signs you need to know about! And did you know that six of the eight warning signs are visual changes that cannot be felt?

**Myth:** Men don't (or can't) get breast cancer.

**Fact:** Men may not think of themselves as having breasts. For men, it's their chest or their "pecs," but the fact is men have breast tissue. So, men can get breast cancer! In 2015, about 2,350 new cases of invasive breast cancer and 440 breast cancer deaths are expected among men in the U.S.

**Myth:** Young women don't get breast cancer.

**Fact:** The truth is all women are at risk of breast cancer! Although rare, young women can get breast cancer, even in their 20s! However, fewer than five percent of all breast cancers diagnosed in the U.S. occur in women under 40.

**Myth:** If a woman is pregnant she can't get breast cancer.

**Fact:** Sadly, this is not true. Breast cancer is actually the most common cancer in pregnant and postpartum women. When women are pregnant or breastfeeding, their breasts are naturally more tender and enlarged, which may make it harder to find a lump or notice other changes.

**Myth:** Putting a cell phone in your bra can cause breast cancer.

**Fact:** You can relax a bit because studies have found no increase in the risk of breast cancer or other types of cancer from cell phone use.

**Myth:** If I eat right, don't smoke, exercise and don't drink alcohol I won't get breast cancer.

**Fact:** A person can do everything "right" and still get breast cancer. For breast cancer, most risk factors that we have some control over, like exercising and eating healthy only have a small effect on risk. This means there is no one behavior that will prevent breast cancer.

## The latest potential breast cancer breakthrough? Honeybees!



Could honeybees hold the key to treating an aggressive form of breast cancer?

A new study out of Australia found that honeybee venom rapidly killed the cells for triple-negative breast cancer, a type of breast cancer that currently has few treatment options. The research, published in Nature Precision Oncology Tuesday, was led by Dr. Ciara Duffy of the Harry Perkins Institute of Medical Research and the University of Western Australia.

Duffy and her team tested both the venom itself and a synthetic version of a compound in the venom called melittin. They found that both were effective against triple-negative breast cancer and HER2-enriched breast cancer cells. In fact, a certain concentration of honeybee venom could kill 100 percent of cancer cells without seriously impacting healthy ones.

"The venom was extremely potent," Duffy said. "We found that melittin can completely destroy cancer cell membranes within 60 minutes."

Duffy explained to Australia's ABC News how the melittin worked. "What melittin does is it actually enters the surface, or the plasma membrane, and forms holes or pores and it just causes the cell to die," Duffy said.

The researchers also found that the melittin interfered with the cancer cells' messaging system, which is essential for the cancer to reproduce and grow. The fact that melittin makes holes in the cancer cells actually means it could potentially be paired with existing chemotherapies that would enter the cancer cells through the openings it carved and kill them. Duffy found this treatment strategy worked to shrink tumors in mice.

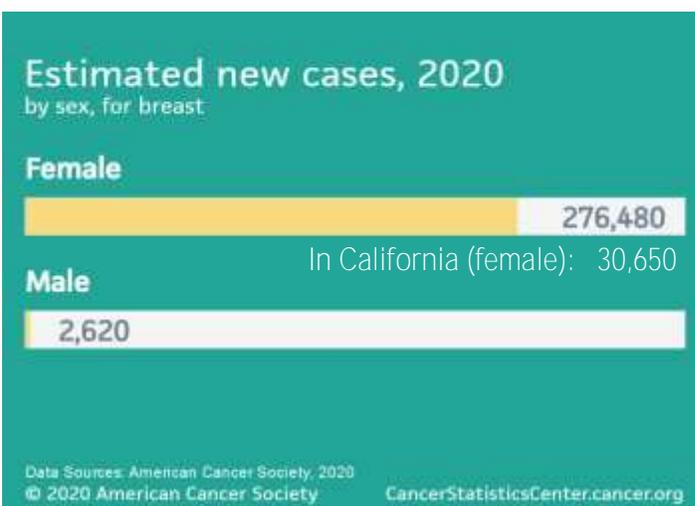
However, outside scientists cautioned that there is a big difference between killing cancer in a lab and successfully treating it in humans.

"It's very early days," Garvan Institute of Medical Research in Sydney associate professor Alex Swarbrick told BBC News. "Many compounds can kill a breast cancer cell in a dish or in a mouse. But there's a long way to go from those discoveries to something that can change clinical practice."

Duffy agreed that more research had to be done before the melittin could be used on human patients. In the future, studies will be required to formally assess the optimum method of delivery of melittin, as well as toxicities and maximum tolerated doses. "There's a long way to go in terms of how we would deliver it in the body and, you know, looking at toxicities and maximum tolerated doses before it ever went further," she told ABC News.

For the study, Duffy gathered venom from 312 honeybees and bumblebees in Perth, Western Australia; England; and Ireland. "The bees were put to sleep with carbon dioxide and kept on ice before the venom barb was pulled out from the abdomen of the bee and the venom extracted by careful dissection," she said.

While there are 20,000 species of bees, Dr Duffy wanted to compare the effects of Perth honeybee venom to other honeybee populations in Ireland and England, as well as to the venom of bumblebees. She found that the national origin of the honeybees did not alter their venom's impact on the cancer and that the European honeybee in Australia, Ireland and England produced almost identical effects. However, the bumblebee venom had no cancer-killing powers and was unable to induce cell death even at very high concentrations.



## Social Graces

I asked one of my friends who has crossed 80 & is heading to 90 what sort of changes she is feeling in herself? She sent me the following very interesting lines, which I would like to share with you ....

- 1) After loving my parents, my siblings, my spouse, my children, my friends, now I have started loving myself.
- 2) I just realized that I am not "Atlas". The world does not rest on my shoulders.
- 3) I now stopped bargaining with vegetables & fruits vendors. A few pennies more is not going to burn a hole in my pocket, but it might help the poor fellow save for his daughter's school fees.
- 4) I give my Sonic carhop a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than me
- 5) I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down the memory lane & relive the past.
- 6) I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
- 7) I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You"
- 8) I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
- 9) I walk away from people who don't value me. They might not know my worth, but I do.
- 10) I remain cool when someone plays dirty politics to outrun me in the rat race. I am not a rat & neither am I in any race.
- 11) I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
- 12) I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof whereas with relationships I will never be alone.
- 13) I have learnt to live each day as if it's the last. After all, it might be the last.
- 14) I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be.

Why do we have to wait to be 60 or 70 or 80, why can't we practice this at any stage and age....

I stole this, I don't know who to credit it to, but thank you!



*Happy Birthday!*

### Birthdays for October

- |       |                                |
|-------|--------------------------------|
| 10/1  | Julie Hinze<br>Jennifer Montin |
| 10/5  | Diane Casten                   |
| 10/6  | Karilyn Myers                  |
| 10/8  | Susy Fontana                   |
| 10/9  | Vicki Mobley                   |
| 10/10 | Dale Fulkerson                 |
| 10/14 | Dennis Brown                   |
| 10/18 | Terry Sampson                  |
| 10/19 | Ruth Koenig                    |
| 10/21 | Sharon Good                    |
| 10/23 | Jean Spearman                  |
| 10/30 | Judy Smith                     |

Between living with COVID-19 and all the fires raging throughout the West, the following October events seem quite appropriate



**FIRE  
PREVENTION  
WEEK™**

**October 4-10,**

National Fire Prevention Week is observed in the United States and Canada,

during the week in which October 9 falls.

Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires. Fire Prevention Week is observed each year in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage.

According to legend, on October 8, 1871, Mrs. O'Leary was in her barn, milking her cow. The cow kicked over a lamp, which started the Great Chicago Fire of 1871. The fire burned for over 27 hours. When it was over, more than 300 people were killed, 100,000 people were left homeless, and over 17,000 structures were destroyed. Like any good story, the 'case of the cow' has some truth to it. The great fire almost certainly started near the barn where Mrs. O'Leary kept her five milking cows. But there is no proof that O'Leary was in the barn when the fire broke out - or that a jumpy cow sparked the blaze. Mrs. O'Leary herself swore that she'd been in bed early that night, and that the cows were also tucked in for the evening.

The Great Chicago fire sparked major efforts in fire prevention. Forty years later, the Fire Marshall's Association of North America (FMANA) held the first Fire Prevention Day. In 1920, President Woodrow Wilson proclaimed Fire Prevention Week. In the United States, the first Presidential proclamation of Fire Prevention Week was made in 1925 by President Calvin Coolidge.

The Saturday during Fire Prevention Week is Fire Service Recognition Day. These men and women are true **HEROES!!!**

### **Moment of Frustration Day: October 12**

Screaming can make you feel better when you are frustrated. International Moment of Frustration Scream Day, celebrated on October 12, is a day for just that! At 1200 Greenwich time people around the world will join together for 30 seconds to feel the angst and let it all out in a furious howler! Get outside and instead of a moment of silence, have a moment of loudness.



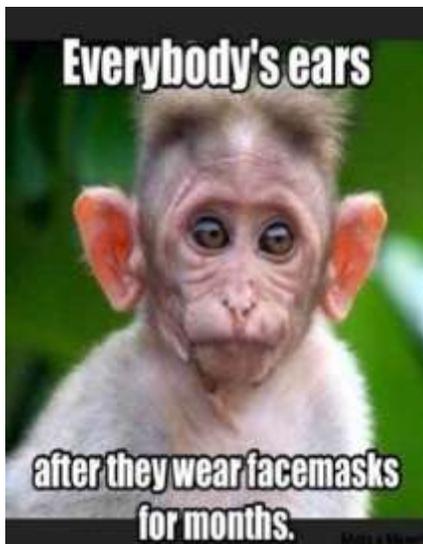
On the lighter side we have Halloween!

It's the favorite for many as there is no stress, no overload, and no "Holiday Depression" unless Americans ghost Halloween this year. Cities, towns, retailers and confectioners across the country are bracing themselves for more subdued festivities this year — if they have them at all. Officials in California, Massachusetts, and more have already canceled events due to new health regulations. Los Angeles County officials first banned trick-or-treating activities outright, before revising their stance to tell residents it's not recommended. California health officials in Los Angeles County have already made headlines as one of the first groups to mandate new rules and regulations around Halloween. As the *Los Angeles Times* reports, officials tried to issue an outright ban on trick-or-treating altogether, telling residents that it would be near impossible to maintain safe social distance if everyone took to the streets on the same night. But officials had to reverse some of their new rules after facing a public outcry.

Universal Studios, Knott's Berry Farm and the Queen Mary have been closed since March, and they all have canceled their popular haunted houses over COVID-19 concerns. Descanso Gardens has shelved plans to expand its "Carved Halloween" event, which last year featured about 1,000 exquisitely carved pumpkins and sold out every night. The Pasadena Tournament of Roses has announced "with reluctance and tremendous disappointment" the cancellation of what would have been the 132nd Rose Parade (a first since World War II), and New York City's Radio City Rockettes have canceled their Christmas Spectacular for the first time in 87 years.

Ready for something special this Halloween? In October 2020, we'll experience a Halloween Blue Moon. Ever noticed that Halloween pictures always show a full Moon? But how often does a full Moon actually fall on Halloween? The next Halloween full Moon occurs this year! We'll see two full Moons this October: the first occurs on Thursday, October 1, and the second occurs on Saturday, October 31. Halloween's full Moon will be extra special, since it will be the second of the month and, therefore, a **Blue Moon**. October's first full Moon will be called the **Harvest Moon**, while the second will be the **Hunter's Moon**. If you prefer a more creative name, you could call this special full Moon the "Hunter's Blue Moon on Halloween." Despite all the creative Halloween full Moon pictures, a full Moon occurring on Halloween is not a common occurrence and only happens every 18 to 19 years.

# “COVID Comics”



# @ Your Library

## Library Gallery Walls Exhibit Eastern Sierra Plein Air Artists

View watercolors, pastels, oils, and giclée prints of local landmarks and landscapes in the Ellie Randol Room at the Mammoth Lakes Library through November 2020.

All photographs are for sale, with a portion of the sale benefitting the Mammoth Lakes Branch Library.



Mini Book Chalet  
NOW OPEN  
at the Library!

Open all Library Hours. Great books, including new ones from storage, at reasonable prices.

## For Your Funny Bone!

**Actual transcript of a US naval ship with Canadian authorities off the coast of Newfoundland in October, 1995. This radio conversation was released by the Chief of Naval Operations on 10-10-95...**

\*US Ship\*: "Please divert your course 15 degrees to the North to avoid a collision."

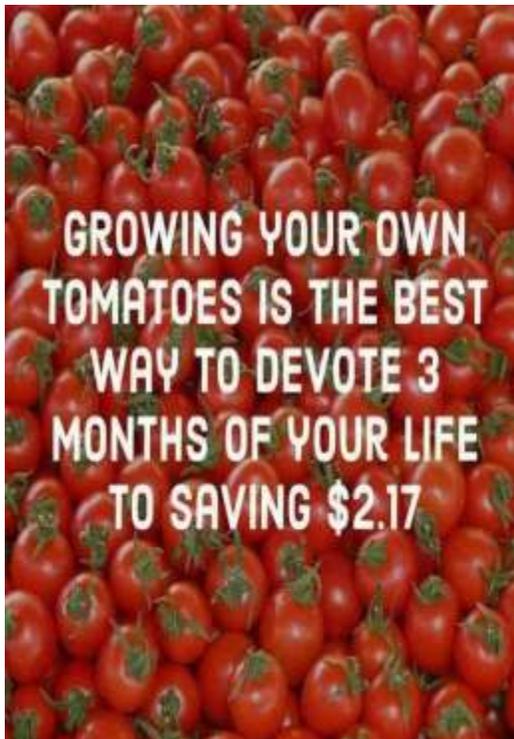
\*Canadians\*: "Recommend you divert YOUR course 15 degrees to the South to avoid a collision."

\*US Ship\*: "This is the captain of a US Navy ship. I say again, divert YOUR course."

\*Canadians\*: "No, I say again, you divert YOUR course."

\*US Ship\*: "**\*THIS IS THE AIRCRAFT CARRIER USS ABRAHAM LINCOLN, THE SECOND LARGEST SHIP IN THE UNITED STATES' ATLANTIC FLEET. WE ARE ACCOMPANIED BY THREE DESTROYERS, THREE CRUISERS AND NUMEROUS SUPPORT VESSELS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES NORTH. THAT'S ONE-FIVE DEGREES NORTH, OR COUNTER MEASURES WILL BE UNDERTAKEN TO ENSURE THE SAFETY OF THIS SHIP.\***"

\*Canadians\*: "This is a lighthouse. Your call."



## Bon Appétit!

### **BLACK BEAN TACOS** (from Pat Smoogen)

2 Tbs. olive oil  
 1 cup chopped onion  
 2 (15 oz.) cans black beans, drained and rinsed  
 1 (16 oz.) jar salsa verde  
 1 tsp. chili powder  
 1 tsp. cumin  
 1 tsp. garlic powder  
 8 taco shells or flour tortillas  
 1 to 2 avocados, peeled, pitted, and diced or sliced  
 2 cups diced tomato  
 2 cups shredded lettuce  
 1 cup shredded Mexican cheese blend

Heat oil in a large saucepan over median heat. Add onion; cook, stirring until tender, about 5 minutes. Stir in beans, salsa, chili powder, cumin, and garlic powder. Increase to medium-high and bring to a boil. Reduce heat to low and simmer, stirring occasionally, until thickened, 5 to 10 minutes. Serve in taco shells with remaining ingredients. Serves 4.

P.S. A little dab of La Victoria Red Taco Sauce adds a bit more spice for the taste buds.

**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,**

3 months? Ha! More like 6. I babied these indoors in April and May then transplanted outdoors on **Father's Day**. My husband faithfully watered and fed them all summer. We may actually be able to eat them by late September. Who **says you can't grow** tomatoes in Mammoth? Just takes a little longer.

Tomato plants: \$30  
 Taste: Priceless!  
 ..... jm



## Dates to Remember

<u>September 30, Wednesday</u>	<u>Membership renewal deadline to be included in new Roster</u>
October 1, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
October 14, Wednesday	MHA Board Meeting, 10:00 a.m. at the Cast Off
<u>October 31, Saturday</u>	<u>Halloween</u>
November 1, Sunday	Daylight Saving Time Ends
November 5, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
November 11 Wednesday	MHA Board Meeting, 10:00 a.m. at the Cast Off
	Veterans Day
November 26, Thursday	Thanksgiving
November 27, Friday	Black Friday
<u>November 28, Saturday</u>	<u>Small Business Saturday (Black Friday equivalent for small businesses like the Cast Off!)</u>
December 3, Thursday	Cast Off Committee Meeting, 3:30 p.m. at the Cast Off
December 7, Monday	Pearl Harbor Remembrance Day
December 9, Wednesday	MHA Board Meeting, 10:00 a.m.
	Annual Christmas Party, 12:00 noon ( <b>hopefully!!!!</b> )
December 21, Monday	First Day of Winter
December 24, Thursday	Christmas Eve
December 25, Friday	Christmas Day
December 31, Thursday	New Year's Eve



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

