



Volunteer's Voice

April 2023

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

February 1—28, 2023

Revenue:

Cast Off	21,251.89
Donation Jar	96.00
Donation (found in wallet)	350.00
Interest Income	.59

Total Revenue: 21,698.48

Expenses:

Cast Off	7,977.68
Administration	2.43
Newsletter	22.94

Total Expenses: 8,003.05

Net Income: 13,695.43

Union Bank: 105,112.98

Money Market: 15,574.06

EasternSierraCommBk: 173,470.35

Total all accts: 294,157.39

President's Message — Karen Curry

I just want to start out by saying that I am so proud to be working with all of you wonderful Volunteers, carrying out your duties during this most difficult winter! All of us who have lived here in the Sierras for many, many years, have never seen anything like this! The way all of you have handled adversity, at home, and here at the Cast Off, means that you are all very tough!

The storms have meant many days of closures at the Cast Off. But, when there is a break in the onslaught of the white stuff, we all scurry to get the store open and make some money for our hospital. Our customers are so happy when we manage to open and they can grab a warm jacket and some toasty boots.

I heard from someone that we have experienced 11 "atmospheric rivers" and the latest storm last weekend caused serious damage to the Cast Off. We were closed on Saturday, March 11, and while

no one was looking, melting snow migrated through the entire front (north) wall of the store and worked its way back to the back wall of the clothing and furniture areas. The worst damage occurred in the sporting goods room, formerly Brian's! All of the wood floors buckled. (Photos on page 10)

Saturday, March 18, civil engineers from California OES Safety Assessment Program, toured and assessed our building, from top to bottom. Our roof is structurally sound! But, they "yellow" tagged the sporting goods room. So, no customers can enter the area. They actually wanted to yellow tag the entire store, however, I talked them out of it! That would have shut us down! Anyhow, work has begun on removing the damaged floor, via Roger! Stay tuned!

I'm thankful for such wonderful friends!

Karen



In the United States, April is National Volunteer Month—a month dedicated to recognizing the importance of volunteering and honoring the significant contributions volunteers make by generously donating their time and talents to worthy causes.



What's Happening @ the Cast Off?



Cast Off Update

Notes from March Cast Off Committee Meeting.

- Ehren Goetz at Mammoth Hospital has taken over “The Cast Off” Facebook page. He has already corrected the days and times we are open, plus he has posted some very nice photos.
- Birthday Tuesday has become Birthday Thursdays as so many volunteers have commitments on Tuesdays.
- The cardboard dumpster has been removed to allow the loader to run snow up the “ramp”. We can replace it in the Spring/Summer! In the meantime, break down the boxes and put in the trash.
- Scott suggested shoveling the roof of the Cast Off building again, but think we’ll wait until these storms pass and then reassess!
- Discussion on getting a cheap cell phone for the Cast Off to replace the Frontier land line that was torn out by a loader a couple of months ago. Karen to check out the process after this next set of storms.

NOTE: We currently have NO Cast Off telephone land line. The phone just rings and rings. Callers think we are closed and this is not good for business. Fortunately, the phone line for the credit card machine was not affected! Unfortunately, our regular telephone land line cannot be dug out and repaired until many, many feet of snow melt which could be who knows when!!!! In the meantime, please use your own cell phones for ordering lunches and emergencies!

Have double the fun on April 1,
because it is not only April Fool's Day,
 but it is also Fun at Work Day.
It's a Saturday this year
 and the Cast Off will be open
 so we will celebrate and have a
 Fun at Work Day!

March Board Meeting Highlights

Meeting called to order at 10:00 a.m.

Treasurer's Report: See details on page 1.

Mammoth Hospital CEO: See report on page 5.

Mammoth Hospital Foundation Manager: Gardiner Miller discussed the Grateful Patient Program for which Ehren Goetz is doing video interviews with patients who have had a positive experience at our hospital and want to share it.

Officer Reports:

President: Karen reported on being short staffed and appreciated everyone stepping up to meet shortages. Due to inclement weather, we need to close not only on school Red Days but when the hospital cancels clinics and Elevate programs.

Vice President: No report.

Immediate Past President: Judy discussed possible volunteer recognition event.

Secretary: No report.

Parliamentarian: Jan reported that the college scholarship application period begins April 1.

Members-at-Large: No reports.

Committee Reports:

Volunteer Voice: Articles and announcements due to Jan by 15th of the month.

Old Business: None

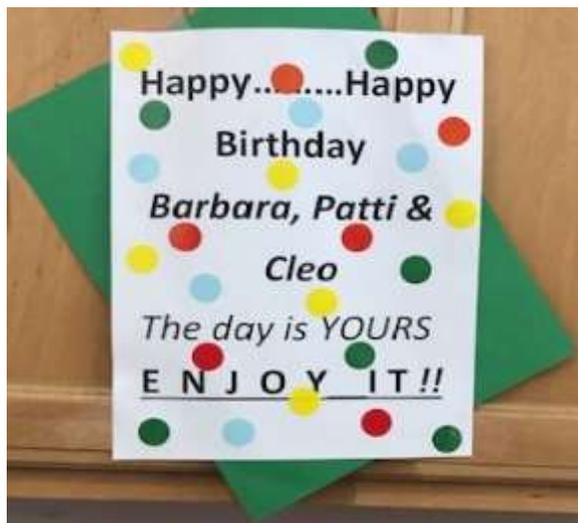
New Business: Ehren Goetz has updated our Facebook page and will keep it active with pictures and articles. He is also doing videos for the Grateful Patient Program.

Respectfully submitted by Joanne Hunt, Secretary



2022—2023 Auxiliary Board

March Cast Off Birthday Party



Birthday Girl Patti



Birthdays for April

- 4/2 Karen Owen
- Ilene Nevins
- 4/3 Gary Myers
- 4/4 Maria Garcia
- 4/15 Sharon Clark
- 4/16 Jan McPherson
- Sean Plunkett
- Marianna Roberts
- 4/20 Talene Shabanian

Sunshine Update — Sharon Clark

Mother Nature continues to drop white stuff on us even as we plead for Madam Solar to bring bluebird skies. The good news is that none of us have slipped on ice, fallen or broken bones. But one of our MHA Family members *did take a spill*. Pat Smoogen caught her toe on a protruding piece of pavement and took a face plant. She was in balmy Bishop for a warm walk in the sun. First her knees, then elbows, next left wrist and finally her nose hit the hard asphalt. She said "With my big nose, I sorta looked like a clown!" She fractured her wrist and naturally, it hurts like heck. She is a 'lefty' which means that she may not be able to cashier for a couple of weeks.



Great news is that Judy Bornfield is **back**~! She came to the MHA Board meeting without a walker, cane or mask~! Congrats, Judy~!

More great news. Gail Miller has returned from taking many tests at City of Hope: NO blood clots, heart, pulse and lungs are fine. But then, *why* does she still need supplemental oxygen and blood thinner pills??? She is now trying an inhaler to see if that will open her air passages. At any rate, Gail is coming back to Cast Off on Sat, April 1. She's been gone for 6 months and she's done.

Nominating Committee — Judy Bornfeld

Hard to believe but we're 3/4 of the way through our fiscal year. That means it's time to request volunteers to serve on the Nominating Committee. The purpose of the committee is to identify members who are interested and willing to serve as officers on the Board for the next fiscal year. If you are interested in serving on this committee, please let me know as soon as possible so I can schedule a meeting to go over the guidelines for selecting potential candidates. You can reach me at 760-937-4387 or email snestle@msn.com or drop a note in my mailbox at the Cast Off.

MHA Scholarships — Sara Knadler

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 \$647,000 to deserving locals.



Applications for 2023-2024 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.

Budget Requests — Diane Beglau

It's time to think about our budget and anything that might be needed this coming fiscal year 2023—2024. 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.

Tax Day Isn't April 15 This Year

The deadline for federal income taxes is different this year. Tax season started more than a month ago, and millions of Americans have already filed returns and gotten a refund. Historically, the deadline for federal taxes has shifted several times since the 16th Amendment was ratified on Feb. 3, 1913, granting Congress the power to levy an income tax. The deadline to file was March 1 until 1918, when it was pushed to March 15. In 1955, Tax Day was moved once again, to April 15, which is still the day returns are traditionally due. This year, though, because of a variety of factors, the deadline isn't April 15. For most Americans, the deadline to file federal tax returns is Tuesday, April 18, 2023. That's because April 15 is on a Saturday and the next weekday, April 17, is recognized as Emancipation Day in Washington, DC. According to the IRS, "by law, Washington, DC, holidays impact tax deadlines for everyone in the same way federal holidays do."



North Wing Project: We built a new website for the North Wing communications: <https://mammothhospital.org/buildingthefuture/>. I made two recent presentations on the project to the Mammoth Lakes Chamber of Commerce Power Lunch at Parallax and to Mammoth Voices.

February 2023 (FY23) Financial Results: YTD February 2023 resulted in a Net Gain of \$4.6 million (7.4%) compared to budget of \$2.6 million (4.1%). Total Cash is \$107.8 million as of February 28, 2023 (459 days). Budget for the February month end was \$105.7 million.

Emergency Department: We had our first delivery in the emergency department in February. Overall, it went very well with positive outcomes for both mother and baby. A debrief was held on March 8 to address ways we can continue to improve this process.

Air Transport: There was a recent crash involving a life flight plane in Nevada. This has impacted our local flight crew and ability to transfer via air. Caitlin Crunk and nursing leadership have been meeting daily to discuss logistics. So far, we have had success with both air and ground transfers with only minor delays in time.

Perioperative Services: Javier Deras is a recipient of the 2023 HSPA Foundation Conference Scholarship. This scholarship honors Sterile Processing Professionals who demonstrate a strong commitment and passion for patient safety. Javier is currently working on a process improvement project that involves transitioning from hard copy to digital documentation for all sterile processing records which will improve records access for all staff.

Family Medicine: We will be going live with a single time and standardized method for scheduling patient appointments in April. This means the time of a patient's appointment will be the time they arrive, and that is when all intake process will begin. The provider's time will be staggered to begin seeing the patient roughly 15 minutes after arrival. It is anticipated this will decrease confusion with appointment times and improve patient satisfaction.

Women's Health: A meeting was held at the beginning of the month between leadership from both Mammoth Hospital and Northern Inyo Hospital. The goal was to create a truly collaborative effort with respect to prenatal care and labor and delivery services in the Eastern Sierra. Rather than two competing independent hospitals, the goal is to have a unified service line that community members recognize as one entity, thus ensuring better continuity of care, better patient satisfaction, and better patient outcomes. A policy has been created that both facilities will adopt as the outline of care for obstetric patients.

COVID-19 update: The state of emergency in California has ended as of the end of February 2023. The healthcare facility mask mandate will end on April 3, 2023, at which time the hospital will return to its pre-pandemic masking policy: Masks required in the OR, encouraged for patients and visitors who are symptomatic of illness, and required of staff during flu season if they have not received a flu shot.

Advancement (Foundation/Community Outreach/Marketing):

We are developing a new philanthropy section for Mammoth Hospital's website, featuring updated pages that are succinct and compelling with photos, video and stories to make philanthropy come to life.

The Foundation is hosting a four-course winemaker dinner at Parallax Restaurant on Thursday, March 23 at 6 p.m. The evening will feature an engaging presentation on trauma and emergency medicine by Mammoth Hospital's renowned general & trauma surgeons. Events like this allow us to connect with existing and prospective donors, bringing people closer to our mission and learning what is important to our community.



"Nurse, get on the internet, go to SURGERY.COM, scroll down and click on the 'Are you totally lost?' icon."

In Memoriam



Edyth Irvine

Much loved wife, mother, grandmother, Edyth Irvine died at age 83 years old on February 24th after several years of cancer illness. She was born in Philip, South Dakota. Her family moved to Los Angeles in her early years. Edyth lived with her husband and raised a family in Claremont for over 35 years, before retiring and moving to Mammoth Lakes, California. She was a kindergarten teacher for Ontario-Montclair School District, she enjoyed gardening, reading, was a member of The Claremont Club, and volunteered at the Rancho Santa Ana Botanic Garden. She has a B.A. and M.A. in Early Childhood Education from Pacific Oaks College, Pasadena. In retirement, she actively volunteered in Mammoth Lakes with the Hospital Auxiliary, Valentine Eastern Reserve, Mono Lake committee, Snow Creek 3 Board, and served as President of the Friends of the Library Board. She was passionate about early childhood education and reading and enjoyed presenting story times at the library. An avid gardener, she completed work in the UC Master Gardener program with a pollinator garden specific to the Eastern Sierra. Edyth and her husband traveled to over 40 countries, her favorite place was Navajo National Monument, AZ. She was an enrolled member of the Oglala Lakota tribe, Pine Ridge, SD.

Edyth is survived by her husband of 64 years of marriage, Kenneth C. Irvine, daughter Karye K. Hood (Paul), son Kirk J. Irvine (Loy), and grandchildren Kirk J. Irvine Jr. (Sarah), Krystle J. Irvine (Bryce Quilici), Kirby A. Irvine, Christopher Hood (Rosa) and great-grandchildren Nicholas Kenneth Irvine, Paul Arturo Hood, and Kevin Oscar Hood. She leaves behind her sister, Barbara Smith, nieces Brenda Montaine (Richard), Bonnie Brower (Robert), great-niece Trysten Hicks (Dan) and family. She is preceded in death by her youngest son, Kevin Andrew Irvine.

Donations in her name may be sent to, Mammoth Lakes Hospital Cancer Outreach Fund. Services were Friday, March 10 at 10:00am at All Saints Episcopal Church, Pasadena with internment at Oak Park Cemetery, Claremont.

Edyth has been an Auxiliary member since 2003. She served on the Scholarship Committee for many years. She will be sorely missed, especially when the daffodils begin to bloom each spring.



Remember the 2011 Occupy Wall Street protest movement and the derogatory term “*one percent*” in reference to America’s richest people? Now, in 2023 you can be a “*one percent*” but in a complimentary way.

The “*One Percent*” Age Group (which includes most of us Auxiliary Members!)

This special group was born between 1930 & 1946. The age range is between 76 & 92.

We are the smallest group of children born since the early 1900's.

You are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war that rattled the structure of our daily lives for years.

You are the last to remember ration books for everything from gas to sugar to shoes to stoves.

You saved tin foil and poured fried meat fat into tin cans.

You can remember milk being delivered to your house early in the morning and placed in the "milk box" on the porch.

You are the last generation who spent childhood without television. Instead, you "imagined" what you heard on the radio.

With no TV until the 1950s, you spent your childhood "playing outside" and even after dark!

There was no city playground for kids.

The lack of television in your early years meant that you had little real understanding of what the world was like.

Telephones were one to a house, often shared (party lines), and hung on the wall in the kitchen (no cares about privacy).

Newspapers and magazines were written for adults and the news was broadcast on your radio in the evening.

You weren't neglected, but you weren't today's all-consuming family focus. They were glad you played by yourselves.

Polio was still acrippler.

You came of age in the '50s and '60s.

You grew up at the best possible time, a time when the world was getting better.

More than 99% of you are retired, and you feel privileged to have "lived in the best of times!"

Amen!

April is **National Volunteer Month** – a time to honor those who volunteer their time to make the world a better place.

National Volunteer Month is an extension of National Volunteer Week that was first held in 1943 in Canada. The week was dedicated to paying tribute to the unwavering contributions of women during World War II who would collect supplies and help the wounded soldiers. Once the war was over, the celebrations were damped down but resurged in the early 1970s. National Volunteer Week debuted in 1974 in the United States and was revered by the general public. Since then, National Volunteer Week, which later grew to become National Volunteer Month, has been celebrated with zeal and enthusiasm every April. It was made official worldwide in 1990.

Volunteers are crucial for charities and nonprofits, many of which would not survive without their volunteer staff's dedication. Without volunteers, we wouldn't be able to host events or hold programs as easily as we do today. Since most of these events are extremely important for communities and businesses, volunteers fill a critical gap in service.

Volunteering has changed dramatically in the last two years, primarily because of the COVID-19 pandemic. COVID-19 had a detrimental effect on volunteer organizations and nearly two thirds were forced to operate with reduced financial and volunteer resources. The fear of exposure to the virus was the main reason people stopped volunteering during the pandemic. **Unfortunately, the pandemic caused 11% of volunteer organizations in the US to cease operations.**

“Most volunteers do not ask for recognition. They just want to help and to ‘give back’ where they can.”

Several of you were asked if you would share your stories—the good, the bad, and the ugly—about this never ending winter. Sharon Clark is the only one brave enough to share her horrific snow experiences. She is still volunteering at the Cast Off (weather permitting), has kept her sense of humor, and is still SANE (sorta)!!!

Nightmare on John Muir Road

January 18: Have ya ever been drowning in an awful nightmare that wouldn't end? That's where I've been, wimping and whining, shoveling snow off our deck 9 days outta 12, (Jan 5 - 16), every sore muscle screaming "no more", etc., etc., Then, today, Jan 17, Bluebird skies, Madam Solar, NO wind, relief = *hope*. We've endured 9 atmospheric rivers since Nov 7, 2022. MMSA's elevation is 11,000 ft, total snow for the season = 31 ft. Clark house's elevation is 8500 ft, gets almost that much. Do the math.....10ft/month.

We've been trying to find someone to dig out our propane tank *and* to shovel the snow/ice hunks hanging off the house eaves threatening to crash through windows. Finally, maybe, the worm has turned:

(1) Propane saga: If Amerigas is unable to 'find' the tank, they're unable to fill it. Greg Jennison found Eddy Navarrow to dig out the tank, Fri, Jan 13, fuel gauge = 20%. It was snowing again when Eddy and Marcus finished so they knew they'd have to come back. On their way home, someone couldn't stop behind him and totaled his truck bed...bummer. With the MLK holiday weekend looming, we decided to reduce our daytime thermostat to 65*; nighttime to 60*, and to cook only with electricity. Fuel gauge fell to 13% on Sunday. Eddy and Marcus came again Tues, Jan 16, to dig out our tank and read the fuel gauge, 4%. We're waiting.....

(2) Icebergs: Our bigger concern was the icebergs hanging dangerously close to windows. We'd had no luck finding anyone to shovel them off. By chance, I asked Eddy if he 'did' roofs. His response made me ecstatic. He said, "Yes, but it is expensive, \$50/hour". Since we paid \$88,000 for roof damage/repair in 2019, \$50 sounded like a godsend. He'll have to get plywood between the window and berg which seems impossible to me but didn't seem so to him. We're keeping fingers and toes crossed while saying more than one prayer until Eddy frees our roof of its abnormal and unwanted icebergs.

Ah, the wonders of living in these exquisite mountains. Any silver linings? YES...at the beginning, Jan 6, the trees were drop-dead gorgeous and I took lots of 'winter wonderland' pictures. I've also lost weight. My upper body strength has improved altho my shoulders ache. And we've learned that senior citizens, elderly older folk like us simply stay cold in a 65* environment....no matter how many layers of clothing we wear~~!!

Ta Ta, Sharon

March 1: Clark's kinda 'under the weather' just now. We have NO propane. One would think that when Amerigas let us run out of propane Jan 19, NO heat once a season would be enough. Guess not. **IF** the truck can get up the hill, they'll deliver propane tomorrow but NOT if tank is buried. I hired someone to dig it out today...but he has not gotten her yet.

March 2: Just electric heat. I've called Amerigas 3 times.... On Jan 19, when we were without heat, NO fuel, their excuse was that the truck couldn't get up Davison. We know LAliens were stuck on Davison at 9 AM because our driveway guy couldn't get here. BUT ...guys got here and dug out the tunnel to access propane tank. We have to stay put so Amerigas can light all the pilots...hot water heater, cook top, etc. We went thru this exact mess 6 wks ago... think it's time move???

March 12: Good sunny afternoon relatives, Cast Off family and friends. You've all been so solicitous and concerned. You've called, texted and emailed to see how we're enduring relenting atmospheric rivers. After taking a toll on our ole bodies, we finally stopped clearing our deck of the white 'stuff'. Eddy keeps the tunnel into our propane tank open, clears the deck and garage door. Such a relief. Rather than spend time when we next visit or chat, I decided to share via email our latest 'adventure'. I'm doing it this way...sorta to get those abnormal hours behind me and move on.

Saturday, March 4 at 3:12 AM, we were awakened by a loud crash, shattered glass, snow and wind. Our bedroom window is directly above our headboard. I flew outta bed; unfortunately, Malcolm rolled over, not realizing what had happened and sustained numerous cuts on the left side of his face and one serious arm cut. I have a tiny hand cut. We were/ are so, so lucky. Even though we'd had our roof shoveled, more snow accumulated and turned to ice which curled under the roof overhang...finally shedding with terrible results. We had to clean up the mess in order to cover the opening.

Moving damp mattresses and bed frames was the most difficult for our old bodies. After shaking out glass bits, I put pajamas, sheets, etc. into the washing machine. We shoveled, scooped and brushed ice/snow into trash cans. I threw two sizable icebergs outside *where they belonged*. We used a tent ground cloth to cover the window opening. We used masking tape every 3-4 inches around the window to secure it to the wall. Trashcans, heavy with shattered window glass, held the bottom of the cloth in place. The Lady upstairs took really special care of us; we could have sustained serious injury.

Now to locate the traumatized cats. One appeared instantly. He, Prancer, sleeps under the bed and finally came out realizing it was safe. I went downstairs to the playroom looking for Smoky ...and started yelling....more snow, cold wind and another shattered window. This one was above the tabletop soccer table. Nothing to do but secure cats in Rebekah's room and start cleaning up our second mess which went much faster. We used huge collapsed cardboard boxes to cover the opening, used boards and dog gate to secure and hold the cardboard in place and used a heavy table to wedge it all.

We had lunch and tried to stay awake. At 2:15 PM, we lost electricity and that means no heat or landline. Malcolm hooked up old phones that don't need electricity and got out battery lanterns. I found candles. With so much snow our gas fireplace chimney clogs up. So, we have to turn it on every 10 minutes so the tiny bit of flame over and over again will finally defrost the chimney. Took an hour, but we had heat in the great room. We had a cold dindin because I was shot and didn't want to cook. You know I'm whipped when I realized that I had not even fixed my gin and juice. Maybe I'll have two drinks tonight~!

Friends are fleeing ML. There is NO way we would dare leave this house...it is way too vulnerable. We have more roof cornices, snow/ice buildup on overhangs, that could shed any moment. We're so weary and tired of it all. We wonder where the next crisis will be.

I called Country Glass at 4:30 AM yesterday morning and left a message. They will recognize the address and name because they've repaired our shattered windows many times. I'll call them again in the morning, talk to a real person and ask that they at least come and board up the windows. Heaven knows *when* they'll be able to replace the windows We'll just be in their queue.

If you want to witness a once in a generation occurrence, accumulated atmospheric rivers, come visit our igloo. We have plenty of room...none of our guest bedrooms have beds near windows~!

Be safe, stay warm, take care, Sharon

PS: It was sunny when I began this email..now it is pure white s**t. Just checked National Weather Service: heavy snow predicted for Tues. C'est la-vie!



Winter Weather Resources from Mammoth Lakes Chamber of Commerce

This is the season that just won't quit! With these winter storms, there is a lot of information going around. We have compiled some of the most important resources to help you stay up to date on weather, road closures, and updates from the Town of Mammoth Lakes, Mono County, Mammoth Mountain, and public transportation. To get the latest information, go to <https://www.mammothlakeschamber.org/2023/03/09/winter-weather-resources-mammoth-lakes/>

WELCOME TO MAMMOTH!



Water damaged wooden floor in Sporting Goods Room



Roger draining the pond in the Cast Off parking lot



Al used the lift to bring down about 15 totes stuffed with bunnies, baskets and eggs. Patti, Cindy and Debbie sorted, priced and decorated the Showroom for Easter!

I love seeing stuck up females from highschool built like the lunch lady now

For Your Funny Bone!

Study Says Women with These Names Make Better Wives (expletive deleted!!!!)

For some strange, odd, reason, the website, Siteopia, which sells domain names, surveyed 2,000 people to find out the names of the best wives. While the entire concept of this study makes absolutely no sense, they were able to come up with a list of the top 10, plus their inane descriptions.

1. **Katie** — such a cute name, it's the name of a girl who you bring home to meet mom.
2. **Sophie** — a great name for a girl who can put up with all your dad jokes.
3. **Louise** — will love football as much as you do.
4. **Sarah** — will cook you a mean lasagna.
5. **Emily** — might be crazy at first, but she'll quickly win your heart.
6. **Charlotte** — a more conservative girl and she'll really make you work for it.
7. **Elizabeth** — will win your heart after you watch her eat 8 wings in 10 minutes.
8. **Amy** — someone who is really into yoga and will get you into shape.
9. **Jessica** — really into horses, but you find it endearing.
10. **Lucy** — likes expensive things, but she'll treat you right.

If your name isn't on the list and you are worried that you're destined to be a crappy housewife, don't worry about it. This study is basically BS and maybe you didn't want to be a housewife anyway.

I'm gonna hang around until I
see who walks out of this
house..



Bon Appétit!

Snow and cold weather got you down? Try one of these comforting soups.

Pumpkin Curry Soup (about 7 cups)

- 2 T. butter
- 1 C. chopped onion
- 2 lg. cloves garlic, minced
- 1 ½ t. curry powder
- ½ t. salt
- ¼ t. white pepper
- 3 C. chicken broth
- 15 oz. can solid pack pumpkin
- 12 oz. can evaporated milk

Melt butter and sauté onion and garlic until tender. Stir in curry powder, salt, pepper, broth and pumpkin. Cook on low for 15-20 minutes. Add evaporated milk and pour into blender and blend until smooth. Reheat to desired temp. Optional toppings: sour cream, chives, croutons.

Mushroom-Chili Soup (6 servings)

- 2 T. vegetable oil
- 1 lg. garlic clove, minced
- 1 med onion, chopped
- 8 oz. fresh mushrooms, sliced
- 1 t. Spike salt-free seasoning
- 1 ½ t. chili powder
- 15 oz. can chicken broth
- 15 oz. can stewed tomatoes
- 15 oz. can kidney beans
- 15 oz. can corn

Heat oil and sauté onion and garlic until tender. Add mushrooms and cook until tender and liquid evaporates, about 5 minutes. Stir in Spike and chili powder and cook another 1-2 minutes. Add remaining ingredients and bring to a boil. Reduce heat and simmer 10 minutes or until hot. Serve topped with tortilla chips. Freezes well. Also good with cooked shrimp or chicken added.

Enjoy!

**I want to grow my own food,
but I can't find bacon seeds.**

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, 760-934-5813, scoutdj1967@gmail.com

Dates to Remember

April 1, Saturday	April Fool's Day Fun at Work Day
April 2, Sunday	Palm Sunday
April 6, Thursday	Cast Off Committee Meeting, 9:00 a.m. at the Cast Off
April 7, Friday	Good Friday
April 9, Sunday	Easter Sunday
April 12, Wednesday	MHA Board Meeting, 10 a.m. at the Cast Off
April 18, Tuesday	Tax Day
May 4, Thursday	Cast Off Committee Meeting, 9:00 a.m. at the Cast Off
May 5, Friday	Cinco de Mayo
May 6, Saturday	National Nurses Day Kentucky Derby
May 10, Wednesday	MHA Board Meeting, 10 a.m. at the Cast Off
May 14, Sunday	Mother's Day
May 29, Monday	Memorial Day
June 1, Thursday	Cast Off Committee Meeting, 9:00 a.m. at the Cast
June 6, Tuesday	D-Day
June 14, Wednesday	MHA Board Meeting, 10:00 a.m. at the Cast Off Flag Day
June 18, Sunday	Father's Day
June 21, Wednesday	First Day of Summer
June 30, Friday	Last Day of our Fiscal Year



Except in Mammoth!

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

