Greetings to each one of our Auxiliary members and friends…

We are actually getting a few days here and there with some blue skies and white puffy clouds. I know, certainly not enough! This has been a tough summer for all of us in the Eastern Sierra with the fires, smoke and floods surrounding us.

Our celebration of National Thrift Store Day last week was a Giant success and a big hit with our Volunteers and Community. We took in a whopping $3,000.00, an amazing amount of money when the majority of the store was 1/2 off! I want to extend a special THANK YOU to Jan McPherson for thinking of and putting together all of the ideas that made this day such a GREAT hit! Jan’s imagination and creativity is incredible! The silly games, cookies, lemonade and ice cream cones was really fun for everyone. The truly amazing part of the day was the special dedication, caring and commitment of our Volunteers … 24 of you were here to make this successful day happen. Hats off and with appreciation to: Mary Jo Bauer, Gail Buchholz, Penny & Paul Burdeno, Lou Bush, Diane Casten, Shannon Clark, Sharon Clark, Carole Claus, Karen Curry, Susy Fontana, Sharon Good, Sara Knadler, Lenore Lemon, Jan McPherson, Nancy Melander, Gail Miller, Vicki Mobley, Laura Norris, Peggy Rogers, Lisa Shugart, Pat Smoogen, Shirley Strazdins and to ALL of the other Volunteers who helped get the merchandise and the store ready for this Big Day!!! Pictures on page 6.

Our “Last Friday of the Month’s Work & Pizza Lunch Day” was another outstanding example of how special each of our Volunteers are. With appreciation and a Big Thank You to Penny & Paul Burdeno, Gail Buchholz, Sean Plunkett, Gisela Sellinger and Pat Smoogen. An extra THANKS to Pat for coming up with a specially priced “Active Wear” section for the Cast Off. Great idea Pat! It’s really amazing what is accomplished when the store is closed. It feels good!

Our next work day is Friday, August 31, at 10 a.m.

Coming up on Wednesday, September 12, at 1 p.m., is our Annual Hospital Orientation and Budget Approval General Meeting at Mammoth Hospital in Conference Rooms A & B. This is a really important and informative meeting. First we will be voting on our 2018-2019 MHA Budget. Then the hospital staff will conduct the Hospital Orientation followed by a tour of the Emergency Department. This is a great opportunity to meet some of the hospital staff and see how the Emergency Department functions—without being ill!

Our MHA Board Meeting will be at the Cast Off at 10 a.m.

Scott McIntosh, our Property Manager, is in the process of cleaning up our front parking and landscaping area at the Cast Off. He is increasing our front parking area so the cars will be able to park head in, thus doubling the amount of parking spaces. Also, this will create a more inviting curb appeal at the Cast Off.

Hopefully, everyone has been having a wonderful summer as we approach the fall and its wonderful array of colors. Continue to explore, have fun and enjoy each other and each and every day... life is so very precious!
Hospital News — Gary Myers, CEO

Medical Staff
I am still awaiting a response to our offer from our Psychiatrist candidate. As of this writing, despite very positive communication throughout, he has not responded to our offer. In the interim, we now have a second candidate who is making a site visit to both Inyo and Mono Counties the week following our Board meeting.

Ob/Gyn recruitment: We now have three very interested, experienced candidates to provide Women’s Health services. One recently did a locums for a week and interviewed with us. The other two are arranging site visits. Locum tenens is in place through the end of September at this time to keep the service up and running.

Pediatrician recruitment: Following a very positive site visit this week, we are planning to extend an offer to an experienced candidate for this opening. She has expressed an ability to join us fairly quickly during her transition time by providing coverage on an interim basis. In the interim, we are utilizing locums to cover the gaps.

Anesthesiologist recruitment: Dr. Chad Davis plans to leave the area at the end of November. I am working with the anesthesiologists to find a replacement for him for their group. We have a couple of interested candidates already. As of this writing, we will still have three regular anesthesiologist providers after Dr. Davis leaves.

I’m working with a physician who heads up a telemedicine group that provides tele-neurology through an academic medical center. They have the ability to provide clinic-based visits two days a week. Thus far, telemed clinics are working well for some pediatric specialty services.

People
Clinics Administrator, Brian Hilliard, RN, has stepped down from this position to fill the Post Anesthesia Care Unit (PACU) Supervisor position.

We are also recruiting a new Quality Director to replace Michael Rudolf, whose last day in this role is August 17.

The annual employee engagement survey results arrived this past week and these will be reviewed in detail by senior managers, along with management team members over the next few weeks to determine common themes and opportunities for improvement.

CEO Search
I’ve requested that Mark Andrew from Witt/Kieffer provide a suggested set of behavioral-based questions to assist in interviewing the CEO candidates. I would also suggest the Board determine what format it would like to follow for the finalist candidates interviews in September. I believe it would be helpful to have a few different panels interview the finalists to obtain broad based feedback. In addition to the Board, it may be helpful to have a panel of physicians, a panel made up of hospital staff and managers, and one of community leaders. Mark Andrew may have some suggestions for you on this as well.

Board Member Recruitment
Thus far, four potential candidates have spoken with me and filed papers for the open Board position vacated by Lynda Salcido’s resignation. Ryan Wood intends to seek a second term in November. In the event the Board elects not to appoint someone to fill the current vacancy, it is my understanding that the Board of Supervisors will favor holding the vacancy over to be filled by election in November. At that time, five candidates, including Ryan, will be in the mix and the top two vote getters will fill the vacant position and Ryan Wood’s expired term.

Facilities
We re-bid the sitework project and received only one bid. The single bid was nearly double the original engineer’s estimate. I plan to sit down with the contractor next week to determine if the project can be value engineered and still be completed this year. Bidding on the Specialty Clinic was also delayed due to the architect’s consultants being backlogged on completion of some needed specifications. Those final documents were completed earlier this week, and are now ready for distribution to interested contractors.

Sterilizer project: We are bringing this project to the Board to request an increase in capital funding. The original request did not include the final OSHPD and other construction-related code requirements for completing the project.

Finance
July was a very strong month for volume and revenue. Cash collections were also strong at nearly $6 million for the month of July.
**Sunshine Update — Sharon Clark & Carolyn Cook**

We have offered to relieve Judy from one her many responsibilities, i.e., writing the "Sunshine" column. We are new and 'green' so please be patient. We ask Auxiliary members to share with one of us if you learn something that we need to include. Thank you.

Way back in January, Susy Fontana had minor surgery on her face. No big deal because normal antibiotics would prevent any possible infection, right? **Wrong~!!** And the infection persisted. So did Susy. She tried a new doctor but was simply given other antibiotics. Nothing improved. While in town, she consulted doctors here who prescribed more antibiotics. Finally, they realized she had C.Diff that was **caused by too many antibiotics!** After almost 6 months, they got her on the correct prescription. Thank goodness she's almost back to 100%.

Back in February, you may remember Peggy Rogers had a nasty cold and cough. The monotonous coughing began to cause "shortness of breath". Even after the cold subsided, Peggy would endure not being able to get her breath, but no pain. She turned to our medical community for help. But even after Peggy had every possible test, doctors had no answers for her. She's considering an angiogram but after so many tests, she's kinda tired of them. Hang in there, Peggy; we're all on your team.

**Scholarships**

The Scholarship Committee met August 15 and awarded $23,000 in scholarships to seven deserving applicants. They are:

- **Carson Bold**
  - Biology with a Pre-Med emphasis
  - Westminster College

- **Alexander Hamilton**
  - Healthcare Administration
  - University of Southern California

- **Sydney Knadler**
  - Physical Therapy
  - Regis University

- **Rachael Newman**
  - Nursing
  - Western Governor's University

- **Yvonne Reyes**
  - Nursing
  - Cal State Sacramento/Cal State Chico

- **Kendal Sturdivant**
  - Nursing
  - Azusa Pacific University

- **Lindsey Tollefson**
  - Dental Hygiene
  - Shasta Community College

Thank you to the committee who spent countless hours reviewing all the applications submitted this year. The committee is chaired by Vicki Mobley. Members include Penny Bourne, Judy Bornfeld, Shannon Clark, Karen Curry, Edyth Irvine, Sara Knadler, Jan McPherson, and Pat Smoogen.

To date, we have awarded College Scholarships totaling $589,000 to deserving members of our community! Our College Scholarships offer financial assistance to students who have 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. They must also be a current resident of Mono County and resided there full time for a minimum of two years, or are currently working in Mono County full time for a minimum of two years.

Vicki Mobley has resigned as Scholarship Chair. Thank you, Vicki, for all your hard work on both the College Scholarships and the High School Achievement Awards. And thank you to Sara Knadler who has graciously stepped up and taken over as Chair.

**If you haven't already renewed your membership and want to be included in the new roster, you have just a few days to do so.**

New rosters go to press September 1 and will be available at the September 12 Hospital Orientation & Budget Approval Meeting.
What’s Happening @ the Cast Off?

Cast Off Update

Following are highlights from the August Cast Off Committee meeting:

- If you answer the phone, please **DO NOT** set it down while looking for something or someone. Stay on the line until another person picks it up. Too often the phone gets laid down and forgotten. Not only does the caller get very annoyed but is unable to call back because he/she gets a busy signal.

- Make sure no one parks and leaves their car in front of the dumpster. We missed a trash pick-up because someone parked there.

- We have new donation receipts for tax purposes.

- Please do not put long skis in bottom of the dumpster. They get stuck and make it impossible to completely empty the bin. Skis should be put in on top at end of day.

- Clothing, dishware (other than pots and pans), and some linens rarely need a price tag as there are signs posted in those areas. But please price (and tape together if appropriate) other items. This is good customer service so they know the price and don't hold up the line at the cash register trying to 'bargain'.

- Too many price tags are being found on the floor. If a nicer item that would normally have been priced has NO price tag, send it to the back room for pricing.

- Better, more expensive active wear is being priced by Pat Smoogen. In addition to the price tag, she is placing a small black or silver dot inside the neck or waistband of these items. That way the cashier can identify them if the price tag is missing and send them back to be re-priced. And please remember to hang the nicer active wear in our coat closet in the kitchen so she can price and put them out for sale.

- Do not leave any food in kitchen because mice will find it. Any food must be stored in the fridge.

- Day Chairs need to remind Volunteers to re-new their membership.

- Cashiers: Do not leave the cash drawer open or unattended ... ever! If you must turn away to answer a question or get something, close the drawer first. It's too easy for someone to distract you so their partner can reach in and grab the money. It's been happening around town lately!

From the Day Chairs & Co-Chairs

**Monday—Karen Curry**

Dennis & Barbara and Penny & Paul are out of town for a while and we miss them a lot! The Electronics Room, Books and Linens really pile up. Shirley and Karen have been testing lamps just to clear a little space on the table and Roger looks for items that can be pitched! Gisela was with us for a couple of months. She also worked other day’s cashiering which helped them so much! We celebrated Gisela’s birthday before she headed back down south. Judy joins us on Monday and we enjoy sharing lunch with her. So good to have Judy at the helm!

**Tuesday—Shannon Clark**

People often comment about how friendly we are - very helpful and polite! That includes those at the cash register and those who do the hard job of receiving, sorting, washing and pricing in the back room. On our special Friday "National Thrift Shop Day" they praised us for our service. We support and care about each other and our hospital. We even substitute for each other when we have to be gone on trips.

**Thursday—Sharon Clark**

Every day Cast Off is open probably has a Volunteer lovingly called an "Energizer Bunny." Thursday certainly does. She wades into the Linen Sorting/Pricing Corner—and I do say “wades” — because sometimes, there is no other way even to reach the necessary supplies, colored dots, pricing materials, etc. Nonetheless, our "EB" never slows down because she tries so hard to lighten Penny’s linen load. After she fills a cart with carefully priced and
folded linens, she heads to the Linen Showroom she's done straightening everything from top to bottom, she heads back to linens, sorting/pricing. She just never stops~~!! Who is our Energizer Bunny???? Ya guessed right...Gail O'Sullivan. Gail, it's just great to have your talent, strength and ability to work with linens. You know more about fabrics than many of us. Thanks so much, Gail.

Saturday— Karen Curry

Saturday Crew thanks our wonderful clothing sorters: Maria, Rosa, Paloma and Anna! They do an amazing job of sorting through the mountains of bags of clothing and getting them all hung up so other Saturday volunteers can get them out into the store. You girls are priceless and we all appreciate you! Saturdays are always challenging and we all are relieved and thankful for the additional help we receive. Long lines make for some cash sales right in the line, which makes the customers very happy. We even tally some sales in the back room and send them on their way out the back door! There is never a dull moment on Saturday!

Shepherd’s Flock— Shannon Clark

Due to summer activities, we have only met once in 6 or 8 weeks to work on potholders. Maxine Shepherd was brought down here to Mammoth by her daughter, Sandra, on her birthday August 4. We had lunch at her favorite restaurant, Giovanni’s, and topped it off with a beautiful cake. She was thrilled to visit with her “Flock.”

Katie’s Korner — Patti Heinrich

Sales for July were $1,759.00. Great job!

New Email Address

Mammoth Hospital Auxiliary has taken another step toward the electronic age and finally created its own email address. It is: mammothhospauxiliary@gmail.com

In the future, newsletters and notices will go out under this address so recipients will know that it’s auxiliary business rather than personal email. This address will also be included on our business cards as well as all publications. Please feel free to give it out to anyone who may be interested. Board Members have the password and will check regularly for messages.

Charter Member Visits Cast Off

The Cast Off recently had a visit from one of our founding members, Rita "Eckert" Prisco. In fact it was her husband, Dr. Eckert, who named the Cast Off. We wanted to work around what our area is noted for -- skiing. Dr. Eckert, who was at the original meetings about the need for a hospital, came up with the idea of a CAST which had been taken OFF of a patient. We voted unanimously in favor of this idea. The CAST OFF became our official name.

Birthdays for September

9/3  Franni Ferrero
9/8  Marti Witters
9/11 Jan Daigle
9/12 Erica Chapin
9/16 Ken Irvine
9/17 Shirley Strazdins
9/18 Dawn Lazar
9/23 Lorraine Hansen
9/26 Jo Bacon
9/30 Ira Hanson

The Eckert’s have also had three family members follow in their medical footsteps as recipients of our College Scholarships: Lindsay Eckert in 2010, 2014 and 2015, Rachael Eckert in 2011, 12, 13, 15 and 16, and Terri Eckert in 2012.

Please add Rita to your roster: Rita "Eckert" Prisco
40502 Via Amapola
Murietta, CA 92562
Phone: 951-677-3839
Email: ripome@verizon.net
National Thrift Shop Day

Friday, August 17 turned out to be a fun filled day and very, very successful — well beyond our expectations! Customers were surprised and happy with all the bargains, silly contests and prizes, as well as lemonade, cookies and ice cream cones. We definitely created a lot of good will. And as hoped, we also have a prospective new member. Even with most everything in the store at half price, we still made $2,940.00, or so we thought. As it turns out, it was actually over $3,000.00 once the dust settled and everything was counted! Not bad for putting together an event of this size without a committee to see to all the details. Just imagine what we could do with a bit more planning!

The biggest contribution to the day’s success was having so many volunteers helping throughout the day. The customer’s liked it and it made things run more smoothly. Although Judy thanked everyone in her President’s Message, they deserve to be mentioned again for all their hard work.

Thank you to Nancy Melander who greeted customers with a smile as they came in the door and offered them cookies, lemonade and tickets for a chance to win several Cast Off Gift Certificates.

Thanks to the following who sorted clothes, hung up clothes, picked up clothes, answered countless questions and made our customers feel welcome: Gail Buchholz, Karen Curry, Gail Miller, Vicki Mobley, Laura Norris, Diane Casten, Sara Knadler, Lisa Shugart, Lenore Lemon, Penny & Paul Burdeno, Shirley Strazdins, Mary Jo Bauer, Carole Claus, and Lou Bush (who just happened to be in town at the right time). Also Judy Bornfeld who set up an area with our nicer jewelry and sold lots of it.

A BIG thank you to cashiers Shannon Clark, Sharon Clark, Susy Fontana, Sharon Good, Peggy Rogers and Pat Smoogen. You ladies somehow managed to get through the long, long lines while keeping the customers happy and not losing your patience. Hopefully next time we’ll have two cash registers going with a “cash only” line.

And last but not least, thanks to Edyth Irvine and OJ Zeleny who helped by putting up flyers, to Sarah Rea for including info in The Sheet, and Bob Todd for announcing the event all week on the radio.

At the end of the day, the customers went home happy with all their bargains while the rest of us (those still left standing) gathered in the back room for a well deserved glass of champagne!
August 23, 2018

Judy Bornfeld
The Mammoth Hospital Auxiliary
359 Chateau Road
Mammoth Lakes, CA 93546

Dear Judy,

Thank you for the Auxiliary’s generous $500 Exclusive Hole Sponsorship to the 12th Annual Brian Venneman Cancer Outreach Golf Tournament. Thanks to your support we raised over $50,000 for the Cancer Outreach Program!

On the next two pages you will find an excerpt from a few of many thank you letters I received intended for you—sponsors, players, and supporters of the tournament—from the beneficiaries of the Cancer Outreach Program. The Cancer Outreach Program assists patients by reimbursing them for the cost of gas, meals, and lodging expenses associated with travel to higher-level cancer centers.

We could not keep this program in place without your support. Thank you again for your generosity and for making Mammoth Auxiliary a community of support.

With gratitude,

Tilene Shabbona, MHA
Mammoth Hospital Foundation Coordinator
PO Box 100 PMB 487 | Mammoth Lakes, CA 93546
Phone: (760) 924-4328

———

Your generous participation means a lot to those of us fighting cancer. Three years ago I stood there when Yuri gave his welcome speech. In it he said that one out of every six of us would have cancer within their lifetime. I thought to myself "poor bastards". Two months later I was diagnosed with lung cancer, a year after that it progressed to Stage 4.

We all have to travel for our cancer treatment. Traveling expenses add up quickly. It is both a financial and emotional relief to help with some of these unplanned expenses. For that help we are very grateful. This golf outing is a lot of fun and a great get together but it serves a very important fundraising role. We thank you very, very much for your generosity.

— Jack, Mammoth Lakes

My name is Pamela: I am a vigorous mountain woman who was diagnosed with Stage 3 metastatic melanoma back in January, 2018. The shock really rocked my world; I’ve never even had the flu in my entire life! Lancaster is a four-hour drive one way, and the immunotherapy I’m now on makes me very ill. I must stay in Lancaster two nights. I honestly do not know what we would do if not for the Cancer Outreach Program; maybe we’d have to sleep with our dogs in the car. I am a minister, literally as poor as a church mouse. From the bottom of my heart, I send every one of you my gratitude.

— Pamela, Mammoth Lakes

When I was diagnosed with cancer it was a stress like I have never known. I was scared, sad, confused and scared for the future of my husband and myself. Money to help me defray the cost of the extensive long distance appointments and travel necessary when living in Mono County to combat this disease was light in a very dark time. I am forever grateful to the people who established this fund and those who are so generously donating to it!

— Sandi, Bridgeport

We are like many families, and just about use up our income each month. My treatment is in Carson. When I have one of my surgeries it necessitates a night before and after at a motel, complete with all the meals and gas required. This all adds up very quickly. That is where you and this generous program come in. You folks take heat off with your generous reimbursements. There is really not enough thanks for all you do. Thank you form the bottom of our hearts for your help.

— Chuck, Bishop

On February 23rd, 2018 I gave birth. On February 24th, 2018 I was diagnosed with cervical cancer. I am 58 years old. I have had family and friends help take care of my baby day and night and I seek needed treatment. The Cancer Outreach Program has made it possible for me to travel and go to all of my appointments at UC Davis Medical Center and the Tahoe Forest Cancer Center. Without all of the support from Mammoth Hospital and the Cancer Outreach Fund I honestly do not know what I would do, thank you! Thank you to everyone and anyone who has helped and supported me!

— Allison, Mammoth

The support I have received from your generosity allowed me to recover from cancer with dignity! With financial thoughts at bay, my focus was on health and family! THANK YOU ALL!

— Jill, Crowley Lake

It is very nice to receive feedback for our $500 donation. Several of our members have received the benefits of the Cancer Outreach Program.
Things to Do in Mammoth & Around the Area

VINTAGE BOOK SALE
Sponsored by Mammoth Lakes Friends of the Library
Labor Day Weekend
August 30 – September 1
10:00 AM – 3:00 PM

In the Ellie Randol Reading Room at the library
Large selection in a variety of categories
Thanks to estate of Rick Jali for extensive collection of
history, aeronautics and travel books

BOOK CHALET 50% OFF SALE
645 Old Mammoth Road
(across from the Stove Restaurant)
Labor Day Week – all week!

All books, DVDs, CDs, books on CD at half price!
August 30 – September 8
Noon-4 PM Tuesday-Friday
10 AM-4 PM Saturday
Maybe 10 AM-2 PM Sunday-Monday

Red Wagon discounted books at the Book Chalet
On display in the hallway under the store’s display
window. $2 hardbacks and $1 paperbacks while supplies
last, so stock up now!

Owens Valley Radio Observatory
(OVRO) Tours
1 PM on the first Monday of every month
For holiday Mondays, moves to following Monday
30-minute tour; no reservations needed
www.ovro.caltech.edu; 760-358-6410

Mammoth Rock n Rye
August 31—September 2
in the Village at Mammoth

As part of Outside on the Eastside—a colorful fall
celebration of arts, culture and recreation—Mammoth
Rock n Rye is three days of free live music, two tastings,
30 distilleries, 15 craft breweries and endless fun. Rock
out to some of the nation’s finest Americana music for free
in the beautiful Eastern Sierra.

Mammoth Storytelling Festival
September 15
12:00 pm to 4:00 pm

The Mammoth Museum at Hayden Cabin presents the
Mammoth Storytelling Festival, transporting its audience
to a less hectic time.... a time when families sat together
and enjoyed spoken entertainment for all ages. A time
when yarns from the past were as fun as Pokémon Go.
With the Sherwin Range towering in the distance, this
event at the "Temple of Folly" tent on the museum
grounds will present tall tales and music next to quaking
autumn aspens.

The event is sponsored by the Southern Mono Historical
Society (operators of the Mammoth Museum), so there
will an historical spin. This all-ages festival begins at noon
on Saturday, September 24 and will continue until 4 pm. A
group of talented local storytellers have volunteered to
share their unique tales.
Volunteer’s Voice

Labor Day Festival of the Arts
September 1—3
Sam’s Woodsite

Mono Arts Council (MAC) will present its 49th annual Labor Day Festival of the Arts this September 1-3. Set high among the pines, this world-class Festival provides fairgoers a beautiful viewing and buying experience. Over the course of 3 days, visitors and residents of Mammoth Lakes will enjoy 110+ exhibiting visual artists, sample international food, local craft beers and wine, listen to live musical performances and entertain families with kid’s art workshops. The quality of the participating juried artists contributes to the Festival’s continued recognition as the premier visual art show in the Eastern Sierra.

Ambush at the Lake - Fall Fishing Derby
September 3—November 15
Convict Lake

As part of Outside on the Eastside—a colorful fall celebration of arts, culture and recreation—fish among the fall colors at the Ambush at the Lake fishing derby. A $15 entry fee includes a commemorative pin and a chance to win. Competition runs sunrise to sunset, and all fish caught 14 inches or longer are eligible to be registered. Each person with a registered fish will be entered into the prize drawing for the derby entered. Prize winners will be posted within 30 days of the last day of the derby.

Tri-County Fair
August 30—September 2
Bishop Fair Grounds

The Eastern Sierra Tri-County Fair is a true county fair that shows off all that Inyo, Mono and Alpine Counties have to offer. We boast a wide array of hand and homemade exhibits for all tastes and interests, interesting commercial and educational exhibits and tons of free entertainment all for the price of admission. For the more adventurous there are main arena events including concerts, traditional rodeo and the ever-popular destruction derby, not to mention a fantastic family friendly carnival!

Mammoth Lakes Oktoberfest
in the Village at Mammoth
September 21 & 22

Mammoth Oktoberfest is a family-friendly event that offers three days of music by Bayern Maiden, authentic Bavarian cuisine, games and fun for all while celebrating the beginning of the Fall Harvest. It’s free for everyone! What’s new? More booths for food (less waiting!), more kids games, the same great OOMPA band, West Coast Prost from last year. AND introducing the “Oktoberfest Party band” Hazelnuss. It’s going to be more fun than ever.
September 9 is California Admission Day. It celebrates the time when we became the 31st state in 1850. But how much of California's history do you know? If you didn't grow up here, following is a brief history.

Alta California ("Upper California"), originally Nueva California ("New California"), was a province of New Spain. Along with Baja California, it was split from the larger region of Las Californias in 1804. Following the Mexican War of Independence from Spain, it became a territory of Mexico in April 1822 and was renamed "Alta California" in 1824. The region included all of the modern American states of California, Nevada and Utah, and parts of Arizona, Wyoming, Colorado and New Mexico.

In 1836, a coup led by Juan Alvarado declared Alta California's independence from Mexico. Declaring himself governor, Alvarado recruited American frontiersmen, led by Isaac Graham, to support him. The rebels easily captured the capital Monterey, but were unable to convince southern leaders such as Juan Bandini and Carlos Antonio Carrillo to join the rebellion. Faced with a civil war, Alvarado and the other Californios negotiated a compromise with the central government wherein California's leaders accepted its status as a "department" under the "Siete Leyes" Mexican constitution of 1836, in return for more local control. Alvarado was appointed governor the next year. The Lone Star Flag of California, associated with Alvarado's rebellion, contained a single red star on a white background. One last original flag is archived at The Gene Autry Western Museum in Los Angeles.

California was finally ceded to the United States under the terms of the 1848 Treaty of Guadalupe Hidalgo following the defeat of Mexico in the Mexican–American War. In 1849, Californians sought statehood and, after heated debate in the U.S. Congress arising out of the slavery issue, California entered the Union as a free, non-slavery state by the Compromise of 1850. California became the 31st state on September 9, 1850. California directly became a state as it was never required to spend a period of time as a territory.

When the Spanish first began exploring the Pacific Coast of North America, they mistakenly believed that California was an island. Some of the earliest and most fascinating maps of the state depict it as separated from the mainland. This is considered one of the greatest, albeit short-lived, cartographic errors. Early mapmakers began labeling the "island" as California, the name of a mythical island in a book called Las Sergas de Esplandián, "The Adventures of Esplandían," written by Garcí Rodríguez de Montalvo. The book was part of a popular series of Spanish romance stories.

In the book, the mythical California is ruled by Queen Califia and populated only with female warriors who brandish gold weapons. They even harness their animals in gold because it is the only mineral on the island. The legend of Califia and her island was well known among New World explorers. In 1536 when Hernán Cortéz arrived in Baja California, he believed he had landed on the legendary island. Over three hundred years later gold was discovered in California, making the legend partially true and earning the state its nickname: The Golden State.

The historic California Bear Flag was raised at Sonoma on June 14, 1846, by a group of American settlers in revolt against Mexican rule. The flag was designed by William Todd on a piece of new unbleached cotton. The star imitated the lone star of Texas and represented sovereignty. A grizzly bear represented strength and the many bears seen in the state. The red color signified courage and the white background purity. The word "California Republic" was placed beneath the star and bear. It was adopted by the 1911 State Legislature as the State Flag.

The bear on one 1911 version of the flag is claimed to have been modeled on the last California grizzly bear in captivity. The bear, named "Monarch", was captured in 1889 by newspaper reporter Allen Kelley, at the behest of William Randolph Hearst. The bear was subsequently moved to Woodwards Gardens in San Francisco, and then to the zoo at Golden Gate Park. After the bear's death in 1911, it was mounted and preserved at the Academy of Sciences at Golden Gate Park.

The Great Seal of the State of California was adopted at the California state Constitutional Convention of 1849 and has undergone minor design changes since then, the last being the standardization of the seal in 1937. The seal shows the Roman goddess Minerva (Athena in Greek mythology), the goddess of wisdom and war, because she was born an adult, and California was never a territory; a California grizzly bear (the official state animal) feeding on grape vines, representing California's wine production; a sheaf of grain, representing agriculture; a miner, representing the California Gold Rush and the mining industry; and sailing ships, representing the state's economic power. The word Eureka (αὐρηκα in Greek), meaning "I have found it", is the California state motto.
I was in a public toilet and had just sat down, when I heard a voice from the next cubicle, he said “Hi, how are you?” Embarrassed, I said, “I’m doing fine”. The voice said “So what are you up to?”. I said, “Just doing the same as you, sitting here!”. He said, “Can I come over?”. Annoyed, I said, “rather busy right now”. The voice said, “Listen, I will have to call you back, there’s an idiot next door answering all my questions.”

I finally realized it ... People are prisoners of their phones. That’s why they are called Cell Phones!

**Bon Appetit!**

We had this cake for Karen’s birthday. It can be baked ahead of time because it improves in flavor after a day!

**Lemon Curd Cake**

3 lemons, thinly sliced  
1/2 cup sugar  
12 oz. can frozen lemonade, thawed  
1 pkg. yellow cake mix  
1 pkg. lemon instant pudding mix  
4 eggs  
1/2 cup vegetable oil  
1 teaspoon lemon or vanilla extract  
3 tablespoons grated lemon zest  
1 cup whipping cream  
3 tablespoons sugar  
1-1/2 cups lemon curd, homemade (recipe below) or purchased

Place thinly sliced lemons in a large shallow pan and sprinkle with sugar. Mix lemonade with enough water to make 2-1/2 cups. Pour 1-1/2 cups of the lemonade over lemons and bring to a boil. Cook until liquid is reduced to half. Remove lemons and place on a rack to dry. Save liquid.

Preheat oven to 350. Spray two 9-inch round cake pans with Pam and dust with flour. Combine cake mix, pudding mix, remaining 1 cup of lemonade, eggs, oil, extract, 2 tablespoons lemon zest and beat with electric mixer until well combined, about two minutes. Divide between the prepared cake pans. Bake until tops springs back or toothpick comes out clean, about 25 to 30 minutes. Cool about 5 minutes then turn out on wire racks. Invert cake layers so they are right side up and poke holes in top of each. Slowly spoon saved lemon liquid over each layer. Allow layers to cool completely.

Beat cream on high speed gradually adding remaining 1 tablespoon lemon zest and 3 tablespoons sugar. Beat until stiff peaks form. Place one cake layer on cake plate and spread with 1 cup of lemon curd. Place second layer on top and spoon remaining lemon curd in center and spread toward edge of cake, leaving a border about 1-1/4 inches wide. Frost sides and border with whipped cream leaving the lemon curd in center exposed. Garnish the cake by placing the candied lemon slices around the side and a few in center of lemon curd. Store in refrigerator.

**Lemon Curd**

1 teaspoon finely grated fresh lemon zest  
1/2 cup fresh lemon juice  
1/2 cup sugar  
3 large eggs  
1/2 stick (1/4 cup) unsalted butter, cut into small pieces

Whisk together zest, juice, sugar, and eggs in a 2-quart heavy saucepan. Add butter and cook over moderately low heat, whisking frequently, until curd is thick enough to hold marks of whisk and first bubbles appear on surface, about 6 minutes.

**Alternate Frosting**

Combine two 3-oz. packages softened cream cheese, 1/2 cup softened butter, 1 teaspoon lemon zest, and 1 teaspoon lemon juice. Beat with electric mixer until light and fluffy. Gradually add 4-1/2 to 4-3/4 cups powdered sugar, beating until frosting reaches spreading consistency.

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 or mammothhospauxiliary@gmail.com
# Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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</thead>
<tbody>
<tr>
<td>August 25, Saturday</td>
<td>“Think Pink Day” at the Cast Off</td>
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<tr>
<td>August 31, Friday</td>
<td>Cast Off Work Day, 10 a.m.</td>
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<td>October 4, Thursday</td>
<td>Cast Off Committee Meeting, 3:30 p.m. at the Cast Off</td>
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<tr>
<td>October 17, Wednesday</td>
<td>MHA Board Meeting, Hospital Conference Rooms A &amp; B, time to be announced</td>
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<tr>
<td>October 26, Friday</td>
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<td>October 27, Saturday</td>
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<td>October 31, Wednesday</td>
<td>Halloween</td>
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<tr>
<td>November 1, Thursday</td>
<td>Cast Off Committee Meeting, 3:30 p.m. at the Cast Off</td>
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<tr>
<td>November 4, Sunday</td>
<td>Daylight Saving Time Ends</td>
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<tr>
<td>November 14, Wednesday</td>
<td>MHA Board Meeting, 10:00 a.m. at the Cast Off</td>
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<td>November 11, Sunday</td>
<td>Veterans Day</td>
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<td>November 22, Thursday</td>
<td>Thanksgiving—Cast Off Closed</td>
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<td>November 24, Saturday</td>
<td>“Think Pink Day” at the Cast Off</td>
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</tbody>
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Mammoth Hospital Auxiliary  
P.O. Box 1399  
Mammoth Lakes, CA 93546