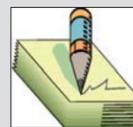


Happy Anniversary

We congratulate and thank those who celebrate their anniversaries in February!

- 27 years **Amelia DeMello**, (C.M.) Aide, Corte Madera Library;
- 22 years **Gloria Mock**, (C.M.) Assistant, Law Library;
- 18 years **Jeanne Hsu**, (M.V.) Docent, California Room;
- 8 years **Eva Slott**, (Nov.) Aide, Novato Library; **Gerald O'Sullivan**, (S.R.) Page, Civic Center Library;
- 6 years **Ted Bright**, (Ffx.) Mediator, Mediation – DA;
- 5 years **Anne Rains**, (Nov.) Aide, Novato Library; **Lynne Bergherm**, (C.M.) Children's Story Day Aide, Novato Library; **Barbara Jones**, (Ffx.) Library Aide, Fairfax Library;
- 4 years **Jay Shinohara**, (Nov.) Bookmender, Novato Library;
- 3 years **Janice Cotton**, (S.R.) Chronic Disease Management Trainer/Facilitator, Aging Division; **Marie Losee**, (Nov.) Library Aide, South Novato Library; **Miriam Cohn**, (S.R.) Receptionist, Cultural Svcs. Administration;
- 2 years **Chris Elliott**, (S.A.) Legal Assistant, Affordable Housing;
- 1 year **Chris Herrera**, (S.R.) Assistant, Public Health Services; **Yanin Swangrujithum**, (S.R.) Office Assistant, Public Health Services; **Elizabeth Faber**, (Nov.) Library Aide, South Novato Library; **Carole Gray**, (Kntfld.) Attorney, Family Law Center; **Patricia Harrod**, (S.R.) Patient Advocate, Public Health Services; **Anne Lewin**, (C.M.) Rebate for Marin Renter Program Assistance, Housing Authority; **Maggie Sartor**, (M.V.) Data Entry Clerk, Assessor Administration



Volunteer Notes

This Valentine's Day, take care of your heart by learning the symptoms of heart attack and reduce your risk factors for heart disease. Your loved ones will thank you.

Heart disease is the #1 cause of death for American women, killing six times as many women as breast cancer. Some of the risk factors for heart disease include smoking, diabetes and obesity. There are more.

Chest pain is the most common symptom, but women are less likely than men to feel this during a heart attack. More women than men experience symptoms such as back pain, nausea, or fatigue. Other symptoms include shortness of breath, sweating, and pain in one or both arms. Early detection is important. Act fast.

CCV STAFF

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Shirley Trimble and **Christina Walcoff**, volunteer Profiles Writers; **John Kaufman**, volunteer Layout Editor; **Joanne Elder**, **Jackie Evans**, **Bess Niemcewicz** and **Christina Walcoff**, volunteer Administrative Aides.

CCV contributed services valued at more than \$7.9 million in 2006.



The Volunteer View

The Monthly Newsletter for Marin County Civic Center Volunteers

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John Hulls Helps Launch Water Project

Beach water quality is a prime concern for public health. This month, the County's Environmental Health Services is launching a pilot Beach Water Quality Testing Project using cutting-edge "Phylochip" technology developed at Lawrence Berkeley National Labs to monitor, measure, and report a comprehensive census of water-borne bacteria and to develop procedures to detect pathogens and "human risk keystone" species.

Over the past two years, **John Hulls**, a renewable-energy consultant, has worked 20-30 hours a month as a volunteer with **Phil Smith**, Deputy Director of Environmental Sciences Health Services. John has made many trips to State Beach Water Quality Task Force Group meetings, and to Lawrence Berkeley National Labs, to help plan this pilot program.

The project is funded by Clean Beaches Initiative program, which is administered by the State Water Resources Control Board. John was hired as the program's technical coordinator last month.

"We've used the same testing technology since 1900 to test beach water quality, but it's no longer valid," explained John. "This new development of microarray technology, which combines computer technology with biochemistry, can now be applied to this testing. It's amazing how fast the field is moving to a major level. It has already revealed a microbial mass much larger than we ever imagined, as well as many previously unknown microbial characteristics of our environment."

John sees great advantages in using the new testing technology: the ability to see how pathogens shift with the seasons, to look at the broad waterborne ecology, and to



John Hulls, shown at Cape Mendocino, volunteers at Environmental Sciences Health Services.

provide water-quality-sampling results accurately and quickly. As technical coordinator, he will set up test protocols, attend task force meetings, work at Lawrence Berkeley National Labs, and manage much of the West Marin portion of the project from home.

"Keeping all the engineers, scientists, and researchers together and all talking while we went through the grant process felt like the YouTube clip of 'It's like cowboys herding cats,'" he laughed. "This project really appeals to me. It is great fun. I get to look at a tremendously worthwhile program, cutting-edge, that will enhance our body of knowledge."

John came to California in 1972 from London via Canada. His varied scientific career includes work in aerodynamics for Grumman Aerospace and, recently, work on wind turbines with National Renewable Energy Labs and Sandia National Labs. He is currently consulting on race car aerodynamics and investigating the energy absorption and the stresses in buildings during earthquakes.

- by Shirley Trimble

Who's New & Welcome

- Amy Kislink** (S.R.) Reader, H&HS
- Katie Monahan** (C.M.) Facilitator, H&HS
- Brad Vance** (San Ans.) Admin. Aide, Community Dev.
- Ben Denton-Schneider** (S.R.) Assistant, H&HS
- Alexis Caligiuri** (Nov.) Library Aide, Library
- Debbie Hughes** (Petaluma) Aide Educator, Sheriff
- Cynthia Hiemc** (M.V.) Intern, Public Defender
- Judie Murphy** (S.R.) Patient Advocate, H&HS
- Natalie Plaza** (Frmt.) Intern, Womens Comm., H.R.
- Dolores Hahn** (Nov.) Sr. Peer Counselor, H&HS
- Pat Tillman** (Nov.) Sr. Peer Counselor, H&HS
- Chris Jensen** (Nov.) Shelver, Library
- Zulma Mendieta** (Nov.) Shelver, Library
- Mia Stewart** (S.R.) Investigations Assistant, Pub. Def.
- Jennifer Williams** (Hywd.) Intern, Womens Comm., H.R.
- Michael Doolittle** (S.R.) Data Entry Clerk, Assessor-Rec.
- Jennie Butler** (S.R.) Data Entry Clerk, Assessor-Rec.



At Marin Women's Study project, Sharon Bale helps in effort to understand causes of breast cancer

"We really want to know what is causing the breast cancer increase in Marin's population. It is a mystery," says **Sharon Bale**, a retired State Rehabilitation Counselor who became an enthusiastic volunteer in September for Marin Women's Study (MWS).



"I really enjoy working with H&HS Epidemiology Department," says **Sharon Bale**, (far left).

MWS is a research study that investigates how reproductive, lifestyle, demographic, and biologic factors affect breast-cancer risk in Marin women. Over a two-year period, 30,000 women receiving mammograms are being asked to join the study, which was funded by a grant from the Centers for Disease Control (CDC) and generous support from the Buck Institute for Age Research, Kaiser Permanente, San Rafael, Marin County H&HS, and Marin General.

Sharon volunteers for MWS four to six hours weekly on a drop-in basis. "We prepare packets of letters and a detailed questionnaire with medical, health, and lifestyle questions," she explained.

About 500 completed surveys are returned each week and each one has to be carefully edited and the information scanned into the computer. Some participants also provide saliva samples

which are analyzed by the Buck Institute lab.

"I really enjoy working with H&HS Epidemiology Department. My supervisor, **Rochelle Ereman**, the staff, and the volunteers are all terrific," says Sharon.

Sharon has a Masters degree in rehabilitation counseling from Michigan State University. In-between her 25 years as a counselor in Berkeley, she sandwiched in a 12-year career as a top-notch pastry chef. "It was the most fun job," she said. She did her apprenticeship at Stanford Court, created pastries for Casa Madrone and Sweet Things, and managed Molly Stone and Woodlands Market bakeries.

- by Shirley Trimble

Jennie Butler works to enter historic vital statistics records in Assessor-Recorder's office

Few projects would seem as daunting. **Jennie Butler** is part of the volunteer team that's entering 50-years' worth of county birth and death certificates into a computer database. Jennie and four other volunteers have just finished entering all the births since 1950. Now they'll tackle the death certificates.

"We've had trouble keeping up with them," said **Doug Allen**, Assessment Recording Supervisor. "Jennie has been coming in two days a week for the last couple of months. She comes in and goes right to work."

Jennie's up to a challenge. She was referred to **Joan Brown** by Marin General Hospital's outpatient program for people living with mental illnesses. Coming in to work on Monday and Friday gives her structure and a way to hone her employment skills. "It's a simple task but necessary. I hope a job opens up one day."

With all this information now in a database, it's easy to find records, make copies, and collect payments at the same time. After 50 years of death certificates are entered, in the next few years, the department will go all the way back to Marin's "beginnings" in the 1850s.

- by Christina Walcott



Jennie Butler works on a daunting project in the Assessor-Recorder's office.

At H&HS, Katie Monahan works to help bridge relations between adult and teen worlds

Every Tuesday evening, one amazing volunteer meets with an equally amazing group of teens. **Katie Monahan** has joined a group of young men and women who are working with local pharmacists and



Katie's supervisor says she "came to us incredibly highly trained, with the right education and background."

the Pharmacy Access Program to help make pharmacies more welcoming to teens.

"Cio's Angels" (named after **Cio Hernandez**, Katie's supervisor) is a leadership group which tackles many youth-related community issues, trying to bridge relations between the adult and teen worlds. Adults in many different areas are invited to meet with group members about many sometimes difficult teen topics – reproductive health, violence prevention, or drug and alcohol use.

Local pharmacists meet with the group to explore ways to make pharmacies more youth friendly. For example, trusting that youth are not there to steal and making it easy to ask confidential questions about reproductive issues.

Katie has a BA in health and society, a

Masters degree in social work, and years of professional and volunteer experience. "I haven't worked with teens before and I've really enjoyed getting to know the group members," Katie said. "They're a tight group, like family."

Cio, a licensed mental health practitioner, agrees that Katie fit right in. "She came to us incredibly highly trained, with the right education and background. The whole group took right to her," Cio said.

- by Christina Walcott

Urgent call for hours
Remember, your timesheets are **due the last day you worked in each month**. We need them now to prepare our annual Fiscal Impact report for 2007. If your hours have not been reported, please call 415-499-7407 now.