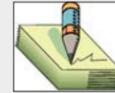


Happy Anniversary

We congratulate these volunteers who celebrate their anniversaries in October and thank them for their ongoing involvement.

- 18 years** **Carolyn Schwab** (San Rafael) Reseacher, CA. Room, Civic Center Library
- 15 years** **Peter Schmid** (Greenbrae) Sr. Peer Counselor, CMHS; **Sister Millie McMurdo** (Mill Valley) Sr. Peer Counselor, CMHS, H&HS
- 11 years** **Shirley Moyce** (Stinson Beach) Aide, Stinson Beach Library; **Jane Slack** (Stinson Beach) Aide, Stinson Beach Library
- 10 years** **Donald Ames** (Novato) Page, Novato Library
- 8 years** **Olga Ballesteros** (Novato) Sr. Peer Counselor, CMHS, H&HS
- 7 years** **Ann Gregory** (San Rafael) Mailing Aide, Aud.-Cont.; **Faye Hendricks** (San Anselmo) Mailing Aide, Aud.-Cont.; **John DeCarlo** (San Anselmo) Mailing Aide, Aud.-Cont.; **Lorraine Wrenn** (Mill Valley) Mailing Aide, Aud.-Cont.; **Tom Hendricks** (San Anselmo) Mailing Aide, Aud.-Cont.
- 6 years** **Joanne Elder** (San Rafael) Admin. Aide, CCV, HR; **Richard Cotton** (San Rafael) Sr. Peer Counselor, CMHS, H&HS
- 5 years** **Anoosheh Elmi** (San Rafael) Patient Advocate, H&HS; **Bobbi Kimball** (Bolinas) Library Aide, Bolinas Library
- 4 years** **Charlotte Urban** (Novato) LBW Liaison, Library Beyond Walls, Marin County Free Library
- 4 years** **Sharon Clark** (Novato) Library Aide, So. Novato Library; **Miriam Cooper** (Larkspur) Library Aide, Corte Madera Library
- 3 years** **Joan Gray** (San Rafael) LBW Liaison, Library Beyond Walls, Marin County Free Library; **Roberta Kettler** (Novato) Tutor, Juvenile Probation
- 2 years** **Denise Ward** (Sausalito) Library Aide, Marin City Library; **Kathryn Graham** (MillValley) Advocate, H&HS; **Daniel Freeman** (San Anselmo) Marine Patrol, Sheriff; **Mary Lou Dibbern** (Mill Valley) LBW Liaison, Library Beyond Walls, Marin County Free Library; **Max Worrin** (Fairfax) Shelver, Fairfax Library
- 1 year** **Alicia Lawson** (Mill Valley) Sr. Peer Counselor, CMHS, H&HS; **Ann Brebner** (San Rafael) Sr. Peer Counselor, CMHS, H&HS; **Jessica St. Louis** ((San Rafael) Peer Health Educator; H&HS; **Maura Espinoza** (Novato) Shelver, Novato Library; **Robin Marie Cooper** (Berkeley) Intern-Psychology, H&HS; **Rochelle Newman** (San Anselmo) Mediator, DA; **Russ Bevans** (San Anselmo) Layout Editor, HR; **Eleanor Ann Sumner** (Novato) Library Aide, So. Novato Library



Volunteer Notes



Happy Halloween !

Thought for the Day

"I believe that the very purpose of life is to be happy. From the very core of our being, we desire contentment. In my own limited experience, I have found that the more we care for the happiness of others, the greater is our own sense of well-being."

-Dalai Lama

Et Cetera....

Studies show that volunteering makes you healthier. They find that regular volunteering leads to longer life expectancy, higher life satisfaction, lower rates of depression, and greater physical and mental well-being.

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Barbara Webb, Profiles Writer; **Russ Bevans**, Layout Editor; **Joanne Elder**, **Vivienne Freeman**, **Sherri Inenaga**, **Laura Downing**, **Bess Niemcewicz**, and **Deborah Kleinecke**, Administrative Aides.



The Volunteer View

The Monthly Newsletter for Marin County Civic Center Volunteers

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Library lore runs through Anne Rains veins



Anne Rains' wealth of experience helps her choose materials for the Novato library.

Anne Rains' love of libraries and everything associated with them began years ago. She worked in Marin County libraries as a data entry person, and with other employees in technical services helped create a database and prepare the library catalog for its computer debut. The Civic Center Library was the first in the system to go online. "It was like going from horse and buggy to a rocket ship," she said. "I felt like a pioneer." Her mentor was the head reference librarian, **Jackie Mollenkopf**, who had a terrific sense of humor and "taught me everything I know about libraries." For 17 hours a week, Anne became an extra hire reference aide for the Marin County Free Library. "It was the best job I ever had," she said. "I believe that libraries are crucial sources, resources, and services for everyone in the community, and it's all free."

Working for the county for 28 years, Anne retired only to find herself back at her home library in Novato as a volunteer aide where she helps maintain and sort donated books, magazines, CD's, videotapes, and children's books. Her years of experience help her choose materials appropriate for acquisition into the collection. Some of the donations are placed at the library's book sale kiosk. The remainder goes to the county library's bookselling facility in Novato where they are once again sorted by volunteers and sold to benefit the entire library system. "What we do with donated materials is the ultimate in

recycling," she said. "I'm really happy to be a part of that."

Anne raised a family of six children and she has six grandchildren, some of whom live in nearby Sonoma and some in Seattle. She lives in Novato and is a huge live music fan from blue grass to the Philharmonia Baroque.

Despite an attempt by Social Security to kill her off in May of this year (her son received a form and a request to fill out information about the recently deceased Anne Rains), Anne is very much alive, sparkling with energy, trying to get her Social Security check back on track, and looking forward to an upcoming concert at Berkeley's Freight & Salvage.

Anne's supervisor, **Sandy Fong**, Library Assistant II, says, "Anne has been a volunteer here for many years. She does a wonderful job sorting materials donated by the public and keeping our sales shelf well stocked. We appreciate everything Anne does for us and would be lost if she did not come in to help."

by Barbara Webb

Who's New & Welcome

Jim Davenport (M.V.) Transcriber, Civic Center Library
Wistar MacLaren (Saus.) Fam. Violence Counselor, Courts
Ann Griego (Oak.) Student Nurse, H&HS
Bonnie Herzog (Lrksp.) Survey Asst., H&HS
Amado Rey Arcilla (Oak.) Student Nurse, H&HS
Natalie Blanks (Oak.) Student Nurse, H&HS
Peter Foust (Rich.) Library Aide, Novato Library
Erika Hallgren (Nov.) Student Nurse, H&HS
True Heitz (Ffx.) Library Aide, Civic Center Library
Kaitlin Levy-Liotard (S.R.) Intern-PD Investigation, PD
Justin Lucas (S.F.) Student Nurse, H&HS
Benedict Putulin (So. S.F.) Student Nurse, H&HS
Helen Mehari (Oak.) Student Nurse, H&HS
Rick Hartung (Santa Rosa) Marine Patrol, Sheriff
Lisa Clarke (SR) Marin Women's Study Support Staff, H&HS
Deborah Kleinecke (Gnbre.) Admin. Asst., HR
Cyndi Trader (M.V.) Survey Asst., Transit
Cecilia Hudson (Gnbre.) Aide, H&HS

Melissa Roybal (S.A.) Mediation Asst., H&HS
Lisa McGill-Ross (M.V.) Receptionist, CS
Christopher Martin (Lrksp.) Survey Asst., DPW
Jeri-Jasmin Hall (Saus.) Intern, Probation
Bob Crankshaw (Nov.) Landscape Aide, P&OS
Eri Schenk (M.V.) Attorney, PD
Alexandra Danino (Lrksp.) Connection Center Asst., H&HS
Martha Panela (Nov.) Admin. Aide, H&HS
Lydia Arellano (Gnbre.) Quality Improvement Coord., H&HS
Maria Perez de Vergara (S.A.) Connection Cntr. Asst., H&HS
Denise Caramagno (Oak.) Intern, H&HS
Domenica Giovannini (Ptlma.) Intern-Admin. Aide, H&HS
Talita Lahman (C.M.) Aide, H&HS
Jennifer Sterling (Nov.) Reader, Novato Library
Cesar de Leon (Nov.) Translator, H&HS
Niorosha De Silva (S.R.) Aide, H&HS
Trevor Sherlin (Lrksp.) Shelves, Corte Madera Library
Carl Webb (Nov.) Referral Asst., H&H

In Memoriam

Barbara Polach, who volunteered with CCV for 13 years, passed away in September following a long illness. An original book mender for the Corte Madera Library, she was an artist and a printmaker. Barbara shared her creative spirit and technical know-how with friends, other volunteers and library patrons. Her continuing effort and presence will be missed by all who knew her. Barbara is survived by her husband and two children.

Irwin Taranto finds rewards in helping resolve problems for nursing home clients

Since August 2008, **Irwin Taranto** has volunteered as an Ombudsman in the Health and Human Services Department's Aging Division. As an advocate for residents of Northgate Care Center, he checks to see if the facility is following the State Department of Public Health rules, assists residents with problems, and is in contact with residents' families.



Irwin Taranto serves as an Ombudsman volunteer.

He visits at least once a week and is always available on call. He's there to add his signature when a resident signs an advance health care directive, and attends monthly residents council meetings where residents bring their concerns to him in complete confidence. "I've met some wonderful people," he said, "and resolved a lot of different problems." Recently with the switch to digital TV, many of the residents

couldn't get their favorite programs. "You know how important that escape into another world is for many of the residents," he said. "It took some juggling, but I finally got it fixed."

Raised in New York, Irwin received his business degree from City College. He has lived in Marin with his wife for 47 years and has three children and two grandchildren. A businessman, his expertise is in everything computer and money related. His hero is Warren Buffet. "We think alike," he said.

Irwin has been a Rotarian for 29 years and is active in Project Amigo. He also served on the Civil Grand Jury for two years. He is a member of CERT radio of Marin and has completed community emergency response training. In addition to all this activity, he and his wife love to travel worldwide and have just returned from a trip to New Zealand and Australia. "Sydney was fantastic," he said. "It's my second favorite city – Hong Kong is my first."

Irwin's hope for the future? "Universal health care," he said. "This country really needs to deal with the health care crisis."

Robin Schaeff, a Policy Analyst and Irwin's supervisor, says, "It takes a very special person to work as an Ombudsman in a skilled nursing home. Irwin has all the talents and compassion that make for an excellent Ombudsman volunteer and we are very pleased to have him with us."

by Barbara Webb

Joe Gibbs brings enthusiasm and lots of computer expertise to information services



Joe Gibbs has designed a website for the Department of Agriculture, Weights and Measures.

Although he has only been interning for two months in Information Services Technology, **Joe Gibbs** is totally involved in putting together a website for the Department of Agriculture, Weights and Measures. "I didn't expect to be asked

to design a website when volunteered," he said. "It's great because I never thought about web design as an option before. Even though this isn't the sort of thing I wanted to do at first, I could see myself doing more of this in my future career."

Joe works for the department three days a week doing whatever needs to get done. "I'm really enjoying my internship," he said. "It's a fun place to work in a very relaxed atmosphere, and I've met some genuinely nice people who've gone above and beyond to help me, and make me feel welcome."

With a bachelor's degree in computer science from Sonoma State, Joe has co-created a downloadable role playing game for the PC – Fable of Heroes – and would like to eventually land a job as a game programmer for a game

company. When not working as an intern or playing computer games, Joe likes to write poetry, explore nature, and attends a College Chorus Class at the College of Marin.

He talks with pride of his parents as "amazing people, loving and supportive, who have always done their best to give me everything I needed."

Talking of the future of this country he said, "History's shown that a recession requires bold action. I believe in what Obama is doing. I hope that through action he can pull us out of this recession and tackle the need for universal health care."

Maria Eckdish, Principal Systems Analyst and Joe's supervisor says, "Joe is a great addition to our department and he's doing a valuable service for us."

by Barbara Webb

Meghan Adelman helps first-time moms take charge of their lives

A volunteer in the Health and Human Services Department for the past six months, **Meghan Adelman** provides administrative support to the OB department and nursing support for pregnant women, first-time moms, and any other women who need pregnancy or maternity services. She volunteers two days a week, also helping social workers with a "Centering Group." "Volunteering keeps nursing concepts relating to obstetrics fresh in my mind," she said. "Also, it's helping me to perfect my Spanish. I believe wholeheartedly in the important work that is being offered to low income families in our community through these H&HS programs."

Meghan grew up in San Diego and received a bachelor's degree in Psychology from U.C. Santa Cruz, then last year received her R.N. license from



Meghan Adelman has dedicated herself to helping pregnant women, first-time moms, and children.

the College of Marin. Married with a six-year-old and a one-year-old baby, Meghan lives with her family in Novato. "I aspire to help the community as a nurse and to be there to help pregnant women, first-time moms, and children," she said.

"I plan to eventually get my master's degree in nursing." She is worried about health care in this country and hopes there can be a solution. "Our government has an opportunity to change the way health care is currently administered," she said. "I do feel we need a universal health care plan - it may cost us initially but we are already paying for it through unnecessary emergency room visits."

Meghan's supervisor, **Barbara Williamson**, Supervising Midwife for the department, says, "Meghan's positive energy and confidence in working with the Centering Group helps our clients learn how to take care of themselves. We really enjoy having her as part of our team."

by Barbara Webb