

Happy Anniversary

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

- 17 years** **Arthur Marthinsen** (S.R.) Health Consultant, CDA
- 14 years** **Robert Isherwood** (S.R) Mediator, Probation
- 7 years** **Helen DeCarlo** (S.Anselmo) Mailing Aide, Aud.-Contr.; **John Adikes** (M.Cty.) Aide, Marin City Library; **James Selfridge** (S.Anselmo) Command Cntr.Asst., Fire
- 5 years** **Anne Damiens** (M.Cty.) Aide, Marin City Library; **Rich Wallace** (M.V.) Attorney, Legal Self Help Center and as Mediator, Probation; **Chris Wragg** (S.R.) Data Entry Clerk, Ass.-Recorder; **Maureen Gamma** (M.V.) Driver, Aging Div., H&HS; **Mary Jones** (Nov.) Driver, Aging Div., H&HS
- 2 years** **Kelley Baer** (M.V.) Investigative Aide, Child Supp. Services; **Anne Hillsley** (Woodacre) Mediator, Probation; **Lani Jerman** (M.V.) Mediator, Probation; **Pamela Marcus** (S.Anselmo) Mediator, Probation; **Susan M. Bunker** (S.R.) Library Beyond Walls Liaison



Volunteer Notes

Welcome, Susan!



Susan White has joined the Civic Center Volunteers staff as an extra-hire Administrative Coordinator.

Susan will coordinate CCV office's team of 12 terrific volunteers and will be the primary contact person for all volunteers in the CCV program. She is the person to contact with questions about time sheets, hours, and other volunteer matters. Her number: 499-7404.

Susan loves to organize systems and has deep administrative experience. After owning her own business for 17 years, she welcomes this career change to the government sector. A native of Baltimore and long-time Manhattan resident, she moved west in 1999. Susan is passionate about community service; she and her son, Harrison, 10, volunteer once a month as a team at various Marin nonprofits.

National Volunteer Recognition Week April 18-24

CCV Staff

Joan Brown
Volunteer & Employee Programs Manager
415-499-7167
FAX: 415-473-6557
jbrown@co.marlin.ca.us

Anne Starr
Student Intern Coordinator
415-499-6028
astarr@co.marlin.ca.us

Susan White
Administrative Coordinator
415-499-7407
swhite@co.marlin.ca.us

Volunteers:
Barbara Webb
Profiles Writer
Russ Bevans
Layout Editor

Volunteer Administrative Aides:
Sarah Anker, Christina Delnovo, Joanne Elder, Vivienne Freeman, Shelley Gabbard-Earll, Sherri Inenaga, Carol Kalil, and Steve Sarhad



The Volunteer View

The Monthly Newsletter for Marin County Civic Center Volunteers

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Senior Peer Counselor Peter Schmid honored as CCV's Volunteer of the Year



Volunteer of the Year Peter Schmid

Peter Schmid, a Senior Peer Counselor with the Division of Community Mental Health Services, has been named the Civic Center Volunteers 2009-2010 Volunteer of the Year

for his outstanding and effective counseling work.

Peter sees clients once a week in their homes. He creates a psychologically safe and confidential space to discuss the challenges people face in the second half of life. "I enjoy this work and it is very satisfying and meaningful to me, allowing me to assist older people and help them to clarify some of the problems with which they are dealing," says Peter, who volunteers 20 hours each month.

In weekly supervision meetings, Peter gives and receives valuable feedback and support from the other senior peer counselors and stays current with resources available in Marin County.

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Supervisor of Volunteers of the Year is Program Manager Rochelle Eremán

Rochelle Eremán, Program Manager for the Department of Health and Human Services, is the 2009-2010 Supervisor of Volunteers of the Year in recognition of her exemplary management of a dedicated group of volunteers who support the County of Marin's health-related work.



Supervisor of Volunteers of the Year Rochelle Eremán

Many of the energetic volunteers on her team work tirelessly on the Marin Women's Study, the countywide collaborative research program that aims to discover why breast cancer rates are high in Marin. UC Berkeley junior **Kimen Balhotra**, an intern helping with research and analysis, says, "Rochelle creates this fun, exciting place to work. She makes us feel welcome and that we have a meaningful part to play."

Rochelle supervises a staff of seven members in several programs, including the

Epidemiology Program, Office of Vital Statistics, and the Medical Marijuana Identification Card Program. She also manages three contract positions, ten interns and volunteers, plus, each summer, one UC Berkeley graduate student.

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Who's New & Welcome

Elizabeth Forsland (Kentfield) WIC Admin.Asst., H&HS
Robert Flanagan (Pet.) Student Nurse, Aging Div., H&HS
Charline Frischer (M.V.) Student Nurse, Aging Division, H&HS
Piedad Mancilla (Nov.) Library Asst., Novato Library
Inger Alt (Nov.) Nurse – Student, Aging Division, H&HS
Dana Williams (M.V.) Student Nurse, Aging Division, H&HS
Maria Segovia (Tib.) Accounting Clerk, Auditor - Controller
Bayar Doolittle (S.Rafael) Shelves, Civic Center Library
Jill Zechow (S.Rosa) Intern, Family Planning, H&HS
Alex Obukhov (Nov.) Assistant, Law Library, County Counsel
Michael 'Nick' Freeman (Kentfield) Fire Service Volunteer, Fire Admin.
Jacqueline Ford (Nov.) Library Aide, South Novato Library
Kassondra Estrada (S.Rafael) Medical Assistant, Medical Clinics, H&HS
Yara Fraser (S.Rafael) Bilingual Clerk, Social Services Division, H&HS
Tiffany Lu (S.F.) Medical Assistant, Medical Clinics, H & HS
Teri Munz (S.Rafael) Hairdresser, Juvenile Probation
Stephanie Decker (Gnbrae.) Admin.Asst., Investigations, Public Defender
Helen Imrie (S.Rafael) Medical Records Aide, Medical Clinics, H&HS
Jayne Verdon (S.Rafael) Admin.Asst., Civic Center Volunteers, HR
Tina Fink (S.Rafael) Oral History Transcriber, California Room, Library
Marialma Gonzales (Daly City) Student Nurse, Health Services Div., H&HS



To recognize Maggie Sartor's third anniversary volunteering in the Assessor/Recorder's office, her co-workers surprised her with a party in the Civic Center Cafe. Two Joans attended: CCV Manager Joan Brown (pictured with Maggie) and Assessor Joan Thayer, who both praised Maggie's positive spirit and outstanding computer skills.

Rochelle Ereman named top Supervisor of Volunteers

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Rochelle, who has been with the County for 15 years, had just graduated from UC Berkeley with her Masters in Public Health when she took a job running the County of Marin's new Maternal and Child Health Program. She was in that position eight years before taking her current position.

She says, "I have really enjoyed working with **Joan Brown** and **Anne Starr** to match the skills and interests of our volunteers and interns with the needs and opportunities at the County. We need to educate and provide opportunities for individuals who want to contribute their precious time to this important work."

Speaking of the research study, she said, "There are over 14,000 Marin women who have voluntarily participated in the study. Volunteers have helped from the inception, putting together 40,000 packets. We have volunteers from UC Berkeley School of Public Health, we have retired Marin County residents, and we have breast cancer survivors. I love working with these volunteers. It is incredibly rewarding for me and I like to make the experience as rewarding for them. Having worked and lived in Marin over the years, I have come to know the extraordinary dedication and devotion of our community, and I knew that our residents would join us in making this study an unprecedented success."

Rochelle's long-time former supervisor, retired Division of Public Health Director **Frima Stewart**, says, "I am delighted to see Rochelle honored for her extraordinary work with volunteers. In the ten years that I supervised Rochelle, I witnessed her personal and professional growth as she established an entirely new epidemiology program and spearheaded groundbreaking work in breast cancer research. With her talents, skills and vision, she has established a strong volunteer group that has assured that this important research continued despite a challenging economic environment." Frima adds, "Rochelle exemplifies the importance of a strong science base to good public health and she combines this professional grounding with vision, enthusiasm, and determination to provide the highest quality of service to Marin residents."



Supervisor of Volunteers of the Year Rochelle Ereman manages programs in the Epidemiology Division of the Department of Health and Human Services.

by Barbara Webb

18-year volunteer Peter Schmid is Volunteer of the Year



Licensed Medical Health Practitioner Nan Heflin and Volunteer of the Year Dr. Peter Schmid confer.

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During his 18 years as a Senior Peer Counselor, he has helped numerous clients address the challenges of aging, such as depression, isolation, and failing health. "I try to take clients who relate to my background – first or second generation European – so that I can be useful to them," he said. "The people I meet with give me a lot and I am privileged to help them with their needs."

Born and raised in Switzerland, Peter grew up with parents who owned a private clinic that promoted the use of alternative medicine and natural healing. His physician father treated Dr. Carl Jung, the famous psychiatrist. "This got me interested in psychology," said Peter. He started a career in science and earned an MS in chemistry and chemical engineering in Switzerland. After moving to the United States, Peter received another master's degree from UC Berkeley and a Ph.D. from UC San Francisco. A renowned scientist, he is the author of several important scientific articles and has been a member of the American Chemical Society for 50 years.

With his longstanding interest in medical science and psychology, Peter and his wife, Charlotte, traveled extensively through Europe, Cameroon and Asia, where he studied the customs and healing methods of other cultures.

Peter and his family enjoyed many hiking and backpacking trips. In early 1970, he became active in local politics and served on a committee dedicated to revising the Marin Countywide Plan – a long-range guide for use of land and protection of natural resources. He and his wife also helped to preserve 760 acres of beautiful and valuable land on the San Anselmo/Terra Linda divide.

Residents of Greenbrae, Peter and Charlotte enjoy spending time with their two children and three grandchildren, who all live in Marin County. "My life is very full," Peter says. "In addition to my volunteer work and my family, classical music and opera give me the balance to further studies of the mind/brain."

His supervisor, **Nan Heflin**, says, "Peter has been a consistent and stalwart contributor to the Senior Peer Counseling program. He has counseled clients dealing with issues of aging, including depression, adjustment to new challenging life situations, medication compliance and finding meaning and quality in later life. He has seen several clients to the end of their lives. Peter is an outstanding advocate and fearlessly steps in on clients' behalf when they are unable to do so for themselves. His calm presence, steady demeanor, and wise counsel have been an amazingly valuable contribution to our program."

Peter's work is an excellent example of what Freud called "the talking cure"; something healing happens when one is listened to without judgement or criticism. As one of his former clients said to him, "I always knew you had my best interest at heart."

by Barbara Webb

Volunteer Recognition Ceremony on Tuesday, May 4

The Marin County Board of Supervisors will honor volunteers and interns who have completed their service at 1:30 p.m. Tuesday, May 4 in board chambers, Room 330, Marin Civic Center. The Volunteer of the Year and Supervisor of Volunteers of the Year will also be recognized. Friends, families, and current volunteers are welcome! A brief reception will be held at 1:15 p.m. No reservations are necessary.

Thought for the Day

Those who can, do. Those who can do more, volunteer.

- Author Unknown