

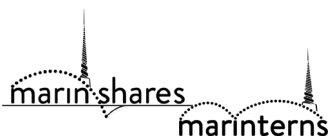
VOLUNTEER NOTES

Lookouts Spot Fire

Two volunteer fire lookouts may have prevented a disaster by alerting the Marin County Fire Department to smoke on White Hill in West Marin on October 4. While on duty at the Mt. Barnabe lookout tower, **Michael Fischer** saw gray smoke rising, and **Steven Post** at the Mt. Tam tower confirmed the sighting. Using fire-finding tools to triangulate, the two volunteers pinpointed the location. Firefighters got there fast and contained the damage to less than three acres.

Meanwhile, on a personal note, Michael's daughter just happened to be at a business meeting in Woodacre that day. "They had to break off the meeting because of all the fire engines, sirens blaring, thundering by," he reported. "She knew I had lookout duty and telephoned—and I had the pleasure to tell her that I had spotted the smoke that sent them rushing out."

He added, "The secret: catch the fire when it's small and the chances of controlling it are high. That's why we volunteer lookouts are up there, constantly scanning, looking for 'small smokes.'"



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Cartoonist Finds the Humor in Aging

By Scott Harrop

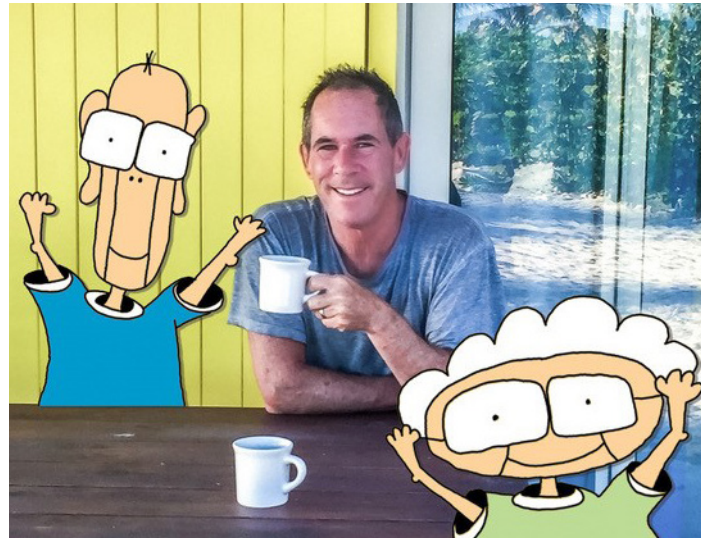
John Donaghue's interest in cartooning emerged long before he began his professional career in advertising, art direction, and design. Back in fourth grade in San Bruno, he was assigned a report on the Civil War, and chose to write about cartoons from the era.

"It was kind of an odd choice I guess, looking back on it. But it got me started."

Soon he was practicing his skills, copying contemporary favorites like Charlie Brown and Dennis the Menace.

During his 35 years in the advertising business in San Francisco, he developed many well-known graphics and ad campaigns for such clients as San Mateo Credit Union, Peet's Coffee, and Lake Tahoe. He has won multiple awards, and even did commercials that ran on the Super Bowl.

John's connection to the county was colleague MarinShares volunteer **Lynda Pearson**, who volunteers as a marketing consultant and Marin Civic Center tour docent. She invited him to volunteer with her on a branding project for the volunteer and intern programs. He has now contributed to three projects: the MarinShares and MarinInterns logos, the Human Resources benefits division and



John Donaghue shares a cup of coffee with characters Des (left) and Jo named for his parents.

PHOTO BY ROBIN DONAGHUE

wellness program logos, and cartoons for this newsletter.

As he moved into semiretirement, what had always been a hobby became more and more of a focus for John. As he cared for his parents into their eighties, he was struck by the funny sides of elder health care. "I realized getting old ain't pretty but it can still make you laugh."

This sparked ideas for a cartoon series. Now, he says, "It's even more about me, because I'm getting older, too!"

These early efforts have now blossomed into something of a second career. His Facebook page, "Under Cardiac Arrest," shows greeting cards for baby boomers that are laugh-out-loud funny, sarcastic, sometimes sentimental, and maybe too honest. His work has also appeared in various magazines, and he is about to publish a book and calendar titled "Social Insecurity."

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Cartoonist Finds the Humor in Aging

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John is a long-time volunteer. He developed a campaign to rebuild the Conservatory of Flowers after it was devastated by huge storms that hit Golden Gate Park in the winter of 1995-96. He also designed posters and ads for Golden Gate Park, and drew the logo for the East Bay Regional Parks. "There were plenty of others," he says modestly, "but I can't think of them right now."

Cartoons do more than make us laugh. They can also make us think. "Age is the great equalizer," he says. "Society doesn't respect older people very much.



CARTOON BY JOHN DONAGHUE

They are the last group that can be discriminated against."

John's cartoons are featured monthly in Marinfo NOW. "It's wonderful to have the cartoon series under way," said **Anne Starr**, MarinShares coordinator of volunteers. "We're grateful that Lynda invited John to join her in volunteering here at the county. It's exciting to have him on the editorial team. Because of John's imaginative ideas about aging, readers can find a smile—sometimes with a note of wisdom—in every issue!"

Happy Anniversary

We congratulate these volunteers who celebrate their anniversaries this month and thank them for their ongoing involvement.

32 YEARS

Marilyn Bagshaw (San Rafael), Radio Amateur Civil Emergency Service/Auxiliary Communications Service (RACES/ACS) Volunteer, Marin County Sheriff's Office (MCSO)

27 YEARS

James Allen (Kentfield), Marin Civic Center Tour Docent, Cultural Services

21 YEARS

Jon Pittman (Novato), Patrol Volunteer, Marin County Parks (Parks)

15 YEARS

Bobbie Kettler (Novato), Juvenile Hall Tutor, Probation Department

14 YEARS

Rich Riechel (Mill Valley), Marin Search & Rescue Volunteer, MCSO

10 YEARS

Adam Gavzer (Belvedere), Steward, Parks

9 YEARS

Jane Thomason (Larkspur), Patrol Volunteer, Parks

Linda Witong (San Rafael), Cold Case Investigator, MCSO

8 YEARS

Joan Brown (Kentfield), Marin Civic Center Tour Docent, Cultural Services

4 YEARS

Anya Cutter (San Anselmo), **Kalyn Dawes** (Corte Madera), **Sabrina Tripp** (Mill Valley), **Quincy Webster** (Corte Madera), Marin Search & Rescue Youth Volunteers, MCSO

Abi Fitzgerald (San Rafael), **William Timpson** (Greenbrae), Marin Search & Rescue Volunteers, MCSO

Victoria Chin (Greenbrae), **Kim Ruchamkin** (San Rafael), **Alison Steiger** (Novato), Marin Center Ushers, Cultural Services

3 YEARS

Luca Cuffe (San Rafael), **Ella Foskett** (Mill Valley), **Cassiopeia Kelly** (Mill Valley), **Pearl Thompson** (Larkspur), **Lucas Tress** (Larkspur), Marin Search & Rescue Youth Volunteers, MCSO

Joyce Derr (Novato), English Tutor, Novato Library

Mary Lou Dibbern (Mill Valley), **Deborah Fox** (Corte Madera), **Stan Green** (Greenbrae), **Barbara Parkman** (Novato), **Vicki Pennington** (Novato), **Everil Robertson** (San Rafael), **Robert 'Bob' Robertson** (San Rafael), Marin Center Ushers, Cultural Services

Sal Munoz (San Rafael), **John Van Hooser** (Tiburon), Marin Search & Rescue Volunteers, MCSO

Mark Spongberg (Santa Rosa), Air Patrol Volunteer, MCSO

2 YEARS

Afsaneh Bohlouli (Mill Valley), Marinfo NOW Graphic Design Aide, Human Resources

Mark DeMenno (Corte Madera), **Robert Lutz** (Fairfax), **Walter Lemmermann** (Sausalito), Patrol Volunteers, Parks

Theo Jones (Novato), English Tutor, Novato Library

1 YEAR

Claire Austin (San Rafael), **Christianna Gatti** (San Rafael), Teen Leadership Crew Interns, Fairfax Library

Ileana Aranda (Newark), Post-Bar Clerk, Public Defender's Office

Who's New & Welcome!

Charlotte Casey (Mill Valley), Marin Teen Girl Conference Ambassador, Human Resources

Mary Coleman (Corte Madera), Marin Teen Girl Conference Ambassador, Human Resources

Morgan Connery (Larkspur), Marin Teen Girl Conference Ambassador, Human Resources

Kenia De Leon (San Rafael), Marin Teen Girl Conference Ambassador, Human Resources

Charlie Edman (Oakland), Telehealth Nursing Student, Health & Human Services (HHS)

Catherine Fahrner (San Rafael), Marin Teen Girl Conference Ambassador, Human Resources

Elsa Fredericks (Larkspur), Marin Teen Girl Conference Ambassador, Human Resources

Hannah Gothelf (Novato), Marin Teen Girl Conference Ambassador, Human Resources

Olivia Kane (Tiburon), Marin Teen Girl Conference Ambassador, Human Resources

Sanah Keswani-Santiago (Corte Madera), Marin Teen Girl Conference Ambassador, Human Resources

Sabrina Kizer (Kentfield), Marin Teen Girl Conference Ambassador, Human Resources

Miranda Kolbe (San Rafael), Volunteer Attorney, Public Defender's Office

Eva Lacy (Larkspur), Marin Teen Girl Conference Ambassador, Human Resources

Penny Lane (Mill Valley), Friends of the Family Volunteer, HHS

Lindsay Levesque (Alameda), Telehealth Nursing Student, HHS

Maia Lewis (Kentfield), Marin Teen Girl Conference Ambassador, Human Resources

Jennie Liu (Mill Valley), Marin Teen Girl Conference Ambassador, Human Resources

Amelia Loiacono (Larkspur), Marin Teen Girl Conference Ambassador, Human Resources

Isabelle Nicandri (San Rafael), Marin Teen Girl Conference Ambassador, Human Resources

Charlotte Recktenwald (Belvedere-Tiburon), Marin Teen Girl Conference Ambassador, Human Resources

Rhemel Singleton (Vallejo), Telehealth Nursing Student, HHS

Alexandra Souza (San Rafael), Marin Teen Girl Conference Ambassador, Human Resources

Rachel Sparks (Novato), Marin Teen Girl Conference Ambassador, Human Resources

Isabella Springer (San Rafael), Marin Teen Girl Conference Ambassador, Human Resources

Grace Westbrook (Mill Valley), Marin Teen Girl Conference Ambassador, Human Resources

Siena White (San Anselmo), Marin Teen Girl Conference Ambassador, Human Resources

Sophia White (San Anselmo), Marin Teen Girl Conference Ambassador, Human Resources

Leyla Winton (San Rafael), Marin Teen Girl Conference Ambassador, Human Resources

Shriya Yendluri (Novato), Marin Teen Girl Conference Ambassador, Human Resources

Melanie Zamora (Sunnyvale), Telehealth Nursing Student, HHS

Interns Encourage Peers at Art Showcase

PHOTO BY MICHELLE DRAKE



In recognition of Suicide Prevention and Recovery Month, the Marin County Mental Health Intern Team organized a Youth Art and Film Showcase for Suicide Prevention.

Pictured at the in-person event held on September 25 are, L-R: Preston Lee, Scarlett Gob, and Colette "Coco" Holcomb. The intern team is a group of Marin high school and college advocates for peer mental health. They designed the showcase to be engaging, inspirational, and provide ways for peers to connect with others.

Preston, a high school senior and videographer, said he was inspired to help after learning that "so many people endure hardship under the radar."

Scarlett, a high school junior, noted that "one way we can help create action through social media is for everyone to share the Crisis Text Line (text MARIN to 741741) or the National Suicide Prevention Lifeline (1-800-273-8255) and to help get the word out. At the end of the day, we just want to keep each other safe."

The showcase was held at the Marin Health and Wellness campus in San Rafael. Submitted art was also posted on the project website.