

## VOLUNTEER NOTES

### Arts & Crafts Dates Set

Save these dates for the 2024 Employee Arts & Crafts Fair: Wednesday, Nov. 20, and Thursday, Nov. 21.

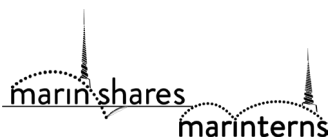
MarinShares volunteers play key roles. Human Resources volunteer **Maureen Caslavka** updated the fair task list and reviewed event forms. On fair days, HR event aide volunteers will assist. The fair also benefits from the creative efforts of volunteer poster designer **Annet Katan**.

The fair was founded by staff in 2000 to highlight hidden talents and features fine art displays, a wide variety of crafts for sale, and live music led by the County Crows employee band. The Arts & Crafts Fair is part of the county's employee appreciation program, and employees participate on their own time.

Vendor sign-ups will open in a few weeks, and registered MarinShares volunteers and Marinterns students will be welcome to apply. For information, email staff member [Anne Starr](#).

### Holiday

County offices will be closed Monday, September 2, for Labor Day.



### STAFF

**Anne Starr**, Coordinator of Volunteers  
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### VOLUNTEERS

Writers: **Natalie Dybeck**, **Max Gehm**, **Ellie Gilbert**, **Marjorie Grannan**, **Scott Harrop**, **Calla McBride**, **Tiyona Pariani**, **Alice Wolf** | Photographers: **Bob Dell**, **Bill Johnston Jr.**, **Doug Kaye**, **Gregg Turner**, **Brian Wilk** | Copy Editor: **Pamela Ross** | Copy Editor Intern: **David Balderama** | Graphic Design: **Eleanor Lau** | Intern Writing Coach: **Ed Remitz** | Administrative Aides: **Deborah Fox**, **Deborah Gregor** | Cartoonist: **John Donaghue**

## Board Celebrates Two Volunteers of the Year

By Scott Harrop

Two MarinShares volunteers have received the Marin County Board of Supervisors 2023–2024 Volunteer of the Year award.

**Eleanor Lau** and **Ed Remitz**

serve with the Human Resources Department and contribute significantly to *MarinfoNOW*, the publication by and for MarinShares volunteers and Marinterns students.

Eleanor focuses on the newsletter's design and layout. While interviewing with Coordinator of Volunteers **Anne Starr** in 2013, she picked up a copy of the newsletter and thought, "Hmm, this could use a redesign."



*Volunteer of the Year Eleanor Lau*



*Volunteer of the Year Ed Remitz*

She should know. Her career spanned 44 years of typesetting and graphic design, first in Hawaii where she learned and honed her craft; then in New York, working with clients like

HBO, Procter & Gamble, Avon, and Pfizer; then in the Bay Area where she worked for a major investment firm. (Eleanor was featured in the January 2023 *MarinfoNOW*.)

Eleanor uses a creative yet methodical approach.

"I created a template for the newsletter; chose colors, typefaces for heads, body and photo captions; and created

*Continued on page 4*

## Meals on Wheels Assessors Team Earns Countywide Recognition

By Natalie Dybeck

A team of eight MarinShares volunteers assists the Health and Human Services Department's Aging and Adult Services [Meals on Wheels](#) (MOW) program in its mission to provide nutritious home-delivered meals to older and disabled Marin residents.

The group has already served 700 homebound and isolated adults this year.

For their outstanding contributions, the Meals on Wheels Eligibility Assessors Team

PHOTO BY DOUG KAYE



Three team members accepted the Team of the Year award during a recognition ceremony. Pictured from left are *Sandy Wilkinson, Robert Halenbeck, and Bea Goop-Lott, who told the audience how she and her fellow volunteers value connection and "admire the courage clients have, waking up, getting up, and no matter how much it hurts, making it through the day."*

*Continued on page 2*

## Meals on Wheels Assessors Team Earns Countywide Recognition

Continued from page 1

is Marin's 2023–2024 Volunteer Team of the Year.

Like many other Meals on Wheels programs across the nation, the Marin program engages volunteers to support certain functions. Marin's eight-member assessment team plays a crucial role in ensuring that the county conducts quarterly client reassessments. These assessments—done by phone and in person—confirm clients' continuing eligibility and are required by state and federal law.

Team member **Annie Silverberg** sends out MOW welcome packages and tracks returns of a rights and responsibilities form. **Sandy Wilkinson** schedules in-home assessment appointments. **Linda Garb, Kathy Norwood, Bea Goop-Lott, Steve Waskow, Rob Halenbeck, and Christine Martin** conduct quarterly reassessments.

Together, the team brings expertise, care, and compassion to each client. With their varied professional backgrounds, these skilled volunteers evaluate nutrition risk and look at activities of daily living—such as dressing, bathing, cooking, and cleaning—to help evaluate frailty.

The team goes above and beyond for clients. If they observe additional needs,

they refer clients to the Aging and Adult Services' Information and Assistance Unit for other services, such as transportation, home modifications, and caregiving, that can help individuals continue to live at home.

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*"I've supervised volunteers before but never a team as dedicated and compassionate as these volunteers."*

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They also watch for indications that a client may be self-neglecting or experiencing any form of abuse to determine whether a referral to Adult Protective Services would be beneficial.

Volunteer Kathy Norwood is a retired nurse who specializes in skilled long-term physical and psychological care. Her inspiration for volunteering: Her mother-in-law received meals from San Francisco's MOW program, allowing her to live in her own home until she was almost 100.

Prior to 2020, Kathy was an in-home assessment volunteer for several years. When the pandemic began to subside, she returned to the Health and Human Services office for her role as an assessor, calling clients for their quarterly reassessments.

While some days may be challenging as she reaches more voicemails than clients, Kathy values her ability to relate to people's concerns once she gets them on the phone. "The most rewarding part of my role is when I make a comfortable connection with a client," she said. "During the questioning process, the client realizes I have a concerned interest in their welfare and appreciate their day-to-day struggle to remain independent."

Steve Waskow, a retired IT professional, started a home-based business providing administrative and financial services to seniors and disabled individuals. His wife affectionately called him and his business "rent-a-son." When he saw the volunteer opportunity for Meals on Wheels, he found it a great fit.

Steve volunteers four hours a week, driving to clients' homes to administer in-person home assessments. Although finding an address or getting into a building is sometimes a challenge, Steve enjoys his role. He said the most rewarding part is "meeting and interacting with the clients—they are delightful!"

The team's staff liaison is Social Service Unit Supervisor **Cat Woods Williams**. "I've supervised volunteers before but never a team as dedicated and compassionate as these volunteers," Cat said.

*Continued on page 4*



MarinShares volunteers who comprise the Meals on Wheels Assessors Team gathered with Health and Human Services Department (HHS) staff at an appreciation event in April. Pictured from left: Jenay Cottrell, HHS Social Service division director; volunteer Linda Garb; Social Service Unit Supervisor Cat Woods Williams; volunteers Christine Martin, Annie Silverberg, Sandy Wilkinson, Bea Goop-Lott (back row); HHS Senior Nutritionist Jenna Ray (in brown jacket); volunteer Kathy Norwood; HHS Senior Program Coordinator Amy Dietz; and volunteer Robert Halenbeck. Not pictured: volunteer Steve Wasko.

# Outstanding Staff Supervisor Coordinates Parks Patrol Volunteers

By Calla McBride

For her excellence in supervising Marin County Parks patrol volunteers, Open Space Parks Ranger **Erica Frazier** has been named Outstanding Staff Supervisor of Volunteers for 2023–2024.

The patrol group helps care for Marin’s treasured open spaces. Erica coordinates 28 volunteers, conducting meetings, running skills training, and reading and responding to volunteers’ reports about conditions on parklands.

The Marin County Board of Supervisors presented her with an award and a resolution of commendation at a special ceremony.

“Erica is an effective leader, bringing volunteers together, connecting them with staff, helping them feel part of the Marin County Parks team, being approachable, demonstrating good humor, crediting volunteers as the extra eyes and ears for park rangers, always acknowledging volunteer contributions, and valuing volunteers’ devotion to the Marin County Parks mission,” according to the resolution, which board members unanimously approved.

Erica joined the county in 2020 and began supervising in April 2021.

Besides many hours spent as a supervisor, Erica performs comprehensive maintenance, patrol, public education, enforcement, and resource protection duties within the Marin County Open Space District. She also engages with the public and collaborates on fire control and safety projects, including search and rescue operations.



PHOTO BY DOUG KAYE

Erica Frazier

For Erica, there is a strong balance between managing volunteers and conducting her job duties. Coordinating individuals in different volunteer roles is not always easy, but Erica deems it an incredible opportunity.

“It’s a nice balance, and I am still getting the hang of both responsibilities,” she said. “I like the challenge of dealing with 28 different personalities, while guiding the volunteers to help represent a friendly yet informative presence out there as Open Space liaisons.”

MarinShares volunteer **Linda Comella**, active with the patrol group since 1998, described Erica as “very cooperative, friendly, cordial, and organized. When we see her out on the trail, she always stops to chat with us.” Told about the honor, Linda responded, “She deserves it!”

Parks Volunteer Program Coordinator **Greg Reza** is one of Erica’s supervisors.

He recognizes the passion she brings every day.

“She has been willing to step outside of her comfort zone to achieve results,” he said. “She doesn’t typically want to be center stage or in the limelight, but volunteer leadership requires it. Rather than shy away from the role, she has taken it on, put herself in front of the group, and succeeded in getting the volunteers to rally behind her.”

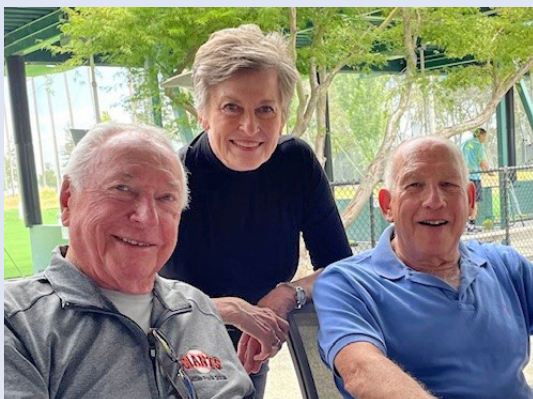
“Erica has an incredible work ethic and brings positivity and fun to joint goals that others might view as work,” added Supervising Open Space Ranger **Elia Narayan**, another of Erica’s supervisors. “She fosters a team environment where everyone wants to participate.”

In her free time, Erica enjoys hiking and golfing. She was born in San Diego and made her way to Northern California in 2008 to start a job with the Conservation Corps as a natural resource crew supervisor. That work led her to the county and will keep her here, Erica said.

“I have been employed with Marin County Open Space for four years now and plan on being here as a ranger for the next 16 years,” she said. “I love the job, the people—and having open spaces as my ‘office’ is quite a treat.

“My goal for the rest of this year and throughout my career is to always push myself to be better than I was the day prior. I hope that will carry on till my days end,” she added. ■

PHOTO BY JOAN GLASSHEIM



## Appreciation for Ombudsman; New Training Coming Up

The Health and Human Services Department (HHS) recently recognized ombudsman volunteers for effectively supporting residents’ rights at long-term care facilities. Pictured from left: **Ray De Leon**, **Sandra Bushmaker**, and **Mark Gainer**. Not pictured: team members **Tracy MacLeod**, **Maureen McManus**, and **Kathleen Safford**. These trained volunteers respond to reports of problems and seek solutions for people living in nursing homes and other long-term care facilities. They advocate for patients, consult with families, and more. The goal is to ensure dignity, quality of life, and quality of care. The team will be expanding soon, and formal training will be offered. Interested in helping vulnerable patients? Email HHS Support Service Worker [Joan Glassheim](#) for information and a volunteer application. Marin’s [ombudsman program](#) is federally mandated and administered by the HHS Office of Aging and Adult Services.

## Board Celebrates Two Volunteers of the Year

Continued from page 1

stylesheets,” she explained. “Articles should be laid out cleanly with photos cropped, cleaned up, sharpened or lightened if needed, and presented in the best manner possible.”

“Eleanor’s expertise as a typographer and her creativity combine to benefit the look of our e-newsletter, annual report, and related materials,” said Anne. “She keeps an eye on program communications, often suggesting a design update before my colleague **Joy Fossett** and I request one from her. We enjoy her sense of humor and feel blessed that she continues to contribute.”

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*Acutely aware of the perils facing journalists in today’s media climate, Ed coaches students in “authentic journalism,” beginning with source analysis.*

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Ed, a retired journalism professor from the College of San Mateo, develops newsletter content by mentoring intern contributors. (Ed was profiled in the March 2020 [MarinfoNOW](#).) With extensive reporting experience from several publications, including the *Marin Independent Journal*, Ed teaches aspiring writers the basics of solid journalism, from the advice in Strunk and White’s classic *Elements of Style*, to ethics and the fundamental questions: Who? What? When? Where? Why? How?



Volunteer of the Year honorees Eleanor Lau (holding award) and Ed Remitz with their staff liaisons Anne Starr, left, and Joy Fossett, center.

Ed’s many mentees include current and former newsletter contributors **Tiyona Pariani**, **Clariss Ajanel**, and **Max Gehm**. “There’s been a bunch of them since,” he said. The pandemic erased interns’ ability to meet in person. Their collaboration now relies on online consulting and document tracking to make edits and enforce word counts. “The process works well,” Ed said.

Acutely aware of the perils facing journalists in today’s media climate, Ed coaches students in “authentic journalism,” beginning with source analysis: Are they seeking to persuade through advertising or opinion writing, or are they presenting verifiable information? The stakes are clear: “Journalism is a necessary element of democracy.”

Ed seeks both to guide new journalistic talent and to enhance newsletter content. Says Anne, “While covering practical aspects of the craft, Ed also cultivates appreciation for civics and freedom of

the press. His involvement has raised the educational value of internships and the appeal of newsletter articles.”

Both honorees praise the contributions of fellow volunteers, and the role played by County staff in coordinating their efforts.

In Eleanor’s words, “I love working with Anne Starr and Joy Fossett (the county’s student internships coordinator). The saying, ‘It takes a village,’ is true for our newsletter. We have a great staff of volunteer and intern writers, editors, photographers, proofreaders, aides, cartoonist, and I’m sure others I’m not aware of.”

For their outstanding dedication over many years—10 years for Eleanor and five for Ed—the Board of Supervisors unanimously approved resolutions of commendation. They also received individual awards and were lauded during a special ceremony hosted by the Board on June 6.

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Ed and Eleanor continue to apply their skills and experience to benefit the design and content of *MarinShares* and *Marinterns* publications. ■

## Meals on Wheels Assessors Team Earns Countywide Recognition

Continued from page 2

“They each have amazing work experience and bring top-notch skill sets. Most important, they each lead with their heart, which is what this work needs most of all. I’m inspired every day I see their commitment and the way they care about clients and strive to improve

their quality of life. I’m excited that such an awesome team has been declared Volunteer Team of the Year. They are so deserving of this acknowledgment.”

During a June 6 ceremony hosted by the Board of Supervisors, Assistant Director

of Health and Human Services **Kari Beerman** described team’s impact and complimented members’ generosity. Volunteer **Bea Goop-Lott** spoke on behalf of the team, and Board President **Dennis Rodoni** presented resolutions of commendation. ■

## Who's New & Welcome!

**Mark Alderdice** (Inverness), Tutor, Point Reyes Library

**William Anton** (San Rafael), Steward, Marin County Parks

**Sadie Arneson** (Corte Madera), Housing and Grants Intern, Community Development Agency

**Lucy Bakowski** (Fairfax), Homework Helper, Fairfax Library

**Jason Balderama** (San Rafael), Marin Center Volunteer, Cultural Services

**Maija Blom** (San Anselmo), High School Intern, District Attorney's Office

**Grace Underwood Bowler** (San Rafael), Student Elections Ambassador Intern, Elections Department

**Alex Buffington** (Mill Valley), Marin Center Volunteer, Cultural Services

**Andrew Contreras** (San Rafael), Marin Center Youth Volunteer, Cultural Services

**Kay Crotty** (San Rafael), Marin Center Volunteer, Cultural Services

**Karla Cruz** (San Rafael), Marin Center Volunteer, Cultural Services

**Solveig Drexel** (Mill Valley), Pre-Law Intern, Public Defender's Office

**Elizabeth Ezell** (Novato), Marin Center Volunteer, Cultural Services

**Lucille Ezell** (Novato), Marin Center Volunteer, Cultural Services

**Elizabeth Foster** (Corte Madera), Newsletter Writer Intern, Human Resources

**Bruce Frank** (Tiburon), Marin Center Volunteer, Cultural Services

**Daniel Frerich** (San Rafael), Marin Center Youth Volunteer, Cultural Services

**Susan Garcia** (San Anselmo), Marin Center Volunteer, Cultural Services

**Ron Gross** (San Rafael), Marin Center Volunteer, Cultural Services

**Megha Gupta** (San Rafael), Marin Center Volunteer, Cultural Services

**William Holt** (San Francisco), Fire Lookout, Marin County Fire

**Nicole Kobalter** (San Rafael), Pre-Law Intern, District Attorney's Office

**Jack Liebster** (Corte Madera), Marin Center Volunteer, Cultural Services

**Adriana Sarahi Martinez** (San Rafael), Marin Center Volunteer, Cultural Services

**Janet Mowery** (Novato), Marin Center Volunteer, Cultural Services

**Charlie Rafter** (Malvern, PA), Pre-Law Intern, District Attorney's Office

**Shahd Rahman** (Novato), Marin Center Volunteer, Cultural Services

**Leslie Robinett** (San Rafael), Marin Center Volunteer, Cultural Services

**Devin Rocco** (Mill Valley), Marin Center Volunteer, Cultural Services

**Siena Rossi** (San Francisco), Pre-Law Intern, District Attorney's Office

**Lyla Runkel** (San Rafael), Pre-Law, District Attorney's Office

**Derek Rusher** (San Francisco), Law School Intern, Public Defender's Office

**Elliot Schott** (San Rafael), Student Elections Ambassador Intern, Election Department

**Evan Sedlock** (San Rafael), Steward, Marin County Parks

**Philip Sharp** (San Rafael), Marin Center Volunteer, Cultural Services

**Sharon Starr** (San Rafael), Marin Center Volunteer, Cultural Services

**Baabak Touran** (Mill Valley), Patrol Volunteer, Marin County Parks

**Claire Weber** (Stinson Beach), Shelver, Stinson Beach Library

**Naomi Welner** (Tiburon), Pre-Law Intern, County Counsel's Office

## With Intern Support, Popular Vote Determines Best Fair Food

PHOTO BY PAT BEAUPRE



The Marin County Elections Department, in partnership with the League of Women Voters of Marin County and Canal Alliance, hosted a fun election to determine the best fair food at the 2024 Marin County Fair. The outreach tent featured campaign posters, buttons, and candidate statements for Corn Dog, Cotton Candy, Candied Apple, and Elote (aka Mexican Street Corn). More than 1,300 fairgoers cast ballots over the five days of the fair. Candidate Elote proved victorious—despite robust write-ins for Funnel Cake and Turkey Leg. Voters were rewarded with custom “I Voted for Best Fair Food” stickers. Among the many booth volunteers were Student Elections Ambassadors **Nancy Deras** and **Theo Mazziotta**, pictured left. On a serious note, the students also distributed important information to fairgoers about voting in the November 5, 2024, general election. The interns belong to the Election Department’s [Student Ambassador Program](#), whose 40-plus participants share nonpartisan voter registration information with their peers on local campuses.

# Happy Anniversary

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

## 23 YEARS

**Frank Klebanoff** (Novato), Radio Amateur Civil Emergency Service/Auxiliary Communications Service (RACES/ACS) Volunteer, Marin County Fire

**Dennis Sarantopoulos** (Tomales), Volunteer Firefighter, Marin County Fire

## 17 YEARS

**Thomas Cromwell** (Belvedere), Marin Medical Reserve Corps Volunteer, Health & Human Services (HHS)

## 16 YEARS

**Donald Jennings** (San Rafael), Volunteer Fire Lookout, Marin County Fire

## 14 YEARS

**Leo Coppeta** (Mill Valley), Patrol Volunteer, Marin County Parks

**Kathryn Mitchell-Ball** (San Rafael), Volunteer Attorney, District Attorney's Office

## 11 YEARS

**Germaine Krase** (San Rafael), Marin Medical Reserve Corps Volunteer, HHS

**Salamah Locks** (San Rafael), Financial Abuse Specialist Team Volunteer, HHS

## 10 YEARS

**Jeff Davidson** (Novato), **Clint Mason** (Petaluma), Volunteer Fire Lookouts, Marin County Fire

**Eleanor Lau** (Petaluma), Graphic Design/Production Artist, Human Resources

## 9 YEARS

**Sarah Brewster** (Woodacre), **Alan Lubow** (Lagunitas), **Carl Miller** (Lagunitas), **Phil Sotter** (Woodacre), **William 'Bill' Teufel** (San Geronimo), **Mel Wright** (Woodacre), Stewards, Marin County Parks

**Sally Hutchinson** (Inverness), Senior Peer Counselor, HHS

**Michael Koonce** (Berkeley), Air Patrol Volunteer, Marin County Sheriff's Office (MCSO)

## 8 YEARS

**Roan Burns** (San Rafael), **Shay Cook** (Concord), **Wendy Dalia** (Mill Valley), **April Kelly** (Mill Valley), **Michelle Tripp** (Mill Valley), Marin Search & Rescue Volunteers, MCSO

## 6 YEARS

**Scott Harrop** (Napa), Newsletter Writer, Human Resources

## 5 YEARS

**Natalie Dybeck** (Novato), Newsletter Writer, Human Resources

## 3 YEARS

**Pegan Brooke** (Bolinas), Volunteer Shelver, Stinson Beach Library

**Daniel Christian** (Novato), Sheriff's Chaplain, MCSO

**Roger Dickerson** (Ross), Radio Communications Volunteer, Department of Public Works

**Marjorie Grannan** (Petaluma), Newsletter Writer, Human Resources

## 2 YEARS

**Eric Aguirre** (San Anselmo), **Ethan Lewis** (San Anselmo), Student Service Interns, Fairfax Library

**Mark Gainer** (San Rafael), Ombudsman Volunteer, HHS

**Ruben Gillaspay** (San Anselmo), **Cameron Kamalpour** (San Anselmo), **Riley McClure** (San Anselmo), **Vlad Tymchyshyn** (San Anselmo), Packet Assembly Student Service Interns, HHS

**Samuel Lee** (Belvedere Tiburon), Youth Chair Intern, Marin 9 to 25 Program, Board of Supervisors

**Sahiti Namburu** (San Rafael), Student Service Intern, South Novato Library

**Christina Righetti** (Petaluma), Volunteer Firefighter, Marin County Fire

**Sandra Wilkinson** (Novato), Client Assessment Volunteer, HHS

## 1 YEAR

**Laurie Ozone** (Novato), Restrictive Covenant Assistant, Assessor/Recorder County Clerk's Office

