



Mono County Employee Newsletter

SPRING 2013

Dr. Johnson Appointed by Gov. Brown

The Mono County Health Department is pleased to announce the appointment of Dr. Richard Johnson to the California Commission on Emergency Medical Services by Governor Jerry Brown on April 30, 2013. Dr. Johnson has been the Public Health Officer for Mono County since 2002 and Inyo County since 2006.

He has been a pediatrician at the Southern Mono Healthcare District since 1996. Dr. Johnson has also been a clinical specialist for the Infant Botulism Treatment and Prevention Program at the California Department of Public Health since 2003 and an adjunct professor at Biola University since 1991. He was a managing partner and pediatrician at Pediatric Associates of Pasadena from 1979 to 1996. Dr. Johnson is chair of the Public Health Emergency Preparedness and Response Committee for the California Conference of Local

Health Officers. He is a member of the American Public Health Association and the National Association of City and County Health Officials. Dr. Johnson earned a Doctor of Medicine degree from the Albany Medical College of Union University and a Master of Public Health degree from the University of California, Los Angeles, School of Public Health.

The Commission on Emergency Medical Services supports the role of EMS agencies to ensure that patients have adequate access to quality emergency medical services, and to ensure the long term stability of these services. The Commission meets quarterly at locations throughout the state to provide advice to the Director of the California Emergency Medical Services Authority and to approve regulations,

standards and guidelines developed by the EMS Authority. This position does not require Senate confirmation and there is no compensation.

This article was adapted from information found on the following websites:

Emergency Medical Services Authority: <http://www.emsa.ca.gov>. Link to Governor's press release page: <http://gov.ca.gov/news.php?id=18015>



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Low Cost Vaccination/Dog Licensing Clinic

This annual 'doggy social' is sponsored by our Animal Control Department and the Eastern Sierra Veterinary Medical Association. Rabies vaccinations will be offered for \$6, other canine and feline vaccinations/boosters will also be available.

All dogs over the age of 4 months are required to be vaccinated for rabies at prescribed intervals. They are also required to have and wear a current Mono County Dog License.

For additional information you may call Animal Control at (760) 932-5582 or visit <http://monocounty.ca.gov/animal>.

The 2013 schedule is as follows:

Saturday, June 1
Lee Vining Road Shop from 9:30-11 am
June Lake Fire Hall from 1-3 pm

Saturday, June 8
Crowley Lake Road Shop from 8-11:30 am
Chalfant Fire Hall from 1-2:30 pm
Benton Road Shop from 3:30-4:30 pm

Saturday, June 15
Walker Fire Hall from 8:30-11:30 am
Bridgeport Animal Control Bldg from 2-3:30 pm

Upcoming Events

- May 27 - Memorial Day Holiday
- June 10 - Employee Appreciation Picnic, Mammoth
- June 11 - Employee Appreciation Picnic, Bridgeport
- July 4 - Independence Day Holiday
- September 2 - Labor Day Holiday



Events Around the County



Public Works Road Department received training regarding Flagger Safety, Safe Lifting and Staying Alive on the Ground from Trindel Insurance Fund



School Street Plaza Project construction began on May 6th and is well underway!

Livening up the Mammoth After School Scene

Mono County Behavioral Health afterschool program Clubhouse Live hosted an unusual sort of party at Underground Lounge recently. There was no alcohol at this party; Underground General Manager Tommy Smith personally removed all liquor, beer and wine from the bar preceding the event. The clientele wasn't the usual blend of Mammoth and SoCal twenty- to thirty-somethings, either; instead the bar and dance floor were crowded with Mammoth Middle and High School students holding plates of pizza and non-alcoholic beverages, bobbing their heads or breaking it down to beats supplied by a rotation of local DJs. Clubhouse Live, a non-profit program provided by Mono County Behavioral Health and AOD (Alcohol and Other Drug Program) and funded by Prop 63, aims to create fun, safe afterschool activities for Mammoth Middle and High School youth.

"Clubhouse Live is meant to get youth involved in making positive changes in their community," said Clubhouse Live Coordinator Sal Montanez. "Right now our emphasis is on anti-bullying, and bringing awareness to the community of the lack of afterschool activities for middle school and high school students not involved in sports."

Clubhouse Live is also a pilot program for Friday Night Live, a California state youth development and drug prevention program "that works to empower young people by allowing them to have a voice in combating issues that are important to them and their respective communities," Montanez said. All activities and projects are conceptualized, planned and executed by youth-participants.

One of the main issues Clubhouse Live seeks to combat is that lack of afterschool options, which has a negative effect on Mammoth students, Montanez said. "In a town where there are no open container laws and ridiculous amounts of alcohol vendors, a medical marijuana dispensary and easily accessed street drugs, giving our youth a place to hang out and be free from these pressures, and possibly prevent them from participating in any of these risky behaviors, is a great benefit not only to our kids, but to our community and its future," he said.

Mono County Drug and Alcohol Counselor Rich Bonneau agreed. "Walk around the room and ask what there is to do here, and they'll tell you, there's nothing to do but party," he said. "It's really important to have alternatives."

When asked what there is to do in Mammoth after school, Clubhouse Live participant Jonathan Rivas answered, "Nothing much." Anything and everything would be better, he said. "It would be nice if there were more activities to do after school," Mammoth Middle School students Francisco Hernandez, Omar Prieto, Pedro Imperial, and "Chicken" Vargas concurred. All said they were having fun at the Underground event; "there's pizza," they said.

While the event was intended to raise awareness of the dearth of after school activities, and to help the current 12-15 students involved in the Clubhouse Live program reach out to other interested students, it was also a means to promote anti-bullying. Carri Coudek, founder of Inyo County's Happy Hoods, participated at the invitation of Montanez. Happy Hoods, a 1-year old program based out of Bishop, was inspired by the idea of transforming a skull and crossbones hoodie Coudek saw in Mammoth into a more positive symbol for kids. "When designing the

'Happy Hood' I thought, Happy Hoods don't bully," she said. Now anyone who purchases a Happy Hood must take the pledge "to be kind, considerate and thoughtful to others, and not to bully," she said.

Happy Hoods has since expanded to establish anti-bullying events such as an art contest last year in which children were asked to draw what they thought could stop bullying, as well as to support non-profits like the Bardini Foundation, and create partnerships with other youth-centered programs like Where Everybody Belongs (WEB) and PeaceBuilders.

"I wondered what the reception at the Bishop Middle School and High School would be," Coudek said. "It's all been positive."

Coudek's hope is that one day she'll see Happy Hoods on skateboarders at the Volcom Brothers skatepark, or on skiers and snowboarders at Mammoth Mountain. "I've been meaning to come up to Mammoth for a year now," she said. "Expanding into Mono County will happen in its own time."

Coudek delivered a presentation between DJ sets at Wednesday's event, explaining the aim of Happy Hoods, and asking those assembled to take the Happy Hoods pledge. She followed the pledge with an opportunity for students to tell their own stories about bullying, and many did so, shyly and at times angrily, to the support of the crowd.

Montanez concluded the presentation with a reminder to attendees: "You're kids, and you're supposed to have fun," he said. The kids were happy to oblige, dancing enthusiastically to a set by 15-year old local DJ Chris Villalpando. His father Andres stood proudly by. "Chris has almost perfect grades," he said. "I'm very proud of him. That's why I bought the [DJ] equipment for him; to keep him out of trouble, and in the right direction." With the help of programs like Clubhouse Live, more Mammoth youth may have the same opportunity.

Vane, Katie. "Livening up the Mammoth after school scene." *Arts and Life, The Sheet*. April 19, 2013. Web. <http://thesheetnews.com/archives/18088>.



DJ Chris Villalpando and some Clubhouse Live students.

It's not difficult to experience more joy at work. You just need to know the rules.

1. Find significance in what you do. Too often we get caught up in the day-to-day mundane tasks of the job and forget to see the big picture. Try to take a step back and get a different perspective. No matter what it is, it is helping others or the community in some way.

2. Remind yourself of why you do what you do. Ask yourself what motivated you to choose this career path. If you are burned out, re-energize yourself and your attitude by going to gym after work or taking a walk during your break. The idea is to remove the stress of your work and rediscover what motivated you in the first place and try to get back to that place.

3. Don't waste time comparing yourself to others. Everyone starts out in a different place on their own journey. Devote more time and

energy on what's truly important to you. Use your abilities to focus on your goal.

4. Don't obsess over things you cannot control. It is important to know other things—economy, current news, the actions others might take. Your focus should remain on what you actually control, which is your own thoughts, your own actions.

5. Don't over commit yourself. It is great to be enthusiastic and will to do more, but making promises that you cannot keep is simply a way to create failure.

6. Don't try to win every argument. Some battles aren't worth fighting, and many people are easier to handle when they think they've won the argument. What's important isn't winning, but what you and other people involved plan to do next.

7. Get motivated to face the day. On the way to work, think of how the work you have allows you to have your life out-

side of it. A positive attitude will make the day more pleasant and productive. Plan your time and create a to-do list.

8. Look for the challenge in your career. We can lose ourselves in the everyday monotony of the job. Look at what you do and find new ways of approaching it to make it more exciting. Learn new methods and skills that can add a fresh approach.

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Please take a moment to meet our new employees

Teresa Neely, HR Generalist



Salvador Montanez
Rehabilitation Specialist I, part-time
Mental Health
Start Date: 2/19/13

Joanne Werthwein
FTS II
Finance
Start Date: 2/25/2013



Cathy Young
Program Manager
Social Services
Start Date: 2/26/13

Ethan James
Economic Development Intern, part-time
Economic Development
Start Date: 3/4/13



Barbara Shultz
Social Worker I
Social Services
Start Date: 4/8/13

Leslie Chapman
Director of Finance
Finance
Start Date: 5/1/13



Kevin Roberts
Mechanic II Temporary
Public Works - Maintenance Shop
Start Date: 5/6/13

Not Pictured
Dan Casabian
Deputy Sheriff II
Sheriff's Department
Start Date: 2/11/13

Not Pictured
David Scobie
Deputy Sheriff II
Sheriff's Department
Start Date: 2/11/13

Retirements

6/2013 Nancy Boardman 33 years

6/2013 George Milovich 37 years

6/2013 Clay Neely 11 years

6/2013 Paula Proctor 22 years

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9. Concentrate on the task at hand. Do not let yourself be distracted by worrying about all the other things to be done, or lose energy over the undesirable situation you find yourself in. Stay focused on your goal. Take care of a task before it gets on a possible procrastination list.

10. Expand your interest and focus on those around you. Learn more about your co-workers and make friends with trusted colleagues. Being with people you like will make working fun.

11. Try to make work a fun place to be by changing your attitude. Don't see every job you do as a tedious task. Focus on the parts of the job that are more fun to help lighten your overall mood. Your job does not define who you are, but the approach toward your job does.

12. Keep work in perspective. You can only do your best in each situation. Concentrate on the task at hand. Do not let yourself be distracted by worrying about all the other things to be done or losing energy over the undesirable situations you find yourself in. Stay in the moment.

13. Be clear about what's expected of you. Clarify immediately, any time you are not sure or faced with conflicting demands. The more clearly you communicate with your manager and people you work with, the better it will be for you in the long term.

14. Delegate where appropriate. Remember the "3D" rule: do it, dump it or delegate it if you can.

15. Have regular breaks. Look for ways of energizing yourself. Get away from your workplace even if only for five minutes. Make sure that you have a lunch break—food, fresh air and a mental break.

16. Review your day before you leave for home. Look at what worked well, and what could be improved the next day.

17. You are more than your work. Do not have your identity too strongly tied to the job you do. Expectations of what you were supposed to be, as set by others, may stop you from enjoying what you currently do.

18. Switch off once you leave work. You are already at work a third of your time; do not continue to keep it buzzing in your head during your free time. When you leave for home, mentally say good-bye to work.

19. Don't waste precious energy on gossip. Before you tell a story about anyone else, or listen to such a story, ask yourself 1) Is it true? 2) Is it kind? 3) Is it necessary? 4) Would I want somebody telling a similar story about me?

20. Remember that how good or bad a situation is, it will change. The nature of the universe is change. Nothing remains the same. Whether you are mourning or celebrating or something in between, this, too, shall pass.

Whether you live to work or work to live; no matter what role you decide to pursue, it's the "who" rather than the "what" that helps to determine



your path. Define yourself more by who you are than what you do. Science has proven that merely smiling will improve your mood. Expressing positive thoughts and emotions does make you feel more positive. We do have the power to find joy in what we do, more than we realize. Believe the best is yet to come, no matter what.

