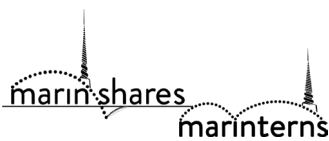


VOLUNTEER NOTES

Where Are They Now?

Inspired by a county internship to apply for a county job, former Marintern **Cameron Henn** just completed her first year as a Health and Human Services (HHS) employee. Cameron interned with HHS as an AmeriCorps VISTA member with the RxSafe Marin program—since renamed OD Free Marin. Now a program coordinator for the Substance Use Services team, she said she’s passionate about HHS public health projects, “including the NARCAN® vending machines, which dispense the lifesaving medication for free.”

After completing a Department of Public Works internship, Marintern **Livia Danku**’s career path is taking shape. She said she plans to attend Chapman University, major in political science, and then “work in a career that involves policy change.” As a Clean Marin program intern, Livia witnessed “how education, specifically on litter reduction, greatly changed communities in my area like Mary E. Silveira Elementary School, and that definitely solidified my decision to study political science.”



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Eighth Grader Channels Enthusiasm for Books in Library Role

By Clariss Ajanel

Channeling her passion for books and reading, Miller Creek Middle School eighth grader **Sahiti Namburu** volunteers at the South Novato Library branch of the Marin County Free Library.

During a weekly 90-minute shift in her student service intern role, she ensures the tech center is clean and the printers have paper in them. She has learned the library’s system for shelving books and confirms they are placed correctly.

“I love collaborating with the community members and library staff,” Sahiti said. “And I have been exposed to new



Sahiti Namburu

PHOTO BY BOB DELL

titles and authors that helped me find more books to read.”

Along with volunteering, Sahiti is in Girl Scouts where girls are encouraged to create the world they want to live in and strive to make it better every single day. They do this by exploring their strengths, taking

on new challenges, and practicing self expression, regardless of background and abilities.

“It is important to me that people work hard and have dedication for what they are doing, especially when it is something they love,” Sahiti said. “That, along

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Counselor Offers Hope and Comfort

By Marjorie Grannan

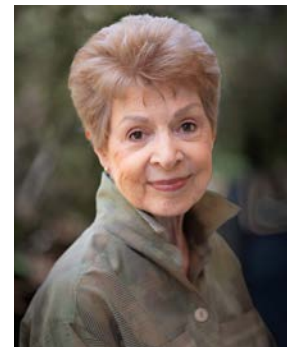
MarinShares volunteer **Erica Schafer** went from stitching fabric pieces together to stitching hope and comfort into the lives of senior citizens. The volunteer senior peer counselor has been a compassionate presence for older residents in Marin for over a decade.

“In April of 2010, **Joan Brown**, who was then in charge of the county volunteer program, steered me toward the HOPE Project and senior peer counseling,” Erica said. (HOPE stands for Helping Older People Excel.)

“I’m so interested in human relations and psychology. We peer counselors get training, mostly on how to listen. Some clients don’t want to vent as much as have a social hour. I have three

clients—in Bolinas, San Rafael, and Ross—and I’m totally in love with every one of them. They’re just delightful.”

The Senior Peer Counseling program serves Marin residents aged 60 and up to address the transitions and realities of aging. The goal is to improve functioning while supporting health, dignity, and purpose.



Erica Schafer

PHOTO BY BOB DELL

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Counselor Offers Hope and Comfort

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Erica grew up in Red Bluff and graduated from Chico State. Initially working as a legal secretary in San Francisco, she realized her career dreams when she enrolled in fashion design school in Los Angeles at age 40. She moved to Marin and started working as a pattern-maker in the garment industry, employed by local fashion houses Jeanne-Marc, The Gap, PaperWhite, Gibson Palermo, and others.

“During this time I was learning how one could make clothes on one’s own, and when I was 60 I launched my own fashion line. At the San Francisco Sewing Workshop, someone in charge bought a couple of my outfits. I knew then I was on the right path.” Erica marketed her clothing line through trunk shows held at local businesses and out of her own home. “At any given time I had about 200 outfits on hand.”

Erica loves her volunteer counseling role.



PHOTO BY BOB DELL

Senior Peer Counseling volunteers meet regularly. Pictured L to R: Volunteers Ellen Domeny, Kathy Pear, and Erica Schafer, staff supervisor Pam Roman, and volunteer Ron Kirtley.

“This is absolutely the most wonderful program,” she says. “It’s providing a service, being of value. The emotional reward is the intimate connections we make. All of us counselors have said that we’re actually getting more than we’re giving. We have a meeting once a week to touch base, to give us the opportunity to rein ourselves back if we’re overstepping our boundaries. I really enjoy the support of the other counselors.”

Erica’s staff supervisor is Behavioral Health Practitioner **Pam Roman** of the Health and Human Services Department. Pam describes Erica as

“kind, gracious, good-humored and patient. She’s demonstrated an ability to be with older adults living with various life situations and challenges. She’s shown care and compassion to other senior peer counselors dealing with their own life challenges. I feel grateful that she shares her gifts with us.”

In 2014, Erica expanded her volunteering to the Buck Institute for Research on Aging in

Novato, where she was a tour coordinator for five years.

How does she spend the rest of her time? “I’m learning chess,” Erica said. “It’s really good for a person’s focus. I still sew a little bit, read a lot, and go out to lunch with my women friends. And what I’m learning from my clients is how to grow old, minus all the pitfalls.” ■

Interested in helping older adults? The Senior Peer Counseling program accepts applicants ages 55 and up. Questions? Contact [Pam Roman](#), 415-473-4358. The next training will be held in late winter/early spring of 2024; exact dates to be announced.

Who’s New & Welcome!

Olivia Arens (San Rafael), Teen Leadership Crew, Marin County Free Library

Jocelyn Chung (Mountain View), California Epidemiologic Investigation Service Fellow, Health & Human Services (HHS)

Kiley Doherty (San Francisco), California Epidemiologic Investigation Service Fellow, HHS

Marcy Ginsburg (Kentfield), Behavioral Health Practitioner Intern, HHS

Trinity Hawkins (Santa Rosa), Pre-Law Intern, Public Defender’s Office

Veronica La Mont (Seattle), Law School Intern, Public Defender’s Office

Evan Lichtblau (Mill Valley), High School Intern, District Attorney’s Office

Sean Martin (Mill Valley), Fire Foundry Intern, Marin County Fire

Marlon Mejia Ramos (San Pablo), Fire Foundry Intern, Marin County Fire

Rafael Sanchez (San Rafael), Fire Foundry Intern, Marin County Fire

Anna Von Thaer (Inverness), West Marin Intern, HHS

Claire Yu (San Rafael), Teen Leadership Crew, Marin County Free Library

Eighth Grader Channels Enthusiasm for Books in Library Role

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with acting with integrity, are some of the things Girl Scouts has taught me.”

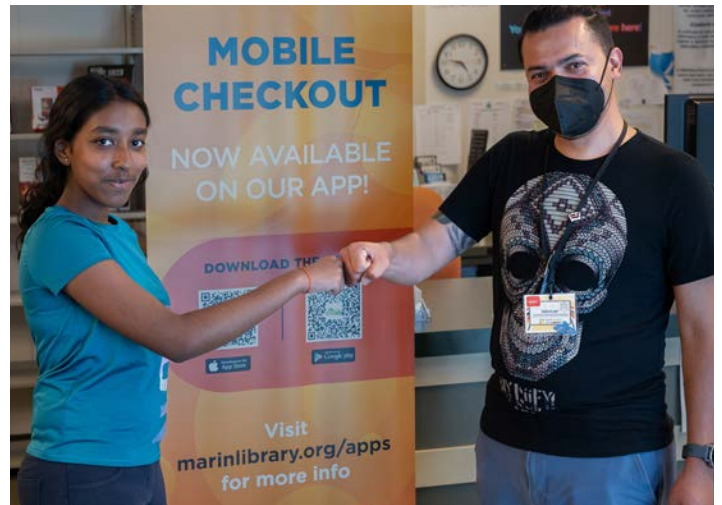
While Sahiti has a fair share of mentors within her scout troop, she was able to find one within the library, too. Her staff supervisor is Library Specialist **Hector Garcia**. “Hector was able to help me at the library by guiding me through the volunteer application,” Sahiti said.

Hector has taught Sahiti about library practices since she became a student volunteer in August 2022.

“She is diligent, intelligent, and an attentive listener who is always eager to take on new challenges,” Hector said. “We are very happy to have her because she also helps our busy branch run smoothly.”

Sahiti enjoys spending time outdoors when time permits. She has played soccer for the Miller Creek Soccer League the last six years. She also enjoys hiking around Marin County, especially the Cataract Falls hike in Stinson Beach, where she can admire the waterfalls.

When Sahiti isn’t outdoors basking in nature she plays video games with her brother. She kept herself busy over the summer by helping maintain her school’s garden.



Sahiti Namburu and staff supervisor Hector Garcia

“My volunteering experiences have shaped me by expanding my social skills and letting me share my knowledge with others,” Sahiti said. ■

Volunteers Support Sidewalk CPR

PHOTO BY MELISSA HOLZAPFEL



Marin Medical Reserve Corps (MMRC) volunteer **Meg Jordan** chats with an interested man while MMRC volunteer **Kevin Hall** (orange jacket) engages with others (see reflection) at Bon Air shopping center in Greenbrae on Saturday, August 19. They were part of a countywide training that made our county a safer place. More than 1,300 members of the public received life-saving skills training. At 12 sites across Marin, Sidewalk CPR training was delivered in partnership with the Health and Human Services (HHS) Department’s all-volunteer MMRC, local fire departments, hospitals, community groups, and the Marin County Emergency Management Services (EMS) Agency. “There is so much that our residents and visitors can do to save a life even before emergency medical support arrives on the scene. Sometimes these precious minutes can make a big difference in survival,” said EMS Administrator **Chris Le Baudour** of HHS. During the annual event, volunteers taught basic skills such as hands-only CPR, bleeding control, the use of an AED (automated external defibrillator), and the administration of spray NARCAN® in case of opioid overdose.

4-H Summer Camp Welcomes All



PHOTOS BY LINNEA VAN DEN TOORN



Backed by the support of adult volunteers, the 2023 UCCE Marin 4-H Summer Camp was held last month in Sebastopol. Pictured above in top photo, counselors compete in a challenge to wiggle out of colorful wraps before going on to teach a fire safety workshop. Lower photo: campers get ready for pool carnival games. Activities included archery, outdoor cooking, crafts, hiking, talent shows, and more. The week-long camp is open to club members and non-members. For information about year-round 4-H activities and adult volunteering, contact the 4-H Youth Development [Office](#) in Novato, 415-473-4207. (UCCE stands for University of California Cooperative Extension, and the four H's are head, heart, hands, and health.)

Happy Anniversary

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

40 YEARS

Jim Freed (Sebastopol), Marin Search & Rescue Volunteer, Marin County Sheriff's Office (MCSO)

39 YEARS

Karen Berke (Novato), Patrol Volunteer, Marin County Parks

25 YEARS

Jo-Ann Giunti (Novato), Marin Center Usher, Cultural Services

22 YEARS

Melanie Facen (San Rafael), Marin Center Usher, Cultural Services

21 YEARS

Madelon Van Lier (San Rafael), Marin Center Usher, Cultural Services

19 YEARS

Zerene Soans (Novato), **Connie Tellep** (San Rafael), Marin Center Ushers, Cultural Services

18 YEARS

Cathy Gowdy (Novato), California Room Docent, Marin County Free Library

Craig Mirkin (Corte Madera), Radio Amateur Civil Emergency Service/Auxiliary Communications Service (RACES/ACS) Volunteer, Marin County Fire

17 YEARS

David Mitchell (San Rafael), Air Patrol Volunteer, MCSO

15 YEARS

Jillian Robinson (Fairfax), **Mary Schmidt** (San Rafael), Marin Center Ushers, Cultural Services

14 YEARS

Gayanne G. Enquist (Inverness), Library Aide, Inverness Library

Kathy Flynn (San Rafael), **Marge Jackson** (Novato), Marin Center Ushers, Cultural Services

Martha Nelson (Novato), **Nancy Oliva** (Novato), Marin Medical Reserve Corps Volunteers, Health & Human Services (HHS)

13 YEARS

Paul Hinz (Novato), RACES/ACS Volunteer, Marin County Fire

12 YEARS

Karen Hege (Greenbrae), **Michael Yuan** (San Rafael), Marin Search & Rescue Volunteers, MCSO

Steve O'Keefe (Novato), Patrol Volunteer, Marin County Parks

Alice Rivas (Novato), Marin Center Usher, Cultural Services

11 YEARS

Nancy Chaffin (Petaluma), **Ruth-Louise Moran** (San Rafael), **Deborah Salisbury** (San Rafael), Marin Center Ushers, Cultural Services

10 YEARS

Barbara Byers (Novato), Shelver, Novato Library

Ted Kreines (Tiburon), Civic Center Tour Docent, Cultural Services

Molly Williams (Mill Valley), Marin Search & Rescue Volunteer, MCSO

9 YEARS

Annamarie Ambuehl (Novato), **Sue Derana** (Novato), **Deborah Gregor** (Novato), **Mary O'Hara** (Novato), Marin Center Ushers, Cultural Services

Patrick Murphy (Novato), Financial Abuse Specialist Team Volunteer, HHS

William Schimpf (Petaluma), Marin Search & Rescue Volunteer, MCSO

8 YEARS

MB Fribley (San Anselmo), **Mary Miller** (San Rafael), **Claire Taylor** (San Rafael), Marin Center Ushers, Cultural Services

7 YEARS

Margaret Root (San Anselmo), Marin Medical Reserve Corps Volunteer, HHS

5 YEARS

Ruben Diaz Escobar (Novato), Spanish Tutor, Novato Library

Charles Viebrock (Novato), English Tutor, Novato Library

4 YEARS

Haven Allard (Berkeley), **Matthew Baldwin** (Nicasio), **Justin Buzon** (Novato), **Todd Law** (San Rafael), **Mikaila Levine** (San Rafael), **Drake Miller** (Mill Valley), **Scott Van Hooser** (Tiburon), **Erik Zech** (Larkspur), Marin Search & Rescue Volunteers, MCSO

Spencer Michels (San Anselmo), Civic Center Tour Docent, Cultural Services

2 YEARS

Adam Almedilla (San Anselmo), **Oscar Bomse** (San Francisco), Student Service Interns, Fairfax Library

Kendra Messer (Richmond), Workplace Coach, Fairfax Library

Robert Neuhaus (San Rafael), Patrol Volunteer, Marin County Parks

Gregg Turner (Mill Valley), Newsletter Photographer, Human Resources

Stella Vazquez (Fairfax), Teen Shelver, Fairfax Library

1 YEAR

Carol Bryan (Novato), **Ellen Domeny** (Kentfield), **Andrea Glass** (Inverness), **Ron Kirtley** (Fairfax), **Kathleen Mullen** (San Rafael), **Roger Peters** (Mill Valley), **Mary Santora** (Novato), **Diana Vine** (San Rafael), Senior Peer Counselors, HHS

Pat Carlone (San Geronimo), Patrol Volunteer, Marin County Parks

Jeffrey Deitchman (Point Reyes Station), Literacy Tutor/Reading Buddies Volunteer, Point Reyes Library

Courtney DiCarlo (Mill Valley), Friends of the Family Volunteer, HHS

Caroline Foster (Corte Madera), High School Intern, Registrar of Voters

Andie King (Tiburon), Homework Helpers Intern, Corte Madera Library

Finlay Mallard (Mill Valley), High School Intern, Public Defender's Office

Annika Parmar (Inverness), High School Intern, Board of Supervisors

John Sims (San Francisco), Fire Lookout, Marin County Fire

Career Explorer Interns Wrap Up Successful Summer



PHOTO BY DOUG KAYE

Career Explorers pose with elected county supervisors, department directors, speakers, and program staff at a celebratory farewell held August 2 at the Marin Civic Center. Participants worked for six weeks in county departments and at community agencies where they met professionals and gained experience. A crowd of friends, family, and staff cheered explorers at the closing ceremony, which included remarks by Probation Chief **Marlon Washington** and the announcement of the Dan Daniels Spirit of Service Award, won by **Wambua Musyoki**. Three Career Explorers spoke: Wambua, **Sulgi Kim DeLeon**, and **Eva Hellmold**. The summer session began with classes on practical topics, including a public speaking workshop led by MarinShares volunteer **Cara Wasden**. Meanwhile, MarinShares volunteers **Bob Dell** and **Bill Johnston Jr.** photographed the 49 explorers and created portraits for their use on LinkedIn. The Probation Department operates the program, which is open to applicants ages 15 to 22. Probation staff members **Elizabeth Carranza**, **Cindy Vazquez**, and **Wayne Wiltshire** coordinated this year's session in conjunction with county colleagues including Marinterns Coordinator **Joy Fossett**.



CARTOON BY JOHN DOMINGUE