

Community Champions – to be honored at Summer Solstice Celebration



Judie Shaw is an extraordinary person who has dedicated her life to the service of others through volunteer work and community involvement.

Raised in San Francisco, Judie attended Lowell High School and volunteered at Mt. Zion Hospital as a candy stripper. She attended UC Berkeley and UCLA where she took on her first of many political roles by running a fellow student's campaign. Along with her husband Leonard, in the 1960's she brought her good nature, talents, and charitable spirit to Marin County. In the 1970's, while raising her three children, Judie worked hard to preserve the county's open spaces by organizing a group of local Novato residents who convinced the owners of the Marin Country Club to donate ridge top land for all to enjoy.

For 40 years Judie has been deeply committed to the Marin community by working on local election campaigns and volunteering for the American Cancer Society, Jewish Family and Children's Services, and the Margaret Todd Senior Center. Passionate about improving the lives of others, she is known as "the Book Lady" at Marin Community Clinics, she keeps the bookshelves filled with donated books to ensure that pediatric patients can take a book home after visiting their doctor.

"Before Judie became involved in the book program, we barely had enough books for our young patients", says Novato Clinic Director, Susan Wiebers. "Thanks to her commitment we are now able to offer a book to every child visiting our clinic, patient or sibling."



Dr. Albert Varner has been a volunteer gastroenterologist at Marin Community Clinics for over 25 years. He started volunteering when we were providing health care in church basements in Mill Valley and Fairfax, before we opened our Greenbrae clinic. In addition to

providing GI consultative services, Dr. Varner also served on Marin Community Clinics' *Building a Healthy Future* Capital Campaign Committee, tirelessly seeking donations for the historic – and successful – initiative to build our San Rafael and Novato clinics.

In his words: "I've enjoyed my work at MCC and found it to be very rewarding in many ways. I encourage my colleagues to give it a try in hopes they'll like doing it as much as I do. The patients are grateful and the staff is wonderful. Marin Community Clinics is truly one of the county's greatest assets."

A graduate of Davidson College and Harvard Medical School, after internship and residency at UCLA Medical Center Dr. Varner spent a year as Chief Resident at the American Hospital in Paris. Upon his return to the U.S., he completed a fellowship in gastroenterology at the UCLA-Wadsworth VA Combined Program. In 1980 Dr. Varner entered private practice in Marin County and joined the clinical faculty at UCSF. He was a founding member of Marin Gastroenterology and Medical Director of the Endoscopy Center of Marin until his retirement in 2013. During his career, he served as Chief of Medicine and member of the Medical Executive Committee at Marin General Hospital.

New This Year: Youth Volunteers to be Honored



Keila Itzun, a senior at San Rafael High School, has shown extraordinary academic determination, as well as passion for improving the health and well-being of underserved communities. After working with the Huckleberry Wellness Academy* as a freshman, Keila interned with LIFT-

Levantate where she educated elementary school children on the benefits of drinking water instead of sugary drinks. She later presented the same information to Wellness Academy parents in Spanish. While Keila was nervous to be presenting to a group of parents, she realized that parents play a key role in their children's health. The following summer, Keila completed an internship for Ceres Community Project where she learned about the healing power of food. She worked alongside Ceres' chefs and other high school interns to learn to prepare healthy meals for individuals and families struggling with serious illnesses. Whether she pursues a career in health or education, Keila is determined to work towards improving the lives of children and families.



Jocelyn Lezama, a student at San Marin High School, has contributed energy and enthusiasm to her community through Huckleberry Wellness Academy* since 8th grade. As a volunteer tutor at a Novato church, she has learned the value of education as a tool to improve the living

conditions in her community. Jocelyn has been an active volunteer with LIFT-Levantate including staffing a weekly food bank in Novato and informational health fairs throughout the county. As a Peer Health Educator in the Novato Wellness Center and an intern at Marin Community Clinics' Novato site, she has gained experience working with youth and underserved populations in a medical setting. Jocelyn's commitment to her Marin neighbors is especially admirable considering that she is involved in two college access programs that support her eligibility for a 4-year university following high school graduation. Her goal is to better herself so that she can continue to make an impact in underserved communities.

*Huckleberry Youth Program's college access program prepares first generation, college bound students to fill a growing demand for a diverse health care work force.