Mike Shapiro and the other co-owners of the San Rafael Pacifics professional baseball team have created a real life Field of Dreams at Albert Park.

The players don’t make much money, but they compete with the passion of Major Leaguers and they cling to the hope of making The Bigs one day. It could happen. Just ask Sergio Romo of the San Francisco Giants. He came out of the Pacifics league.

The Pacifics, in their second season, are in the Pacific Association league, along with the Vallejo Admirals, Maui Na Koa Ikaika (Kahului) and the Hawaii Stars (Hilo). They also play games against teams from the Freedom League. Most games for this season are sold out at the 700-seat stadium, but some tickets are still available online at pacificsbaseball.com.

Shapiro said that several Pacifics players have played at a higher level—on minor league teams affiliated with Major League clubs. The Pacific Association is an independent professional league with no Major League affiliation. However, Big League scouts often attend games.

Players earn between $500 and $1,200 a month. “They are playing for the love of the game and for a chance to get discovered or re-discovered,” Shapiro said.

“We try to do something good for the game of baseball and the community,” Shapiro said. “Our players get involved—visiting senior citizen facilities and hospitals. We hire lots of high school and college students for summer jobs.” Shapiro’s wife, Jane, operates the concession stand, “Jane’s First Base Café,” and their sons, Harry and Jackson, work there. Shapiro’s business partner, Eugene Lapario, has two sons who also work at the concession stand, and his wife runs the beer garden.

Baseball has been a passion for Shapiro for much of his life. A graduate of Georgetown University, he played centerfield there. “Does that mean you’re speedy?” he was asked. “I am short and left-handed, so yes, speed is all I have left,” said the 62-year old lawyer, who played semipro ball until age 43. He added, “I also had a brief but unproductive stint in independent baseball—eight years.”

After that, he served as vice president and general counsel for three Big League teams—the Giants, Nationals and Braves. And then, “I wanted to come home, to do something local, something small and in the local community. Albert Park had fallen into disrepair so a few of us got together and at first, we had a fundraising idea to fix up the park. That evolved into the dream of owning a local baseball team.”

He Saw.

Babe Ruth

4

Birds of Marin

11

Old Timers Club Application

15
His name was Craig. He was a long-legged kid and he seemed to talk non-stop. I was a young Little League baseball manager. It was tryout day that Saturday morning in April some 50 years ago, a day I thought of recently as I drove by Albert Field, home of the Pacifics baseball team. Something about the empty field, the brilliant green outfield grass and the spring weather took me back.

As I watched Craig throw the ball from deep in the outfield to home plate, I was impressed and wondered why he was out here in a pool of players who had not made the cut on their individual teams. As managers, we had a chance to add one of these boys to each of our teams. When the players took their turns at the plate, Craig impressed me even more as he slashed a liner down the left-field baseline.

I asked a veteran manager why Craig had wound up in this collection of cast-offs? The old-timer smiled and said that Craig was a bit of a character, a talkative kid who drove his manager batty with all of his questions. “Don’t be tempted,” the old-timer warned. “He’ll drive you crazy, too.”

I could not resist. I picked Craig, and he became my new right-fielder. I learned quickly that he was high maintenance, but I liked him and he had talent. He wanted to try out for every position on the team and was especially fond of pitching. He threw the ball very hard but never seemed to grasp the idea of the strike zone. So I kept him in the outfield.

In our third game of the season, I got a taste of Craig’s quirkiness. The score was tied and the other team had loaded the bases. Their best batter strode to the plate. From deep in right field I suddenly heard a shout. I couldn’t make it out at first but then I got it. “Time out! Time out!” Craig was yelling. All eyes turned to right field and we watched as Craig came loping in toward the infield. The umpire asked what was going on. “Beats me,” I said. The ump called time out and Craig and I met near first base.

“Mr. Bowman,” Craig said breathlessly. “Monday is a holiday, right?” I acknowledged that yes, Monday was Memorial Day.

“That will we have practice?” Craig wondered. I stifled a laugh and reassured him that we all would have the day off on Monday. He turned to the umpire and said, “Okay, time in!” and trotted back to his position. I wondered as I gazed out at Albert Field where Craig is today and if he is still asking questions.
The Day I Saw Number 42
By JEFFREY GALE, NOVATO
(Excerpt from the History Channel Magazine)

The date was May 18, 1947; I was seven years old. Each and every Sunday from April through September, my father would take me to a Sunday doubleheader, either at Chicago’s Comiskey Park at 35th and Shields, home of the White Sox, or Wrigley Field at Addison and Sheffield, home of the Cubs. My late father, Max, came to America from Poland in 1906 after pogroms against the Jews drove his family to abandon its iron foundry and settle on Chicago’s West Side.

There was a buzz throughout Chicagoland that spring Sunday morning because for the first time in Major League Baseball history, an African American would play in a game in Chicago. Jackie Robinson was slotted to play second base for the Brooklyn Dodgers inside the ivy-covered walls of Wrigley Field.

More than 48,000 fans jammed in Wrigley Field just to watch batting practice and to be there when No. 42, wearing Dodger blue, inaugurated a new era on the North Side. My papa and his brother-in-law, Abe Marco (who was a bootlegger in Chicago during Prohibition), had a box for all Chicago Cubs and Chicago Bears home games. Sitting near us that day in the box were Frank Sinatra and Nat King Cole, two diehard Brooklyn Dodgers fans who rode the rails together from New York City on the Twentieth Century Limited to sing the national anthem as a duet before the opening game.

As Jackie Robinson trotted out to second base, I remember Chicago police officers and ushers applauding and to be there when No. 42, wearing Dodger blue, inaugurated a new era on the North Side. My papa and his brother-in-law, Abe Marco (who was a bootlegger in Chicago during Prohibition), had a box for all Chicago Cubs and Chicago Bears home games. Sitting near us that day in the box were Frank Sinatra and Nat King Cole, two diehard Brooklyn Dodgers fans who rode the rails together from New York City on the Twentieth Century Limited to sing the national anthem as a duet before the opening game.

As Jackie Robinson trotted out to second base, I remember Chicago police officers and the ushers applauding in the very first inning. The mayor had asked them to suspend fire laws so that those 48,000 fans of America’s national pastime could sit in the aisles and stand with the bleacher bums. Of course, Robinson led Brooklyn to a doubleheader sweep of the last-place Cubs and went on to win the National League pennant before the Yankees beat them in the World Series.
He Remembers Seeing Babe Ruth from 55-cent Bleacher Seats by HERB ROSEN

I grew up in Manhattan’s East Harlem during the 1930s. The boys on my block, E. 108th Street, were thoroughly immersed in baseball. We played in the spring and summer and talked about it year round. The lines were evenly drawn between Giant and Yankee fans, and we constantly argued about which was the better team.

This was the era of wooden ships and iron men. There was no such thing as a pitch count. The pitcher stayed in the game as long as he was effective. Thus, Carl Hubbell, the Giants’ ace lefty, hurled an 18-inning shutout in 1933, beating the Cardinals 1-0. This was part of Hubbell’s skein of 46 consecutive scoreless innings. Hubbell also performed a remarkable feat in the 1934 All-Star game at the Polo Grounds. I still remember sitting around the radio listening to the game with my friends and exulting as Hubbell struck out in successive order, Babe Ruth, Lou Gehrig, Jimmy Foxx, Al Simmons and Joe Cronin, the pride of the American League.

When my friends and I could cobble together 55 cents for a bleacher seat, plus 10 cents carfare, we would take the subway up to the Polo Grounds or Yankee Stadium, less than a half hour away, and watch our heroes in action. I saw Babe Ruth play in 1934, his last year with the Yankees. Then there was Bill Terry, the Giants’ player/manager, an elegant first baseman, who was the last National Leaguer to end the season with a .400 batting average.

There were many other greats in those days — the Yankees’ Lou Gehrig and Lefty Gomez, who I believe spent his later years in Novato, Hank Greenberg, the Bronx boy who starred for Detroit, and Dizzy Dean of the St. Louis Cardinals, who occasionally pitched with only a two-day rest. Now, 80 years later, it’s time to play ball again. So buy me some peanuts and Cracker Jack, I don’t care if I never get back ...

Herb Rosen, 90, lives in Mill Valley.
Who Is That Masked Duck?

When asked who’s inside the costume of Sir Francis Drake, the Pacifics mascot, team owner Mike Shapiro replied with a smile, “Oh, we cannot reveal his identity; he’s just Drake.” However, our crack investigative team has discovered the identity of the 7-foot tall Drake. He is Casey Doyle, a local college student who keeps fans entertained with his antics at every home game. The mascot is sponsored by Drake Terrace, an Independent Living and Assisted Living facility in San Rafael.

Spitting in Ump’s Face Proves to be Bad Idea  

Way back around 1945, when there was still a Pacific Coast League, the Hollywood Stars were playing the Los Angeles Angels and the Stars were at bat in a game at Gilmore Field.

Frenchy Uhalt, a very fast player for the Stars, was on first and then, when the next batter singled, Uhalt tried to make it all the way to third. He was about 15 feet from the third base bag when the ball was relayed to Eddie Mayo, the Angel’s third baseman. Mayo had the ball in his glove when Uhalt started his slide. Uhalt looked like a dead duck!

But guess what? The umpire called him safe and the usually docile Mayo blew up at the call. He was ejected from the game; the ump said that Mayo spit in his face. Mayo was banned from baseball for life, but since this happened during WWII, there was a shortage of players and the next season, Mayo was called up to the majors and played for Detroit. So much for lifetime bans!

By the way, I was there.

Gil Deane, now in his 80s, lives in San Anselmo.
Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation – once an important part of everyday life – has become a thing of the past. Because they can’t understand what is said to them on the phone, they’re often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

A simple idea... made possible with sophisticated technology. If you have trouble understanding a call, the Captioning Telephone can change your life. During a phone call the words spoken to you appear on the phone’s screen – similar to closed captioning on TV. So when you make or receive a call, the words spoken to you are not only amplified by the phone, but scroll across the phone so you can listen while reading everything that's said to you. The captioning function can be turned on as needed. Each call is routed through a call center, where computer technology – aided by a live representative – generates immediate voice-to-text translations. The captioning is real-time, accurate and readable. Your conversation is private and the captioning service doesn’t cost you a penny – all you need is a high-speed Internet connection from any Internet provider and a standard phone line. Callers do not need special equipment or a captioning phone in order to speak with you.

Finally... a phone you can use again. The Captioning Telephone is also packed with features to help make phone calls easier. The keypad has large, easy to use buttons. You get adjustable volume amplification along with the ability to save captions for review later. It even has an answering machine that provides you with the captions of each message.

See for yourself with our exclusive home trial. Try the Captioning Telephone in your own home and if you are not completely amazed, simply return it within 30-days for a refund of the product purchase price.
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

GREEK/PERSIAN FESTIVAL
June 22 • 12:30 - 4:30pm | Jackson Cafe | Fee: $50
The Rotary Club of Marin Sunrise is sponsoring a Greek/Persian Festival to benefit Meals on Wheels. Please join us for a glorious fun 1/2 day with Food, Music, Dancing, Beauty Pageant by Greeks and Persians. This is the ultimate sign of two historical traditions coming together. The audience will vote on best food (Mezes, Main Meal, Desserts) as well as the best music, dance and of course the most beautiful men and women!

ESL SUMMER CLASSES
We are offering a summer session of English classes. Registration is required.
Fee: New students: $15/Returning spring semester students: free
Basic English
Monday & Wednesday • 2-3:30pm • June 3-July 17
Intermediate English
Monday & Wednesday • 2-3:30pm • June 3-July 17
Advanced Reading and Conversation
Monday & Wednesday • 2-3pm • June 10-July 24

English Pronunciation
Monday & Wednesday • 1-2pm • June 3-July 17
English Conversation
Tuesday & Thursday • 2-3:30pm • June 4-July 18

NEW! RUSSIAN SOCIAL GROUP
Thursdays • 1-2pm
This is a great opportunity for Russian speakers to have a support group and a good time in the community. If you are interested in participating or know someone who is, please contact Vicky Voicehowsky at 457-0586 or Anna Ladyzhenskaya, at 336-8430.

NEW! WHISTLESTOP IS FORMING A NEW PORTUGUESE SOCIAL GROUP!
This is a great opportunity for Portuguese speakers to have a support group and a good time in the community. If you are interested in participating or know someone who is, please contact Sandra Jimenez, 456-9062.

German Social Group Announcement
Mondays • 11am-12:30pm | Caboose 2
For our German speaking friends. A heartfelt welcome to all!

Marin County’s Choice for Home Health Care

To arrange for care or learn more about our services, please call 415.492.4600 or visit us online at www.SutterCareAtHome.org
www.facebook.com/SutterCareAH
Not For Profit, Locally Based

Visiting Nurses • Home Care • Mom/Baby Visits

Sutter Care at Home offers you the most comprehensive range of home care services available.
Welcome to Whistlestop Express June 2013

Make beautiful, simple and easy jewelry items for yourself or as gifts.

Drop-in Computer Lab
Mondays & Wednesdays • 10am-Noon
Volunteer computer tutors are available to work with you one-on-one if needed.

Volunteer Opportunities
Be a part of our incredible family of volunteers, have fun, inspire others, and gain the satisfaction of being an active member of your community.

Contact: Millie, 456-9062 x117 or volunteer@whistlestop.org

- Board/Card Game Leaders
- Bi-lingual Computer Teacher
- English Tutors
- Jackson Café Servers
- Information and Referral Office
- Drivers for Meals on Wheels Program

In-Kind Donations Needed
Mah Jongg sets, Chess set, Dominos, Ping Pong table, books, yarn, movies on DVDs. If you have items to donate, please call 456-9062.

Memoir Writing Class for Older Adults
Thursdays • 2-4pm • 8-week workshop, starting Thursday, May 16-July 18 (No class July 4 and July 11)
Fee: $5 per student per class, plus one-time materials, materials fee of $2
Registration: Requested
Barbara Withers will lead you in stimulating group activities to preserve family and community histories, as well as providing an opportunity for personal growth in a creative experience. Maximum of 15 students to ensure each participant has an opportunity to read their writing assignment each week.

New! Men’s Group Forming
If you are 60+ and are interested in participating in some ‘soul talk’ and exploring topics such as courage, loss, identity, goodness, aloneness, connection, and truth as they relate to the aging process, please contact Arvin Paul at 510-417-1542 or Vicky Voicehowsky, 456-9062. Date and time are to be determined by the group.

New! Conversation Group for 90-Year-Olds & Older
3rd Thursday of every month • 1:30 to 3pm
Join this group for lively conversation. One rule: no discussing ailments! Contact Virginia Dziomba if you are interested, 456-6647.
AFFORDABLE SENIOR HOUSING OPTIONS IN MARIN
2nd & 4th Wednesday of the month
2-3:30pm | Whistlestop Active Aging Center
Fee: Free
Get clarity and direction on senior housing availability from Leslie Klor. Leslie has worked in senior housing for 20 years and can outline options and answer questions for you. Come on a drop-in basis.

HOMESHARE PROGRAM
This is a free referral service for seniors that provides an alternative, affordable way of meeting housing needs with numerous benefits to renters and homeowners alike. Do you have a home, apartment or condo to share? Do you need a place to call home? Call Leslie Klor at 456-9062 x132.

SENIOR CENTER WITHOUT WALLS
This program is designed to reach isolated, homebound seniors. They provide free activities, friendly conversation, and an assortment of groups on telephone conference lines to adults aged 60+ in California who find it difficult to participate in outside activities on their own. Call 1-877-797-7299 to find out more.

TELEPHONE REASSURANCE PROGRAM
Feeling isolated and alone? Looking for Peace of Mind? Looking for connection? The Telephone Reassurance Program may be right for you. Receive a free morning check-in phone call twice per week. Call Leslie Klor at Whistlestop Senior Center for more information 456-9062 x132.

GOING PLACES
Marin YMCA and Whistlestop would like to invite you to join Adventures in Culture. The Y plans older adult trips to different locations such as museums, attractions, gardens, and much more.

Friday June 7
DiRosa Preserve Guided Tour, Napa
Fee: Facility Members, $26; Program Members, $31; Community Members, $36.
Come visit the Preserve with us! Enjoy a 1.5 hour guided tour of the grounds. After the tour we will have lunch (your expense) at Cornerstone restaurant. After you can enjoy local shopping if you wish. Depart 9:45am, return about 3pm.

Friday June 21
Culinary Institute of America, St Helena
Fee: Facility Members, $35; Program Members, $40; Community Members, $45.
Enjoy a 45-minute guided tour of the historic Greystone building, including the Corkscrew Museum, the Breitstein Collection, Rudd Center for Professional Wine Studies. Depart 10:15am, return about 3pm.

To register for a trip or hike, please contact Lisa O’Brien, MARIN YMCA, 446-2113 or Vicky Voicehowsky, 457-0586.

DID YOU KNOW...
That you can rent a Scooter, Powerchair or Wheelchair for as little as $15/day?!
### This Month at Whistlestop

#### MONDAYS

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>9–NOON</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8min.</td>
</tr>
<tr>
<td>10–11AM</td>
<td>Language AM Monday</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>10–11AM</td>
<td>Exercise Zumba</td>
<td>457-0586</td>
<td>$6</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language English as a Second Language (ESL)</td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Language Citizenship Class</td>
<td>454-0998</td>
<td>$25</td>
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#### TUESDAYS

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
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</tr>
</thead>
<tbody>
<tr>
<td>9:15–10:15 AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>10:00–11:00 AM</td>
<td>Relax Mah Jongg</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:45–11:45AM</td>
<td>Exercise Cardio Exercise Class</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>11–12:30PM</td>
<td>Language German Social Group</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>Noon–1PM</td>
<td>Language French Class</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>Noon–3PM</td>
<td>Relax Manicurist</td>
<td>Appt. Needed</td>
<td>Free</td>
</tr>
<tr>
<td>1–2PM</td>
<td>Language French Social Group</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>1–3PM</td>
<td>Language Learn Spanish</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language English Conversation</td>
<td>454-0998</td>
<td>$10</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Language Learn Italian</td>
<td>454-0998</td>
<td>$24/mo</td>
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#### WEDNESDAYS

<table>
<thead>
<tr>
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<th>CLASS</th>
<th>INFO</th>
<th>COST</th>
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</thead>
<tbody>
<tr>
<td>9–10:15AM</td>
<td>Exercise Tai Chi Qigong</td>
<td>Sugg. Donation</td>
<td>$10 or less</td>
</tr>
<tr>
<td>10–11:30AM</td>
<td>Support Seniors' Circle</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10–12PM</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>10:30–1:30PM</td>
<td>Support Corazón Latino</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language English as a Second Language (ESL)</td>
<td>456-9062</td>
<td>$15</td>
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#### THURSDAYS

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<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>9:15–10:15AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Relax Knit!!</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language English Conversation</td>
<td>454-0998</td>
<td>$10</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Learn Memoir Writing Class</td>
<td>Open</td>
<td>$5/class</td>
</tr>
<tr>
<td>2:30–3:30PM</td>
<td>Exercise Balance Class</td>
<td>Sugg. Donation</td>
<td>$10</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Language Learn Italian</td>
<td>454-0998</td>
<td>$24/mo</td>
</tr>
</tbody>
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#### FRIDAYS

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00–NOON</td>
<td>Support Brown Bag Pantry</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Support ACASA</td>
<td>Peer Counseling</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Language Practice Spanish</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Learn Arts &amp; Crafts w/Vicky</td>
<td>June 14 &amp; 28</td>
<td>$3</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Exercise Ping-Pong</td>
<td>June 7 &amp; 21</td>
<td>Free</td>
</tr>
<tr>
<td>2:30–3:30PM</td>
<td>Exercise Yoga</td>
<td>Open</td>
<td>$3</td>
</tr>
</tbody>
</table>

For a complete list of all classes, visit whistlestop.org

The Caboose, Computer Lab, Board Room and Jackson Café are all located at Whistlestop’s Active Aging Center – 930 Tamalpais Ave., San Rafael.
The Bird’s Side OF MARIN  by  RICHARD PAVEK

The Rookery in Santa Rosa

In mid-April I visited the Ninth Street Rookery in Santa Rosa where I was within a few feet of upwards of 50 nesting Great Egrets, Snowy Egrets, Cattle Egrets, and Night Herons. All species were in mating colors, with the Snowy Egrets’ bright red lores and the Great Egrets’ paler green lores being the most colorful. Everybody was busy building nests, branch after branch being lifted from the ground below the trees or from far away, as the morning wore on.

By the time you read this, young ones will be hopping from branch to branch, demanding food from their tired parents and furiously flapping their wings, strengthening their muscles. Mom and Dad will be chattering with each other and the neighbors in their strange gargling speech.

Load up the kids; it’s time to drive up and visit. Anytime in June or early July should provide a spectacular sight.

Take 101 to Santa Rosa, turn left on Highway 12 towards Sebastopol, go one mile to Stony Point Road and turn right. Go north to West Ninth Street and turn right, go three blocks to an island in the street. The birds nest in the two large trees on the island plus two others nearby. There is a good viewing from the public lawn on the south side.

Since you will be under or close to the trees, I strongly advise that you wear a hat. ♦

’Til next month, Richard
Goooooooooollllllllllllllll!

America’s favorite pastime is baseball. The rest of the world, however, is very fond of soccer. Our Multicultural participants and soccer fanatics have often expressed their strong opinions about their favorite world and national teams and players. Even our Multicultural department is divided in its opinion; Vicky strongly roots for the ever renowned Argentinian players Messi and Maradona, while Sandra says Costa Rica has the greatest team. We interviewed three gentlemen about what this sport has meant in their lives.

Wenceslao Bojorquez, Whistlestop participant, loved playing soccer in his home country, El Salvador. His passion and talent for this sport kept him playing for 15 years with his team. He later became the coach for five years. “Every day after work, in the afternoon, that was the only thing that kept us entertained and busy. We used to play with local teams and neighboring countries’ teams, such as Guatemala. It was great!”

Sahak Muradyan, a native from Armenia, also played soccer for 15 years and later became a coach to a young children’s team for six years. Although Sahak didn’t play for the premier league, he played for the second division. “I was very good. I will always love this sport,” says Muradyan. He also talks warmly about going to see live games in Armenia. “Most people don’t drink or fight during the games; it is very fun and a peaceful time for all.”

Although Iurii Grinchenko only played soccer in his childhood, he says it’s his favorite sport to watch and follow. His favorite teams are Manchester United and Zenit St. Petersburg, and he is very fond of Brazil’s famous player Pele. “Soccer is very popular in Russia; people drink beer and a little vodka and scream at the television to support their teams. It is so interesting and fun to watch!”

A Senior Services Agency
offering
Geriatric Care Management
RN resource specialist and advocate for seniors and their families
Home Care Aide Services
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Mrs. Esmaili Honored
The Marin Commission on Aging awarded an Excellence in Community Service honor to Mrs. Mehrbanoo Esmaili, recognizing her 16 years of service at Whistlestop. Pictured with Amy Dietz from the County's Health and Human Services.

Meals on Wheels Provides a Helping Hand

On March 4, Phil Cihiwsky began a seven-month trek from San Diego, CA to York Harbor, ME to tell the story of more than 8 million seniors who are hungry and home-bound. In an effort to raise awareness and funds to support Meals on Wheels, Phil is walking for those who can’t. The latest leg of Phil’s 3,000-mile journey brought him to Fountain Hill, AZ, where high winds, elevation peaks of 8,000 feet and shin splints prevented him from trekking for several days. Even a small donation of $7 helps to feed Marin’s older adults in need. Donate in the enclosed envelope or at www.whistlestop.org.
Celebrations create big memories, don’t they? In this season of graduations and holidays, there is so much to celebrate. Making these days special and also using them to bring everyone together is what we elders can teach so well.

Let us give imaginatively. A young friend of mine from a line of Philadelphia builders had a bar mitzvah. To find a gift, I went into an antique shop and found a wooden carpenter’s mallet that had been used in the 18th century when Hayim Solomon, the treasurer of the American Revolution and a Jew, had been alive. My friend loved the gift and the message about “building his own future.”

In our house, we say anything can be a present if it is given from the heart and with a heartful message. I dry herbs from my garden and give them in a jar with a ribbon that says, “Happy Day to a Great Mother!” or “You’re a Great Dad and here’s something to spice up your life!”

Let us give what we can. On tight budgets in tight times, I always remember the guide that Buddhist teacher Sylvia Boorstein defines as proper giving: “You have it to give and you want to give it.” Don’t stretch yourself too far in your giving. And don’t be meager. Strive to be like Goldilocks – “just right.”

Let us be gracious hosts and gracious guests. For special days, do host a family-oriented dinner if you can afford it. If you are asked to join others, be a wonderful addition to the meal and the conversation. No talk about your hip surgery or acid reflux. Keep favorite tales to five or six sentences so talk is lively. If there will be children at the gathering, divert a screamer with a little teddy bear you happen to have in your pocket.

Let us bring back the joy of our history. Make Memorial Day memorable – maybe bring members of the family to a cemetery to honor someone who gave their life in a conflict. Or create a scrapbook of family members who were soldiers, ambulance drivers, nurses, chaplains. Peace activists in your past? Remember them, too! In our family, Independence Day is very special. On this day, we read the Declaration of Independence and, for good measure, the Bill of Rights. What better way to observe how lucky we are to be in this country and to pass that good feeling onto the young!
BOTTOM’S PLAY & PUCK’S PLOY

A little more than 400 years after William Shakespeare penned A Midsummer Night’s Dream, the beloved characters portrayed in his play are back in a hilarious new comedy written by Sam M. Parry and performed by Fairfax Theatre Company at the Fairfax Pavilion.

**Opening Midsummer’s Day!**

Eight performances only, Friday, June 21 through Saturday, July 6. Tickets at the door: General $15/Discount $10. Doors open at 7pm

Call 302-0659 for details. Sponsored by Fairfax P.A.R.C.

Come relive the magic of the Fairy King Oberon and his beloved Titania, revel in the various mischievous schemes of Puck, and enjoy the inherent buffoonery of Nick Bottom and the irascible “Mechanicals” as they perform before the mighty Theseus, his Queen Hippolyta, and the Royal Court of Athens.

This is a must-see sequel for lovers of Shakespeare, for lovers of theater, and for lovers of words and wit—not forgetting a treat for the whole family. ♦

OLD TIMERS CLUB

APPLICATION

The club membership is for people 60+ and is free. It entitles you to a discounted ticket to a Pacifics game at Albert Park in San Rafael. Simply complete this application in full. Your card will be waiting for you at the park. We will not sell or share your personal information.

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Name__________________________

Address________________________

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Do you want to receive the monthly Whistlestop Express emailed newsletter?  ○ YES  ○ NO

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Favorite Baseball Memory__________________________

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Meet Francie. Francie Bedinger is the Home Care Assistance Kentfield client care manager and works directly with clients and their families throughout Marin County. With a masters in Gerontology, Francie is an expert in health and wellness for older adults and works hard to ensure her clients are happy and healthy at all times.

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