Marin County to Participate in ‘Mayors For Meals’

A team of Marin County mayors, led by San Rafael’s Mayor Gary Phillips, will fan out across Marin in March to participate in a special Meals on Wheels event called “Mayors for Meals.”

The event was started nationally in 2006 by the Meals on Wheels Association of America. MOWAA explains, “We introduced a new component of the March For Meals campaign called Mayors for Meals. During a designated week in March (March 18-22, in Marin), mayors across the country deliver meals with their local Senior Nutrition Program to seniors in their community. Mayors For Meals garners media attention both locally and nationally and helps raise public awareness about senior hunger.

Whistlestop invited Mayor Phillips to participate and asked him to coordinate and invite other mayors in Marin County — 10 in all.

“At the beginning of the year, I sent out an invitation to all of the mayors and we got great response,” Phillips said.

“Everyone is going to participate. We have a monthly meeting and dinner of mayors and council members throughout the county and in February, we discussed the event.

“I think this is going to be great. It’s an opportunity for all the mayors to ride along, meet the people who receive meals and to visit with them personally. It is our pleasure to do this on this special day. Whistlestop does this on an ongoing basis and they do a wonderful job of it. Now we get to see first-hand how this works.”

The mayor added, “Whistlestop is a really important part of our community, providing this and many other services. I am so glad they are here.”

Last year 1,600 mayors across the country participated in this event. This is the first for Marin County. The mayors will divide up routes and ride along with Whistlestop Meals on Wheels volunteers on Monday, Wednesday or Friday of the week of March 18.
Whistlestop Perspective
By JOHN AND VAL BOWMAN

Five years ago we knew about Whistlestop because of the more than 50 buses that we would see moving throughout Marin County picking up and delivering older adults to doctor’s appointments, the grocery store and other destinations. We also had a vague idea of classes and other activities going on at the Active Aging Center.

Since becoming co-editors of the Whistlestop Express (then the Silver Express) in July 2008, we have come to know the myriad services provided at Whistlestop and have become friends with many on the staff, the compassionate and hard working team that makes it all possible.

We are delighted to be co-editors of the Express. We worked together at two newspapers—one in Illinois and one in California—in years past (John as editor and Valerie as Lifestyles Editor). We really enjoyed working together—something many of our friends said they couldn’t imagine doing. But when John was appointed Editor-in-Chief at the Champaign-Urbana, IL News-Gazette, we learned that a nepotism rule would keep Valerie from working there. We accepted that but we missed teaming up together. So, here we are, back working together again. Yes, there are moments when our strong opinions collide. But only for moments. Mostly, we thrive on working side-by-side and staying actively engaged.

The Whistlestop staff makes it even more fun. Teaming up with Joe O’Hehir, Yvonne Rob-erts, Vicky Voicehowsky, Sandra Jimenez, Debbie Benedetti, Rocky Packard and Linda Woodbury is pure joy. We also love working with Missy Reynolds, the Pacific Sun’s Art Director and the person who designs the Express each month and makes everything fit, as well as Linda Black, the PacSun Advertising Director. We recruited popular columnists Richard Pavek and Audrey Fixmer.

The Express has connected us with countless interesting people in Marin County who we have interviewed for stories. And visiting Whistlestop is always a treat. We are warmly greeted by staff and clients as we walk through the social room, buy gifts from the arts and crafts corner and browse over Whistlestop’s “Bookies and Cookies” offerings. We enjoy seeing the Mah Jongg group playing in one corner of the room and Virginia Dziomba leading the “Conversation Group for 90-year-olds and Older” in another. We’ve also enjoyed a relaxing chair massage and an entertain- ing evening with Andrew Mellen, author of Unstuff Your Life. The Jackson Café is a favorite spot for us to have lunch and interview someone for a story or to just visit with friends. Especially on days when Rocky serves his famous bread pudding! ♦
Whistlestop Meals on Wheels: Vital Service for an Extraordinary Individual

By S U S A N  S H A R P E

The sheer breadth of experiences that have shaped the life of Lawrence Walters is extraordinary. He is an adventurer, artist, writer, boat builder, real estate developer, restaurateur and scuba diver who founded Cost Plus Imports. For 28 years, he lived in Micronesia on the islands of Palau, Saipan and Guam where he produced five underwater films. A native Californian, Lawrence, 84, is a thrice-divorced father of two and grandfather of one and is still happily living on his own in San Rafael.

Until recently, Lawrence enjoyed cooking for himself. “I’ve always loved fruit and salads, and I’d make simple stews that I’d freeze and eat through the week,” he said. “Then I started losing my appetite and I’d forget to eat.” When Lawrence started passing out at home due to lack of nutrition, his cardiologist referred him to Whistlestop Meals on Wheels. “The nutritionist does a great job,” he said. “I was a vegetarian for many years, but now I enjoy all the fresh foods they deliver. The beef, chicken and turkey are delicious and the vegetables are always fresh.”

Lawrence is still able to do some driving during daylight hours, but he recognizes that he is growing weaker as he ages. “Without Meals on Wheels, I would need so much more help,” he said. “People in our community need to know that this program fills a void for people who are trying to maintain their independence, but just can’t do it all by themselves. It solves a nutritional problem while enabling people to live on their own.”

Each week, Whistlestop delivers fresh, nutritious meals to more than 310 of our housebound neighbors. To make a gift to Meals on Wheels, please visit whistlestop.org or send a check to Whistlestop at 930 Tamalpais Ave., San Rafael, CA 94901.

A fresh, nutritious meal is delivered.

Hear life’s special moments... clearly

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Director of Audiology

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whistlestop.org
Tartar Sauce
Great With Fish

A classic sauce with some tasty additions of fresh herbs and capers. Served with grilled, baked or fried fish . . . this stuff works!

1/4 Cup Diced dill pickle
1/4 Cup Sweet pickle relish
2 Cups Mayonnaise
1/4 Cup Capers, drained & finely chopped
2 Tbs. Dill, finely chopped
1/4 Each Red onion, finely minced
1 Bunch Thyme, finely chopped
2 Tbs. Lemon juice
2 Tsp. Lemon zest
1 Tsp. Black pepper, coarsely ground

Combine all ingredients and keep refrigerated.
Employees of the Year

Photos by TERRY SCUSSEL

Mike Browning, driver, standing next to a Whistlestop Bus he drives, was honored as one of the three Whistlestop Employees of the Year for 2012 at a reception.

Chris Strodder, Active Aging Services, waves as he poses with Joe O’Hehir after Chris was named one of the Employees of the Year for 2012.

Joe O’Hehir, Whistlestop CEO, poses with Jon Matsuno (right), of Transportation Services, one of 2012’s Employees of the Year.

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

Visiting Nurses • Home Care • Mom/Baby Visits Locally Based • Not For Profit

Sutter Care at Home offers you the most comprehensive range of home care services available.
Annual Spring Cleaning Events At Whistlestop March 14 & 23

Whistlestop is hosting two spring-cleaning events this month.

First will be “Taming the Paper Dragon: What You Need, What You Can Safely Toss, and What to Do When You Have Too Much” on Thursday, March 14. The cost is $10. Refreshments at 5:30pm followed by the program from 6 to 7:30pm. The second is a confidential document-shredding event on Saturday, March 23 from 9am to 2pm in Whistlestop’s parking lot at 930 Tamalpais Avenue in San Rafael.

Taming The Paper Dragon Workshop

John Jackson, former editor of the Novato Advance, will be the featured speaker at the “Taming the Paper Dragon” event. He will share what it was like taking care of his parents before and after they died – the conservatorship, getting power of attorney for healthcare and the paperwork challenges.

A panel of experts will speak: Terri Abelar of Aging Solutions will suggest what paperwork is vital; CPA Dave Clark of Boerio, Clark & Associates will share what papers you can safely shred; and Jane Lott of Silver Rain Estate Transition Services offers advice for “paperwork run wild.” This event is a benefit for Whistlestop’s Legacy Society and will get you ready for Whistlestop’s Shred Day on March 23.

Consumer identity theft and fraud are becoming an epidemic in our communities. The Federal Trade Commission (FTC) estimates that as many as 10 million Americans have their identities stolen each year. The FTC recommends shredding financial documents and paperwork containing any personal information.

Shred Day

The Access Information Management’s Mobile Shred truck will be parked next to Whistlestop’s building. The Access and Whistlestop team will help move your cartons. A contribution of $5 per carton would be greatly appreciated to further Whistlestop’s mission to “ensure everyone can age with dignity, grace and independence.” Access will recycle all shredded material.
MARIN Valentine’s Ball

Chris, Gloria, and Mike Brown enjoy the elegant Marin Valentine’s Ball that their father and husband, former Marin County Supervisor Hal Brown, founded 17 years ago. Whistlestop is one of the fortunate beneficiaries of their generosity and willingness to make a difference in our community.

Phone Reassurance Program

Episcopal Senior Communities and Whistlestop are launching a new free program to enhance the well being of our older adult community. The goal is to provide twice weekly personal phone calls to people who live alone and may be older, housebound, disabled or at-risk in order to check on their well being. If anything seems wrong, the volunteers will have a protocol to follow.

To participate in this potentially life-saving program, you can register yourself, a friend or relative by calling Leslie Klor, 456-9062 ext.132 at Whistlestop for a confidential Client Registration Form.

Consistent Leadership. Exceptional Care.

Our community is part of Elder Care Alliance, a non-profit organization that can trace its roots back to 1872. This long-standing tradition of care, along with innovative leadership and devoted staff, means older adults and their loved ones can enjoy the peace of mind they so richly deserve.

Come visit our warm community!

415.233.6095
almaviaofsanrafael.org

Stability Matters.

AlmaVia of San Rafael, an Elder Care Alliance community is cosponsored by the Sisters of Mercy of the Americas West Midwest Community & the Sierra Pacific Synod of the Evangelical Lutheran Church in America. RCFE Lic # 216801868.
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

JEWELRY CLASS
Once a Month March 21 • 1:30-2:45pm
Fee: $8 per class (includes materials)
Registration and pre-payment required:
457-0586 | Maximum space: 12 people
Maria Barsesat, local bead artist, will show you how to make beautiful, simple and easy jewelry items for yourself or as gifts.

FRENCH SOCIAL GROUP
Tuesdays • 1-2pm
Information: Vicky Voicehowsky, 457-0586
Whistlestop has a new French Social group on Tuesday afternoons and French speakers are invited to attend. Please help spread the word or come and join us!

RUSSIAN SOCIAL GROUP
Whistlestop Multicultural is forming a Russian Social group. The day and time for the group is yet to be determined. If you are interested in participating or know someone who would, please contact Vicky Voicehowsky at 457-0586.

SUNDAY DANCES AT THE GOLDENAIRES
March 24 & April 28 • 2-5pm
Fee: $10, $7 Goldenaires Members
Please join us every last Sunday of the month at the San Rafael Community Center for some wonderful dancing. Featuring a live band, The Manny Gutierrez Quartet, snacks and refreshments, great wood floor, plenty of parking, open to the public—singles and couples.

WANT TO BE A TUTOR?
The multicultural department is looking for volunteer tutors to help our older adults learn English. This is a great opportunity to help others better integrate into our community. Hours are flexible. If interested, please contact Vicky Voicehowsky at 457-0586.

DROP-IN COMPUTER LAB
Mondays & Wednesdays • 10am-Noon
Need help using a computer? We have volunteer computer tutors available to work with you one-on-one, if needed.

DIGITAL PHOTO CLASS
Beginning: 1st Wednesday • 2-4pm
Advanced: 2nd Wednesday • 2-4pm
Fee: $15 | Instructor: Gene Dyer
Registration required:
459-6700
Call for more information and class descriptions.

VOLUNTEER OPPORTUNITIES
Contact: Millie Makarewiez at 456-9062 x117 or volunteer@whistlestop.org
• Board/Card Game Leaders
• Chiropractor
• Bi-lingual Computer Teacher
• English Tutors
• Driver for Meals on Wheels Program
• Café Servers

JACKSON CAFÉ VOLUNTEERS NEEDED
Volunteers needed to work in the Jackson Café at least one day a week from 10:30am to 1:45pm. Whistlestop’s Jackson Café serves delicious and affordable lunchtime meals, Monday through Friday to diners of all ages. The Jackson Café offers a comfortable setting where older adults and their family and friends can eat well and stay socially active.

MEMORY LOSS, DEMENTIA & ALZHEIMER’S DISEASE: THE BASICS
Thursday, March 7 • 1-3pm
Presented by: Alzheimer’s Association
Registration is requested: Call 472-4340
Fee: Free
This program addresses many of the concerns and challenges confronting family members, friends and care partners. Topics will include: warning signs, differences between dementia and Alzheimer’s disease, diagnosis and progression, steps for successful caregiving, and tools for accessing community resources.
IN-KIND DONATIONS NEEDED
Mah Jongg sets, Chess set, Dominos, books, yarn, ping-pong table and movies on DVDs.
If you have items to donate, please call 456-9062.

NEW SERVICE, THE WHISTLESTOP HOME-DELIVERED GROCERY PROGRAM
Fee: Free
This program is available for homebound San Rafael older adults (60+) who need shopping assistance. Older adults pay only for the groceries. Participants can use the program on a weekly, monthly, or shorter basis, i.e. while recovering from an illness.

The program is a partnership between Episcopal Senior Communities, Novato Independent Elders Program, and San Rafael Safeway.

For eligibility, or if you would like to volunteer call Millie Makarewicz at 456-9062, x117.

FREE BLOOD PRESSURE CLINIC & MEDICATION CHECKS
Tuesday, March 19 • 11:30am-1pm
Facilitators: student nurses from Dominican University
Drop-in
Bring all of your medications and supplements to find out how & when to take them, how to store them, side effects, or interactions with other drugs. Don’t miss this opportunity to prevent health problems by keeping your blood pressure and meds in check!

Olli class on Protest Music Coming to Whistlestop in April
Osher Lifelong Learning Institute (OLLI) will be offering a class at Whistlestop in socially conscious and protest music from the 1930s to the present. OLLI is a Dominican University program funded by an endowment from the Bernard Osher Foundation, university resources, donations and tuition.

In this class, we will trace the history of social movements in the United States from the 1930’s to the present time, using a combination of lecture, recorded presentations, and live performance. Instructor Phil Rountree, MA, received his undergraduate degree from Yale University and his master’s degree from Episcopal Divinity School.

The six classes being offered at Whistlestop, 930 Tamalpais Ave, in downtown San Rafael, will be on Wednesdays, April 17-May 22, 3 to 4:45p.m. Basic membership cost for OLLI is $30. The six-week course fee is $120. There is a first-time member discount of $60, making total cost for a first-time member for this course $90.

Also, there are scholarships available for those with limited income. To be considered, write to Katherine Henderson, explaining your financial situation, by March 25. Send to OLLI, Dominican University, 50 Acacia Ave., San Rafael, CA 94901.

For more information call 458-3763 and request a brochure to be mailed.
### Weekly ACTIVITIES

**This Month at Whistlestop**

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9–2PM</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–NOON</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:00PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</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>11–NOON</td>
<td>Exercise Movement &amp; Music 1/28</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>1–2PM</td>
<td>Language English Pronunciation</td>
<td>456-9062</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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<tr>
<td><strong>TUESDAYS</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>9:15–10:15AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>10:00–NOON</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>Noon–3PM</td>
<td>Relax Manicurist</td>
<td>Appt. Needed</td>
<td>Free</td>
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<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>2:30–3:30PM</td>
<td>Exercise Balance Class</td>
<td>Sugg. Donation</td>
<td>$10</td>
</tr>
<tr>
<td><strong>WEDNESDAYS</strong></td>
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<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–1:00PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>10:30–11:30AM</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>
</tr>
<tr>
<td><strong>THURSDAYS</strong></td>
<td></td>
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<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>Support Writing Workshop</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2:30–3:30PM</td>
<td>Exercise Balance Class</td>
<td>Sugg. Donation</td>
<td>$10</td>
</tr>
<tr>
<td><strong>FRIDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30–12:30PM</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>Mar. 8 &amp; 22 &amp; $3</td>
<td></td>
</tr>
<tr>
<td>2–3:30PM</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.
We know very little about how birds communicate. There are hundreds of meager languages and dialects, some with minimal “word” combinations, others with many. Beyond vocalizations such as predator warnings, demands to be fed, and cries of lost chicks, we understand few. We have little inkling as to the content of the constant chatter of cheeps and chirps at their early morning gatherings. Are they sharing their dreams, commenting on the weather or on who is nesting with whom? Whatever, we are at a loss.

But not all bird talk is vocal – produced by a voice box. Species lacking vocal apparatus resort to dance displays, posturing, stomping, wing beating, and occasionally, beak clapping.

The large, slow moving Jabiru Stork of Belize and the Mexican Yucatan is one such. The Jabiru “speaks” by klick-klacking its huge bill. This particular male communicated to his mate by standing atop her head, stepping about in various positions for several minutes. I don’t know if he was urging her to sit down on their egg or was merely trying for a better view of the terrain. He articulated few klacks but his mate uttered several. I have no idea whether her klick-klacks were endearing comments of love or if she was telling him to get his stupid feet off her head! He stood unperturbed and I remained uneducated.

‘Til next month, Richard
Helping You Maintain
Your Independence

As everyday life becomes more challenging, a little help can go a long way.

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• Housekeeping
• Transportation
• Run Errands
• Post Surgery Care

• Memory Care
• Med Reminders
• Bathing/Dressing
• Laundry
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Multicultural NEWS
by VICKY VOICEHOWSKY and SANDRA JIMENEZ

Spread the Word

One of the primary purposes of the Multicultural Department is to connect with new people every day through our programs and services and create lasting relationships. We call this effort outreach.

The Multicultural Department was established in 1993. Through the years, hundreds of people of various ethnic, social and cultural backgrounds have been assisted and entertained by our department. Currently, our work focus is about increasing socialization for the Multicultural older adult — we have five different cultural social groups. We offer English Language, Arts and Technology education, and provide services to facilitate integration into our community. We provide help with translation, citizenship, housing and health issues.

Our new outreach initiative is called ‘Spread the Word.’ Countless Hispanic, Persian, Russian, German, French and Portuguese participants have been referred to us. We want all of your neighbors, family and friends to know that there is a wonderful place that can help, educate, motivate, and entertain the multicultural older adult. Below is a brief list of our offerings. Please help us spread the word.

Social Groups: Hispanic, Persian, Russian, German, French; English Language Classes and tutoring services; Citizenship assistance; Arts Program: crafts, knitting, jewelry; Social Services Assistance: translation, housing, health, employment, emotional support; Volunteer opportunities; Special events and cultural celebrations.

If you have a question or want to participate in expanding our department, please call Vicky Voicehowsky or Sandra Jimenez at 456-9062.
Delivering Meals with a Song

Orville Teising, 70, of Novato, developed a strong connection with Whistlestop about six years ago when he became a volunteer. Last September, he went from volunteer to a paid driver in Whistlestop’s Meals on Wheels program.

“I was a volunteer for five years, in the Jackson Café and in the Information Center. I am really enjoying this,” Orville said. “It’s a great thing that Whistlestop is doing. I’m just glad to be part of it.”

Orville delivers meals in the Mill Valley area, 20 deliveries in the morning and 20 after lunch on Mondays, Wednesdays and Fridays. MOW drivers deliver more than 310 meals a day in Marin County. “People really appreciate it,” he said. “We deliver fresh and nutritious meals. Like today, it was meatloaf with real potatoes, fresh carrots and peas. They get two meals each on Monday and Wednesday and three on Friday. They can microwave them in a few minutes.”

He said that the clients are mostly individuals and, “Many are in their ’80s and ’90s, some are ill, some even in hospice. It’s a wonderful service,” he said. The meals come from Revolution Foods.

Orville was a longtime skier. “My new passion is singing in a barbershop quartet called Bayside. We have even sung for some of the Meals on Wheels clients.” Orville is the bass.

STAR Helps You Get Free Rides

Raphael Krantz wants to help Marin older adults and people with disabilities get free car rides to doctor’s appointments, to pick up groceries and to visit friends and family.

Raphael is Whistlestop’s coordinator of the Safe Transport and Reimbursement Program (STAR). The program provides reimbursement for gasoline used by volunteer drivers who transport eligible passengers who do not have a car or are unable to drive. The money comes from Measure B, the Marin County vehicle registration tax.

Raphael said the client contacts his office and requests participation in the program. After filling out a form and completing a telephone needs assessment interview, the client finds a driver and makes arrangements for rides. The client then submits mileage reports to Raphael and his office sends a check to the client, who uses that money to reimburse the driver. To participate, call Rafael at 454-0969.
Grandkids PICS

Lloyd Licher of Corte Madera shared this photo of his granddaughter, Sophia Licher, 17, of Sedona, AZ, taken on a hike near Sedona, near the top of Snoopy Rock. Lloyd proudly reported that Sophia was one of nine Arizona state finalists in the 2012 Reading Poetry Out Loud competition, where she recited Longfellow’s “The Children’s Hour.” If you would like to share a photo of your grandchild in an interesting setting, please send it to us for consideration. Send the photo as a jpeg to john.bowman58@gmail.com. Or mail or drop off a hard copy to Whistlestop, 930 Tamalpais Ave., San Rafael 94901 and label it “Grandkids Photo.” Please state that we have the parents’ permission to publish the photo.

Rosemary Silvia of San Anselmo, shared this photo of her grandsons Jack and Ryan Lange, taken with exotic birds in Lahaina, Maui.

Want To Serve on Grand Jury? Application Deadline April 2

Anyone interested in serving on the Marin County Grand Jury needs to apply to Marin County Grand Jury, 3501 Civic Center Drive, Room 275, San Rafael, CA 94903 by April 2. For applications or more information, contact Patti Church Baseheart, Aide to the Grand Jury, at pbaseheart@co.marin.ca.us or call 473-6132. From the applications, the Superior Court will prepare a list of 25 to 30 potential Civil Grand Jurors. Preliminary interviews will be conducted later in April and final interviews on May 14. Finalists will be summoned to appear on June 4 and new grand jurors will begin service for the coming year on July 1.

Did You Know?

Whistlestop serves more than 17,000 low-cost meals a year to Marin County residents at our onsite Jackson Café, 930 Tamalpais Ave., San Rafael. Not only is the food good, but the café has become a popular place to socialize during lunchtime.
Lecture Series to Feature Food, Zero Waste Discussions

Four engaging lectures on food and waste are scheduled in the coming month in Marin County. Environmental Forum of Marin’s renowned Seminar Series is now called the Lecture Series. The Lecture Series is a dynamic look at some of today’s most pressing environmental challenges. Lecture Series 2013: Changes, Challenges and Choices examines Climate Change, Food, and Waste in compelling lectures and seminars. Speakers will review the science underlying these topics and explore what we can do as individuals to meet the challenges facing us. The series runs through March 30, 2013. Classes may be taken individually or as a series. All of the following events will be in the San Rafael City Council Chambers, 1400 Fifth Ave., except for the March 30 seminar, which will be at the Hospice by the Bay, 17 East Sir Francis Drake Blvd., Larkspur. ♦

The lineup:

• GMO’s: The Good, the Bad and the Ugly
  Wednesday, Feb. 27, 7 – 9pm

• What We Eat: Why All the Fuss?
  Saturday, March 9, 9am – Noon

• Zero Waste: A Big Number to Achieve
  Wednesday, March 20, 7 – 9pm

• Waste: There’s a Better Choice
  Saturday, March 30, 9am – Noon

For more information: Sarah Kelley, Environmental Forum of Marin Board of Directors, Communications Director, sarahkelley415@gmail.com or 233-3135.

777 Valentine’s Cards Delivered to Homebound Residents

Whistlestop’s project to send personalized Valentine’s Day cards to homebound older adults in Marin was a huge success. Thank you to over 103 people who sent Valentines:

Matilde Arroyo  Marina Rodriguez
Lynne and Ben Bender  Chloe Samlihan
Casc Burrell  Isobel Samlihan
Viole Burrell  Adriana Santos
Amalia Camacho  Marcy Shaps
Mercedes Cari  Yeugeniya Sidelnikova
Maria Cristaldo  Lenice and Kai Smith
Mariella Cristaldo  Leslie Strauss
Carol Cunningham  Graciela Talamantes
Vetra Davis  Billy V.
Azar Dayani  Stephanie Valencia
Allegra DiCarpegna  Sunrise Rotary Marin
Frances DiCarpegna  Janet Van Rijsbergen
Lolita Duarte  Eda Vargas
Margie Ferrogetti  Frida Velikovskaya
Glennis Fitzpatrick  Vicky Voicehowsky
Kirsten Flori  Elsa Wahlstrom
Hilve Foy  Ingrid Wahlstrom
David Gabriel  Linda Woodbury
Kimberly Gama  Ali
Sandy Good  Alia
Iurii Grinchenko  Bee
Natasha Grinchenko  Bennand
Parvaneh Hakimi  Brownie Troop 31293
Maya Holland  Brunella
Sage Holland  Callie
Julie Keener  Carmen
Aarushi Kumar  Chuck O.
Liudmila Lizbanova  Deborah
Fiona Mahl  Dennis
Gillian Mahl  Dianne
Juliana Mahl  Francoise
Millie Makarewicz  Francoise
Adriana Medina  Frank
Richard Montoya  Gayle
Sahak Muradyan  Gretchen
Maeve Murphy  J.S.
Susana Narvaez  Kathleen
Zoe Nichols  Kerin
Vivian Olsen  Kyle
Josefina Perez  The Holland Family
Ariana Pillitteri  Microsoft Store Employees
Sophia Pillitteri  The Persian Group
Audrey Poster  Tina
Olivia Rice  Vicki
Sara Rice  Yvonne
Yvonne Roberts  Yvonne

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