2nd Annual Whistlestock!

Chambers Still Loves Singing ‘Time’
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‘The Fish’ Still Fights for Justice
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whistlestop.org

SEPTEMBER 2015
By PETER RUBENS

The Gift of Giving Back

My path to support Whistlestop began nearly 15 years ago during my first mid-life crisis, which occurred on 9/11/2001. On that fateful day, I was in Manhattan peddling wine for a national wine marketing company I had founded two years earlier. While those events tragically changed the course of thousands of lives, including mine, I decided in the second half of my adult life I wanted to be of service to more than just the Bacchanalian God and winery owners.

Having turned 40 and recently divorced, raising three small children, little did I know then that this new path would eventually lead me to the company I now own and operate – At Home Caregivers. Along with eight great office staff, we assist dozens of Aging Pioneers to live with dignity, independence and peace of mind wherever they call home. Our employer model agency is also in service to our Caregivers; we are the 21st century employer of record to the people who provide this priceless service for our clients and families.

I am not only honored and humbled to serve a unique and talented group of clients and families who choose our agency to care for their loved ones, but also grateful to the caregivers who provide this vital and special service. In short, we can never do enough for our clients or pay our caregivers enough for their work, but the gratitude and connection that comes from serving others in our community makes our work extremely rewarding.

And this leads me back to Whistlestop. I am fortunate enough to live and work in the most beautiful county in the USA, in service to those who choose to pay for care at home. Whistlestop is the agency that provides care to those in our community who wish to age in place here in Marin, but need our help. What better way for me to give back to my community than to help support those who cannot afford the services of At Home Caregivers? That is why I am proud to be the presenting sponsor for this year’s Whistlestock fundraiser.

While there are many causes that deserve our help and attention – saving elephants in Africa and India, eradicating malaria and polio around the world, the environment, etc. – I strongly encourage you to think and act locally. The fastest growing population segment in the North Bay are those 65 years and older. Let’s help Whistlestop help those here at home. See you at Whistlestock!

Peter Rubens is proprietor of At Home Caregivers | “Wouldn’t you rather be at home?”
When asked if he ever grows weary of answering requests for such songs as “Time Has Come Today,” West Coast Blues Hall of Famer Lester Chambers replied, “No, no. It is always a pleasure. I hope people understand the message in our songs, about peace and love and listening to young people.”

The opening lyrics of “Time” underscore what Chambers is talking about: “Time has come today for young hearts to go their way; can’t put it off another day.”

“Time” and “People Get Ready” are two of the songs that Chambers and his group will be performing at Whistlestock, the benefit concert for Whistlestop, on Sunday, September 27 at Rancho Nicasio Bar and Restaurant. Chambers said he has known about Whistlestop for about a year. “I know the good work they do in Marin County. They help a lot of people. I’m glad to be helping them.”

Chambers first sang “Time Has Come Today” in 1966 and that song made it to No. 11 on Billboard’s Hot 100 in 1968. At the time, Chambers was lead singer for the Chambers Brothers.

See CHAMBERS on page 12
John Noren

Upon retiring from his successful dental practice in 2011, John Noren joined a group called Sons in Retirement (SIRS). Realizing he missed the daily interaction with people and the feeling of accomplishing something positive, he filled his time with various meetings, played bridge twice a week and joined a bowling group.

John is a Bay Area native. He grew up in San Francisco and graduated from Lincoln High School. He went to UC Santa Barbara where he studied Analytical Biology; even he is not sure why. John returned to San Francisco for Dental School, briefly interrupted by a couple of years in the Army, before beginning his career in dentistry.

At one meeting of SIRS, Yvonne Roberts, Whistlestop’s Development and Marketing Director, came to speak to the group. John was intrigued with all the programs and services Whistlestop provides. He followed through and came in to see what it was all about, eventually making a commitment to drive a Meals on Wheels route every Wednesday morning.

A volunteer since January of 2012, John appreciates the welcoming, upbeat Whistlestop staff and enjoys the Meals on Wheels clients he meets each week. As he gets to know them and learns their stories, his life in turn is enriched. He feels as if volunteering is good for his soul and it makes him feel good about himself and about other people he encounters.

John lives happily with his wife of 35 years and enjoys watching his grown son and daughter make their way in the world. He feels blessed with his life and couldn’t be happier.

Erika Vaughn, Meals on Wheels Coordinator says, “John is much more than a volunteer, he is a hero. To me a hero is somebody who is selfless, generous in spirit, and gives of himself to help other people. John doesn’t just deliver meals to our clients every week, he genuinely cares about them.”

If you would like to find out more about Meals on Wheels or any other volunteer opportunity at Whistlestop, contact Laurie: volunteer@whistlestop.org or 415-456-9062, ext. 117. We would love to have you join our team.
Imperial Messenger Service: ‘Freight Train of Great Music’

BY MARTY ORGEL

“Our music has held up over the test of time,” says Linda Imperial, of the Imperial Messenger Service. Her band is playing at the second annual Whistlestock benefit concert, with rock pioneers of the 60s. “It’s a testament to the musicians and the times and the people who made the music,” she says.

The Express caught up with Linda and David Freiberg, who are married to each other. David is also a member of Imperial Messenger Service. As Linda puts it, there was an instant connection between them when they first met. “It was love at first note,” she says. David keeps up the friendly banter.

“It’s obvious how you absolutely adore working with me,” he adds with a chuckle.

“Today’s kids really ... get into our music, which they see as a freight train of great music rolling toward them,” says Linda.

Linda and David were both part of Quicksilver Messenger Service and Jefferson Starship, and both played in many other bands in the 60s heydays and beyond.

They’re looking forward to the Whistlestock Benefit Concert Sept. 27 at Nicasio Ranch. As to their long musical journey through life, Linda says, “Our fans, old and new are great. It’s an in your face love of our music.”

‘Today’s kids really ... get into our music.’

Music As Pain Reliever

To better understand music’s pain-relieving nature, scientists are exploring how the brain processes music during pain. When the body encounters something painful, electrochemical signals travel from the site of the injury to the spinal cord and on to the brain. Several brain regions work together to process pain signals – ultimately resulting in the conscious experience of, “Ow, that hurts!”

In contrast, brain scans reveal that listening to pleasing music increases activity in parts of the brain’s reward center and triggers the release of the brain chemical dopamine.

From www.brainfacts.org.
Sal Valentino Was Lead Singer for Brummels

BY JOHN BOWMAN

"The Beatles opened the door and the Beau Brummels sailed through it, and for a while rode the crest."

Ralph Glesson, founder of the Rolling Stone, wrote those words and Sal Valentino, who will open the second Whistlestock concert in Nicasio on September 27, remembers that ride vividly. Valentino, now 72 and living in Sacramento, was the lead singer for the Beau Brummels back in the 1960s. Gleson went on to write of the Brummels: “That they have turned out, in the light of history, to be better than they seemed at the time, shows how advanced they were and how the taste buds have altered.”

Valentino said he will definitely sing “Laugh, Laugh,” and “Just a Little,” two Beau Brummels songs that made the Top 10 in the charts. “People always ask for ‘Laugh,’ and that’s great,” he said, “But “Just a Little” even made it higher on the charts – Number 5 I believe.”

The Brummels’ history is pretty well known. Virtuoso guitarist Ron Elliott and Valentino (real name Sal Spampinato) first sang together in school in San Francisco in the late ‘50s. Later Elliott studied...
‘And it’s 1, 2, 3, What Are We Fighting For?’

BY VAL BOWMAN

One of the musicians who will perform at the Whistlestock 2015 benefit is Barry Melton (the Fish of Country Joe and The Fish). He was co-founder and lead guitarist of the popular 60s psychedelic rock band out of Berkeley. The band appeared at the legendary Woodstock Festival in 1969, taking the crowd by storm with their memorable audience participation chant –The Fish Cheer, one of the most recognized protest songs against the Vietnam War.

In addition to being a gifted musician who has been playing since the age of 5, Melton has been a criminal defense lawyer for over 30 years. He retired in 2009 as public defender of Yolo County to enter private practice. He currently works as a contract public defender in Lake County, where he recently packed up all his photos in the trunk of his car in case the Rocky Fire forced him to make a quick getaway.

Barry sees his work as a musician and as an attorney who works in social justice issues for indigent people to be the same but just a different manifestation. In the 60s,
SPECIAL EVENTS

Hispanic Heritage Lunch Celebration
Thurs, Sept 10, Lunch: 11:30am-1:30pm/Music: 12-1 pm
$8/10 Tickets required; purchase by Sept 7 • Celebrate Hispanic-Latino culture at Jackson Café with chicken mole, rice, vegetables and flan. Latin singing and music of Arthur Javier provided by Bread & Roses and Whistlestop.

Mariachi Nueva Generacion Concert
Thurs, Sept 17, Refreshments: 2-2:30pm
Entertainment: 3-4pm
San Rafael Community Center, 618 B St, San Rafael • $7 in advance/ $10 at the door • Open to the public; children 12 & under free • Advance registration recommended • San Rafael Goldenaires and Whistlestop present Mariachi music, friendship, and raffle prizes. Bring family and friends. Tickets available at Whistlestop or San Rafael Goldenaires, 415-485-3348.

Tet Trung Thu Vietnamese Celebration
Mon, Sept 28, Lunch: 11:30am-1:30pm/Entertainment: 12-1pm
The Vietnamese Social Group will host a special lunch celebration with homemade Vietnamese food and lively entertainment to celebrate the Moon Festival, Tet Trung Thu. Call Dina Duong for more information, 415-456-9062, ext. 129.

HIGHLIGHTED CLASSES & WORKSHOPS

English as a Second Language
Mondays and Wednesdays starting Sept 9, 2-3:30pm
$20/$25 • Instructors from Canal Alliance • English classes provided in four levels, plus a class on pronunciation with computers. To register for and for information in English or Spanish, call 415-454-0998; Vietnamese or Russian, call 415-456-9062.

NEW! Harmonica Class
Tuesdays starting Sept 8, 3-4pm for 6 weeks
$35/$40 (Minimum class, 6) • Instructor: Kathleen Downey, certified music therapist • Learn to play songs on the harmonica. Learning something new improves your memory and playing the harmonica improves your lung expansion. Bring $8 for a harmonica provided by the teacher or bring your own.

NEW! Drawing & Composition
Thursdays starting Sept 10, 3-4:30pm for 6 weeks
$15/17 • Instructor: Anna Ladyzhenskaya • Drawing as an art form for the novice and for those with some experience. Learn about composition, controlling tones, shading and drawing methods. Learn how to see with an artistic eye and capture 3-D objects.

Salsa Cuban Ballroom Dancing
Tuesdays, 3-4pm
$10/12 • Instructor: Dale Louise Evje, professional dancer • Learn beginning cha cha, mambo, and rumba; geared for older adults of all levels and abilities.

Cribbage Club
Wednesdays, 2:30-4pm
$3/5 • Join a new Cribbage Club for experienced cribbage players. If you have little experience, there will be instruction during the first few meetings.

For a full list of classes and services, check out the monthly calendar online at whistlestop.org/classes/calendar or pick one up at the Active Aging Center. Fees listed for classes show the member fee, followed by the non-member fee.

To become a member, pick up an application at the front desk at Whistlestop, 930 Tamalpais Ave., from 8:30am-5:30pm. To register or for information about any class or service, call 415-456-9062. Whistlestop’s Active Aging Center & Jackson Café will be closed Sept 7, Labor Day.

Korean drumming and dance. Intergenerational program includes Whistlestop class members and students/teachers from Dominican, for beginners and advanced students with several public performances. Equipment and costumes provided by Asian American Alliance of Marin and Service-Learning Program of Dominican.

HEALTH PROGRAMS

Qigong for Health & Happiness
Thursdays, 3:30-4:30pm
Fee: $5-$10 (sliding scale) per class; $12 non-member • Instructor: Barbara Lovejoy, MSW • Release your stress, renew your zest with Qigong. Easy, gentle practices for all levels of ability optimize self-healing, body-mind health, and a happy, bright life. Standing and sitting options offered. Drop-in. For info: www.claimjoy.com.

Blood Pressure Screening/Meds Review
Tues, Sept 8, 11am-1pm
Free monthly blood pressure screenings provided by Dominican University nursing students. Bring your medications, over-the-counter and prescriptions, for review.

See LEARNING on page 10

MARIN COUNTY COMMISSION ON AGING

Sept. 10, 10am-12:30pm
Margaret Todd Center, Novato
Topic: Go4Life
Speakers: Health & Nutrition Committee
Whistlestop Weekly ACTIVITIES
This Month at Whistlestop Please view our most recent class schedule at www.whistlestop.org/classes/calendar/ or call 415-456-9062 for updates to the schedule.

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>9:30–10:30AM</td>
<td>Zumba</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–11AM</td>
<td>Chair Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Computer Lab</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:30AM–NOON</td>
<td>German Social Group</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Persian Social Group</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>12:30–1:30PM</td>
<td>Russian Social Group</td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>2–3:30PM</td>
<td>ESL 75 Basic</td>
<td>Starts 9/9</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 150 Basic</td>
<td>Starts 9/9</td>
<td>Y</td>
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<tr>
<td>2–3:30PM</td>
<td>ESL 250 Advanced</td>
<td>Starts 9/9</td>
<td>Y</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Meditative Massage</td>
<td>Drop-in</td>
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<tbody>
<tr>
<td>9:30–10:30AM</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>10–NOON</td>
<td>Mah Jongg</td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>10:45–11:45AM</td>
<td>Cardio/Yoga Exercise Class</td>
<td>Drop-in</td>
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<tr>
<td>11AM–2PM</td>
<td>Manicurist</td>
<td>Appt. Req.</td>
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<tr>
<td>11:30AM–12:30PM</td>
<td>French Class</td>
<td>Drop-in</td>
<td>Y</td>
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<tr>
<td>1–2PM</td>
<td>French Social Group</td>
<td>Drop-in</td>
<td>N</td>
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<tr>
<td>1–3PM</td>
<td>Learn Spanish</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Harmonica</td>
<td>Starts 9/8</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Salsa Cuban Ballroom</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>9–10:15AM</td>
<td>Tai Chi</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–11:30AM</td>
<td>Seniors’ Circle</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Computer Lab</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Persian Social Group</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>* 11AM–1PM</td>
<td>Corazón Latino</td>
<td>415-456-9062 x131</td>
<td>N</td>
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<th>CLASS</th>
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<tr>
<td>12:30–1:30PM</td>
<td>Beg. &amp; Intermediate Ukelele</td>
<td>Ends 8/5</td>
<td>Y</td>
</tr>
<tr>
<td>1–2PM</td>
<td>ESL Pronunciation Class</td>
<td>Starts 9/9</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 75 Basic</td>
<td>Starts 9/9</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 150 Basic</td>
<td>Starts 9/9</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL 250 Advanced</td>
<td>Starts 9/9</td>
<td>Y</td>
</tr>
<tr>
<td>2:30–4PM</td>
<td>Cribbage Club</td>
<td>Drop-in</td>
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<tr>
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<th>CLASS</th>
<th>INFO</th>
<th>FEE</th>
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<tr>
<td>9:30–10:30AM</td>
<td>Zumba</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10AM–1PM</td>
<td>Chair Massage</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>12:15–1:30PM</td>
<td>Vietnamese Social Group</td>
<td>415-456-9062 x129</td>
<td>N</td>
</tr>
<tr>
<td>1–2PM</td>
<td>Intermediate Italian</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>2:45–3:45PM</td>
<td>Balance Class</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>3–4:30PM</td>
<td>Drawing and Composition</td>
<td>Starts 9/10</td>
<td>Y</td>
</tr>
<tr>
<td>3:30–4:30PM</td>
<td>Qi Gong</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>8:30AM</td>
<td>Community Breakfast</td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11:00–NOON</td>
<td>Brown Bag Pantry</td>
<td>456-9062 x117</td>
<td>N</td>
</tr>
<tr>
<td>1–3PM</td>
<td>ACASA</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>1:30–3PM</td>
<td>Spanish Club</td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Beginning German</td>
<td>Ends 10/2</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Chinese Brush Painting</td>
<td>9/11 &amp; 9/25</td>
<td>Y</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Ping-Pong</td>
<td>9/4 &amp; 9/18</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Yoga</td>
<td>Drop-in</td>
<td>Y</td>
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</tbody>
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* Except for Corazón Latino Group, held weekly at Pickleweed Community Center, all classes are held at Whistlestop’s Active Aging Center, 930 Tamalpais Ave., San Rafael.

TECHNOLOGY
Pre-registration and payment required. To register, Call 415-456-9062. See details of classes online.

September, October and November
COMPUTER CLASSES
iPad/iPhone Basics 2: Essential Built-in Applications
Tuesdays, Sept 15 & 22, 10am-12pm (2 classes)
Fee: $48, Maximum 8 people • This course will review some of the basics. Learn how to get the most out of your built-in apps, including photo editing, iCloud, calendar, Siri, email, texting, Facetime, Maps/GPS, and more. We'll introduce how to find and install new apps, and show you how to update, delete and organize your apps for easy access. Bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only)

iPad/iPhone Basics 3: World of Applications
Tuesdays, Sept 29 & Oct 6, 10am-12pm (2 classes)
Fee: $48, Maximum 8 people • In this two-week course, we will focus on finding helpful, fun and interesting applications that you can download. Discover how to use apps for shopping, brain training, fitness, Internet radio, stock trackers, games, translation, travel, and much more. Learn how to organize apps and get rid of unwanted ones. Builds on “How to Use Your iPad/iPhone” and “Essential Built-In Applications” class. Bring your fully charged device, Apple ID, and Apple password to class. (For Apple devices only)

Using Androids, Smart Phones & Tablets
Tuesdays, Oct 13, 20 (2 classes), 10am-12pm
Fee: $48, Maximum 8 people • Learn fundamentals such as: configuring the security options, finding and installing apps, working with a wireless network and more.

ONGOING
Open Lab
Every Monday and Wednesday, 10am-12pm
No Fee • Use our PCs for your own purposes, to access the Internet or email. Volunteers available for advice on problems with your laptops and tablets.

Jackson Café
Located in Whistlestop Active Aging Center
• Open to the Public •

LUNCH MENU
WHISTLESTAR MEMBER (LOWEST PRICE) / NON-MEMBER OVER 60 / UNDER 60. PRICES INCLUDE TAX

Main Entrée
$5.75/$6.90/$8.05
Sandwiches + Burgers
$5.20/$6.10/$7.25
Soup du Jour
$3.40/$4.35/$5.70 bowl
Garden/Caesar Salads
$4.05/$4.35/$5.20

OTHER ITEMS
Tuna Salad Side $2.50
Beverages $1.25
Desserts/Fruit $2.25
Cheese $0.50
Avocado $1.25
Kurt "Crowbar" Kangas is producing Whistlestock 2015. To say he lives for music is not a great stretch. His life is consumed by music: producing bands, playing in bands, in step with the music on every beat. “We’re keeping the spirit alive,” Crowbar says about Whistlestock, Whistlestop’s annual benefit concert, September 27 at Nicasio Ranch.

“Look at music from the 60s, and all the many, varied, messages it has. Mainstream music today, there is no message,” he says. “Music from the 60s is full of meaning and angst and turmoil and strong messages. Even the kids today are weighing in on 60s music. They say they like our messages.”

Born Kurt Kangas, Crowbar got his nickname when he was a teenager in high school in 1968. He met a disk jockey, who worked at the old San Francisco rock station KFRC. The man thought Kurt looked like one of the Indian actors in the old 1940s movie classic Ma and Pa Kettle. The character was called “Crowbar” in the movies. “The jock tagged me with the name and it stuck. I have a picture of me from 1968. I’ve never seen a resemblance.”

Crowbar says the rock pioneers of the 60s playing at Whistlestock are a testament to 60s era music’s

See KANGAS on page 13
New Leader Joins Whistlestop

Tom Roberts has joined Whistlestop as the new chief operating officer. He will report to CEO Joe O’Hear and will lead the Transportation Services Social Enterprise. He will also oversee Human Resources and Finance and Administration functions.

O’Hear said, “Tom brings more than 27 years of executive management experience and innovation in the transportation and services industry.” His most recent job was as manager of finance, programming and planning for the Napa County Transportation and Planning Agency. Before that Roberts was director of transportation and parking services for the University of California, Santa Barbara, and executive director for Easy Lift Transportation. He received the prestigious award for Transportation Manager of the Year for the U.S. from the Community Transportation Association of America.

O’Hear said Terry Scussel, vice president and general manager of Whistlestop’s Transportation Services program, will become a business development consultant for Transportation Services. He added, “Terry has been instrumental in taking that program through a challenging period of transition and growth.”
He later organized the Mud Stompers, believed to be the first interracial band in the country.

Was putting together an interracial band intentional, or did it just happen? “I just wanted good musicians,” Chambers said. “I never really had to audition musicians. Baron Chase, our music director, has always picked out the best musicians.” Other “Stompers” include Dylan Chambers, Lester’s son, as well as David Aguilar, Kenneth Roy Berry, Marcia Miget and Kenny “Mo” Susan. They are billed as a “spiritually-guided group.” Chambers’ musical history can be traced back to gospel music in churches in his native Mississippi. Now 75 years old, Lester lives in Petaluma.

As a member of the Chambers Brothers, he sang lead on the Chambers Brothers songs “All Strung Out Over You,” “People Get Ready,” “Uptown,” “I Can’t Turn You Loose,” and “Funky.” As a solo artist he released singles and albums and teamed up with ex-Electric Flag bassist Harvey Brooks to form the Lester Chambers Harvey Brooks Band. He also added vocals to Bonnie Raitt’s Sweet Forgiveness album.

Chambers, who has played the cowbell and harmonica on his records, says, “I still practice the harmonica almost every day. I just sit and play here at home. Just me.”

But Lester still feels the effects of being shoved and knocked down by an irate woman at a concert two years ago, part of a blues festival in Hayward. Chambers had just dedicated the Curtis Mayfield and Impressions’ song “People Get Ready” to Trayvon Martin a day after George Zimmerman, who shot the teen to death, had been acquitted of murder. Chambers sustained injuries included bruised ribs and nerve damage.

“It slowed me,” he said, “but I just hang in there, one day at a time. I will never stop going.”
Valentino continued from page 6

musical composition at San Francisco State College, while Valentino sang locally in North Beach, and even had a solo release (‘I Wanna Twist’) on the Falco label in 1962. In spring 1964 came the addition of Ron Meagher, John Petersen and Irish transplant Declan Mulligan, and the Beau Brummels were formed. The combo’s name hinted at their British-tinged material, but right from the start the group began performing Elliott’s strong, quirky originals.

Valentino said he also may sing his first single, “Dreamin’ Man,” which he released in 2006. With Sal at Whistlestock will be his good Sacramento friend, Marty Tatro, an accomplished singer-guitarist.

Valentino, whose expressive voice was called the best of the era by some critics, says, “I sing all the time now. I’ve been singing a lot of women’s songs lately. I really like Patty Loveless songs.”

Sal has lived in Sacramento for about 20 years. He discovered it on his way to Reno to play a concert and liked what he saw. He decided to live there for a while and it has been his home ever since. He knows of the important work that Whistlestop does. “I used to live on Lucas Valley Road, so I knew what was going on in Marin and at Whistlestop – the buses and all. And I played at an event there once a few years ago.” He said he is thrilled to be part of Whistlestock.

He is starting to work on writing songs again. And he practices on the guitar regularly.

Sal also is working on his weight. “At one time I ballooned up to about 250 or 260,” he said, “But I discovered my best singing weight is about 215. I’ve really been working on my diet and I want to get down to 210 by my 73rd birthday on Sept. 8.”

“I think I’m doing okay. Good genes. My mother, who lives in Lathrop, is still going and she is 94.”

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staying power. Bands like Imperial Messenger Service, Barry “The Fish” Melton and Friends, Sal Valentino and Lester Chambers and the Mud Stompers are all living testament to the power of rock and roll. “People thought we were gone, but we’re all still going strong,” Crowbar reflects.

“We’ve got special guests planned for Whistlestock, folks we can’t announce in advance. We’re pulling out all of the stops. We’re bringing in the musicians we need to blow out Whistlestop!”
Listening to Music Can Help in Recovering from Surgery

Mozart, Madonna or Eminem: Whatever your taste, music may help you recover from surgery, according to a new review of data on the subject. “More than 51 million operations are performed every year in the U.S.,” lead author Dr. Catherine Meads, of Brunel University in the United Kingdom, said in a news release from The Lancet, which published the findings last month.

“Music is a non-invasive, safe, cheap intervention that should be available to everyone undergoing surgery,” she said. “Patients should be allowed to choose the type of music they would like to hear to maximize the benefit to their well-being.”

The only caveat: “Care needs to be taken that music does not interfere with the medical team’s communication,” Meads said.

In their research, her team reviewed data from 72 studies that included nearly 7,000 patients.

The investigators found that listening to music before, during or after surgery significantly lowered patients’ anxiety and pain, decreased their need for pain medicines, and increased their satisfaction with their care.

Listening to music at any time was beneficial, but patients who did so before their surgery tended to have better outcomes than those who did so during or after surgery, the researchers found. They also said that patients who selected their own music had slightly larger reductions in pain and the use of painkillers.

Even listening to music while under general anesthesia reduced patients’ levels of pain after surgery, but not as much as when patients were conscious during surgery, the findings showed.

Listening to music did not reduce the length of time patients spent in the hospital, the study found.

Two experts in the United States agreed with the findings.

“Music is a powerful tool with roots deep in every culture and civilization – it is wired deeply into the human brain and soul,” said Dr. Ron Marino, associate chair of pediatrics at Winthrop-University Hospital in Mineola, N.Y. “This is another demonstration of nontraditional, non-pharmacologic methods of helping patients deal with pain anxiety and the general medical experience,” he said.

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his band played at a lot of anti-war demonstrations. He says of his music, “I try to do it for all the right reasons.” And he says he has fun both playing music and practicing law. Melton says he’s constantly “going to do something or going someplace.” Asked if he has plans to slow down anytime soon, he says, “I have not done everything I want to do yet. I'm looking forward to growing up.” He’s 68 years old and clearly still having lots of fun. He credits his energy in part to a healthy vegetarian diet and doing Qigong.

He will be playing with his “relatively stable band of 20 years” at Whistlestock. He and Peter Albin of Big Brother and the Holding Company have played together for more than 40 years. Peter has been helped by Meals on Wheels and often stops in at Jackson Café.

Barry says the people he plays with are lifelong musicians. One of his friends, Spencer Dryden, perhaps best known as drummer for Jefferson Airplane and New Riders of the Purple Sage, once told him that some guys their age play poker every Friday night and one person goes home with $100 and the rest of the guys are losers. “With us, we get to play together on a Friday or Saturday night and we’re all winners.”
Faces of Whistlestop

These photos were taken by students of Stephanie Mohan’s Advanced Summer Photo Camp. The student photographers visited Whistlestop as part of their intergenerational project. They also made a video of the photo shoot that can be viewed on YouTube. (Search Photo Camp Whistlestop on YouTube.)

Will Durst to Emcee Whistlestock

Stand-up comedian Will Durst will be the master of ceremonies for the second annual Whistlestock Concert Sept. 27 at Nicasio Ranch.

Durst, a five-time Emmy award nominee, has co-hosted the radio talk show Will and Willie with former San Francisco Mayor Willie Brown. He also has performed at events featuring Presidents Bill Clinton and George H.W. Bush, as well as former Vice President Al Gore.

We hope Durst will entertain us with bits from his latest show BoomeRaging: from LSD to OMG. Tickets sold out last year but some are still available for this year’s concert at www.whistlestock.com.
Ann, Catherine, Eugene, Riesie, Mary, Louisa and Sally enjoy Whistlestock 2014.
Get your tickets for Whistlestock 2015 now at www.whistlestock.com. Last year’s concert was a sell-out.