MCF Challenge Grant: Turn Your $100 Gift into $250!

By John Bowman

Not often do we get an opportunity to turn a $100 donation into $250, but that’s precisely the opportunity that Marin Community Foundation is offering Whistlestop supporters.

For the second straight year, MCF is extending its generous Fall Challenge Grant to Whistlestop, offering to match every gift by 150%! Example: donate $300 and MCF will match it with a gift of $450 for a total of $750 for Whistlestop.

In order to qualify, Whistlestop needs to raise $50,000 by Sept. 30. If that happens, MCF has pledged to grant $75,000, meaning a grand total of $125,000 to support Whistlestop. Gifts are tax deductible.

Donors may send their checks to Whistlestop, 930 Tamalpais Ave., San Rafael, CA 94901, drop a check off with a staff member at the Whistlestop front desk, or pay online via PayPal at whistlestop.org. Make checks payable to Whistlestop.

Money raised will go directly to Whistlestop’s Active Aging Center and its mission-critical programs sustained by a small staff, many volunteers and a host of community supporters.

Every day, Whistlestop connects older adults to the world with classes in Spanish, French and Italian, English as a Second Language, and citizenship classes; to new skills, to fitness, to nutrition with our weekly Brown Bag Pantry (farmer’s market style), affordable daily lunches at Jackson Café and our new prepackaged take-home meals; and most importantly, to each other through social groups and fun activities.

In addition, by giving older adults a destination for engaging activities and socialization, Whistlestop’s Active Aging Center provides peace of mind to the adult children of Marin’s older adults – many of whom are juggling family and work responsibilities of their own.

More Photo Contest Winners

“Watergrass,” by Jack Androvich of San Rafael, captured second place in the Marin Images category of the Older Adults division in the 7th annual Pacific Sun-Whistlestop photo contest. Find other second and third-place winning photos on pages 4 and 5.
A re you a Whistlestop financial contributor? Do you periodically send a check knowing that this non-profit organization exists on donations like yours? Have you ever visited Whistlestop?

My husband, Jerry, and I are retired just like many of you. Several years back, we decided that we needed to contribute to some charitable organizations. Though we had never actually even visited Whistlestop, we were familiar with Meals on Wheels and the Whistlestop buses. We’d see the Whistlestop Wheels vehicles in our neighborhood. We’d read that Whistlestop provided services to both older adults and to people with disabilities and that one day we might find ourselves in need of this type of service. Does this sound a bit self-serving?

Perhaps, at the time it may have been a thought. However, one day we received an invitation to have lunch with Joe O’Hehir in the Jackson Café with some of the other donors. We didn’t know about the café. We also learned that we really didn’t know about Whistlestop. What a wonderful place!

We toured the facilities. We saw happy people. We saw a group just sitting in the lounge speaking to each other in Farsi. We saw ladies getting their nails polished. In another area, there was a yoga class. There were people at the computers. We learned that there is assistance for people who are blind, that you can get your flu shot at Whistlestop or you can get help learning English.

Then we learned that there are many opportunities to teach, to reach out and share. I decided to do just that. I began teaching Mah Jongg at Whistlestop. It’s a fun, mind-stimulating, rummy-like game played with tiles. It’s a great social and engaging activity that is played by young people and by seniors. The joy of playing is only surpassed by the joy in teaching someone to play.

I expect all of us have something we could contribute to the clientele of Whistlestop. What do you enjoy doing? How do you do it? Why not volunteer to teach it? You’ll enhance your life as well as the lives of others.
A Great One-Stop Venue To Exercise, Socialize, Learn

By JOHN BOWMAN

Looking for a gym, a social meeting place, a school and a great place to get an inexpensive and nutritious meal? You can find it all at 930 Tamalpais Avenue in Downtown San Rafael. It’s Whistlestop’s Active Aging Center.

Whistlestop offers everything from the creative – a weaving class – to the stimulating – an Italian class or computer instruction – to the active – Ping-Pong, Whistlesizers and Zumba exercise. It’s all available to Marin County residents aged 60 and older.

Shirley Young of Novato, a Whistlestop regular, has enjoyed watercolor and crafts classes as well as the very helpful exercise sessions. “I have gotten many benefits from these classes,” she said. “I have been trying to get my posture back and at first I thought, ‘This can’t work,’ but gradually it did. The pain has gone away and I am standing straighter. People notice.”

She takes Meg Margolis’ Whistlesizers class at 9:15 on Tuesday and Thursday mornings. “Meg is an excellent and helpful teacher who taught for 30 years at College of Marin and once taught at both MIT and Harvard,” Shirley said. “In her class, you get part yoga and part exercise.”

Shirley described the supportive nature of the classes. Some people are in wheelchairs and they are encouraged to use any parts of their bodies that they can move. For those with back problems, Meg provides soft but firm wedges they can lie on. She helps people down to the wedges, where they can lie and feel comfortable enough to go through the routines.”

Shirley often follows up Whistlesizers at 10:45am with the Cardio Exercise class and she has attended Vicky Voicehowsky’s Arts & Crafts class. “She also is a very, very good teacher, as was Tom Attardi.” Attardi was Shirley’s first exercise teacher.

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Photo Contest Winners Honored

Winners of the 7th annual Pacific Sun-Whistlestop Photo Contest were honored Thursday, Aug. 15, in the Caboose Room of Whistlestop, 930 Tamalpais Ave., in downtown San Rafael.

Winners and their family and friends attended the event. Whistlestop provided appetizers, refreshments and a stunning photo exhibit. Awards were presented to winners. Co-sponsors included Mike’s Camera, Marin Filmworks, Arrivederci and Cheap Pete’s.

In this issue, winners of second and third place in the Older Adults division are presented. First place winners were published in the August issue.

2nd, 3rd Place Older Adult Winners in Photo Contest

Manipulated Images


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Manipulated Images


Marin Images

2nd place, “Watergrass,” by Jack Androvich of San Rafael (pictured on page 1)


People, Pets & Animals

People, Pets & Animals, 2nd place winner was “12th Birthday” by Jesse Kincaid, Mill Valley.

People, Pets & Animals, 3rd place winner: “Pasha” by Ben Borok, Novato.

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If you are considering personal sound amplification, you probably know that louder isn’t always better. If it were, you could just get one of those ear horns that were popular back in the 19th Century... as long as you weren’t concerned with your appearance. Fact is, human conversation - the main reason people get amplification, occupies a relatively small range in the overall sound spectrum. Sound quality and speech intelligibility are much more important than sheer volume. That’s why the sound engineers behind the Perfect Choice HD™ focus on optimal listening in challenging situations. The latest algorithms are running on advanced processors that are super small, yet super powerful. Best of all, Perfect Choice HD™ is comfortable and discreet. The lightweight case (you can choose between Silver and Beige) nestles in behind your ear. The clear hearing tube (good luck spotting it in the picture to the right... look closely, it’s there) is connected to a flexible tip that fits comfortably into your ear canal. No one needs to know you are using it, and no one needs to know it didn’t cost you thousands of dollars. The unit comes pre-programmed and is ready to use right out of the box, so it’s the hassle-free choice that you can begin enjoying immediately.

Perfect Choice HD™ features world-class processors for natural sound quality in a wide spectrum of listening situations.

Superior engineering makes it better

- **Mosaic™ multi-layered noise reduction** accentuates voices and seeks to lower general background noise from the environment.

- **Advanced adaptive feedback suppression** delivers high-quality sound even in demanding situations. Reducing feedback while delivering high-frequency gain is the hallmark of a professional grade personal amplifier.

- **Expansion feature** automatically acts to further reduce low-level noise while in particularly quiet environments.

- **Wide Dynamic Range Compression** brings soft voices into focus and reduces unexpected loud sounds so it can be worn all day long. It automatically changes, in real time to optimally fit your environment.

Why Perfect Choice HD is the best choice!

<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
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<tr>
<td>Lightweight / Inconspicuous</td>
<td>Less than 1 ounce</td>
</tr>
<tr>
<td>Sound Quality</td>
<td>Excellent – Optimized for speech</td>
</tr>
<tr>
<td>Test and Fitting Required</td>
<td>No</td>
</tr>
<tr>
<td>Free Batteries for Life</td>
<td>Yes, ask for details</td>
</tr>
<tr>
<td>One-on-One Personal Set Up</td>
<td>Free</td>
</tr>
<tr>
<td>Friendly Return Policy</td>
<td>60 Days</td>
</tr>
</tbody>
</table>

Are you or a loved one frustrated in these situations?

- Restaurants • Dinner parties
- Outdoor conversations
- Lectures • Sermons
- Meetings

…and other times where you need to turn up the volume

Affordable, Simple to use, Virtually impossible to see

Why spend another day wondering if amplification is right for you. Perfect Choice HD™ comes with our exclusive home trial- if you are not completely satisfied simply return it for a refund of the product purchase price. Call now, you’ll be glad you did... and so will your friends and family.

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1998 Ruffin Mill Road
Colonial Heights, VA 23834

Perfect Choice HD is not a hearing aid. If you believe you need a hearing aid, please consult a physician.
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

CALFRESH ASSISTANCE
The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), can add to your food budget to put healthy and nutritious food on the table. The program issues monthly electronic benefits that can be used to buy most foods at many markets and food stores. Whistlestop offers assistance with the application process. Eligibility is determined by CalFresh. For information or to make an appointment, call Sandra or Vicky, 456-9062.

WHISTLESTOP ENGLISH LANGUAGE PROGRAM
Fall 2013 Semester:
Sept. 4-Dec. 11
Registration required:
Vicky or Sandra, 457-0586

Basic, Intermediate and Advanced English
Mon & Wed • 2-3:30pm
Fee: $15 for materials

English Conversation (Intermediate Level)
Tues & Thurs • 2-3:30pm
$10 fee for materials

NEW IMMIGRATION ASSISTANCE CLINICS
Last Fri of the month • 9-11:30am
General Consultation Fee: $30
By appointment only: Call Sandra, 456-9062
Whistlestop and Brazil Alliance are now offering immigration assistance consultations regarding Immigration Law and Reform, DACA (Deferred Action for Childhood Arrivals) and citizenship and naturalization.

RUSSIAN SOCIAL GROUP
Wed • 1-2pm
Whistlestop has a new Russian social group. This is a great opportunity for Russian speakers to have a support group and meet new people in the community. If you are interested in participating or know someone who is, contact Vicky, 457-0586, or Anna Ladyzhenskaya, 336-8430.

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.
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

FRENCH SOCIAL GROUP
Tues • 1-2pm
Information: Vicky, 457-0586
Come join the French Social group on Tues afternoons and connect with other French speakers in the community.

VOLUNTEER TUTORS NEEDED
The Multicultural Department is looking for volunteer tutors to help our English students improve their language skills. This is a great opportunity to help others better integrate into our community. Hours are flexible. If interested, contact Vicky, 457-0586.

JEWELRY CLASS MEETS TWO Thurs
Thurs, Sept 12 • 10-11:45am
Thurs, Sept 19 • 1:30-2:45pm
Fee: $8 per class/includes materials
Register: 456-9062
Registration and payment required prior to class. Maximum space available: 10 people
Maria Barsesat, local bead artist, will show you how to make beautiful, simple and easy jewelry items for yourself or as gifts.

VOLUNTEER OPPORTUNITIES
Be a part of the incredible Whistlestop family of volunteers, have fun, inspire others, and gain the satisfaction of being an active member of your community. We need Board/Card Game Leaders; a Bi-lingual Computer Teacher; English Tutors; Jackson Café Volunteers; Information and Referral Office helpers and Volunteer Drivers for Meals on Wheels Program. Contact: Millie at 456-9062 x117 or volunteer@whistlestop.org.

IN-KIND DONATIONS NEEDED
Mah Jongg sets, Chess set, Dominos, books, yarn, movies on DVDs. If you have items to donate, call 456-9062.

BRAIN FITNESS
Thurs Sept 12 • 10:30-11:30am
Register: 456-9062 • No cost
Maintaining a healthy mind is important at every stage in life. Bob Nations, brain fitness expert, and Senior Access are presenting a workshop on how to exercise your brain. Bob will discuss and show many ways to keep your brain fit, such as using your non-dominant hand for tasks, changing up routines and playing games!

UNDERSTANDING MEDI-CAL & VET’S BENEFITS
Tues, Sept 17 • 2:30-4pm
Whistlestop Jackson Café • Free
Register: 456-9062 or Senior Resource Forum, 459-0413
Elder Law Attorney Clyde H. Charlton will demystify the complex rules regarding these essential public benefits to help you determine whether VA or Medi-Cal benefits may be available to you or a loved one. Following the presentation, SRF’s seven volunteers will be available for individual 20-minute appointments to answer your questions. All are welcome!

HICAP (HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM) CONSULTATIONS
2nd & 4th Tues • 1-4pm
Registration required • No cost
For Appointment: Call 800-434-0222
Medicare can be complicated, but don’t let it complicate your life. Meet with a HICAP Counselor for individual assistance with: Medicare, prescription drugs, Medicare Advantage (HMO), Medi-gap, long term care insurance, and billing & claims issues. A counselor will be available to provide confidential, free health insurance counseling at Whistlestop.

SUMMER CONCERT SERIES AT JACKSON CAFE
Thurs • Sept 19 • 11:45am-12:15pm & 12:45-1:15pm
Joey Wolpert, Singer/songwriter
Bread & Roses and Whistlestop are hosting a Summer Concert Series during lunch at the Jackson Café on the third Thurs of the month. For more information, 456-9062.

NEW CONVERSATION GROUP for 90-SOMETHINGS
3rd Thurs of every month • 1:30-3pm
Join this group for lively conversation. One rule: no discussing ailments!
Contact Virginia Dziomba if you are interested, 456-6647.

NEW MEN’S GROUP
Elder men’s support group is forming at Whistlestop. If you are over 60 and are interested in participating in some ‘heart to heart talk’ and connecting with other men in the community, please contact Vicky, 456-9062 for information on time and date.
BRIDGE ANYONE?
Whistlestop is interested in starting a bridge group. Beginner’s bridge for those who want to learn. Party bridge for those who want more playing time. Duplicate for those who want to take their game to the next level. Please express your interest by contacting our Front Office at 456-9062.

GOT QUESTIONS? WE HAVE ANSWERS
The Resource Office at Whistlestop is staffed with trained volunteers ready to provide information on services and resources to enrich the lives of older adults. Drop by or call 459-6700.
Office hours: Tues 11am-3pm, Wed 1-3pm, Fri Noon-3pm

GOING PLACES
Marin YMCA and Whistlestop sponsors Adventures in Culture. Outings this month include a Petaluma cheese tasting and a trip to the Arboretum and Japanese Tea Garden at Golden Gate Park.
Register: Contact Lisa O’Brien, MARIN YMCA, 446-2113, or Vicky, Whistlestop, 457-0586.

Fri, Sept 9: Arboretum at Golden Gate Park, Beach Chalet & Japanese Tea Garden
Docent-led tour of the San Francisco Botanical Garden with lunch at Beach Chalet. Tour the Japanese Tea Garden after lunch. Experience the natural beauty and harmony of a Japanese-style garden in the heart of Golden Gate Park.
Depart 9:30am, Return 3pm
Fee: Community Members, $55, includes transportation and tours

Fri, Sept 20: Cheese Tasting Tour, Petaluma & Sonoma
Trip includes Spring Hill Cheese in Petaluma with a visit to the oldest cheese factory in America, Marin French Cheese Company, with a tour and samples. Final stop is in Sonoma at the Vella Cheese Company and Epicurean Connection. Bring a lunch.
Depart 9am, Return 3:30pm
Fee: Community Members, $65, includes transportation, tours and tasting

NEW COMPUTER TUTOR
Wed • 1-4pm
by appointment only, 456-9062
Fee: $20 per hour

INTRODUCTION TO COMPUTERS
Thurs, Sept 5 & 12 • 10am-Noon
Fee: $20 for 2 weeks
A hands-on course that will provide you with the basic skills you need to use your Windows-based personal computer. This class is designed for first-time computer users.

COMPUTERS LEVEL I
Thurs, Sept 9-October 10 • 10am-Noon
Fee: $40 for 4 weeks
(Buy the package, Intro and Level I, for $55)

iPHONES, iPADS & ANDROIDS, OH MY!
Fri • 10am-Noon
Fee: $48 for 2 weeks
Android for Tablets & Phones, Sept 13 & 20
iPhone & iPad, Sept 27 & October 4

TECH CONNECT: SOCIAL MEDIA FOR ADULTS
Fri, October 11 & 18 • 10am-Noon
$48 for 2 weeks
What is Facebook and why do I need it? How do I Skype with my grandchildren? Learn how to use technology to stay in touch!

DIGITAL PHOTO CLASS LEVEL I
First Fri of the month • 2-4pm
Fee: $15 for one week
Learn how to share your digital photos with friends and family.

DIGITAL PHOTO CLASS LEVEL II
Second Fri of the month • 2-4pm
Fee: $15 for one week
Requirements: completion of Beginning class or knowledge of how to transfer pictures from your camera to the computer and how to send and receive them to others as attachments to emails.

YOUR COMPUTER: FRIEND OR FOE
Third Fri • 2-4pm
Free
Overwhelmed, confused need some confidence to go for it? This class is designed to help you feel like you can really take charge of a computer.

INTERGENERATIONAL TECH SAVVY
Thurs • 1-3pm
Fee: $5
Bring your cell phone, computer pad, or digital camera and get ready to take some notes with tech savvy teens and young adults who are eager to answer your questions of “How do I _____?”

TECHNOLOGY
For information about our computer classes, registration process and refund policy, call 456-9062.

OPEN COMPUTER LAB
Mon & Wed • 10am-Noon

NEW COMPUTER CLUB
Wed • Noon-1pm
### This Month at Whistlestop

**Whistlestop Weekly ACTIVITIES**

<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>Exercise <em>Zumba</em></td>
<td>457-0586</td>
<td>$6</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Learn <em>Computer Lab</em></td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Language <em>Persian Social Group</em></td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>11–12:30PM</td>
<td>Relax <em>Chiropractor</em></td>
<td>456-9062</td>
<td>$2</td>
</tr>
<tr>
<td>11:10–12:10PM</td>
<td>Exercise <em>Movement &amp; Music</em></td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>12:15–1:45PM</td>
<td>Language <em>German Social Group</em></td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language <em>ESL</em></td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Language <em>Citizenship Class</em></td>
<td>454-0998</td>
<td>$25</td>
</tr>
<tr>
<td>9:15–10:15AM</td>
<td>Exercise <em>Whistlesizers</em></td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>10:00–NOON</td>
<td>Relax <em>Mah Jongg</em></td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:45–11:45AM</td>
<td>Exercise <em>Cardio Exercise Class</em></td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>NOON–1PM</td>
<td>Language <em>French Class</em></td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>NOON–3PM</td>
<td>Relax <em>Manicurist</em></td>
<td>Appt. Needed</td>
<td>Free</td>
</tr>
<tr>
<td>1–2PM</td>
<td>Language <em>French Social Group</em></td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>1–3PM</td>
<td>Language <em>Learn Spanish</em></td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language <em>English Conversation</em></td>
<td>454-0998</td>
<td>$10</td>
</tr>
<tr>
<td>2:30–4PM</td>
<td>Language <em>Learn Italian</em></td>
<td>454-0998</td>
<td>$24/mo</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Exercise <em>Tai Chi Qigong</em></td>
<td>Sugg. Donation</td>
<td>$10 or less</td>
</tr>
<tr>
<td>10AM–1PM</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8 mins.</td>
</tr>
<tr>
<td>10–11:30AM</td>
<td>Support <em>Seniors’ Circle</em></td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10–12PM</td>
<td>Learn <em>Computer Lab</em></td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Language <em>Persian Social Group</em></td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>10:30–11:30AM</td>
<td>Support <em>Corazón Latino</em></td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>1–2PM</td>
<td>Language <em>English Pronunciation</em></td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language <em>ESL</em></td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td>9:15–10:15AM</td>
<td>Exercise <em>Whistlesizers</em></td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Exercise <em>Zumba</em></td>
<td>454-0998</td>
<td>$6</td>
</tr>
<tr>
<td>1:30–4PM</td>
<td>Language <em>English Conversation</em></td>
<td>454-0998</td>
<td>$10</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Exercise <em>Balance Class</em></td>
<td>Sugg. Donation</td>
<td>$10</td>
</tr>
<tr>
<td>11:00–NOON</td>
<td>Support <em>Brown Bag Pantry</em></td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Support <em>ACASA</em></td>
<td>Peer Counseling</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Language <em>Practice Spanish</em></td>
<td>Peer Counseling</td>
<td>Free</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Learn <em>Arts &amp; Crafts w/Vicky</em></td>
<td>Sept 13 &amp; 27</td>
<td>$3</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Exercise <em>Ping-Pong</em></td>
<td>Sept 6 &amp; 20</td>
<td>Free</td>
</tr>
<tr>
<td>2:30–3:30PM</td>
<td>Exercise <em>Yoga</em></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.
California Quails

California Quails are common in Marin, but for years I never managed to see one. My first sighting was on North Island in New Zealand of all places! I learned that California Quails were brought to New Zealand as game birds in 1860 and rapidly spread over North Island and much of South Island, as well. As to Marin, I do see them occasionally, but they don’t come around for the droppings from my bird feeders that hang out over the bay, where they attract Mallards, Coots and Geese.

California Quails are unusual birds in many ways; they nest on the ground, eat on the ground, take dust baths in loose dirt and prefer to walk rather than fly – and they look like fat, tasseled footballs!

Young males are the Big Brothers of the bird world. Once the female hatches a clutch of eggs, she is likely to hustle off, find a new mate and produce another clutch. When you see more than one adult watching over a covey of chicks, one may be the Daddy, but the others will be young, unmated males – elder brothers of the chicks they’re guiding.

Every weekend I email a special bird photo to Express readers. It may be funny, unusual, or just simply beautiful. If you would like to be on the list, it’s free. Ask me at SHENmaker@MSN.com

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Whistlestop Installs New Lifesaving Device

By SARAH PERCELL, WHISTLESTOP INTERN

Whistlestop installed a brand new Automated External Defibrillator (AED), at its main office in San Rafael. Early this year, five members of the Whistlestop staff and one volunteer were trained and certified in the use of AEDs and in June the San Rafael Fire Department delivered the device.

An AED is a small portable device that is able to determine life-threatening issues like cardiac arrest. After the proper identification of the issue, the AED is able to treat a person through the application of electrical therapy to allow the heart to reestablish itself and its proper rhythm.

“When cardiac arrest strikes, seconds count! Early defibrillation is imperative to a good outcome. There are never enough successful outcomes to sudden cardiac arrest. Having early access defibrillation like this AED will someday make a difference in someone’s life,” says Fire Captain Eric Mac Ausland.

“We are so pleased to partner with the San Rafael Fire Department to install our new AED. I think everyone feels safer knowing that we have trained staff who know how to operate it in an emergency,” says Joe O’Hehir, Whistlestop’s CEO.

Installation of the AED and the trained staff is another step that Whistlestop is taking to ensure its participants can age with dignity, grace and independence. ✤
September is back-to-school month for many, and it’s no different here at Whistlestop. From English to Italian, to art and computers, we have all the elements that make up an academic institution. As many of you already know, classes and activities at Whistlestop are primarily staffed by community volunteers. Another aspect of our academic success has been establishing cooperative partnerships with leading organizations in the community.

For example, our booming English Language Program is a united effort between Canal Alliance and Whistlestop. Canal Alliance, a non-profit organization that offers a spectrum of services for low-income, Spanish-speaking immigrants in Marin County, provides knowledgeable and experienced volunteer ESL teachers and aides, and Whistlestop provides the students.

“Whistlestop has been a true partnership, one where the whole is greater than the sum of its parts,” says Martin Steinman, ESL Coordinator at Canal Alliance. “We’re able to not just combine our respective strengths, but to develop them in ways that were not possible before. It’s been positive for us, and more importantly, a real and lasting benefit to the community.”

Our successful ESL program also provides benefits that extend beyond the classroom. Many students are able to find the confidence needed to be an active member of our community by becoming proficient in the English language. Employment opportunities, social networking and relationships, achieving U.S. citizenship, and entertainment and cultural understanding are some of the benefits of learning English. Isila Cruz attends ESL classes regularly. “I like the English classes offered at Whistlestop because I feel that I can communicate better at work. My English is not perfect, but I can rely more on myself and feel better about interacting with English speakers.”
Nona Knows Best
by MARY ANN MAGGIORE

Savoring a Sunny Summer

Summer is for everyone. You could be old or young, tall or small, fat or thin. No matter, summer has something good in it for you. In our family, we all were born in the summer except for my dear son-in-law, Rogelio. So summer is really and truly a celebration time.

For my son, Max’s, birthday, there was a bonfire on the beach and Burning Man-style pyrotechnics of flaming steel wool made to look like fireworks. Then we had gooey roasted marshmallows for all. For my daughter Gina’s birthday, presents were sent to Los Angeles and songs sung over the telephone. For their father’s birthday, there was lunch out on the town and festive days thereafter.

My birthday this year had a funny twist to it. My ex-husband, Robert, had an offer of a vacation week in Lake Tahoe and he asked us all to join him there. Even me. And it was a lot of fun. This was the first time we had vacationed together as a complete family in over 15 years. We see each other on holidays and we do our best. There’s sometimes a little strain here and there with our Italian/Jewish/Mexican and regular old American traditions, all clamoring to have their say.

But a vacation! A chance for everyone to have fun and to make occasions instead of following time honored rules for them. We had never gone rafting; Robert took us rafting. We had never been around the Lake on a boat. So Robert organized a trip on a paddleboat. We swam in the river. We swam at the pool. We ate ice cream and pie and steak. We all cooked. Rogelio made his killer Pico de Gayo. Max and four-year-old granddaughter, Violetta, made salads. Gina cut up tasty fruit a hundred different ways. Robert showed off his BBQ skills. I brought vegan lasagna and spanikopita. There was something for everyone and everyone helped.

When Violetta’s fifth birthday came near, we made a scavenger hunt of little presents and she dashed around looking for hidden butterfly sticker books, and wind-up toys and huge pink rings. We laughed, we chatted, we made life easy. And when it was over, we packed up our vehicles and went away with beautiful memories.

School starts now, and new jobs and new work. The summer sun gives us the final harvest of fat fruits. We are lucky people, all of us. With this summer’s lessons of family and fun, we are ready for autumn.

The Perfect Meal to Take Home

Whistlestop is teaming up with Stagé of Sonoma County to offer delicious, ready-to-eat meals to go. Sometimes it can be tough to find the time and energy to cook. Stagé provides a practical and affordable solution -- no lines, no waiting.

Lolita Duarte, a Whistlestop participant, enjoyed a nutritious chicken enchilada entrée recently. “I truly enjoyed my meal. It was tasty, fresh and healthy, and the price is reasonable. I will definitely recommend them to my friends for lunch or dinner.” Stagé’s fresh, ready-to-eat meals are a new alternative to simplify your life. Meals are made daily and cost only $6.50. They can be purchased with cash or checks at the Whistlestop Front Desk. Come visit us and buy your entree today. Your purchase supports the affordable prices in the Jackson Café.
Ryan Brings Extensive Finance And Real Estate Savvy to Board

“W
hen I was approached to join the board, I reached out to several people in the non-profit community to learn about Whistlestop and Joe O’Hehir; everyone had very positive things to say about both.”

That’s how new board member Dennis Ryan answered the question “How did you decide to accept the invitation to join the Whistlestop Board of Directors?”

Ryan, a Financial Advisor and CFO for a venture capital firm, went on to say, “The mission really resonates with me and the organization is at a critical juncture and I believe with my finance and real-estate background, I might be able to help.”

He has lived in Marin County for 28 years and is CFO at REIT, a private equity and venture capital firm. He got his BA in Economics at University of California, Berkeley, and his MBA in Finance at Santa Clara University. He also is a California-licensed CPA. For nine years, Ryan was on the board of the Buckelew Programs, a $13 million North Bay non-profit board and was president for three years. He previously taught finance courses at St. Mary’s College in Moraga.

His interests outside of business include golf, yoga and travel. He has been a Big Brother to a 14-year-old boy for nearly four years as part of Big Brothers of the North Bay. For 10 years, he was a coach, commissioner and board member in the Ross Valley Little League and CYO basketball.

Ryan is married to Becca, a physical therapist, and they have two children, Kelly in Southern California and Matt in Seattle, WA.

Whistlestop Introduces New Membership Program

Whistlestop will launch a new member registration program Sept. 9 for anyone participating in activities at Whistlestop. The program will make it easier to sign up and register for Whistlestop’s Active Aging Center classes and programs.

The new Whistlestop Membership Program will also offer special VIP privileges:

- Special meal prices in the Jackson Café.
- Automatic enrollment in the Whistlestop Birthday Club for a free lunch in the Jackson Café on your birthday.
- Easy touch-screen check-in to take a language class, exercise class, or any of the other daily classes and activities at Whistlestop’s Active Aging Center (no more paper sign-in sheets to fill out when you take a class).
- VIP reservations for special events, such as the Thanksgiving celebration, Valentine’s Luncheon, Medicare presentations, and more.
- Annual parking permit for the Whistlestop parking lot.
- Receive the Whistlestop Express newsletter by email every month.
- Receive information on the Whistlestop Member check-in screen in the language of your choice.

It’s easy to join—simply complete the one-page enrollment sheet and turn it in to someone at the front desk, or give it to any Whistlestop staff member. Join on or before September 9 to receive a Whistlestop Membership keychain card. Members will be able to check in using the card at the new Membership kiosk for automatic sign-in to classes, events, and Jackson Café.

For more information, stop by the guest services desk at Whistlestop’s Active Aging Center or speak with a staff member.
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