Jackson Café Good Example of Social Enterprise

By JOHN BOWMAN

Social Enterprise – where profit is not the only bottom-line goal – is growing in popularity nationwide. In Marin County, the Jackson Café stands out as a thriving example of this business model.

The café, which started by offering lunches at Whistlestop in 1976, was extensively remodeled in 2007, thanks to the generosity of H.C. and Beverly Jackson.

Now, Jackson Café, located in Whistlestop’s building across from the bus depot in central San Rafael, is collaborating with Homeward Bound of Marin’s Fresh Starts Culinary Academy. Both organizations are Social Enterprises, which emphasize community service. Jackson Café provides fresh, nutritious and affordable meals while also providing solid work experience for recent culinary school graduates. Meals are created and prepared by Fresh Starts graduates and served by Whistlestop volunteers.

The Café works to cover its costs by finding community sponsors like Autodesk and Wells Fargo to help offset rising fresh food expenses. “We need to get creative to find multiple sources of support,” says Yvonne Roberts, Whistlestop’s Development and Marketing Director. “The Marin Community Foundation has been a longtime supporter, but the demand for their resources...”

Businesses’ Bottom Line: More Than Just Profit

Social Enterprise: An organization that applies commercial strategies to maximize improvements in human and environmental wellbeing, rather than maximizing profits for external shareholders. These businesses are both for-profit and non-profit enterprises.

Examples:

✔ The Jackson Café at Whistlestop, which provides nutritious and low-cost meals for Marin residents 60 and older, as well as a social hub for older adults;
✔ Arizmendi Bakery, a worker-owned cooperative with shops in San Rafael, San Francisco, Berkeley, Emeryville and Oakland;
✔ Equator Coffees and Teas of San Rafael, a women-owned green business dedicated to empowering every link of its global and social supply chain;
✔ Newman’s Own, a for-profit food company founded by the late Paul Newman. Most of the profits go to charities (more than $372 million since 1982).
Homeward Bound of Marin, which contracts with Whistlestop to operate Jackson Café, launched into social enterprise more than 10 years ago.

Our initial focus for our social enterprise was centered around on-the-job training rather than revenue generation, as culinary training has been offered at our New Beginnings Center in Novato, a “second-step shelter” for 80 adults, since its opening in 2000.

By 2001, Homeward Bound began its first social enterprise – a mobile food truck called Rolling Scones. The truck served breakfast and lunch at several local businesses.

After a year, Rolling Scones came to a halt as our team realized that operating the small food truck did not offer enough training opportunities for the growing numbers of students seeking to reenter the workforce.

For our next social enterprise, Homeward Bound began developing a catering service from the 500-square-foot kitchen at New Beginnings Center, which also produces resident meals three times a day.

Around the same time, with inspiration from a supporter in the community, the team began exploring the possibility of producing chocolates. Their efforts gave birth to Halo Truffles, made with Callebaut Belgian chocolate, which remain in production by Fresh Starts students and staff.

Both of these programs found some success and broadened employment opportunities for students, leading quickly to plans for the Next Key Center. The center opened in 2008 with a 3,000-square-foot training kitchen and The Key Room, an event space open for public rental.

With the top-notch demonstration kitchen in The Key Room, Homeward Bound began a new social enterprise: Fresh Starts Chef Events. By inviting celebrity chefs to present classes for the public each month, we created a program that uses our space as an asset for everyone in the community.

The larger kitchen also enabled Fresh Starts to collaborate with other organizations for culinary projects. We kicked off sales of frozen cookie dough to Circle Bank, contracted with Novato Charter School to deliver school lunches, and partnered with Buckelew Programs to fill orders for Blue Skies Café, a breakfast and lunch counter in the Marin Health & Wellness Center in San Rafael.

Jackson Café at Whistlestop serves as a keystone for our social enterprises. Student interns perfect their teamwork and learn to juggle orders through the lunch hour – invaluable steps in preparing for the workplace.

For more information about Fresh Starts Culinary Academy and Homeward Bound of Marin, please visit www.hbofm.org or call 382-3363.
Social Enterprise: Where Profit Is Not The Most Important Goal

Paul J. Lamb, an experienced consultant in the field of Social Enterprise (SE), points to Homeward Bound, a partner with Whistlestop’s Jackson Café, as a working example of SE in Marin County.

“They train folks from their housing complexes to be chefs and to staff Homeward Bound’s catering operations,” Lamb said. Another nonprofit Social Enterprise in Marin is Buckelew, Lamb said. Buckelew’s objective is “providing mental, emotional, behavioral health and addiction services that promote recovery, resilience and hope.”

He said that a successful for-profit SE is 1BOG, which stands for One Block off the Grid. They work in communities to recruit neighborhoods to use solar panels on roofs. By getting an area with several buildings involved, they are able to enjoy steep discounts on solar materials.

Lamb, 49, of Vallejo, has been working as a consultant for more than 20 years and has given workshops in Marin. He explained what drew him to this field: “Most of my career has been switching between the profit and nonprofit sectors, and I’ve seen the best and worst of both worlds. Profit should not be the most important focus folks should have but for-profits run efficiently and effectively for the most part. Nonprofit people have lots of heart, but are not always the most efficient or effective. In my work, I try to combine the best of both worlds – the brains of profit and the heart of nonprofit.”

Lamb sees a bright future for SE. “A lot of interest has been generated in recent years, including some from the White House. The office of Social Innovation has put a couple of million dollars on the table in the past two years to fund innovation businesses, including Social Enterprise companies.” Also, he says there is a large influx of young people coming out of business schools with an interest in double or triple-bottom line businesses. Triple bottom line means businesses that want first, profit; secondly, to help with social issues; and third, to help the environment.
“Making Good Medical Decisions” with Lael Duncan, MD

Are You Prepared to Help Your Aging Parent?

Come hear Dr. Lael Duncan, a patient advocacy expert, discuss the types of medical decisions you’ll need to make, so you can be there for the one you love.

October 30, 2013, 5:00 pm – 6:30 pm
Learn More & RSVP at AlmaViaEvents.org.

Contest Winner Picks New Membership Program Name

In our last issue, we announced the start of our new Whistlestop membership program. This program gives participants an easier way to sign up for all classes and activities, Jackson Café discounts, and yearly parking permits, along with a few other perks. We held a ‘Name the Membership’ contest at the center and would like to introduce our new membership name, as well as our winner.

Stephanie McCool, a regular at the Jackson Café and STAR program since 2004, wins our contest for naming our club ... drumroll please ...

THE WHISTLESTARS CLUB

“The name just came to me, it sounded perky and positive. People come to Whistlestop because they feel accepted, safe and inspired here; they’re going forward with their lives in a positive community setting. Everyone here is a star.”

We would like to congratulate and thank Stephanie McCool for her creative contribution to Whistlestop and everyone is invited to become part of The Whistlestars Club.
Whistlestop’s Home Delivered Grocery Program (HDGP), while not as well known as Meals on Wheels, is an important supplement to MOW and is greatly appreciated by Marin residents who are unable to get out to grocery shop.

Whistlestop Volunteer Services Manager, Millie Makarewicz, directs HDGP. The project will be one year old this December. “We serve seven San Rafael residents currently,” she said. “We have four volunteers who serve those residents.”

“I enjoy reaching out to people in Marin who need a helping hand,” says Volunteer Janis Walsh of San Rafael. “I am glad to avail myself.” Janis also works with Meals on Wheels.

Janis explained her duties with HDGP. “I have sort of adopted this one individual, Rita Jones, who is unable to do her shopping due to a stroke that left her partially paralyzed. I go to her home every other week and we sit down and fill out the grocery form together. Then I go shopping at Safeway, where Whistlestop has an account, and I buy the groceries. I take them to her home and put them away for her.”

Rita Jones, her “adopted” client, is 71. Rita, who lives alone, said she also receives much help from her daughter. “But my daughter has two children of her own and she commutes a long way to her job in Vallejo, so she can’t get here every day.”

Rita said, “Janis not only buys and delivers my groceries, she puts them in the cabinets or refrigerator and she even opens things that she knows I would have difficulty opening. I also receive Meals on Wheels, so what Janis does is bring me snacks, juice and bottled water. She is very, very helpful and she is a very nice lady.”

Janis said she knows how much Rita appreciates her help. “I know, because she told me one day that I’m a life-saver.”

Whistlestop operates the HDGP in partnership with Episcopal Senior Communities, Novato Independent Elders Program, and San Rafael Safeway. For more information, contact Millie at 456-9062, ext. 117 or at millie@whistlestop.org.
Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation – once an important part of everyday life – has become a thing of the past. Because they can’t understand what is said to them on the phone, they’re often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

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

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

See for yourself with our exclusive home trial. Try the Captioning Telephone in your own home and if you are not completely amazed, simply return it within 30-days for a refund of the product purchase price. It even comes with a 5-year warranty.

Captioning Telephone
Call now for our special introductory price!
Call now Toll-Free
1-877-703-0199
Please mention promotion code 50589.

The Captioning Telephone is intended for use by people with hearing loss. In purchasing a Captioning Telephone, you acknowledge that it will be used by someone who cannot hear well over a traditional phone.
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

WHISTLESTOP ENGLISH LANGUAGE PROGRAM
Fall 2013 Semester:
Through Dec. 11
Registration required:
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

English Pronunciation (Intermediate Level)
Wed • 1-2pm
$15 fee for materials

IMMIGRATION ASSISTANCE CLINICS
Last Fri of the month • 9-11:30am
General Consultation Fee: $30
By appointment only: Call Sandra or Vicky, 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.

OKTOBERFEST CELEBRATION
Thurs, Oct 17 • Noon-1:30pm
Members: $6.50
Non-members: $8.50
Register, 456-9062. Pay at Jackson Café (exact change preferred.)
Come celebrate Oktoberfest with us. We will be serving a German-inspired lunch menu and enjoying live German music presented by our very own German group.

RUSSIAN SOCIAL GROUP
Wed • 1-2pm
Contact: Anna, 336-8430, or Vicky, 457-0586
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.

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

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

JEWELRY CLASS
Thurs, Oct 17 • 1:30-2:45pm
Fee: $8 per class, includes materials
Maximum participants: 10
Registration and payment required prior to the class. Maria Barsesat, local bead artist, will show you how to make beautiful, simple and easy jewelry items for yourself or as gifts.

Special thanks and appreciation to donor Sylvia Shapiro for the donation of beautiful jewelry-making supplies for our jewelry class!

WHISTLESTOP HOLIDAY BOUTIQUE
The holidays are upon us and we are having our Second Annual Holiday Boutique in December. Whistlestop’s Multicultural Department is looking for talented older adults who are crafty and business-oriented to participate in this wonderful event. Contact Vicky or Sandra for information, 456-9062.

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; Watercolors Instructor and Volunteer Drivers for Meals on Wheels Program. Contact: Millie at 456-9062 x117 or volunteer@whistlestop.org.

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 very flexible. If interested, please contact Vicky, 457-0586.

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

NEW MASTERY OF AGING GROUP
Tues • 1:30-3pm
No cost
Contact: Larry Berkelhammer, 453-9808
Learn new skills to master the various challenges associated with aging. Learn how to take charge of your healthcare and self-care. Discover new ways to give your life meaning and purpose, and explore as a group how to best adapt to all the age-related changes and losses.

WHAT TO DO IF YOU FALL
Tues, Oct 15 • 2:30-3:30pm
No cost
Register: Call 456-9062
This workshop, presented by Thomas Attardi, MA, NMT, will help those who have fallen or who fear falling. It is designed to help participants identify why they fall and learn techniques to prevent falls, including strength and balance exercises and home safety.

NEW ACTING CLASS WITH MARGIE BELROSE
Tues • 2:30-4pm, Starting Oct 1
No cost
Register: Call 456-9062
Have you always wanted to try your talent at acting? Marin Women’s Hall of Famer and local icon Margie Belrose will offer her expertise in drama and performing arts in this acting class. Space available for 14 people maximum.

FREE BLOOD PRESSURE CLINIC; MEDS & BLOOD SUGAR
Tues, Oct 1 & 8, • 11:30am-1pm
No cost/ Drop-in
This is a service provided by student nurses from the Dominican University. 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.

HICAP (Health Insurance Counseling & Advocacy Program)
2nd and 4th Tues of the month • 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 indi-
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.

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

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

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. If you are interested, contact our Front Office at 456-9062.

ZUMBA
Mon • 9:30-10:30am (NEW TIME)  
Thurs • 10-11am
Fee: $6 per class, Cash only
Drop-in
Zumba is a great way to stay fit and active. Fun, motivating combination of Latin-inspired music and dance steps guaranteed to get you moving with instructor Angela Jakab-Miller. Zumba movements are easy to follow and good for all activity levels. Bring water and a small towel.

NEW! COMPUTER TUTOR
Wed • 1-2pm
Fee: $20 per hour
By appointment only: Call 456-9062

TECH CONNECT: SOCIAL MEDIA FOR ADULTS
Fri, Oct 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.

INTER-GENERATIONAL 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 _____?"

GOING PLACES
Marin YMCA and Whistlestop invites you to join Adventures in Culture. Living in the San Francisco Bay Area, there are many points of interest to visit. The Y plans older adult trips to different locations, such as museums, attractions, gardens, and much more.

Fri, Oct 4
Quarryhill Botanical Gardens docent led tour & Wine Country Chocolates Tour
9:30am-3pm
Fee: $45-$55

Fri, Oct 18
Roof Top Garden Tour and Pier 39
9:30am-3pm
Fee: $55-$65

To register for a trip or hike, please contact Lisa O’Brien, MARIN YMCA, 446-2113 or Vicky Voicehowsky, Whistlestop, 457-0586.
### Whistlestop 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>9–NOON</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8 min.</td>
</tr>
<tr>
<td>9:30–10:30AM</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>11:00–12:10PM</td>
<td>Exercise Movement &amp; Music</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>12:15–1:45PM</td>
<td>Language German Social Group</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language ESL</td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Language Citizenship Class</td>
<td>454-0998</td>
<td>$25</td>
</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>11:30AM–12:30PM</td>
<td>Language French Class</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>NOON–3PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>1–2PM</td>
<td>Language French Social Group</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>1–3PM</td>
<td>Language Learn Spanish</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language English Conversation</td>
<td>454-0998</td>
<td>$10</td>
</tr>
<tr>
<td>2:30–4PM</td>
<td>Language Continuing Italian</td>
<td>454-0998</td>
<td>$36/mo</td>
</tr>
<tr>
<td>9–10:15AM</td>
<td>Exercise Tai Chi Qigong</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 Seniors’ Circle</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10–12PM</td>
<td>Learn Computer Lab</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Language Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>10:30–11:30AM</td>
<td>Support Corazón Latino</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>11–12:30PM</td>
<td>Relax Chiropractor</td>
<td>456-9062</td>
<td>$2</td>
</tr>
<tr>
<td>1–2PM</td>
<td>Language English Pronunciation</td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td>1–2PM</td>
<td>Language Russian Social Group</td>
<td>336-8430</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>Language ESL</td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td>9:15–10:15AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6</td>
</tr>
<tr>
<td>1:30–2:30PM</td>
<td>Language Beginning Italian</td>
<td>454-0998</td>
<td>$18/mo</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>2:30–4PM</td>
<td>Language Continuing Italian</td>
<td>454-0998</td>
<td>$36/mo</td>
</tr>
<tr>
<td>11:00–NOON</td>
<td>Support Brown Bag Pantry</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Support ACASA</td>
<td>Peer Counseling</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Language Practice Spanish</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Learn Arts &amp; Crafts w/Vicky</td>
<td>Oct. 11 &amp; 25</td>
<td>$3</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Exercise Ping-Pong</td>
<td>Oct. 4 &amp; 18</td>
<td>Free</td>
</tr>
<tr>
<td>2:30–3:30PM</td>
<td>Exercise Yoga</td>
<td>Open</td>
<td>$3</td>
</tr>
</tbody>
</table>

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

The Caboose, Computer Lab, Board Room and Jackson Café are all located at Whistlestop’s Active Aging Center – 930 Tamalpais Ave., San Rafael.

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### Jackson Café

Monday-Friday 11am-1:30pm

Located in Whistlestop Active Aging Center

• Open to the Public

#### LUNCH MENU

**WHISTLESTAR MEMBER (LOWEST PRICE)/ NON-MEMBER OVER 60 / UNDER 60**

Main Entrée  
$4.95/$5.95/$6.95

Sandwiches  
$4.25/$5.25/$6.25

Soup du Jour  
$1.95/$2.95/$2.95 bowl  
(yes two prices are the same)

Hamburger w/Fries  
$4.25/$5.25/$6.25

Garden/Caesar Salads  
$3.50–$4.50

#### OTHER ITEMS

- Tuna Salad Side $1.25
- Beverages $1.00
- Desserts/Fruit $2.00
- Cheese $0.50
- Avocado $1.00
There are many migratory birds, such as the Bar-tailed Godwits, that fly between New Zealand and Alaska every year and winter in one part of the world and summer in another. The orange-tinged Cattle Egrets are great travelers but are not migratory – they explore and colonize, but don’t return.

Cattle Egrets are ancient; images of them were depicted 6,000 years ago on the Pharaohs’ tomb walls, foraging beside oxen along the Nile River when they were called White Herons. For reasons unknown, they began colonizing the world in the late 1800s.

In 1933, they flew from Africa, probably the Cape Verde Islands, 2,300 miles across the Atlantic to Guiana, South America. In 1951, they emigrated to Columbia; from there a branch hopped up to Cuba around 1950 and Florida about 1960, where they established the largest number of colonies in the US. By 1970, small colonies had scattered over much of mid-America. Another branch reached Southern California in 1966 by way of Honduras and Baja, Mexico.

Cattle Egrets largely feed on insects, worms and frogs. They team up with grass munchers – cattle, oxen, zebras and buffalo – because grazing animals stir up the insects and worms, making them easy prey for the Egrets. To thank their symbiotic feeding buddies, Egrets occasionally hop on top of their partner to pick off bothersome flies and ticks.

I saw my first Cattle Egret at the ‘Rookery’ on Ninth Street in Santa Rosa in 2005, when there were two or three nests. The colony has flourished. This season there were more than two dozen nesting Cattle Egrets that foraged in the pastures near Sebastopol.

For me, the big mystery is how the Cattle Egrets knew there was land across the Atlantic! They had no ‘genetic memory’ to guide them as is presumed necessary to guide long distance migratory birds and it is doubtful they knew about Columbus. So far, no one has a clue!

If you’d like to be on my special weekly email bird list, just ask SHENmaker@MSN.com. It’s free.
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[Image of scooter]

**Multicultural NEWS**
by VICKY VOICEHOWSKY and SANDRA JIMENEZ

**Special Gifts by Whistlestop Crafters for the Holidays**

Have you ever stopped by the Whistlestop Gift shop? If you have, you know what craftiness abounds in our Art program. If you haven’t, this is the time to start. With the holidays basically around the corner, you can find many, if not all, of your gifts here.

The Gift shop was born out of an obsession with beads and large donations of yarn. Beads are used to make bracelets, earrings and necklaces at low cost -- nothing over $10. Yarn is used by our casual group of knitters to make baby sweaters, baby blankets, scarves and pot holders. There are a couple of reasons why the Whistlestop Gift shop is special. One is that all of our items are handmade by our participants and they are lovely. The other is that all the proceeds go right back into the Whistlestop Art program. In this way, we can provide low-cost art classes.

On Fridays, we offer Arts & Crafts with Vicky. For only $3, crafters have a good time, make new friends, and take home a beautiful and useful project. Twice a month, we offer a jewelry-making class for $8. This includes materials, and participants come away with a ready-to-wear jewelry piece of their own.

Of course we are always looking for more art programs to offer. What are you interested in — Zentangle, watercolors? Would you like to teach others about a great art technique? Are you crafty? Others would love to learn from you. Please call Vicky, Active Aging Services Program Manager, at 457-0586. Don't forget to stop by the Gift Shop and treat yourself or a loved one to a one-of-a-kind item. ✦
Get on the List for Housing
by LESLIE KLOR

Wow, here we are in the homestretch of another baseball season and who doesn’t love watching an exciting game with our own Giants? We can hunker down in the bleachers, eat hotdogs and cheer the team on. It is an exciting spectator sport. That is fine for baseball, but housing is not a spectator sport! It involves active participation by researching options and planning ahead for your future. Only then can you score a home run!

Marin Housing Authority put together a Senior Subsidized Housing list. This is a list of all the subsidized housing resources in Marin for older adults. Subsidized means that you pay only a portion of your monthly income towards the rent and the rest is paid from other resources. These housing options are “wait list” driven which means that you can apply now (if the waiting list is OPEN) and you are put on a list for that particular complex. The time it takes to obtain that housing could be two to four years. There is not much, if any, immediate housing.

Meanwhile, while waiting for your name to come up, you could try Shared Housing, a program where you rent a room in an older adult’s home in exchange for money or services.

The rallying cry of the housing game is “don’t delay, call today!” Coach Leslie Klor is available to answer any and all of your pressing housing concerns. Call 456-9062, ext. 132. In order for you to get on base, you have to pick up the bat!

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Reading Is Wonderful

Reading is wonderful. Remember the first time you read a book all the way through by yourself? What joy! What accomplishment! Was yours *My Father’s Dragon* or *The Borrowers* or maybe a book of folktales, hot with wild tales of the old country? Mine was *Beezus and Ramona*. Ramona’s struggles with her little sister really rang true for me, the oldest of five.

“But wait!” cry elders from coast to coast. “Kids don’t read anymore.” Some do, some don’t. They often read graphic novels, Google entries, and Facebook posts. They read Cliff notes in high school and as little of every textbook as they can get away with in college. Perhaps they’re not reading what you like to read. That can be fixed.

With little ones, offer to read to them. My little granddaughter and I pore over everything from *The Very Hungry Caterpillar* to *Oprah* magazine. We create a snug place for our reading moments. She might lie on an empty shelf of a bookcase, while I sit nearby on the floor. Sometimes we snuggle in a big chair. Sometimes we stretch out on a blanket under a table. We drift into our own world.

With older kids, I find out what interests them. I get a magazine or a book on that subject for them and one for myself. Later, I bring up the reading and we talk. I never scold if they haven’t gotten into it right away. We can still explore the subject. They may very well delve in later, when I’m not around. We have a good time and they think I’m hip; I like being hip.

With the classics and intellectual reading that I think is important, I read my favorite paragraph aloud at a meal. “Listen to what Tolstoy said about teenagers.” “Did you know a million years ago, people only worked 15 hours a week?” Then I charge into the paragraph.

With kids, if you bore them, you’re dead. Keep it short; keep it light. If they talk about it with you, that’s cool. If not, leave the material on the coffee table. Don’t harp. Enticing a kid to read is like catching a mouse in one of those humane traps. Leave cheese in. Take cheese away. Put cheese back. Then: Yes. You’ve caught them.

What a wonderful trap reading is. Good luck.

Mary Ann Maggiore is a career and life choices consultant to parents and young people. Contact her at: maryannmaggiore@gmail.com.
Enjoy A Bath Again… Safely and Affordably

The Jacuzzi® Walk-In tub is luxurious, feature-packed and affordable

There is nothing like the simple pleasure of taking a warm bath. The cares of the day seem to fade away, along with the aches and pains of everyday life. Unfortunately for many aging Americans with mobility issues, slipping into a bath can result in slipping onto the floor. The fear of falling has made the simple act of bathing and its therapeutic benefits a thing of the past until now. Jacuzzi®, the company that perfected hydrotherapy, has created a walk-in tub that offers more than just safe bathing, peace-of-mind and independence, it can actually help you feel better.

Unlike traditional bathtubs, this Walk-In Tub features a leak-proof door that allows you to simply step into the tub rather than stepping precariously over the side. It features a state-of-the-art acrylic surface, a raised seat, and the controls are within easy reach. No other Walk-In Tub features the patented Jacuzzi® PointPro® jet system. These high-volume, low-pressure pumps feature a perfectly balanced water to air ratio to massage thoroughly yet gently. Some swirl, some spiral, some deliver large volumes of water and others target specific pressure points. They are all arranged in precise locations designed to deliver a therapeutic massage, yet they are fully adjustable so that your bathing experience can be completely unique.

Why spend another day wishing you could enjoy the luxury and pain-relieving benefits of a safe, comfortable bath? Call now and you’ll get an unsurpassed limited lifetime warranty. Knowledgeable product experts are standing by to help you learn more about this product. Call Today!

What To Look For in a Walk-In Tub:

- **Quality** - A walk-in tub is a major investment. You want to find a quality tub that will last for decades. Look for one that’s 100% leak-proof, mold-resistant, full metal frame construction and one that’s American made.

- **Warranty** - Ask for a lifetime “no leak guarantee.” The best tubs offer a lifetime warranty on both the tub and the operating system.

- **Pain Relieving Therapy** - Find a tub that has both water and air jet therapy to soak away your aches and pains preferably with a perfectly balanced water to air mix. This tub is the first to offer a specialized foot massage experience. Its unique spinning motion provides optimal therapy to feet and legs. Best of all, you get it at no additional charge.

- **Comfort** - Insist on ergonomic design, easy-to-reach controls.

- **Endorsements** - Only consider tubs that are ETL or UL listed. Also look for a tub tested to IAPMO (International Assoc. of Plumbing and Mechanical Officials) standards and that’s USPC (Universal Spa Plumbing Code) Certified.

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