Whistlestop Honors Marin Veterans During Their Month

When Bill Brennen, a Jackson Café regular, attends the annual Veterans Day celebration at Memorial Auditorium on Nov. 11, he no doubt will remember what he went through as a U.S. Marine in Korea 63 years ago. Brennen, of Larkspur, was then a 20-year-old radio operator on a Corsair fighter-bomber.

“On June 25, 1950, North Korean military forces launched a massive surprise assault on South Korea,” Brennen, now 83, recalls. “U.S. Army units in Japan were quickly committed as part of the United Nations effort to block the invasion. On July 14, a hastily assembled 1st Provisional Marine Brigade left the U.S. for Korea to reinforce embattled U.S. Army and South Korean troops defending the Pusan Perimeter at the southern tip of Korea. The North Korean army had nearly accomplished its goal of conquering all of Korea.

But things got turned around once Marine air and ground units got involved. They were sent to Japan in preparation for the Inchon landing. Brennen remembers, “The Inchon landing resulted in the defeat of the North Korean Army. In late November and early December 1950, the U.N. forces were driving toward the Yalu River and the Korean/Chinese border. The war was all but over, and we thought we’d be home by Christmas. But then, some Army units reported captur-

continued on page 5
You Made It Happen!

Over the past eight plus years I have served on the board of Whistlestop, I have always known that our donors, clients, and volunteers are the greatest. Last year the Marin Community Foundation asked their grant recipients to show community involvement and support by making extra donations to supplement the MCF grants. The idea, and I think it is a good one, is for organizations to use part of the MCF grants they receive as matching funds to encourage these community donations.

In 2012, many people stepped up and helped us secure our full MCF grant with their donations, which were matched by Foundation funds under a formula prescribed by the foundation. Again this year Whistlestop was called on to come up with $50,000 in new donations from new and old donors. If we secured this amount as prescribed by the MCF, we would receive $75,000 in additional grant money from the Foundation.

Once again you came through! By the end of September not only did new donors give, but also existing donors increased their donations in order to help us get over the top. We ended September with the $50,000 we needed to earn the challenge grant from MCF. GREAT JOB and a HEART-FELT THANK YOU for your help and support. We have a wonderful and incredibly dedicated staff, but even more, we have all of you amazing and generous donors supporting us.

We have many challenges to address over the next several years. You are helping us prepare for the future. Through your generosity, we will be able to continue to provide programs and expand our efforts to support older adults and persons with disabilities through our many on-site programs and our transportation operation.

If you are not too familiar with the many Whistlestop programs, I hope you will take the time to visit or call us to learn about what is going on and how you can volunteer to help us grow and serve more people. No matter how much you donate, I suggest that by volunteering in programs such as our multilingual programs and classes, our computer training efforts, and all the many other endeavors going on at Whistlestop, you can help us grow even stronger and serve the growing number of older adults here in Marin. At present we have 53 different programs and classes. We are always looking for volunteers to teach and enrich. We have 130 active volunteers, and there is always room for another face or two.
New Marketing and Communications Specialist

Whistlestop has hired Amanda Denny, an experienced Marin County marketing professional, as its new Marketing and Communications Specialist.

“I am excited about my role at Whistlestop,” says Amanda. “This means I will be able to tell the story of what Whistlestop does for older adults and to reach an even broader population than in my previous job.” Amanda comes to Whistlestop from WindChime of Marin, the Kentfield residential community for individuals with Alzheimer’s disease.

Joe O’Hehir, Whistlestop CEO, says, “Whistlestop is fortunate to have Amanda joining the organization. Her knowledge, skills and experience in marketing communications will be valuable. Amanda will help promote Whistlestop’s mission, programs, and services to the community. She will help us reframe aging as a positive experience for older adults in Marin County.”

Amanda sees important parallels between the work done at Whistlestop and at WindChime. “At Whistlestop, we help people who are isolated and lonely. We get them out of their homes and engage them in activities that will help keep them socialized and vibrant. I am so impressed with the atmosphere at Whistlestop and with the great staff – all of these people working together as a team to help older adults. It’s heart-warming.”

Amanda has long been passionate about helping older adults, and when her mother-in-law began to suffer from vascular dementia several years ago, she did considerable research on the subject. That led her to WindChime, where she wound up being hired as Marketing Director in October of 2010.

Amanda earned her Bachelor’s Degree in Advertising at San Jose State and was an exchange student at the Oriel College at Oxford (UK) University. She and her husband and son live in the West Marin community of Lagunitas.
U.S. Air Force Vet Was Under 2 Pounds at Birth

By JOHN BOWMAN

Imagine a premature baby girl, weighing just 1 pound, 14 ounces, growing up to be an independent, creative, hard-working sergeant in the United States Air Force.

That’s the capsule description of Larriece Stuart, now 64 and living in San Rafael. Larriece is visually impaired but has a great partner in her guide dog, Jessie, aged six.

Larriece, who is a massage therapist, has used Whistlestop services often. “I just love Whistlestop. I wouldn’t, couldn’t be as independent as I am without them. I love Whistlestop Wheels because I can go all over – even into The City for the ballet and plays. I also use Lighthouse for the Blind upstairs there. I’ve taken Braille classes and am in a book club. Oh, the Jackson Café. Wonderful, I eat there often.”

Larriece served in the Air Force for three years during the Vietnam War in the late 1960s. She had wanted to be a pilot but, “They didn’t train women to be pilots back then. Your choices were nurse or secretary. I didn’t like either choice but wound up as a secretary and fortunately found my way to a job as a graphic designer or draftswoman.”

She has never regretted enlisting in the military. She says, “I learned so much. I had never been exposed to various ethnic groups. I met so many interesting and different people and I grew up a lot. I was just 18 when I enlisted. Didn’t go to college and didn’t know what I was going to do, so I joined. It was a very rewarding experience. I traveled a lot and learned so much about the world. I think everyone should go at least for a while.”

Larriece Stuart

‘I couldn’t be as independent without Whistlestop.’
Whistlestop Volunteer is Army Veteran

Marcia Brewer has been volunteering at Whistlestop since July, 2013. She began as a meal delivery driver and later added the position of shopper for the Home Delivery Grocery Program to her busy schedule. Marcia served in the U.S. Army for 27 years as a nurse. She wound up her career serving in duty stations in the U.S. with various surgical intensive care units in the first Gulf War, with a 3,000-bed hospital in cooperation with the U.S. Air Force.

“Volunteering at Whistlestop completely changed my focus,” she says. “Having just lost a family member, I felt lost. When I became a volunteer, I was able to overcome the paralyzing grief knowing that I can do something positive. And that is all because of Whistlestop.”

For information on volunteer opportunities, email millie@whistlestop.org or call 456-9062, ext. 117.

Meals on Wheels a Mainstay for San Rafael Army Vet

Ken Buck can’t say enough good about Whistlestop’s Meals on Wheels. Ken, 70, lives in San Rafael and says, “Those meals really keep me going. I’ll tell you, they have improved so much in the last couple of years. The food, the cooking, even the way they cut the foods – it’s all great. What’s the sense of going to a restaurant when you can eat food this good?”

Ken, who is blind, the result of a serious auto accident in 1981, added that MOW meals are easy to prepare, too. “Just toss ‘em in the microwave and away you go. It’s a real mainstay for me.”

He is a veteran of the Vietnam War, having served for eight years as a lab tech in the U.S. Army Medical Corps.

continued from page 1

ing Chinese prisoners. General MacArthur said not to worry, that they were, in his words ‘just Chinese laundrymen.’ In actuality, they were 200,000 well-trained soldiers.”

Twin-engine transport aircraft were assigned to Headquarters Squadron 33. The slang term for the aircraft was the “Gooney Bird.” One of these aircraft, 785, was Brennen’s assigned plane. He was a radio operator. They made several runs on 785, supplying troops and bringing back wounded soldiers.

“One vivid memory I have of the first loads of wounded we flew out involved some of the young Army personnel who had survived a Chinese ambush. One man was actually sobbing, and most appeared dazed and in various stages of shock. They all looked like people who had just returned from a preview of hell. I suspect that all of the wounded troops who were evacuated, if given a chance, would vote to change the nickname of those aircraft from ‘Gooney Birds’ to ‘Angels.’”

For information on volunteer opportunities, email millie@whistlestop.org or call 456-9062, ext. 117.
Finally, a cell phone that’s... a phone.

Introducing the all-new Jitterbug® Plus.
We’ve made it even better... without making it harder to use.

All my friends have new cell phones. They carry them around with them all day, like mini computers, with little tiny keyboards and hundreds of programs which are supposed to make their life easier. Trouble is... my friends can’t use them. The keypads are too small, the displays are hard to see and the phones are so complicated that my friends end up borrowing my Jitterbug when they need to make a call. I don’t mind... I just got a new phone too... the new Jitterbug Plus. Now I have all the things I loved about my Jitterbug phone along with some great new features that make it even better!

GreatCall® created the Jitterbug with one thing in mind—to offer people a cell phone that’s easy to see and hear, simple to use and affordable. Now, they’ve made the cell phone experience even better with the Jitterbug Plus. It features a lightweight, comfortable design with a backlit keypad and big, legible numbers. There is even a dial tone so you know the phone is ready to use. You can also increase the volume with one touch and the speaker’s been improved so you get great audio quality and can hear every word. The battery has been improved too—it’s one of the longest lasting on the market—so you won’t have to charge it as often. The phone comes to you with your account already set up and is easy to activate.

The rate plans are simple too. Why pay for minutes you’ll never use? There are a variety of affordable plans. Plus, you don’t have to worry about finding yourself stuck with no minutes—that’s the problem with prepaid phones. Since there is no contract to sign, you are not locked in for years at a time and won’t be subject to early termination fees. The U.S.-based customer service is knowledgeable and helpful and the phone gets service virtually anywhere in the continental U.S. Above all, you’ll get one-touch access to a friendly, and helpful GreatCall operator. They can look up numbers, and even dial them for you! They are always there to help you when you need them.

Call now and receive a FREE Car Charger – a $24.99 value. Try the Jitterbug Plus for yourself for 30 days and if you don’t love it, just return it for a refund of the product purchase price. Call now – helpful Jitterbug experts are ready to answer your questions.

Jitterbug Plus Cell Phone
Call today to get your own Jitterbug Plus.
Please mention promotional code 50849.
1-877-566-2264
www.jitterbugdirect.com

We proudly accept the following credit cards.

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Basic 14  Basic 19

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<thead>
<tr>
<th>Service</th>
<th>Basic 14</th>
<th>Basic 19</th>
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<tr>
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<td>FREE</td>
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<td>Long Distance Calls</td>
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<td>No add’l charge</td>
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<td>FREE</td>
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<tr>
<td>Nationwide Coverage</td>
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</tr>
<tr>
<td>Friendly Return Policy</td>
<td>30 days</td>
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More minute plans available. Ask your Jitterbug expert for details.

Order now and receive a FREE Car Charger for your Jitterbug – a $24.99 value. Call now!

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

UPCOMING SPECIAL EVENTS

MARIACHI CONCERT AT GOLDENAIRES
Thurs, Nov 21 • 2-4pm
Fee: $7, open to the public
Info: 485-3333
Registration preferred. Pay in advance at Whistlestop or day of the event.
We are welcoming the Holidays with a traditional Mariachi Concert. Mariachi Nueva Generación will be playing and singing popular Latin songs at Goldenaires, 618 B Street, San Rafael. Enjoy refreshments from 2-2:30; the show begins at 2:30.

THANKSGIVING LUNCHEON
Thurs, Nov 28 • Noon-1:30pm
Cost: $10, Whistlestars Members, $15, Non-Members. Payment due at sign-up.
Register by Mon., Nov. 25; no refunds after that date.
Please join us for Whistlestop's Annual Thanksgiving Day Luncheon. Enjoy a Thanksgiving Day Feast with all the trimmings. Event sponsored by Mission San Rafael Rotary Club and San Rafael Host Lions Club.

WHISTLESTOP HOLIDAY BOUTIQUE
Thurs, Dec 5 • 10:30am-1:30pm
Whistlestop Caboose Room
Free and open to the public
Info: Vicky or Sandra, 456-9062
Please join us for a little holiday shopping. Artsy and crafty Whistlestop clients and community vendors will be selling their handmade items -- jewelry, cards, cookies, and more at very affordable prices.
We are still looking for talented older adults who are crafty and business oriented to participate in this wonderful event.

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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
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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

CLASSES AND SERVICES

PING PONG
Two Fridays a month • 2-4pm
No cost
Drop-in
Join the Whistlestop “Racketeers” for Ping Pong! Improves Mind * Spirit * Body
In December of 2012, a ping pong table was donated to Whistlestop and we now have a wonderful group of regulars who enjoy the benefits of the game. All levels are encouraged to come play or watch. Check the activities calendar for dates.

**NEW** HAND & FOOT REFLEXOLOGY
Thurs • 10am-Noon
Cost: $1 a minute
Drop-ins welcome, Starting November 7th.
Gena Galenski, certified massage therapist since 1997, will be offering hand and foot reflexology massage. Reflexology massage promotes relaxation, improves circulation and encourages the body to heal itself.

MASTERY OF AGING GROUP
Tues • 1:30-3pm
No cost
Contact: Larry Berkelhammer, 453-9808
Learn how to cultivate resilience in order to adapt to age-related losses. Learn how your thinking processes directly affect your state of health. Train your mind to improve health & wellbeing. Please join us!

SCAMMERS ARE TARGETING YOU
Thurs, Nov 7 • 10 to 11am
Free
Registration preferred: 456-9062
Senior Resource Forum and Whistlestop invite you to participate in an educational presentation and Q & A about scams. Protect yourself by learning the latest about scams targeting the older adult population in Marin County

ACTING CLASS WITH MARGIE BELROSE
Tues • 3-4pm
No cost
Registration: 456-9062
Space for 14
Have you always wanted to try your talent at acting? Marin Women’s Hall of Famer and local icon Margie Belrose will be offering her expertise in drama and performing arts in this acting class.

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.

CONVERSATION GROUP FOR 90-PLUS
3rd Thurs of every month • 1:30-3pm
Free
Register: Leslie Klor, 456-9062, ext. 132
Live alone? Want someone to care about how you are doing? If you live by yourself and often feel isolated and alone and you are looking for connection and peace of mind for your daily wellbeing, this program is for you. Trained volunteers will call you three mornings a week

Marin County Commission on Aging
Thursday, Nov. 14  10 am – 12:30 pm
Where:
Tiburon Town Hall
Topic:
HICAP: Medicare Changes & Updates
Speaker:
Betti Conder
Community Outreach Coordinator

TELEPHONE REASSURANCE PROGRAM
Register: Leslie Klor, 456-9062, ext. 132
Free
Live alone? Want someone to care about how you are doing? If you live by yourself and often feel isolated and alone and you are looking for connection and peace of mind for your daily wellbeing, this program is for you. Trained volunteers will call you three mornings a week
to say ‘Good Morning’ and check on how you are doing. They can answer your questions about other senior resources. This program is now offered in Spanish for our Spanish speaking clientele.

PERSONALIZE HOLIDAY CARDS FOR HOMEBOUND MARIN RESIDENTS
Whistlestop invites residents of Marin County to participate in a holiday project designed to warm the hearts of homebound older adults. Whistlestop Development and Marketing Director, Yvonne Roberts, said, “We are calling for personalized holiday cards for homebound older adults receiving Meals on Wheels. The cards will be delivered by Meals on Wheels drivers during the month of December.” She added, “We have over 265 recipients so we want lots of cards to remind these dear members of our community that they are not forgotten just because they cannot get out of their homes.” Please send your personalized, signed cards in unsealed envelopes to Whistlestop’s front desk as soon as possible, before Dec. 16.

BLIND & VISION IMPAIRED OF MARIN
BVIM has several support groups and other activities to assist people who have vision loss. For more information, call 459-5066 or 456-6647. Or visit http://www.bvim.org.

GOING PLACES
Marin YMCA and Whistlestop invite you to join Adventures in Culture. To register for a trip, call Lisa O’Brien, MARIN YMCA, 446-2113, or Vicky Voicehowsky, Whistlestop, 457-0586.

Fri, Nov 8
Budweiser Brewery and Jelly Belly Factory Tour
Depart 9am; return about 3pm
Fees: $55-65/Includes transportation, tours, and lunch

Fri, Nov 22
State Capitol Museum and Governors Mansion Tour, Sacramento
Depart 9:30am; Return about 6pm
Fees: $45-55/Includes transportation and tours
Participant requirement: Minimum 8; maximum 17

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.

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.

JEWELRY CLASS
Thurs, Nov 14 • 1:30-2:45pm
Fee: $8 per class/includes materials
Registration and payment required prior to the 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.

IMPARARE L’ITALIANO! (LEARN ITALIAN)
Learn Italian with our new teacher, Elizabeth Guagenti. Elizabeth has a Bachelor’s degree in Italian Language and Literature from UCLA.

BEGINNING ITALIAN
Thurs • 1:30-2:30pm
Fee: $18/month

CONTINUING ITALIAN
Tues & Thurs • 2:30-4pm
Fee: $36/month
Registration required by Nov. 5
Info: Sandra Jimenez, 454-0998

IN-KIND DONATIONS NEEDED
Mah Jongg sets, Chess set, Dominos, books, yarn, movies on DVDs. If you have items to donate, call 456-9062.
### Whistlestop Weekly ACTIVITIES
This Month at Whistlestop

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>COST</th>
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</thead>
<tbody>
<tr>
<td><strong>MONDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9-NOON</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8min.</td>
</tr>
<tr>
<td>9:30-10:30AM</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6/$8 Non Members</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></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>10:00-11:45AM</td>
<td>Relax Mah Jongg</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 Manicurist</td>
<td>Appt. Needed</td>
<td>Free</td>
</tr>
<tr>
<td>1-2PM</td>
<td>Language French Social Group</td>
<td>457-0586</td>
<td>Free</td>
</tr>
<tr>
<td>1-3PM</td>
<td>Language Learn Spanish</td>
<td>Open</td>
<td>Free</td>
</tr>
<tr>
<td>1:30-3:30PM</td>
<td>Support Mastery of Aging Group</td>
<td>453-9808</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>3-4PM</td>
<td>Learn Acting Classes</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td><strong>TUESDAYS</strong></td>
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<tr>
<td>9-10:15AM</td>
<td>Exercise Tai Chi Qigong</td>
<td>Sugg. Donation</td>
<td>$10 or less</td>
</tr>
<tr>
<td>10-11AM</td>
<td>Relax Chair Massage</td>
<td>Open</td>
<td>$4/8 mins.</td>
</tr>
<tr>
<td>10-12PM</td>
<td>Support Seniors' Circle</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>
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<tr>
<td>10:30-11:30AM</td>
<td>Language Corazón Latino</td>
<td></td>
<td>Free</td>
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<td>10:30AM-12PM</td>
<td>Relax Chiropractor</td>
<td>456-9062</td>
<td>$2/$5 Non Members</td>
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<td>1-2PM</td>
<td>Language English Pronunciation</td>
<td>456-9062</td>
<td>$15</td>
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<td>1-2PM</td>
<td>Language Russian Social Group</td>
<td>336-8430</td>
<td>Free</td>
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<td>2:30-4PM</td>
<td>Language ESL</td>
<td>456-9062</td>
<td>$15</td>
</tr>
<tr>
<td><strong>WEDNESDAYS</strong></td>
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<tr>
<td>9:15-10:15AM</td>
<td>Exercise Whistlesizers</td>
<td>Open</td>
<td>$2</td>
</tr>
<tr>
<td>11-Noon</td>
<td>Exercise Zumba</td>
<td>Open</td>
<td>$6/$8 Non Members</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>
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<tr>
<td>2:30-4PM</td>
<td>Language Continuing Italian</td>
<td>454-0998</td>
<td>$36/mo</td>
</tr>
<tr>
<td>2:45-3:45PM</td>
<td>Exercise Balance Class</td>
<td>Sugg. Donation</td>
<td>$10</td>
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<tr>
<td><strong>THURSDAYS</strong></td>
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<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>Nov 8 &amp; 22</td>
<td>$3</td>
</tr>
<tr>
<td>2-4PM</td>
<td>Exercise Ping-Pong</td>
<td>Nov.1 &amp; 15</td>
<td>Free</td>
</tr>
<tr>
<td>3-4PM</td>
<td>Exercise Yoga</td>
<td>Open</td>
<td>$3/$5 Non Members</td>
</tr>
</tbody>
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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.
As I write this, it’s late September and the Sandhill Cranes are beginning to arrive at their wintering grounds around Lodi. If you haven’t been up to see them, I promise you they are worth the trip, as they are magnificent birds. It is a bit late for you to get to the Lodi Sandhill Crane Festival (www.sandhill-cranes.com) as it starts the day after the Express is out on the newsstands, but the Cranes will be there through December and January as well. Since the Cranes summer up in Oregon, I don’t expect much change over the next few years due to global warming, but you never can tell.

I recently was appalled to learn that Sandhill Cranes are legally hunted game birds in Tennessee and some other Eastern states. There is a movement to make it legal to hunt them in some parts of Texas as well. I sincerely hope that it does not pass the Texas legislature because the Sandhills flock with Whooping Cranes in Texas and the two are very hard to distinguish from a distance. The Whoopers are one of the most endangered birds in the U.S.

Frankly, I have been unable to understand why there isn’t a push to add Canada Geese to the game bird list. These un-sanitary birds are pests that fill our school athletic fields with their droppings and more than once have brought down airliners. Historically, they were game birds, meaning that they have been hunted as a food source. (Where did you think the goose on the Christmas table came from, not that many years ago?) So why don’t we have an open season on Canada Geese?

On Saturday, November 16, I am planning to lead a small group of Express readers to the area near Lodi to view the Cranes. If you are interested in joining up, please email me. Or, if you want to go at some other time, I will be happy to send you a detailed map of the Crane areas.

And remember that I email a special bird photo every weekend free. To get on the list, just ask: shenmaker@msn.com. ♦

Bye for now,

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Multicultural NEWS
by VICKY VOICEHOWSKY and SANDRA JIMENEZ

The Holidays Are Coming To Town and Whistlestop

The holidays are upon us once again and Whistlestop’s Multicultural Department is busy planning a couple of events for everyone to enjoy. Holidays mean cheer, food, family and friends and so much more. But what would the holidays be without music?

To welcome the holiday season, we would like to invite you to join us for an afternoon of Mariachi music on Thursday, November 21. Mariachi La Nueva Generación, a well-known local Bay Area band, will play an hour-long show of popular Latin songs. Mariachi music encompasses the essence of Latin America and its colorful, heartfelt sounds inspire celebration and a good time. This festive concert is open to the public and will be hosted at the San Rafael Community Center. Please bring your family and friends to this event and have a wonderful time.

If you are looking for affordable, handmade, unique holiday gifts to give to a special someone, look no further. On December 5, we are hosting our 2nd Annual Holiday Boutique. Whistlestop crafty participants and community vendors will be selling their one-of-a-kind creations at very affordable prices. There will be a variety of items for purchase, including baked goodies, sparkly jewelry, knitted hats for the winter, handmade cards, art and much more. Bring a friend, avoid the holiday crowds and high prices at the mall…

‘Bring a friend, avoid the holiday crowds and high prices at the mall …’

For all the details and more information, please see page 7. We hope to see you at these events. We promise that you’ll find yourself in the spirit of joy and cheer. ✶
Perfect Choice HD™ is easy to use, hard to see and costs far less… it’s like reading glasses for your ears™!

The invention of the year
is great news for your ears.

Over the years, digital electronic technology has made the way we live easier, safer and more convenient. In many cases, it’s even made many products more affordable… (remember how much the first VCRs used to cost?). Unfortunately, the cost of many digital products, including the hearing aid never seemed to come down. Now, a new option has been invented… it’s called Perfect Choice HD™.

Perfect Choice HD is NOT a hearing aid. It is a Personal Sound Amplification Product (PSAP). Hearing aids can only be sold by an audiologist or a licensed hearing instrument specialist following hearing tests and fitting appointments. Once the audiologist had you tested and fitted, you would have to pay as much as $5000 for the product.

Now, thanks to the efforts of the doctor who leads a renowned hearing institute, there is Perfect Choice HD. It’s designed to accurately amplify sounds and deliver them to your ear. Because we’ve developed an efficient production process, we can make a great product at an affordable price. The unit has been designed to have an easily accessible battery, but it is small and lightweight enough to hide behind your ear… only you’ll know you have it on. It’s comfortable and won’t make you feel like you have something stuck in your ear. It provides high quality audio so sounds and conversations will be easier to hear and understand.

Try it for yourself with our exclusive home trial. Some people need hearing aids but many just need the extra boost in volume that a PSAP gives them. We want you to be happy with Perfect Choice HD, so we are offering to let you try it for yourself. If you are not totally satisfied with this product, simply return it within 60 days for a refund of the full product purchase price. Don’t wait… don’t miss out on another conversation… call now!

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

Why Perfect Choice HD is the best choice!

<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
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<tbody>
<tr>
<td>Lightweight / Inconspicuous</td>
<td>Less than 1 ounce</td>
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<tr>
<td>Sound Quality</td>
<td>Excellent – Optimized for speech</td>
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<tr>
<td>Test and Fitting Required</td>
<td>No</td>
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<tr>
<td>Free Batteries for Life</td>
<td>Yes, ask for details</td>
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<tr>
<td>One-on-One Personal Set Up</td>
<td>Free</td>
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<tr>
<td>Friendly Return Policy</td>
<td>60 Days</td>
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Perfect Choice HD™ is not a hearing aid. If you believe you need a hearing aid, please consult a physician.

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AT's, ACT's, XYZ's – tis the season of college tests, college visits, college talk. There’s lots of stress in the air. UC’s are passing the $30,000 a year mark and private colleges are weighing in at a hefty $50,000 a year. What’s going to happen with our grandkids and our own kids burdened with these debts and these worries?

As an educator who helps kids and parents find a safe and sane way through this troubling morass, I’ve learned there are good, do-able solutions that grandfolks can offer. And now is the time to consider them.

What About a Gap Year? A lot of families are committing to a great deal of debt when the kid may not be sure that college is for them. As wise elders, we know this often leads to disaster. If the kid is really not into college, suggest a year away from home, doing relief work or just working. It could be the biggest educational money saver ever. On their own, they would find new skills, meet new people and learn about money. Then when they’re truly ready, they can settle into a college goal they can truly commit to. Adventure can really make the future very clear.

If College is Now, Then Go Hard or Go Home. I don’t mean your grandchild should kill themselves training for tests and becoming captain of yet another sports team. I mean, especially for private colleges, help them request an interview at their schools of choice and urge them to go in with stuff they’ve done that matters to them. One young woman I know carried a boot box full of her sculptures into a college interview and left with a 90% scholarship offer. Being unique can really pay off.

Can You Help? This is a tough question. With our limited incomes, we may wish we could do more than we really can. If you want to and can, then do offer a pledge of a yearly amount for four years. If funds are limited, offer to pay for transportation back and forth for a holiday. Or you cover books and supplies. Give something. This is a kid’s biggest step into adulthood. Write a note with whatever you give them. Say you love them and you’re behind them. There’s no greater gift than that.
Have you ever said to yourself “I’d love to get a computer, if only I could figure out how to use it.” Well, you’re not alone. Computers were supposed to make our lives simpler, but they’ve gotten so complicated that they are not worth the trouble. With all of the “pointing and clicking” and “dragging and dropping” you’re lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that’s designed for simplicity and ease of use. It’s the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your fingertips. From the moment you open the box, you’ll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you’ll see the screen. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The “buttons” on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games–you name it… and a new screen opens up. It’s so easy to use you won’t have to ask your children or grandchildren for help. Until now the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn’t it time you took part? Call now, and a patient, knowledgeable product expert will tell you how you can try it in your home for 30 days. If you are not totally satisfied, simply return it within 30 days for a refund of the product purchase price. Call today.  

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