Although Japanese soldiers shot him twice during World War II on Corregidor in the Philippines, Richard “Richie” Guetter never applied for a Purple Heart. The U.S. Army paratrooper said, “Too many of my buddies all around me were seriously wounded or killed. I just got nicked in the neck once and they knocked off the back of my heel another time.”

Guetter was discharged from the Army as a corporal in December of 1945, after serving his country for more than three years during some of the most violent battles in the South Pacific. He received several medals including the Bronze Star for his bravery. He served in the 503rd Parachute Infantry Regiment combat team, and said, “I was only shot twice but one out of three guys in my outfit were killed.”

Guetter was born and raised in Larkspur and now lives at the Redwoods in Mill Valley. He is a regular visitor at Whistlestop, where he often eats at Jackson Café with two close friends, Bill Brennen and Andy Guralas, both fellow veterans. Guetter, who belongs to American Legion Post 313, has been featured in numerous newspapers and online.

At age 91, Guetter still has vivid memories of those tense days in the Philippines. He said the paratroopers’ job was to be dropped by C47 planes into enemy territory. “We would wipe out all of the Japanese and then hike to the beach where we would be picked up by American PT boats.”

He said he was armed with a 45-automatic, an M-1 rifle and a Thompson machine gun. “You had to have the 45 because the parachute harness covered your M-1 after you landed and you had to act quickly.”

Guetter said he made thirty or thirty-five jumps on Corregidor, facing death with each jump. When asked if he ever thought he was not going to survive, he recalled one terrifying confrontation with the...
I am honored to share my perspective in our November Whistlestop Express highlighting those who have served our country in the Armed Forces. Over the decades, many men and women have selflessly given of themselves and sacrificed for our country, sometimes as a young draftee, perhaps with a goal to advance their skills and education or perhaps as part of a calling to serve the nation in a time of need. No matter the reason, all men and women in the military have given a part of their lives to our country and have been changed by their experience.

In my twelve and a half years active duty service in the Army, I learned to succeed at tasks outside my comfort zone and the importance of teamwork to be successful. Serving side by side with my fellow soldiers taught me to trust others and the power of community strength to achieve success. I also experienced separation from my family and close friends, learning the importance of support systems during difficult times. Others in the military may have had other experiences, perhaps physical or personal trauma during their military service, causing additional burdens to cope with.

Serving on the Board of Directors for Whistlestop has helped me understand the importance of reaching out and the value of community to support others, plus the importance of working together as a team and partnering with other organizations to help support the challenges facing older adults and persons with disabilities in Marin. These lessons will serve us well, as they have served our country over generations.

Specifically for Veterans, it is important they and their loved ones understand and apply for the broad range of Veteran services provided by the Department of Veterans Affairs. These services include health care, possible VA compensation/pension, survivors’ benefits, rehabilitation and employment assistance, education assistance, home loan guaranties, life insurance coverage and burial and memorial benefits. For more information on these services go to: www.va.gov/opa/newtova.asp, or for local assistance contact Sean Stephens at the Marin County Veterans Service Office at 499-6193. Sean helps veterans and their dependents understand and obtain federal or state benefits.

For local healthcare, the San Francisco VA Medical Center (www.sanfrancisco.va.gov) offers state of the art medical, mental health and preventive care to Veterans throughout the Bay Area. I encourage Veterans to take advantage of the cutting edge medical care available at the SFVA Medical Center, a center of excellence in Epilepsy Treatment, Cardiac Surgery, Post Traumatic Stress, HIV and Renal Disease. ♥

Karen Arnold is Treasurer of the Whistlestop Board of Directors and a Lieutenant Colonel, US Army Retired.
Centenarian Army Wife Hits the Road in Red Sedan

By JOHN BOWMAN

If you are 106 years old and you have just passed your driver’s license test, how do you celebrate? Pauline Angleman, of Corte Madera, bought a used Chevy Malibu Maxx. A red one.

“And it’s a four-door,” Pauline said. “I’d walk before getting a two-door car. If you are taking someone somewhere and they have to crawl over that front seat, it’s a mess.” Pauline said she had to get a smaller car because her 15-year-old Cadillac sedan “Got to be too much for me to handle.”

Pauline turned 106 on Oct. 4 and two weeks later was treated to lunch at the Jackson Café by several of her military veteran friends. “No, I’m not a veteran,” she said, “but I was an Army wife for twenty years, so I know what it’s about.”

Her late husband, Louis, a retired US Army Lieutenant Colonel, served in Europe, Japan and Korea. “He was thirty-seven when he enlisted. They told him he was too old but he talked them into it,” said Pauline. She got to go with him for both of his assignments in Japan.

Did she ever want to go into the military? “Oh, I mentioned the WACs to Louis once but he said ‘No, one in a family is enough. So I spent my time as an Army wife and that was just fine.”

Pauline lives alone in her home, which was paid off years ago. “I don’t have any help – any caretaker – and I don’t need any. All of the guys from the Legion Post help me. So do the firefighters and policemen from around here. I am accustomed to living alone. I prefer it.”

She spends her time reading, working crossword puzzles and, once a day, watching news on television. “I have a very basic TV. I’m not going to get stuck in front of the television for six hours a day. I have too much to do.” On the day she was interviewed for this story, Pauline was busy sorting through the mounds of donation requests and election candidate flyers piled on her desk.

And then, at one point, she said she would have to say goodbye soon, because the Giants game was going to be on the radio. “I prefer hearing the games on the radio. The guys on TV just talk to each other. The ones on the radio describe what’s going on out on the field. And I can visualize it, because I played a lot of baseball.”

What will she do on Nov. 11? “There’s never been a Veterans Day event come around when I’m not there,” she said. “This year won’t be any different.”

Pauline Angleman

continued from page 1

Japanese. “I guess I was in the middle of a bunch of them. They were firing at us with machine guns. They were taking down small trees all around me. I jumped behind a big tree and after a while, I peeked around the tree and there were two of them about fifteen feet away. One was looking one way and the other one the other way. I shot both of them and then ducked back behind the tree when the machine gun fire started up again. I was lucky that day.”

OCT 1 • 7pm-8pm
SPECIAL SEMINAR
The Medi-Cal Law Is Changing: How To Beat The Change
Speaker: J.R. Hastings, J.D.

OCT 8 • 12pm-1pm
Trust Series: Compassion and Special Needs Trusts
Speaker: J.R. Hastings, J.D.

OCT 15 • 12pm-1pm
Senior and Financial Series: How To Make The Best Senior Retirement Choice
Speaker: Carlos Esteban, Aegis Living

Centenarian Army Wife Hits the Road in Red Sedan
Andy Guralas of Larkspur is one of several military veterans who get together regularly for food and conversation at the Jackson Café.

Guralas, now 84, is a US Army veteran who served from November 1954 to November 1956, during the Korean Conflict.

“Getting together with friends at Whistlestop – it doesn’t get any better than that,” says Guralas, who added that the staff at the café and throughout Whistlestop are like an extended family. He said he really treasures his time at Whistlestop, and he wishes more of his friends from the Legion Post would spend time there.

He said he feels he had very good duty during his military service. He went through a 16-week training cycle at Ft. Ord. “I was thankfully shipped to Ft. Gordon in Augusta, Georgia, where I went through communications school.”

His next stop was Ft. Bliss, Texas where he was a driver, first for a colonel and then for a captain. He also became an instructor and wound up as a corporal (E-4 Specialist). His service ended after the eight-weeks ceasefire in Korea.

Guralas has very fond memories of his family’s grocery store, the Bellaire Market, on Union Street in North Beach, San Francisco. “We all worked there – Dad, Mom, everyone. I was there for twenty-four years and finally sold it in 1987,” he said. “We had been at that location for 57 years. We knew all of our customers by name.” Often, customers would ask his father, an experienced butcher, how to prepare a certain cut of meat. “Dad would cook in the back room, so he would prepare the customer a meal that they would buy and take home. Everyone stopped by to talk. They were all Italians, which is interesting, because we are Greek. But we were all like family.”
Volunteer Served as Morse Code Interceptor for U.S. Air Force

Picture a cramped room with US Air Force personnel intercepting enemy messages via Morse Code in Shu Lin Kou, Taiwan in the 1960s. A scene from a spy movie? No, what you are picturing is the life of Phil Dito of Greenbrae from 1966 to 1969.

Dito, now 67, served as a Morse Code interceptor, tracking Communist Chinese and Russian messages for the Air Force. He served in Taiwan for 15 months in what has been described as the “best kept secret and one of the most desired assignments throughout Asia.” Dito and his fellow Americans also intercepted Russian code in Brindisi, South Italy. This was during the time that Russia invaded Czechoslovakia. He left the service as a sergeant.

When he returned home, Dito became a police inspector in San Francisco, working on burglaries, sex crimes and the fugitives division for a total of 30 years. “I then went over to the Alameda County DA’s office to work on real estate fraud and trial work preparation,” he said.

After he retired, Dito said he was “looking for something meaningful to do” and he found Whistlestop. He volunteers as a Meals on Wheels driver and on Fridays for the Brown Bag Pantry. He was honored as Whistlestop Volunteer of the Month last December.

Volunteer of the Month
November
Laurie Peterson

Looking for something to do and wanting to make new friends, Laurie Peterson discovered Whistlestop about three years ago. At first, she started making things to sell in the lounge. When Whistlestop began hosting the Friday morning Brown Bag Pantry, Laurie eagerly volunteered to help.

Since then, she has volunteered for the Telephone Assurance Program, Corazon Latino social group, Mission Possible, escorting seniors to the textile program at Cedars of Marin, and much more.

Laurie was born in Colorado but came to California as a child. She married and raised her children in Marin and after some years in Idaho, she returned here.

Dana Pepp, who has worked with Laurie on the Mission Possible program, says, “Laurie is a committed, passionate community member who strives to connect seniors to support services. She is thoughtful, dedicated and fun!”

Diana Gruhl, Whistlestop’s Program Manager adds, “Whistlestop gives great thanks for all that Laurie does to support and empower our community and its members!”

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Licensed Physical Therapist
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whistlestop.org 5
Breakthrough Hearing Technology

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(415) 233-6081

**Whisper Hearing - Greenbrae**
Entrance on Via Hidalgo  
350 Bon Air Rd #100  
Greenbrae CA 94901  
(415) 413-4928
Keep Learning at WHISTLESTOP

Unless otherwise noted, please call 456-9062 to register for all classes on Monday-Friday from 8:30 -5:30pm; most classes are free. For a full list of classes and services refer to the Whistlestop monthly calendar at www.Whistlestop.org or pick up a calendar at Whistlestop, 930 Tamalpais Ave., San Rafael.

**Please note that Whistlestop’s Jackson Café will be open from Noon-1:30pm on Thursday, November 27 for Thanksgiving Lunch. However, the Active Aging Center will be closed on Thursday, November 27 & 28 for classes, in observance of this holiday (see details below).**

UPCOMING SPECIAL EVENTS

VETERAN’S DAY LUNCH & TRIBUTE
**Tues, Nov 11, 11:30am-2pm Lunch**
Noon-1 pm Entertainment

We are excited to welcome back Lucina Tison for our Veteran’s Day show after her great performances last year. She will honor our veterans of ALL wars by singing with musician Sandy Bailey, accompanied by a performance from Lela, a beautiful Hawaiian/Tahitian dancer. Come and join us for a special lunch and show to appreciate our veterans. Regular menu pricing.

WHISTLESTOP ANNUAL THANKSGIVING LUNCH
**Thurs, Nov 27, Noon-1:30pm**
Cost: $10 members/$15 non-members
Reservations by Nov 24; payment due at sign-up

Join us for a traditional Thanksgiving feast with all the trimmings in the Jackson Café. No refunds after November 24.

HIGHLIGHTED CLASSES AND GROUPS

AFFORDABLE HOUSING FOR SENIORS WORKSHOP
**Wed, Nov 5, 12:30-2pm**
Call 456-9062, ext. 132 for info & reservations
Looking for affordable housing options for yourself, an aging parent, relative or friend? Struggling to make ends meet? It’s easy to be overwhelmed. Come get some clarity on different housing choices in Marin. Leslie Klor, Director of Shared Housing with Episcopal Senior Communities Senior Resources, will facilitate.

CHINESE BRUSH PAINTING
**Fri, Nov 14, 1:30-3pm**
Cost: $3/per class
Learn the art of Chinese Brush Painting with artist Louis Yee.

CONVERSATION GROUP FOR 90+
**Every Third Thursday, 1:30-3pm**
Contact: Virginia Dziomba, 456-6647
Join this small, friendly conversation group for women and men who are 90 plus every third Thursday.

JEWELRY CLASS
**Wed, Nov 19, 1:30-2:45pm**
Cost: $8 per class/includes materials
Maria Barsesat, local bead artist, will show you how to make earrings. This is a fairly easy project with lots of style. Class limited to 10 people, sign-up in advance.

LET’S SPEAK ITALIAN
**12 Thursdays starting November 13, from 1:30-2:30 pm**
One-time $5 materials fee per person
Enjoy an introduction to basic Italian conversation with teacher Karen Raccanello for 12 weeks.

MIND EXERCISE CLASS
**Thurs, Nov 6 & 20, 3:30-5pm**
Stimulate your mind by exploring dynamic word and number puzzles. Facilitated by experienced YMCA teacher Lloyd Licher.

SALSA/CUBAN BALLROOM DANCING FOR OLDER ADULTS
**Thursdays, 4:30-5:30pm**
Cost: $10 per class/Drop-ins
Come and learn beginning Cha Cha, Mambo, and Rhumba, geared to older adults of all levels and abilities with professional dancer Dale Louise Evje of Novato. Call Dale at 548-5872 for more information & to sign-up.
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

SEWING AND KNITTING GROUP
Wednesdays, starting Nov 5, 3:30-5pm
Cost: $3 materials fee
Want to join a new sewing and knitting group forming at the Active Aging Center? Participants will create projects together. Materials provided (but seeking more sewing machines). Call Anna at 456-9062 for more information & to sign-up.

SHARE YOUR STORY WITH KIDS (Oral History Project)
Thurs, Nov 19, 9am-1pm
Would you enjoy sharing your life story with students from Marin Country Day School and having a video and art keepsake to share with your family and friends over the holidays? Students will come to Whistlestop to interview seniors for this special project. If interested, please call Dale at 456-9062 to sign-up by Nov 15. Space is limited.

THEATER GAMES AND PLAY READING GROUP
Mondays, 4-5pm
Donations Appreciated
Join Gina Pandiani, Fringe of Marin artistic director, for an hour of theater games and play reading at Whistlestop. Try out your inner actor and join in the fun. No experience required, drop-in group.

ZENTANGLE CLASS
Thurs, Nov 13, 1:30-3pm
Cost: $3 materials fee
Zentangle is an easy-to-learn, relaxing, fun way to create beautiful images by drawing structured patterns. Paula Egan, a certified Zentangle teacher, will show you basic techniques of this increasingly popular art form.

HIGHLIGHTED HEALTH PROGRAMS

ALZHEIMER’S EDUCATION PRESENTATION
Know the 10 Signs: Early Detection Matters
Thurs, Nov 6, 2-4pm
Some changes in memory are normal as we grow older, but the symptoms of Alzheimer’s disease are more than simple lapses in memory. Memory loss that disrupts daily life may be a symptom of Alzheimer’s, a brain disease that causes a slow decline in memory, thinking and reasoning skills. This program will provide information about the 10 warning signs of Alzheimer’s disease and the importance of early detection. Facilitated by Deanna Randall of the Alzheimer’s Association.

BLOOD PRESSURE SCREENING AND MEDICATION REVIEW
Tues, Nov 11, 11am-1pm
Free monthly blood pressure screenings provided by Dominican University nursing students. Bring your medications (over-the-counter and prescriptions) for review.

FALL PREVENTION WORKSHOP
Wed, Nov 12, 11am-Noon
Want to learn techniques and methods to prevent falls? Students in the Occupational Therapy Masters Degree program at Dominican University will show you how in this one-hour presentation.

PAIN RELIEF WORKSHOP
Tues, Nov 18, 1:30-2:30pm
This class will help you manage pain relief and physical repair. If you suffer from an orthopedic problem, sports injury or work related problem, or if you have recurring problems with your immune system, you will love these exercises and information. Taught by Whistlesizers teachers Meg Margolis and Tony Blandini.

KIDNEY HEALTH PRESENTATION
Wed, Nov 12, Noon-1:30pm
You are invited to a brown bag lunch Kidney Health Education presentation for older adults, which will cover how to maintain kidney health, cope with kidney problems, and learn about kidney transplantation. Family members welcome. Shar Carlyle, MA, is the Director for Kidney Community Education with Community Action of Marin, and she is a kidney transplant recipient.

HIGHLIGHTED SUPPORT SERVICES

MULTI-CULTURAL CONSULTATIONS
By appointment: 456-9062
No cost for consultations; small fee may apply for translation services.
Whistlestop offers assistance to English and non-English speakers in Spanish, Russian and Vietnamese. We assist with applications for many social services, such as healthcare management, citizenship, housing, employment, and federal assistance, plus translations and referrals.
Spanish: Marta Villela
Russian: Anna Ladyzhenskaya
Vietnamese: Lieu Phan
TELEPHONE REASSURANCE PROGRAM
Do you live alone? Would you like someone to care about how you are doing? If you often feel isolated and are looking for connection and peace of mind, this program is for you. Trained volunteers will call you three mornings a week to check on you. We can answer questions about other senior resources. We now also offer this service in Spanish. To register for this free program, call Leslie Klor, 456-9062, ext. 132.

ANNOUNCEMENTS

DRivers needed
Meals on Wheels volunteer drivers needed to deliver meals to homebound clients. A valid CA Drivers License and a clear DMV report are needed as well as a reliable vehicle and current insurance certificate. Must be reliable, friendly, neat and clean in appearance. A minimum of one 3-hour weekday shift is required. Friday drivers are especially needed.

Early Birds needed to serve breakfast
Volunteers needed every Friday morning to serve community breakfast to seniors beginning Dec. 5 from 8-10am.

Grocery Shoppers needed
The Home-Delivered Grocery Program is available for homebound San Rafael older adults (60+) who need shopping assistance. Delivery is free. They pay only for the groceries. Participants can use the program on a weekly, monthly, or shorter basis, for example while recovering from an illness. The program is a partnership between Whistlestop and San Rafael Safeway. Must be available Thursday mornings from 9am to Noon. Call 415-456-9062 x 117 or visit volunteer@whistlestop.org.

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. 12th.

Using Android SmartPhones & Tablets
Tuesdays, Nov 11 & 18, 10am-Noon
Fee: $48/Maximum 8 people
Did you get a new phone or tablet? In this class, we will take you through common tasks like making phone calls, sending a text message, watching a video clip on YouTube, and surfing the Web. You’ll learn fundamentals such as: configuring the security options for safe and private use, finding and installing apps, adjusting the brightness of the display, working with a wireless network and more. See how smart your device really is!

Technology Tutor
Mondays and Wednesdays, Noon-1pm
by appointment
Fee: $20/per hour
We offer personalized computer assistance, troubleshooting and instruction for the PC user, specializing in assisting older adults and novices.

Open Lab
Every Monday and Wednesday, 10am-Noon
No Cost
Use our desktops to access the Internet. Volunteer staff available for advice on problems with your laptops and tablets or to offer help with software applications.

For additional computer class options at other locations, go to: www.technology4life.org. Or call: 320-0363.
**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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<tbody>
<tr>
<td><strong>MONDAYS</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>9:30–10:30AM</td>
<td>Zumba</td>
<td>Drop-in</td>
<td>$6/$8 non-members</td>
</tr>
<tr>
<td>10–1PM</td>
<td>Chair Massage</td>
<td>Drop-in</td>
<td>$4/8 min.</td>
</tr>
<tr>
<td>10–NOON</td>
<td>Computer Lab</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>11–NOON</td>
<td>Movement &amp; Music (Register at C.O.M.)</td>
<td>Free/485-9305</td>
<td></td>
</tr>
<tr>
<td>12:15–1:45PM</td>
<td>German Social Group</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>12:30–1:30PM</td>
<td>Russian Social Group</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>1–2:30PM</td>
<td>Women's Caregiver Support</td>
<td>456-9062</td>
<td>Free</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td>ESL Basic/Advanced</td>
<td>456-9062</td>
<td>$15 one-time fee</td>
</tr>
<tr>
<td>4–5PM</td>
<td>Theatre Games &amp; Play Reading</td>
<td>456-9062</td>
<td>Sugg. Donation $5/class</td>
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<tr>
<td><strong>TUESDAYS</strong></td>
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<tr>
<td>9:30–10:30AM</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
<td>$2</td>
</tr>
<tr>
<td>10AM–1PM</td>
<td>Mah Jongg</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>10:45–11:45AM</td>
<td>Cardio/Yoga Exercise Class</td>
<td>Drop-in</td>
<td>Free</td>
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<tr>
<td>11AM–2PM</td>
<td>Manicurist</td>
<td>Appt. Req.</td>
<td>Free</td>
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<tr>
<td>11:30AM–12:30PM</td>
<td>French Class</td>
<td>Drop-in</td>
<td>Free</td>
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<tr>
<td>1–2PM</td>
<td>French Social Group</td>
<td>Drop-in</td>
<td>Free</td>
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<tr>
<td>1–3PM</td>
<td>Learn Spanish</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3PM</td>
<td>Mastery of Aging Class</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>3:30–4:30PM</td>
<td>Advanced Korean Drums</td>
<td>Drop-in</td>
<td>Free</td>
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<tr>
<td><strong>WEDNESDAYS</strong></td>
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<td></td>
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<tr>
<td>9–10:15AM</td>
<td>Tai Chi</td>
<td>Drop-in/Sugg. Donation $10 or less</td>
<td></td>
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<tr>
<td>10–11:30AM</td>
<td>Seniors' Circle</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>10–12PM</td>
<td>Computer Lab</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td>Persian Social Group</td>
<td>472-6020</td>
<td>Free</td>
</tr>
<tr>
<td>* 11AM–1PM</td>
<td>Corazón Latino</td>
<td>Drop-in/Picklewood</td>
<td>Free/456-9062</td>
</tr>
<tr>
<td>1–2PM</td>
<td>English Pronunciation</td>
<td>456-9062</td>
<td>$10 one-time fee</td>
</tr>
<tr>
<td>1–3PM</td>
<td>Learn Spanish</td>
<td>456-9062</td>
<td>$15 one-time fee</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Citizenship Class</td>
<td>456-9062</td>
<td>$25 one-time fee</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Knitting &amp; Sewing Group</td>
<td>Drop-in</td>
<td>$3 materials fee</td>
</tr>
<tr>
<td><strong>THURSDAYS</strong></td>
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<tr>
<td>9:30–10:30AM</td>
<td>Whistlesizers</td>
<td>Drop-in</td>
<td>$2</td>
</tr>
<tr>
<td>10AM–1PM</td>
<td>Chair Massage</td>
<td>Drop-in</td>
<td>$4/8 min.</td>
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<tr>
<td>11–NOON</td>
<td>Zumba</td>
<td>Drop-in</td>
<td>$6/$8 non-members</td>
</tr>
<tr>
<td>12:15–3PM</td>
<td>Vietnamese Social Group</td>
<td>456-9062 x131</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–2:30PM</td>
<td>Learn Italian (12 wks)</td>
<td>456-9062</td>
<td>$5 one-time fee</td>
</tr>
<tr>
<td>2:30–3:30PM</td>
<td>AgeSong Group</td>
<td>591-5726</td>
<td>$80 one-time fee</td>
</tr>
<tr>
<td>2:45–4:35PM</td>
<td>Balance Class</td>
<td>Drop-in/Sugg. Donation $10</td>
<td></td>
</tr>
<tr>
<td>3:30–4:30PM</td>
<td>Beginning Korean Drums</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td>Mind Exercise</td>
<td>Nov. 6 &amp; 20</td>
<td>Free</td>
</tr>
<tr>
<td>4:30–5:30PM</td>
<td>Salsa/Cuban Dance</td>
<td>Drop-in</td>
<td>$10 per class</td>
</tr>
<tr>
<td><strong>FRIDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00–NOON</td>
<td>Brown Bag Pantry</td>
<td>456-9062 x117</td>
<td>Free</td>
</tr>
<tr>
<td>1–3PM</td>
<td>ACASA</td>
<td>Drop-in/Peer Counseling</td>
<td>Free</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td>Practice Spanish</td>
<td>Drop-in</td>
<td>Free</td>
</tr>
<tr>
<td>2–4PM</td>
<td>Ping-Pong</td>
<td>Nov. 7 &amp; 21</td>
<td>Free</td>
</tr>
<tr>
<td>3–4PM</td>
<td>Yoga</td>
<td>Drop-in</td>
<td>$3/$5 non-members</td>
</tr>
</tbody>
</table>

For a complete list of all classes, visit [whistlestop.org](http://whistlestop.org)

*Except for Corazon Latino Group, held weekly at Pickleweed Community Center, all classes are held at Whistlestop's Active Aging Center, 930 Tamalpais Ave., San Rafael.*
We have two breeds of Pelicans here around the Bay, the American White Pelican and the Brown Pelican. Though distantly related, they are very different birds that behave differently. The way they fish is one example.

All of us have seen Brown Pelicans diving for fish, sometimes angling in, in a long, slow path, the way they do when landing. But just as often they’ll dive headlong into the waves to grab a fish swimming just below the surface. It is only because their necks are large that they don’t break their necks.

The American White Pelican does neither. The White Pelicans line dance. Often as many as a dozen or more will line up closely spaced and swim slowly forward, churning up the water by thrashing their webbed feet. Soon enough they’ll scare up a dozing fish and reach out to gulp it down. In this photo, taken at the Corte Madera Pond, the line dance suddenly changed and lengthened when Long-Reach here saw a fish jump up ahead of the pack. Goodbye, fish!

Soon after this line dance was over, all the birds took off and swirled up to join in a huge formation of climbing birds that eventually took off northwards. Leaving me to wonder why they were moving north in August.

Every weekend I email a special bird photo to a self-selected group. If you’re interested, just ask: SHENmaker@MSN.com

See you next month,
Richard
Giving Thanks Around the World

We generally think of Thanksgiving as a uniquely American holiday, but there is a long tradition of harvest-time and Thanksgiving celebrations from many regions of the world.

From ancient times, the Greeks enjoyed a three-day fall festival to honor Demeter, the goddess of corn and grains. The Romans had a similar celebration in which they honored Ceres, the goddess of corn (the word “cereal” is derived from her name). The Roman celebration included music, parades, games, sports and a feast, much like our modern Thanksgiving.

In fact, one of the most prominent Thanksgiving symbols, the cornucopia, actually dates back to the ancient Greeks and Romans. The term (generally describing a horn-shaped basket filled with fruit, flowers and other goodies) comes from the Latin *cornu copiae*, literally “horn of plenty.” In Greek mythology, the cornucopia was an enchanted severed goat’s horn created by Zeus to produce a never-ending supply of whatever the owner desires.

In addition, the ancient Chinese held a harvest festival called Chung Ch’ui to celebrate the harvest moon, and to this day, the Chinese celebrate the August Moon festival that falls on the 15th day of the 8th month of their calendar.

In the Jewish culture, families also celebrate a harvest festival, Sukkot. This festival has been celebrated for 3,000 years by building a hut of branches called a Sukkot. Jewish families then eat their meals beneath the Sukkot under the night sky for eight days. The ancient Egyptians participated in a harvest festival in honor of Min, the god of vegetation and fertility. Parades, music and sports were a part of the festivities.

In the British Isles, the major Thanksgiving forerunner was a harvest festival called Lammas Day, named for the Old English words for “loaf” and “mass.” On Lammas Day, everyone would come to church with a loaf of bread made from the first wheat harvest. The church would bless the bread in thanks for that year’s harvest.

The Brazilian Thanksgiving is quite contemporary compared to the American Thanksgiving. When the Ambassador of Brazil visited the U.S. at the invitation of the National Cathedral of Washington, D.C., he was enamored by the concept and brought it to his homeland.

In Korea, the celebration falls on the 15th of August, which is known as Chu-Sok (meaning “fall evening”), and continues for three days. Koreans make a unique dish called Songpyon consisting of rice, beans, sesame seeds and chestnuts. Before having the food, the family gathers beneath the moonlight in remembrance of their ancestors and forefathers. The children wear long-prescribed dresses and dance in a circle for their blessing.

All of this brings us to our traditional American Thanksgiving celebration, which started as a day for Native Americans, and then Puritans, to give thanks for a good harvest with a feast.
A couple of years ago, I was on my way to a peace activist meeting in Mill Valley. I forget which war we were trying to stop. I was walking past an old apartment house parking lot near the meeting place when I saw an intriguing sight. A young man was wiping down a beautiful ’66 Chevy Impala SS convertible. It was what I would call a “Sweet Blue” – the kind of blue that appeals to both men and women. The whole car was perfect. Not a scratch on it.

“Nice car,” I said. The young man nodded. “I like it. Been restoring it for my dad. He was in World War II. Anzio. Then they shipped him to the Philippines. Captured there. Very hard. Starving. They broke his legs. Now they’re starting to bother him again.”

He made a series of swipes over the side of the car to bring more shine to the chrome. “He can’t move so good anymore. Injuries like that, yuh know, they come back to yuh. He’s in a wheelchair now. His mind’s not so good.”

The sun was hot, but not too hot, just enough to aid the process.

“We had a car like this in the sixties.” He straightens up to eye every part of the body critically. “I was just a baby, but I remember it. He loved that car. We all did.” He is moving to the wheels now. Even the tires start to shine.

“Then the economy stumbled and he hadda sell it.” He shakes his head sadly. “That day was tough.” He’s on the license plates, tightening each screw. The car looks like it came off the showroom floor the year we sent 10,000 troops to Vietnam.

He straightens up with a gentle smile on his face. He says, “I saw this car for sale and bought it. It was kinda messed up. Been working on it for a year. Fixing it, just right. On his birthday, I’m gonna give it to him. Take him for a ride to the beach.”

“I am sure he’ll be thrilled,” I say. The young man nods.

“He gave so much to me, to everyone, to this country,” he says, folding his towel neatly in fours. “I want to give him something that says, “Thank you. For everything.”

Mary Ann Maggiore consults with teens, young people & their families to create a meaningful life. Contact her: maryannmaggiore@gmail.com, 577-6627.
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Outside the Rafael
a true story

there’s a long line waiting to get into the theater. i’m sitting at a small table next door...waiting, hoping there will be one seat left and they will let me in. i feel like i’m in Paris watching the people pass by.

my granddaughter is in Paris right now. she texts me from a cafe on the left bank: “Grandma, I have fallen in love with a Frenchman and will be bringing him home soon. He is very French and loves me. Don’t worry about a thing. I know you will like him.”

i can remember being in Paris fifty years ago, spending afternoons, sometimes evenings, in the cafes; ham sandwiches with mustard, a glass of red wine, people-watching, my eyes, my heart... hungry

today, many of the faces passing by seem familiar but i can’t remember who they are or where i have known them.
a man walks by quickly he doesn’t notice me, but i see him and stop breathing.

i remember him well. his tallness the way he carries himself i am absolutely certain that I had an affair with him many years ago, but i can’t remember his name.

how can that be? i can remember being in a hot tub with him and the way the buttons popped off my blouse when he pulled it apart but i cannot remember his name

people are going into the movie now. i stand up to gather my things to take a last sip of wine, and, ...oh lordy

the man has turned around and is walking toward me.
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