When asked the secret of a long and loving relationship, Mehron Pejooh of San Rafael, said of his 34-year marriage to his wife, Rowshi: “It comes down to one word – compatibility.

“You find your partner when it is someone you are compatible with in education, similar parents, spiritual beliefs, culture, and habits. And when you have similar personality traits. For example, you are both humble, forgiving people.”

Mehron and Rowshi celebrate their 34th wedding anniversary on Jan. 25. He said that he hoped to give his wife an anniversary gift of going to one of the national parks in Utah, something she has always wanted. “This time of year is not a good time to go to Utah because of the weather,” he said. “So we will do it later this year.”

Mehron, 61, and Rowshi, 56, were both born in Iran and were married in Rowshi’s parents’ home in Tiburon on Jan. 25, 1981, the day the Oakland Raiders defeated the Philadelphia Eagles in the Super Bowl. “I think half the people were watching the game during the reception at Harbor Point Tennis Club in Mill Valley,” Mehron said. He recalled that the wedding also occurred during the Iraq-Iran war. “It was a tense time, but we still managed to enjoy a beautiful wedding.”

They both have MBAs in business, Rowshi from San Francisco State and Mehron from the University of San Francisco. Mehron owned and operated a service station for 22 years in El Cerrito and now is in the real estate appraising business. Rowshi, a business architect, is vice president at a software company based in San Francisco.

They have two daughters, Talah, an architect, and Negeen, a lawyer. Mehron said that Talah means gold in Farsi and Negeen means precious stone on the ring.

continued on page 5
Whistlestop came to my father’s rescue at a critical time in his life.

My father, Philip Bernstein, lived by himself for almost 40 years in a condo in Fairfax that he loved. He drove until he was 90. When the DMV took away his driver’s license, he was crushed. He was worried. He thought it would mean the end of his independence – the end of doing the things he loved to do and seeing the people and places he enjoyed.

We were all concerned about the impact losing his license would have on his attitude and his quality of life. To everyone’s surprise, very little changed. He called Whistlestop Wheels and virtually everything continued as it had before. He took himself to his many doctor appointments, went to his friends’ houses, even continued to play poker twice a week. My father’s mobility was too frail for public transit and all those taxis would have been too much of an expense. Whistlestop drivers picked him up, took him where he needed to go, and brought him home.

Being able to take care of himself gave my father a sense of pride. More than that, it allowed him to maintain his identity and his sense of self as he aged. There was nothing more important to him than staying in his home for as long as he could and living his life on his own terms. Because of Whistlestop, he was able to do that until the very end.

He had a successful career as a publicity specialist, first for radio when he lived in Chicago, then for ABC Television in New York, and for the Peace Corps when we moved to California in the early 1970s. He retired from the Peace Corps in 1983. He was 94 years old when he died on Dec. 2. The last few months were hard. He fell several times and got recurrent pneumonia. There were hospital stays and he spent weeks in rehab facilities. Until his last days, he was looking forward to getting back home.
Abiding Love Grew Out of Friendship

By JOHN BOWMAN

I asked Howie Herrin of San Rafael his wedding date. He turned to Lorraine, his wife of 48 years and said, “June 17, right?” To which Lorraine replied, “Sounds about right.”

This playful repartee might have something to do with their long and happy marriage. Howie, age 86, whose actual name is Holden Herrin, said it runs deeper than that. “We were good friends before we fell in love and we have stayed good friends throughout our marriage.” Lorraine, 91, agrees. She added that this abiding friendship has helped them over a few rough patches.

This is the second marriage for both of them and they had five children between them, including two daughters and a son for Lorraine and a daughter and son for Howie. “They merged well,” Howie said, adding that sadly, one of Lorraine’s daughters has since died.

The Herrins are extremely proud of their kids, grandkids and great-grandkids. “We even have one great-great-grandchild,” Lorraine chimed in.

Howie was a US Navy Pilot, a lieutenant commander when he met Lorraine at the Alameda Naval Air Station, where he was a flight test operator and Lorraine worked as a civilian. Soon after, Howie was assigned to Midway in the North Pacific Ocean. This was during the Vietnam War. The Herrins enjoyed their down time on Midway, scuba diving and skin diving in the lagoon.

But Howie’s Naval career was anything but cushy. He got his wings in 1950 and was shot down on his first flight during the Korean War. “I crashed into water and swam away as my plane sank,” he recalls. “I was rescued and came out of it okay.” He also bailed out of a burning Skyraider, but again escaped uninjured. He also had 700 successful landings on aircraft carriers, including the USS Enterprise.

After 26 months on Midway, the Herrins returned to the Alameda Naval base where, at its peak, more than 8,000 civilians were employed. Howie retired from the Navy as a Commander in 1973 and became a realtor in Marin County.

He and Lorraine are fans of Whistlestop. They are Meals on Wheels recipients. “We love it,” he said. Lorraine added, “It means a lot less shopping and cooking.”

Howie first learned about Whistlestop while he was a board president for LightHouse of Marin, formerly housed at Whistlestop. Howie has been legally blind since 1988 and has high praise for his guide dog, Lulu. Lorraine still drives. She said she has been Howie’s chauffeur for several years. “He was on three boards at one time,” she said. “So he needed to get around.”

Some readers may recall an article some time ago in the Marin Independent Journal that featured Howie as a blind golfer. Howie said the entire family golfed together for years.
How Do I Love You?

I knew it was love when Inga Gilbraith read my essay on “The Meaning of Life” and wanted to discuss it, way back in 1994. Our first outing followed shortly thereafter, a picnic and hike at North Beach, and it wasn’t long before we sealed our mutual admiration for each other to the strains of Frederick Delius’ “Florida Suite.” We are both great music lovers. Living together for over 20 years has only strengthened our bond, but I have never taken it for granted.

In order to reinforce my feelings and keep thinking about them, I began to send her a green postcard every other week, each one explaining a different way that I love her. The latest is #698. I am an incurable romantic... I also buy her flowers every three weeks and sing a love song to her almost every night. We’re both 87 now and continue to show a healthy mutual ardor for each other. Everybody should have it so good. ♦

Lloyd Licher of Corte Madera teaches the Mind Exercise class on Thursdays at Whistlestop.

READERS WRITE

Grateful For Services

I just can’t believe the number of senior services available at Whistlestop. I came here from Florida, where there was nothing comparable to this. There are many activities here, and transportation, and the food is extraordinary and inexpensive. I am very fortunate being in this area.

Sincerely,
Juanita Evans

Carol Reyes sent a copy of her letter to Whistlestop:

Dear Mr. Casey & Mr. Ring,

The mission statement of the Rotary Club is extremely well represented by you as a member. Your volunteer work at my home on Saturday, Oct. 25, 2014, makes me proud and honored to know you, and the service performed by Rotary Club members for seniors. I thank you for the home maintenance and beautification work you did at my home.

Most sincerely,
Carol F. Reyes, San Anselmo

Editor’s Note: The home fix-up program is a collaboration between Leslie Klor, Episcopal Senior Communities; Eli Gelardin, Marin Center for Independent Living and Mission San Rafael Rotary and volunteers from Whistlestop. Express readers are invited to send us letters about activities and events of general interest to john.bowman58@gmail.com or drop them off at Whistlestop, 930 Tamalpais Ave., San Rafael, CA 94901.

How to Meet People

Older adults have more opportunities to meet potential romantic interests than ever before. Some Internet dating services specialize in catering to older adults (e.g. seniorpeoplemeet.com, SeniorFriendFinder). Other sites that are more mainstream, such as match.com, eharmony, and Zoosk are also rated very highly for older adult users.
“We wear our jewelry all the time,” he adds. Mehron is an avid tennis player and said that he loves it when he can get the entire family together for a round of tennis. He captains two teams in Marin.

Mehron delivered meals for “Meals of Marin” (one of Whistlestop’s nutrition programs) as a volunteer for four years. “My other connection to Whistlestop is through Mrs. Esmaili, who is the organizer of programs for the Iranian community in Marin. Mrs. Esmaili taught Farsi to my daughters for over six years. They can now speak fluent Farsi.”

BERNSTEIN continued from page 2

and continuing his independent life.

When I went to the Whistlestop Wheels website to unsubscribe him, I realized for the first time that Whistlestop is a nonprofit organization that subsists on donations. I had thought it was a program of the city. I will include Whistlestop in my charitable giving each year from here on out. More than any other factor (besides my father’s own sheer determination), Whistlestop gave my father his freedom in the last several years of his life. I will always be grateful.

Elizabeth is a freelance writer and editor living in Berkeley.

Starting February 21, 2015
The 415/628 Area Code Begins

Follow these easy steps:

For 415 area codes dial
1 - 415 - phone number

For 628 area codes dial
1 - 628 - phone number

When in doubt, dial it out!

More info? www.cpuc.ca.gov/415areacode

Library Beyond Walls

Library Beyond Walls is a free service of the Marin County Free Library that delivers books, large print books, audio books, magazines, and DVDs – just about anything the library carries – to customers who are unable to come to the library, due to temporary or permanent illness or disability. Our volunteers can also advise and select materials for you upon request.

Give us a call at 663-8818 or email dacarr@marincounty.org.

FREE seminars - Not to be missed!

LUNcheon Series
Lunch is FREE!
Seating Limited. RSVP.

FEBRUARY 11 • NOON
Qualified Personal Residence Trusts
Speaker: J.R. Hastings, J.D.

FEBRUARY 18 • NOON
Medi-Cal 101
Speaker: J.R. Hastings, J.D.

FEBRUARY 25 • NOON
Advance Health Directives – A Doctor’s View
Speaker: TBD

Estate Planning Series
FEBRUARY 10 • 7PM
Estate Planning 101
Redwood High School
Speaker: J.R. Hastings, J.D.

FINANCING Long Term Care Series
FEBRUARY 25 • NOON
Advance Health Directives – A Doctor’s View
Speaker: TBD

Tough Senior Health Decisions Series
FEBRUARY 4 • 6-8PM
The Ultimate Gift
Open to the Public
First Wednesday of every month!
Speaker: TBD

Reserve a Seat Today on Our Website
www.jrhastingslaw.com/event.php
or Telephone 415-459-6635

Whistlestop.org 5
Volunteer of the Month

Every Monday and Thursday, Rabel Mangahas sets up his table to provide healing therapeutic massage to Whistlestop clients. He is a fixture at the center and has been for over four years. Rabel’s life started on a very different path. He was born in the Philippines but moved around quite a bit as a child and later as an Engineer working in the construction industry before landing in Marin. After the construction bust of 2008, he aimed his life in a new direction and enrolled in the National Holistic Institute for Massage Therapy. He was one of the first students doing Medical Massage. He had found his passion.

Rabel lives in Greenbrae with his wife of six years. When not doing his massage, they work together baking Asian pastries, which they sell at farmers markets and private parties.

Joyce Gordon, another Whistlestop volunteer and big fan of Rabel says, “Whenever I am in pain, I look forward to Rabel’s gentle touch. He really cares about people and wants to help. I know that I always feel better after he has given me a medical massage.”

2014 Employees of the Year

Whistlestop wishes to acknowledge our Employees of the Year for 2014. These individuals demonstrate their dedication and diligence every day at work, ensuring that Marin County’s older and disabled adults receive the best service possible from Whistlestop. Congratulations to all of them!

Meals on Wheels Valentine’s Day Cards

With Valentine’s Day (Feb. 14) fast approaching, Whistlestop is putting out a call for Valentine’s cards for our Meals on Wheels recipients. If you would like to participate, please mail or drop off signed Valentine’s cards (with a personal message inscribed) at Whistlestop, 930 Tamalpais Ave. in downtown San Rafael, no later than Feb. 9th.
Keep Learning at WHISTLESTOP

To support our Center, Whistlestop has instituted a new fee structure for classes, activities and special events. There are now fees (or suggested donations) for most programs, and discounted rates for Whistlestar members. Whistlestop has also instituted a “new member annual fee” of $5 as of January 1, 2015, which entitles participants to reduced rates for classes and meals in the café and also supports the funding for our center and improves our method of collecting data. Please pick up an application or pay for classes at our front desk or calling 456-9062 from 8:30am-5:30pm, Monday to Friday.

For a full list of classes and services, refer to the Whistlestop monthly calendar online at whistlestop.org/classes/calendar or pick up a calendar at 930 Tamalpais Ave., San Rafael. Fees listed below show the member fee first, followed by the non-member fee (e.g. $3/$5) if applicable.

UPCOMING SPECIAL EVENTS & PROGRAMS

VALENTINE LUNCHEON
Fri, Feb 13, 11:30am-2pm
Music: Noon-1pm
Fee: $10/$12
Enjoy a special lunch of Roast Game Hen or Crimini Mushroom Enchiladas with Red Velvet Cake for dessert in the Jackson Café, accompanied by live romantic music provided by Bread & Roses. Please purchase your ticket in advance, as space is limited.

ROADMAP TO FINANCIAL SECURITY
Tues, Feb 17, 2-3pm
No Fee
Get tips and guidelines from a financial expert on how to stretch your dollars and make your assets work for you, including keys to easy record-keeping and strategies for building your financial reserves. Led by Don Maxon, a certified financial planner and registered investment advisor.

UTILITY CASH ASSISTANCE
Wed, Feb 18, 3-4pm
No Fee
Receive cash assistance with your utility bill. This workshop will assist Whistlestop clients with filling out their applications for LIHEAP (Low-Income Home Energy Assistance Program). For info on what to bring to this workshop, call 526-7550.

DEMENTIA SUPPORT WORKSHOP: THERE MUST BE A BETTER WAY THAN THIS!
Thurs, Feb 19, 1-4pm
No Fee
In this interactive three-hour workshop, you’ll learn how dementia affects a person’s ability to understand and communicate. Participants will be coached on the best ways to handle troubling behavior and will learn how to speak with and respond to a person with memory loss. This workshop is led by Tiffany Pippen, MSW, Family Consultant, Family Caregiver Alliance.

“SHARE YOUR TALENT” OPEN MIC LUNCH IN THE JACKSON CAFÉ
Mon, Feb 23, Noon-1pm
No Fee
Come and share your talent at this new monthly lunchtime program in the Jackson Café. Call Diana at 456-9062 for more information and to sign-up for a time slot by Tuesday, February 17.

ASIAN NEW YEAR LUNCH
Thur, Feb 26, 11:30am-2pm
Entertainment: Noon-1pm
Enjoy delicious Asian cuisine and cultural entertainment to celebrate the Year of the Goat in the Jackson Café. Regular menu pricing.

HIGHLIGHTED CLASSES AND PROGRAMS

CHINESE BRUSH PAINTING
Fri, Feb 13 and 27, 1:30-3pm
Fee: $3/$5 for materials per class
Learn the art of Chinese brush painting with artist Louise Yee.

CONVERSATION GROUP FOR 90+
Every third Thursday, 1:30-3pm
No Fee (donations appreciated)
Join this small, friendly conversation group for women and men who are 90 plus. Contact: Virginia Dziomba for more info: 456-6647.
Keep Learning at WHISTLESTOP
For a complete list of classes, visit whistlestop.org

ENGLISH PRONUNCIATION
Wednesdays, 1-2pm
Fee: $10/$12
Learn English pronunciation from experienced Canal Alliance teachers. Contact Marta Villela to sign-up today: 456-9062, ext. 131.

ARTS & CRAFTS WORKSHOPS
Wednesdays, 10am-Noon
Fee: $3/$5 for materials per class
Explore fun and seasonal arts and crafts. All abilities and skill levels welcome. With artist Anna Ladyzhenskaya. Call Anna to learn more: 456-9062, ext. 138.

KOREAN DRUMMING
Beginning & Advanced Classes
Mondays & Thursdays, 3-4pm
Starting Feb 16 & 19, for 12 weeks
This intergenerational program, facilitated by Dominican University students & teachers, will invigorate your body and spirit with the rhythms and graceful moves of traditional Korean drumming and dance. Classes offered for beginners and advanced students, and will include several public performances. All equipment and costumes provided by Asian American Alliance of Marin and Service-Learning Program of Dominican University. Instructor Jong Lee. Sign-up soon; space is limited.

MIND EXERCISES
Thur, Feb 5 & 19, 3:30-5pm
Fee: $3/$5
Stimulate your mind by exploring dynamic word and number puzzles. Facilitated by experienced YMCA teacher Lloyd Licher. See story page 6 about Lloyd’s love story.

MOVEMENT & MUSIC
Mondays, 11am-Noon
No Fee
This class is for older adults who haven’t been exercising regularly or who have arthritis-related problems. Chair exercises tone both upper- and lower-body muscles and include: joint flexibility, muscle strengthening, balance, breathing coordination, and modified Tai Chi movements. Register through College of Marin by calling 485-9305.

SALSA/CUBAN BALLROOM DANCING FOR OLDER ADULTS
Thursdays, 4:30-5:30pm
Fee: $6/$8 (Drop-in)
Come and learn beginning cha cha, mambo, and rumba dances (geared for older adults of all levels and abilities) with professional dancer Dale Louise Evje. Pay per class; cash only.

ZENTANGLE CLASS
Thur, Feb 5, 1:30-3pm
Fee: $3/$5
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.

NEW HEALTH PROGRAMS

CHIROPRACTIC EVALUATIONS:
“INCREASE YOUR QUALITY OF LIFE”
Mon, Feb 9, 12:30-2:30pm
Fee: $5/$7
Do you have health concerns not being addressed by your MD? Get a 15-minute chiropractic consultation with Dr. Kent G Carlomagno, DC, to discuss preventative wellness, treatment of peripheral neuropathy, and anti-aging care.

QIGONG: RELAX & RENEW
Mondays, 4-5pm
Fee: $5-$10 (sliding scale)/$12
Release your stress, renew your zest with Qigong. Easy, gentle practices for all levels of ability; includes both standing and sitting options. Drop-in OK. Bring a water bottle. Barbara Lovejoy, MSW, is a Certified Teacher of Qigong (Yuan Gong style). For more information, visit www.claimjoy.com.

HIGHLIGHTED SUPPORT SERVICES

HOMESHARE PROGRAM
The Homeshare Program is a free referral service for older adults providing an affordable and alternative way of meeting housing needs with numerous benefits to renters and homeowners. Do you have a room to share; need a place to live? Know someone who can use our services? Call Leslie Klor: 456-9062, ext. 132.

MULTI-CULTURAL CONSULTATIONS
By appointment: 456-9062, ext. 131

Check the calendar on our website daily or call for updates to the schedule during the holidays.
No cost for consultations; small fee may apply for translation services

**Spanish:** Marta Villela, ext. 133;
**Russian:** Anna Ladyzhenskaya, ext. 138;
**Vietnamese:** Dina Duong, ext. 129

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.

**TELEPHONE REASSURANCE PROGRAM**
To register: Call Leslie Klor, 456-9062, ext. 132
No Fee
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.

**ANNOUNCEMENTS**

**Volunteers Needed to Serve Breakfast**
Volunteers are needed to set up and serve from 8 to 10:30 am every Friday morning. Benefits are doing something good for older adults and a Free Breakfast.

**Volunteer Drivers Needed**
Meals on Wheels volunteer drivers needed to deliver meals to homebound clients. A valid California driver’s license and a clear DMV report are needed, as well as a reliable vehicle, current insurance certificate and a working cell phone. Must be reliable, friendly, and clean in appearance. A minimum of one 3-hour weekday shift is required.

**Cashiers and Servers Needed**
The Jackson Café at Whistlestop needs a few reliable, friendly volunteers who are interested in serving lunch at the café. Cashier experience is a plus but not required. Volunteers are asked to commit to a minimum of one weekday from 10:45am to 2pm. Contact: volunteer@whistlestop.org Phone: 456-9062, ext. 117 www.whistlestop.org.

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

**Intro to Computers (Windows)**
**Thursdays, Jan 29, Feb 5, 12 & 19, 10am-Noon**
**COST:** $65 for 4 classes • Maximum 8 people
Designed for first-time computer users, you will learn how to start and turn off your computer, use the mouse and keyboard to perform basic computer tasks, use Windows components to create and print a document, identify the basic parts of a computer and their use, search the Internet to find information, and set up an email account.

**iPad/iPhone Applications**
**Tuesdays, Mar 3 & 10, 10am-Noon**
**Cost:** $48 • Maximum 8 people
You’ve learned the basics, now find out about helpful apps. In this workshop, we’ll highlight the most popular, fun and useful apps to get the most out of your i-device. (For Apple devices only)

**ONGOING**

**Computer Tutor**
**Monday and Wednesdays, Noon-1pm**
**By advance appointment**
**Cost:** $20/hour
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 for your own purposes, to access the Internet, etc. Volunteer staff available for advice on problems with your electronic devices: laptops and tablets. Get help with software applications.

Marin County Commission on Aging

**Thursday, Feb. 12, 10am to 12:30pm**
Marin Valley Mobile Country Club, Novato
**Topic:** Fall Prevention
**Speaker:** Health and Nutrition Committee
**Whistlestop Weekly ACTIVITIES This Month at Whistlestop**

Please view our most recent class schedule at [www.whistlestop.org/classes/calendar/](http://www.whistlestop.org/classes/calendar/) or call 456-9062 for updates to the schedule.

<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INFO</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30–10:30AM</td>
<td><strong>Zumba</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–1PM</td>
<td><strong>Chair Massage</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–NOON</td>
<td><strong>Computer Lab</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td><strong>Persian Social Group</strong></td>
<td>472-6020</td>
<td>N</td>
</tr>
<tr>
<td>11–NOON</td>
<td><strong>Movement &amp; Music</strong></td>
<td>485-9305</td>
<td>Y</td>
</tr>
<tr>
<td>12:15–1:45PM</td>
<td><strong>German Social Group</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>12:30–1:30PM</td>
<td><strong>Russian Social Group</strong></td>
<td>456-9062</td>
<td>N</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td><strong>ESL Basic/Advanced</strong></td>
<td>456-9062 x131</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td><strong>Beginning Korean Drums</strong></td>
<td>Starts Feb. 16</td>
<td>N</td>
</tr>
<tr>
<td>4–5PM</td>
<td><strong>Qigong: Relax and Renew</strong></td>
<td></td>
<td>Y</td>
</tr>
<tr>
<td><strong>TUESDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30–10:30AM</td>
<td><strong>Whistlesizers</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–NOON</td>
<td><strong>Mah Jongg</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10:45–11:45AM</td>
<td><strong>Cardio/Yoga Exercise Class</strong></td>
<td></td>
<td>N</td>
</tr>
<tr>
<td>11AM–2PM</td>
<td><strong>Manicurist</strong></td>
<td>Appt. Req.</td>
<td>N</td>
</tr>
<tr>
<td>11:30AM–12:30PM</td>
<td><strong>French Class</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>1–2PM</td>
<td><strong>French Social Group</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>1–3PM</td>
<td><strong>Learn Spanish</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>1:30–3PM</td>
<td><strong>Mastery of Aging Class</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>3:45–4:45PM</td>
<td><strong>Beginning Ukelele</strong></td>
<td>Ends Feb. 10</td>
<td>Y</td>
</tr>
<tr>
<td><strong>WEDNESDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9–10:15AM</td>
<td><strong>Tai Chi</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10–11:30AM</td>
<td><strong>Seniors’ Circle</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10–NOON</td>
<td><strong>Computer Lab</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>10–NOON</td>
<td><strong>Arts &amp; Crafts Workshop</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10:30AM–1:30PM</td>
<td><strong>Persian Social Group</strong></td>
<td>472-6020</td>
<td>N</td>
</tr>
<tr>
<td>11AM–1PM</td>
<td><strong>Corazón Latino</strong></td>
<td>No Group Dec. 24 &amp; 31</td>
<td>N</td>
</tr>
<tr>
<td>1–2PM</td>
<td><strong>English Pronunciation</strong></td>
<td>456-9062 x131</td>
<td>Y</td>
</tr>
<tr>
<td>2–3:30PM</td>
<td><strong>ESL Basic/Advanced</strong></td>
<td>456-9062 x131</td>
<td>Y</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td><strong>Citizenship Class</strong></td>
<td>456-9062 x131</td>
<td>Y</td>
</tr>
<tr>
<td><strong>THURSDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30–10:30AM</td>
<td><strong>Whistlesizers</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>10AM–1PM</td>
<td><strong>Chair Massage</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11–NOON</td>
<td><strong>Zumba</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>12:15–3PM</td>
<td><strong>Vietnamese Social Group</strong></td>
<td>456-9062 x129</td>
<td>N</td>
</tr>
<tr>
<td>1:30–2:30PM</td>
<td><strong>Learn Italian</strong></td>
<td>Ends Feb. 12, 2015</td>
<td>Y</td>
</tr>
<tr>
<td>2:45–3:45PM</td>
<td><strong>Balance Class</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>3–4:30PM</td>
<td><strong>Beginning Bridge</strong></td>
<td>Ends Feb. 19</td>
<td>Y</td>
</tr>
<tr>
<td>3–4PM</td>
<td><strong>Advanced Korean Drums</strong></td>
<td>Starts Feb. 19</td>
<td>N</td>
</tr>
<tr>
<td>3:30–5PM</td>
<td><strong>Mind Exercises</strong></td>
<td>Feb. 5 &amp; 19</td>
<td>N</td>
</tr>
<tr>
<td>4:30–5:30PM</td>
<td><strong>Salsa/Cuban Dance</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td><strong>FRIDAYS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30AM</td>
<td><strong>Community Breakfast</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
<tr>
<td>11:00–NOON</td>
<td><strong>Brown Bag Pantry</strong></td>
<td>456-9062 x117</td>
<td>N</td>
</tr>
<tr>
<td>1–3PM</td>
<td><strong>ACASA</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>13:30–3:30PM</td>
<td><strong>Chinese Brush Painting</strong></td>
<td>Feb. 13 &amp; 27</td>
<td>Y</td>
</tr>
<tr>
<td>1:30–3:30PM</td>
<td><strong>Practice Spanish</strong></td>
<td>Drop-in</td>
<td>N</td>
</tr>
<tr>
<td>2–4PM</td>
<td><strong>Ping-Pong</strong></td>
<td>Feb. 6 &amp; 20</td>
<td>N</td>
</tr>
<tr>
<td>3–4PM</td>
<td><strong>Yoga</strong></td>
<td>Drop-in</td>
<td>Y</td>
</tr>
</tbody>
</table>

*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.

---

**LUNCH MENU**

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

Prices include tax

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main Entrée</td>
<td>$5.75/$6.90/$8.05</td>
</tr>
<tr>
<td>Sandwiches + Burgers</td>
<td>$5.20/$6.10/$7.25</td>
</tr>
<tr>
<td>Soup du Jour</td>
<td>$3.40/$4.35/$5.70 bowl</td>
</tr>
<tr>
<td>Garden/ Caesar Salads</td>
<td>$4.05/$4.35/$5.20</td>
</tr>
</tbody>
</table>

**OTHER ITEMS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna Salad Side</td>
<td>$2.50</td>
</tr>
<tr>
<td>Beverages</td>
<td>$1.25</td>
</tr>
<tr>
<td>Desserts/Fruit</td>
<td>$2.25</td>
</tr>
<tr>
<td>Cheese</td>
<td>$0.50</td>
</tr>
<tr>
<td>Avocado</td>
<td>$1.25</td>
</tr>
</tbody>
</table>
Recently a friend remarked on how birds have been genetically programmed to respond to life in the many ways they do. He felt, as do many, that birds do not have any real intelligence; it is all genetics. I assured him that is not the case. People are not programmed through genetics to be plumbers or judges or anything else and there is no evidence that birds are either.

Too often people try to explain what they don’t understand by saying it’s all genetic. For example, every year Arctic Terns fly south along the Western seaboard of Africa all the way to Antarctica and months later return to the Arctic, but along the Eastern seaboards of the Americas. Since we can’t understand how they ever found the way, some say it is genetic programming. If so, who or what taught the first bird?

Last month I wrote too many words and the editor was obliged to cut out the reference to the incredible choreography of the million bird Starling Mummerations at youtube.com. Gretna Green Starling Mummerations and Starlings of Otmoor are good ones. I have a short one at: Richard Pavek Starlings.

The photo today is neither Tern nor Starling; it is a Black-necked Stilt tracing a line in the water with its wingtip.

Every week I email a free bird photo to a select list. It’s free, just ask me at: SHENmaker@MSN.com

Till next time,

Richard
Carmen and Francisco Higareda were neighbors in a village in Mexico. They liked each other, but they couldn’t be friends because their parents forbade it. After encouragement from a friend, Francisco asked Carmen if she would like to be his girlfriend. She said yes, but they had to keep their relationship a secret for two years; their parents would not permit a courtship.

Carmen was 16 and Francisco 19. The only way they could see each other was after work, so Francisco would pick Carmen up on the corner near her job. They would walk together, stopping a block from her house. Some gossipy neighbors told Carmen’s mother that she was walking in their neighborhood with a boy. Carmen’s mother hit her, but that did not stop their love and they continued to secretly date.

Later, Francisco’s parents and a priest visited Carmen’s house to ask her parents to let Francisco marry Carmen. Her parents asked them to come back three months later for an answer. Three months later, they returned but Carmen’s parents had sent her to the next village because they didn’t want Francisco to be their daughter’s husband. Despite this, they came back again a day later and Carmen declared, “Yes, I will marry Francisco,” over her parents’ protests. Because Francisco’s parents were happy with Carmen, they brought a basket full of bread and chocolate.

Even though they were engaged, they were still banned from seeing each other. They only had permission to meet at the front door of Carmen’s home for a short time. Finally, they were able to marry in 1962, and Carmen went to live with Francisco in his family’s home. Francisco said that the sweetest experience he had with Carmen was their first kiss. “That is something that I have never forgotten.”

Francisco is now 71 and Carmen 68. They have spent their life together and they love walking, eating, shopping, and learning. They have both worked in landscaping and they live in San Rafael. They are members of Whistlestop and active participants of Corazon Latino, the Hispanic social group.
“The Age of Love” presented by Aging2.0 & Stitch

Join the Aging2.0 and Stitch network for a screening of critically acclaimed "The Age of Love" and a moderated audience discussion with dating expert Ken Solin.

What: Are you interested in learning about what it is like to find love as an older adult?
Who: You and others from the Aging2.0 and Stitch networks
When: Wednesday, February 18 | 5:30 - 8:30 PM
Where: 44 Tehama St. San Francisco, CA (Speakeasy, basement level)
How: Get your tickets fast! $5 in January and $10 in February
Host: Aging2.0 and Stitch
“

I met your father,” my mother said, “just after the war.” She smiled the sweet smile of the young wife. “It was at a party. I came into the kitchen. There was this handsome guy sitting on a chair, a pretty girl on each knee. He was kissing each of them.” We both laughed.

Years later, I climbed the dark, narrow stairs to a friend’s party. The stairs led into a kitchen. In the kitchen was a handsome fellow with a pretty girl on one knee. He was kissing her. What could I do? It was clearly fate. I smiled and waited and after a time, I married him.

Who does not have a love story? The love at first sight. The true love. The long-term love. The one-night fling. The one that got away. The helpmate. The light of your life. As I think back, I see my life is not a few love stories, but many. So many I can hardly count. You too?

We make much of the committed love of a pair of adults. But who has not loved a baby, small and yawning in your arms? Can you remember how much you loved your mother or your father? Can you recall being so close to your brother or sister that you went everywhere together? You built forts, got in and out of trouble, walked each other home from school. You were a pair – unconquerable. And you loved the big people around you, too. Some were great people to love. Aunts who brought fabulous birthday presents and uncles who carried you on their shoulders to the parade. Grandparents who taught you to make a great soup, wash a car to a shine, do a crossword puzzle or build a fleet of paper airplanes. Oh, those moments of love could take you over years!

And friendships. On a moment’s notice on a playground or playing field or in a dorm room, you made a friend for life. You were confidantes and playmates, carousers and team mates. Before there was therapy, there was the healing, the reassuring, the regenerating love of friends.

So, if we do nothing in this life, let us love. For me, I do not need ten commandments. I need only this one.

Mary Ann Maggiore’s practice “Launching Young People into Adulthood” helps young people finish their education, find meaningful work, create an independent life. Contact her: maryannmaggiore@gmail.com, 577-6627.
A few weeks ago I learned that my lung cancer had crept into my bones, and is likely to take my life within six months. That’s the bad news. The good news is that it qualifies me to be served by Hospice and remain in my own home, with my large, loving family close by. The hospice nurse visits me twice a week and they take care of all pain and comfort medications, even the cost.

All of this is comforting news for me. I have always been a planner, and as I aged I always wondered what I would die from and when. I knew, like everyone else I suppose, that I did not want to become a burden to my kids, didn’t want to suffer, and wanted to be prepared spiritually, financially, and personally in my relationships. So being given this time frame and all this security is the answer to my prayers.

I am approaching my 87th birthday in January. The first time I went to my current physician, one of my former students, by the way, I asked if she could keep me alive until 87. Puzzled by that strange request, she asked why and I said it was the family record so far and I wanted to at least match it. I wonder what might have happened if I had said 88.

My first blessing in life was being born into a loving family of faith. I knew that God loved me, and my parents and three older siblings thought I was the best invention since the radio. My mother did my hair in Shirley Temple curls and they had me playing Cinderella when I was five. I wrote, directed and starred in my own neighborhood productions throughout grade school. I wanted to sing like Judy Garland, skate like Sonja Henie, and write like Louisa May Alcott. Surely I would be a star.

God had other plans. With my ten children, 18 grandchildren, and 13-and-counting great grandchildren, I have enough stars to fill the heavens.

After my tenth child was born, I returned to college and got my bachelor’s degree at age 40, thanks to my work team at home. Almost as satisfying as my 20 years as a stay-at-home Mom, when I baked and canned and sewed for my five daughters, were my 22 years as an English and Speech teacher and director of plays and musicals.

I recognize how many grace-filled years I have had and hope my column has reflected that and inspired you in some small ways. How fortunate we are to have the greatest gift of all, the Gift of Faith.

Love, Audrey
Community Breakfasts

**Jackson Café**

Join us for a delicious and healthy community-style breakfast at the Jackson Café. Come socialize with friends, new and old, every Friday from 9am to 10am. For those 60+ there is a suggested contribution of $3.00, for those under 60 breakfast is $6. – An intake form will be provided to you the first day and only a signature is needed to sign in thereafter.

_Funding for this program, at least in part, is made available by the Marin Department of Health and Human Services, Division of Social Services, Aging and Adult Services. Breakfast served every Friday from 9am to 10am._