

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

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**May 27
High Tea**

**Reserve your table
Now**

The President's Message: Motivated by Love

Oftentimes people do things motivated by love, for example— love of country, love of community, or love of friends.

FOAS is happy to announce that two people responded to our plea - "FOAS ON THE ROCKS", and they were Jewel Okawachi and Evelyn Berman, both Albany residents. They have volunteered to be candidates for FOAS Secretary and Treasurer respectively for fiscal year 2010-2011.

The FOAS board consists of nine directors — five belonging to the Executive committee and four additional directors. The Executive Committee is made up of the President, First and Second Vice President, Treasurer and Secretary who are voted on and installed at the annual meeting by the membership. Once they are installed, they appoint the four additional directors who will support them in a year commitment.



FOAS also has additional committees for special events. To be a member of the committee, one need not be a member of the board. The reason for the special committees is that the nine board members cannot do everything which includes the following: In the Spring, Pancake Breakfast and White Elephant Sale; in July, Polish Hot Dog; in the Fall, Hawaiian Luau; and in December, the Holiday Bake Sale. We rely on the broader membership to pitch-in at these fundraising events. Volunteers who have participated in these activities before find them very meaningful and rewarding.

So if you want to be a member of a special committee, or just want to help out, please come to our board meeting, held the first Monday of every month at 11:30 a.m., or contact me at 510-528-4284, or julialee5211@sbcglobal.net.

Do people love the Albany Senior Center? You bet!

Julia Lee, President, FOAS

SENIOR SERVICES SUPERVISOR

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THE BOOSTER NEWS

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Spotlight on Albany Senior Center Director

In this issue of Booster News our spotlight is on Senior Center Director Isabelle Leduc, who occupies the office next to the small classroom. As director, she has brought a number of new and significant programs to the Senior Center, while rendering a remarkable “make-over” to the interior décor of the building. —B.N. Editor



B.N.: How long have you been a director at the Albany Senior Center?

Isabelle: I started March 5, 2007. So that would make it a little over 3 years.

B.N.: What are your responsibilities at ASC.

Isabelle: I oversee all operational aspects of the Senior Center, plan and implement programs, special events, classes and services.

B.N.: Can you tell us something about your background:

Isabelle: I was born and raised in Montreal, Canada. My first language is French. I attended French-speaking schools up to high school. I started studying in English at the college level. I have a BS in Recreation and a BA in Studio Art.

B.N.: What did you do before coming to ASC?

Isabelle: I worked for the City of San Leandro as the Senior Services Supervisor

B.N.: What motivated you to work at ASC?

Isabelle: I wanted to continue working in the same field while being closer to home. When the Albany Senior Center position came up, I applied and was thrilled when I was offered the position. It allowed me to continue to do something that I really enjoyed while not having to spend so much time commuting. I hardly go on a freeway now!

B.N.: Tell us about your accomplishments since coming to the Albany Senior Center.

Isabelle: Since starting at the Senior Center, I’m sure it has been noticed that the paint colors on the walls have changed and the office spaces have been reorganized! I have also implemented new programs such as the Art exhibit in the lobby, the Senior Resource Fair in March and the High Tea in May. I applied for and received a grant that allowed for the purchase of the Senior Center bus that we use for the new and very popular walking program, recreational group trips and weekly shopping trips.

B.N.: Many seniors are excited about the Senior Center expansion. Please tell us the current status, and your vision for the new Senior Center.

Isabelle: We have applied for a state grant to get funding for the expansion. We will receive an answer in the fall. I am very excited about the expansion and all the opportunities that it will bring to provide more classes and programs that meet the needs of the community.

B.N.: What do you like most about your job?

Isabelle: I like the people I work with and the friendliness that makes the Albany Senior Center such a special place.

B.N.: An interesting event, experience or undertaking in your life?

Isabelle: Being a mother tops it all!

B.N.: What are your hobbies, interests?

Isabelle: I like to go on walks or hikes with my family and our dog, going to the park with the girls, reading, gardening and painting.

B.N.: A favorite book, or movie or both?

Isabelle: Book: “Three Cups of Tea” by Greg Mortenson; Movie: “The Red Violin”.



May Birthdays



Sharon Albright
 Judy Andreas
 Elizabeth Arnold
 Lloyd Boyce
 Shih-Ming Chen
 Lois Corte
 Ann Cupolo-Freeman
 Susan Davis
 Sandra Dovali
 Beverly Elkan
 June Felker
 Brian Fretter
 Pauline Gekov
 Gwen Gomes
 Pauline Hale
 Kathleen Hayward
 Eden Ilse
 Mayumi Imamura

Tobey Klein
 Shirley Levine
 Liao Ling
 Alice Mead
 Ann Millikan
 Carolyn Moody
 Damasita Ordonez
 Shirley Parr
 Susan Peters
 Anna Pugatch
 Rita Rubin
 Nadine Starbuck
 Clara Stern
 William Tang
 Phyllis Whiteman
 Linda Wong
 Helen Wynne
 Yijun Zhang

The May Birthday Dinner Party is scheduled for May 13, 2010 at 4:00 pm. After-dinner entertainment begins at 4:20pm and features a Belly and Hula dance performance by ASC's belly-dance class. Opportunity available for audience participation. All are welcome.

'WALKIE-TALKIE' - Walk, Talk, and be Healthy. By Pat Tousant

"the wheels on the bus go round and round,..." Little did we know at the time that our April hikes would start and end with a wonderful walk at the Huckleberry Botanical Regional Preserve located in the hills above Montclair. Mary followed Snake Road to get us up the hill to the staging area. Once there, it was so



still and quiet on the narrow heavily-vegetated canyon path, we only heard ourselves trudging along while watching carefully as we walked. The canyons were deep on the sides of the trail and the steps up were high, but the serenity of it all made the challenging hike one of our best. The air seemed so pure and fresh (it was a day after rain) and we all took some extra deep breaths (dessert for the lungs). We bussed down the hill to Montclair



Recreation Park and enjoyed our picnic lunch in the sun.---For our other two hikes in April, sadly, they were rained out. We are looking forward to our three May hikes beginning May 11 at Point Pinole.

The Tuesday hikes are very popular--if you are interested in joining us, sign up for June's trips the beginning of May at the Center. (Each person will be limited to two hikes each month.) May trips are wait-listed but you can put your name in. Our trips are fun and they are free.

ALBANY SENIOR SERVICES

is funded jointly by the following:

City of Albany

County of Alameda

Friends of Albany Seniors



A Big Thank You on the White Elephant Sale

The White Elephant Sale was a great success thanks to so many people who donated their belongings and their precious time. However, it did not happen without a lot of preparation.

First the donations were collected and stored in the empty house next door - 3 roomfuls of boxes. Then a group of volunteers came regularly for about three weeks – throwing away any un-saleable, molded stuff and carefully sorting and pricing the sellable items.

On the Friday evening before the sale we moved all the priced items into the Senior Center, unpacked the boxes and put them nicely on display. The next morning, White Elephant Sale day, volunteers came one hour early to do the final preparations. But the customers were not far behind – arriving as early as 8:30 am to wait in line for the door to open. Finally, at exactly 9 am, the door opened and the rush was on.



Pat Tousant opens the door for early white elephant hunters.



And the rush is on.

Some people already knew what they wanted; for example, Doris’s plants and certain antiques or books. One lady came all the way from Berkeley looking for a pepper grinder and found it within ten minutes.

At the bake sale counter, people lined up to buy coffee, sweets and sandwiches. Cakes, cookies, muffins, cupcakes and brownies were quickly sold. Volunteers were treated to a complimentary tuna sandwich lunch.

When I counted the volunteers and the hours worked, it totaled to 32 people working a total of 300 hours (between 5 – 20 hours per person).

The volunteers and their posts:

1. Jewelry Sale: Kathryn Williams, Margie Tozer
2. Needle Works : Fidelia Leavitt, Mary Fukuchi, Rita Schucher, and Elizabeth Vashel
3. Plants Sale: Doris Burleson
4. Lunch and Dessert: Elaine Chan , Evelina Teng, Tennessee Gock
5. Household and China : Karen Holzmeister and Su Chern
6. Odds and Ends Sale: Margie Carr, Karen Sibley, Maya Mitzuhara Billie Narver
7. Book Sale: Pat Tousant and Rose Meneses
8. Silent Auction: Barbara Van Pelt, Zion Lee
9. Bake Goods/Food Donation: Gay Nichols, Kit Pickles, Linda Wong, Jewel Okawachi, Isabelle Leduc, Nancy Foster, Karen Sibley, Shirley Mills, Susan Stangeland, Elaine Chan, Barbara Van Pelt, Julia Lee, Florence Wahle (continued on next page...)



Doris Burleson’s plants are the crowd’s favorite. She started the plants one year earlier.



Rita (left) and Fidelia at the knit goods table. The knitting ladies donated their proceeds to FOAS.



Karen (left) and Su (center) guard the the “Breakables” room. To their credit, no items were reported broken.



Brisk sale at the food counter bring smiles to Tennessee (from left), Evelina,,Elaine, and Barbara.



Margie Tozer (center) and Kathryn Williams (right) shine from the jewelry's glitter and the sales.



Karen Sibley & Margie Carr collect money at the "Odds and Ends" room, which netted the highest sales.



Silent auction items at the front desk spoke loudly, bringing in over \$300.

....continued

10. Sorting and pricing: Kathryn Williams, Pat Tousant, Cora Julabal, Karen Holzmeister, Margie Carr, Barbara Van Pelt, Julia Lee

11. Setup: Ilona Carpenter, Walt Corvello and ASC staff

12. Cleanup: Walt Corvello and ASC staff

A special thank you to the numerous people who came to donate the items over many months.

A dime here, a dollar there — it all added up to two thousand dollars!

Here are the net proceeds by departments:

	\$
Baked Goods	192.00
Books	180.92
Breakables	406.25
Needle Crafts	104.85
Jewelry	131.36
Odds & Ends	545.37
Silent Auction	310.00
Pre & Post Sale	142.50
Total Net:	2,013.25

This year's WES results are the best since 2004. A big thank you to all!

Julia Lee

Asparagus Festival—April 23, 2010. The day was bright and warm when the shuttle bus took our seniors to the 25th Asparagus Festival in Stockton. It was the first such festival for all of us. Upon getting off the bus, we were greeted by an official welcoming party, and were quickly collared with colorful beaded necklaces



bearing an official medallion of the 25th Asparagus Festival. The festival grounds covered many blocks of the Stockton downtown area. There were rows and rows of vendors of all kinds — arts and crafts, jewelry, games, and foods.

Of course, asparagus was everywhere: Deep-fried asparagus, asparagus ice cream, and if you are into the spirits, you could try an Aspara-rita (asparagus margarita), or an AsparaMary (of the bloody kind). A large variety of shows and musical performances vied for our attention. Some of us gravitated to the wet-and-wild Sea Lion Encounter, others to the mesmerizing aerial acts of the Velocity Circus, but most everyone took a tour of the Celebrity Kitchen where food samples of all flavors were to be had. Of special interest was an on-ground display of how asparagus is cultivated and harvested. The asparagus you buy at the store, about 6-8

inches long, is cut from ground level before the plant is full-grown. A fully grown plant can be 3 to 4 feet tall, and has many slender, wiry branches bearing flowers and seeds. We wandered around the fair grounds, taking in all the sights, the sounds of music, and the aroma of asparagus and more, and, before you know it, it was time to go home. Everyone made it back to the bus on time — with no sign of the lingering effects of Aspara-rita. *By Zion Lee*



From left, George and Margaret Yuen, Margie Carr, and Isabelle Revoir.

CRIME ALERT

Safety information provided by Albany Police Officer Monique Limon

Over the last three months, there have been several (7) residential burglaries in different parts of Albany where the suspects seem to be primarily after flat screen TVs, and laptop computers. In two cases, no electronics were taken but large amounts of jewelry were. The suspects have been entering the homes through back doors, back windows, front doors and side doors. The method used in most cases has been prying on the window or door, but some have involved breaking out glass from a door or window to access the interior locks.

Each of these cases has occurred during a week day, and during the mid- morning to mid -afternoon hours (8:30am -1:30pm). The descriptions of those involved and vehicles seen vary. Most of the burglaries happen within a half hour time frame from when the resident left the house. So, it is possible the suspects are sitting on the street or in driveways on the blocks waiting until they see someone leaving a house at which time they check it out further before breaking in. Therefore, please pay attention to your surroundings when you are coming or going during the day. When you leave, take a good look around to see if there are any occupied cars on your street that you do not recognize and if the occupants seem to be watching you. If so, don't hesitate to call if you feel they may be up to no good, and please provide as much description as possible of the people, and any cars involved and why you are concerned. This also goes for people you see loitering on foot in your block that seem to be paying extra attention to the homes or the comings and goings of your neighbors or yourself. Also, pay attention if you see the same car drive down the street multiple times in a short period of time.

If someone comes to your door and knocks, and when you answer they act like they are

looking for someone else and say they had the wrong address, they may be casing your neighborhood trying to find an empty house. They are worth calling the police over.

Remember, DO NOT approach any suspicious people yourself. Instead keep an eye on them while calling in to the police department.

Lastly, check and double check your doors and windows when you leave. Remember to close the blinds when

you leave if your valuables (including flat screens and laptops) can be seen from a window. If you have an alarm, set it. You don't want to make anything look tempting to a burglar.

Although these cases have so far been during the day, there is no reason why these crimes cannot happen later in the afternoon or evening. So, as a rule take the same precautions at all times of day.

Thank you, and if you have any questions, please do not hesitate to call.

Officer M. Limon #13
 Police Officer - Patrol Division
Albany Police Department
 1000 San Pablo Avenue
 Albany, California 94706
 Phone: (510) 525-7300

Crime Alert

April 18, 2010

"Monique Limon" <mlimon@albanyca.org>





Walk, Talk and be Healthy!

Walking Trips Schedule

May

Date	Destination	Difficulty/ Accessi- bility	Notes
Tuesday May 11 8:30am-2:00pm	Point Pinole Regional Shoreline, Contra Costa County. 3.6 mile loop on bluffs overlooking San Pablo Bay .	2 	1 1/2 hr. walk on mostly flat dirt trails with a few gentle hills. Windy. Bring water, and bag lunch.
Tuesday May 18 8:30am-1:30pm	Carquinez Strait Regional Shoreline— East Bay Parks. Outside of Crocket, hike up a ridge, drop down a canyon, and rise up to the ridge again; provides unobstructed views of Suisun Bay and Bernicia.	3 	3 1/2 mile loop up and down grassy hills and oak woodlands, with a few steep trails. Windy. Bring water, and bag lunch.
Tuesday May 25 8:30am-1:00pm	Quarry Lakes Regional Recreation Area, Fremont. 3.3 mile level loop around man-made ponds in Fremont's residential outskirts.	2 	Flat trails & paved roads. Bring water, and bag lunch

June

Tuesday June 1 8:30am-2:00pm	Tennessee Beach, Marin Headland. 3.4 mi. walk out and back hike to scenic Tennessee Beach.	1 	Paved and dirt trails. A few slopes. Windy. Bring water, and bag lunch.
Tuesday June 15 8:30am-2:00pm	Napa River Ecological Reserve – 1 mile loop in a tiny preserve along the Napa River, where trails squeeze through lush riparian vegetation.	2 	May encounter some wet area at river crossing. Bring water, and bag lunch.
Tuesday June 22 9:00-2:30pm	*Chinatown, S.F. A guided stroll thru streets with exotic food and interesting gift shops. Visit historical buildings, fortune cookie factory, and dim-sum restaurant. Total walking distance: about 2 miles.	1 	Bring \$13 for lunch at a dim-sum restaurant. (Trip rescheduled from February; previous registrations have priority)

In order to allow for wider participation, you may sign up for a maximum of **2 trips per month**. After the first 2 trips, you can only place your name on the waiting list for the third or fourth trip of that month.

Degree of difficulty ranges from 1 to 5, with 5 being most difficult.



Upcoming Events



Monday, May 3
11:00am-1:00pm

FOAS (Friends of Albany Seniors) Board Meeting: All are welcome. Help us continue to financially support and serve **our Senior Center. Please note new meeting time.**

1st and 3rd Friday's
9:30-10:30am

Mercy Brown Bag Program. **Fee: \$10 yearly donation**
Distributes nutritional grocery bags of food to seniors on fixed income. Twice a month.

Monday, May 3 and 17
1-4pm

HICAP
Health insurance counseling appointments are available with Anne Bednarczyk, a volunteer counselor with HICAP. For an appointment, please call 839-0393.

Tuesday, May 4
2-4pm

Chair Massage provided by Michael Grunwald
10 minute chair massage appointments are available for the low cost of \$8. Call the Senior Center to make an appointment.

Friday, May 7
9am-noon

Podiatry
Appointments provided by a licensed podiatrist.
Fee: \$20 Call the Senior Center for an appointment.

Thursday, May 13
4-5pm

Birthday Dinner
Entertainment: Hula and Belly Dance performance by ASC's own dancing class.

Wednesday's
12:30-1:30pm

Jewelry Making & Repair
Learn how to make jewelry or bring broken jewelry for repair. Donation to Senior Center accepted for services.

Thursday, May 27
12:30-3pm

High Tea
Join us for this very special event honoring Older Americans. Come have tea and lunch while listening to wonderful entertainment. Decorate your table, create a unique centerpiece and bring your favorite teacups. Prizes will be awarded for the best tables. Reserve your table now at the Senior Center.
Reservation deadline is Monday, May 17.
Admission: \$4.00 per person
Admission fee includes lunch and tea.

High Tea Menu

Caesar Salad with Croutons

Rosemary Facaccia

Chicken Provencal

Traditional French sauté with a sauce of tomatoes, garlic, rosemary, thyme, olives, olive oil.
Served with Lemon Basil Couscous

Apple Cinnamon Cake with Whipped Cream