

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706 524-9122

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Luau Ticket sale
begins September 15.

Prices:\$10 Adults;
\$6 children.

\$1 higher after Oct. 8.

The President's Message

FOAS had their annual meeting on June 19, 2010. At that meeting the revised By-Laws and the 2010 Slate of Officers were approved unanimously. It was a happy time with music and a table full of colorful delicacies, more than enough for the 40 attendees.



The mission of FOAS about our focus, which is the to provide social welfare for special needs of the Albany

We are definitely not the Senior Center, but we are an auxiliary - the fundraising arm of the Center. As such, we do not involve ourselves in running the Center, nor making any policy decisions regarding the bus trips or what happens in the kitchen. However, we have a trust relationship in terms of money for the benefit of seniors.

The following is the newly elected FOAS board for the fiscal year of 2010-2011.

Executive Board: President : Julia Lee; First Vice-President: Barbara Van Pelt; Second Vice-President: Stanley Ginn; Secretary: Jewel Okawachi; Treasurer: Evelyn Berman. Board of Directors: Anne Richardson; Elaine Chan; Margie Carr; Walt Corvello.

This year we will take ownership of the Holiday Market which in the past had been managed by ASC. This fundraiser event will be headed by Barbara Van Pelt and it will be held on Saturday, December 4th. We will need donations for the following : baked goods/sweets, homemade crafts, Christmas items, gift items for raffles/silent auction and Christmas plants. Please bring your donations to the center to support this event.

I think about the next twelve months of fundraising. I feel optimistic looking at the whole team of nine members of the board of directors - we do have a good team. Already we have received nearly \$1000 in monetary gifts from the regular and the new members of FOAS. Thank you so much for supporting us in the coming year.

Julia Lee, President FOAS

Hawaiian Luau- fundraiser to support the Albany Senior Center

Saturday October 16 4-7pm
Save the Date.





Chez Isabelle

Welcome back! I hope everyone has had a wonderful summer! Here are a few updates:

Joe Como started July 26 as the new Current Events class instructor. This popular class continues to meet Mondays from 9:30-11am. Join in on the lively discussion and meet Joe!

If you like dancing, we have a new “Soul Line Dancing” class Thursdays from 1-3pm. In this class you will learn beginning line dance steps while enjoying the soulful sounds of gospel, jazz, blues, salsa, rock and r&b. Belly dancing taught by Sandhya will also be offered on Mondays from 6:30-7:30pm. Gentle yoga taught by Allan Jacinto will now be offered on Monday at the Community Center, and on Tuesday, Wednesday and Friday at the Senior Center. The class meets from 9-10am on all days. Stop by the Senior Center front desk for registration info and details.

If you have enrolled in Albany Adult School classes that are held at the Senior Center, please pass by the front desk at your first class meeting to pay your Facility Usage Fee. Adult School classes begin the week of September 13th. Also, if you have not registered with the Albany Senior Center throughout the summer, please do so in September. Registering with the Senior Center is free and helps us to meet the goals set by the Alameda County Area Agency on Aging that provides funding for the Senior Center.

I hope you have enjoyed the historical photographs of Albany that have adorned the lobby walls throughout the summer. They will be taken down shortly to make room for a new and exciting exhibit. On Wednesday, September 8 Doug Burgess returns with a photo exhibit. He calls his show “Encore” which features some new large format pictures, but has an added attraction this year, his wife Barbara, shares the exhibition space with a series of mosaics. Next time you come by the center, take a few moments to view their wonderful work.

And one more thing...Dinner with Albany is back! On Saturday, September 25, the City will host a sit-down dinner on Solano Ave for the entire City of Albany. Share a meal (bring your own food) with friends, neighbors and family. You can attend the event in a number of ways: Reserve a table with 6 chairs for \$28 or reserve a space for \$12 and bring your own table and chairs or make a reservation at one of the participating restaurants. For more info call the Albany Recreation Dept. at 524-9283.

Have a great month!

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THE BOOSTER NEWS

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September Birthdays



Jaime	Alarcon	Jeanne	Klems	Klara	Polgar
Bonnie	Barker	Barbara	Kortegaard	Pauline	Purvis
Beatrice	Beauze	Laura Chris	Kramer	Anna	Pusina
Lucretia	Brandi	Reta	Krane	Lorne	Roddick
Janie	Cavalli	Mariya	Limon	Michelle	Safer
Antoinette	Conti	Rosman	Livia	Jo Anne	Schultz
Carol	Copeland	John	Love	Patricia	Schwarz
Diana	Damonte	Dorothy	Magidson	Helen	Siu
Heloisa	Erwin	Lawrence	Martinez	Barbara	St. Michaels
Julie	Forsmith	Joan	Mastronarde	Young	Suk Day
Joanne	Frisch	Marcia	Matton	Lena	Thompson
Mary	Fukuchi	Don	Morehean	Mi Mi	Tsai
Bettie	Garrett	Hisako Misty	Mukae	Karl	Turne
Kong	Go	Lorraine	Ostrowski	Alice	Davis
Angelina	Hurtacio	Petersen	Paul		
Patricia	Kirkpatrick	Kit	Pickles		

The September Birthday Party is scheduled for September 9 at 4:30 p.m., immediately following the birthday dinner. After-dinner performance features Jaleena and Omphala of the “Desert Heat” Belly Dancers. Please come and be entertained. All are welcome.



Paradise — a Poem by Kathleen Murphy

*The owner of this unique little shop,
I know of flowers so well.
They are out from morning till night,
Her treasures to admire and sell.
Her flowers that simplify it's breathtaking
view.
Like a paradise garden, with love that grew!
Each of names that remember and speak,
Of dignity and importance, abundantly seek.
Appreciate, to praise, with anytime of year,
To adorn their contrast of eminence regaled.
The enchantment of enjoyment, enviable to
the eye,
Blossoms with attainment hailed.
Imbue the myriad of marvel,
Entwined with transcendence of delightful.
Vivacious and vivid, to always behold.*

*In this shop, of ideals told.
Hues of performing their cascading demure.
The sweet surprise of it's atmosphere.
The coy be not mistaken.
For the burst of pampered ways.
Caught with a glimpse of beauty,
Of the pleasure that stays
Some flowers attire, the droop of sad.
But others have it's nature's fad.
To walk inside, to pick your name.
As no other shop, is the same.
I visit quite often to decorate my rooms.
Fascinating with a smile.
I find many blooms.
Like an intricate portrait of art,
Flowers do come, from the heart.*



Pictures from FOAS 2010 Annual Meeting (June 19, 2010)

Photos by Stan Ginn.



Members socialize and deliberate on revised Bylaws.



1st VP Barbara Van Pelt addresses the meeting.



Walt Corvello reads the FOAS Mission Statement.



Board Member Anne Richardson with President Julia Lee.



Secretary Jewel Okawachi.



As always, the meeting concludes on a high and sweet note.

August Birthday Party & Bingo Games.

Photos by Dave Pugatch.



Birthday wishes and cake were extended to, from left, Virginia Blume, Marylou Leon, Florence Kroll, and Teresa Cornejo, who appears in the center of last picture with Jaime Alarcon and "mother" Teresa.



Official Bingo callers Bill Decker and Margie Carr.



Bingo players, from left: Zetta Poli, Barbara, Florence, Pete Dowling, Julia and Karen Holzmeister.



Elmer Nelson and Kathleen Cardinelli

TRIP TO MONTEREY BAY AQUARIUM by Margie Carr & Barbara Van Pelt

A full bus of Albany seniors left for Monterey on Wednesday, July 28th. On the way down there was much good cheer and songs led by Anna Pugatch. Upon arrival we were given maps of the aquarium which showed locations and times of feedings and programs. There were some new exhibits; “The Secret Lives of Seahorses”, “African Penguins” and “Hot Pink Flamingos”. We began our walk through the two story indoor and outdoor aquarium is always fascinating for people arriving at the Giant Kelp Forest. This exhibit is always fascinating for people arriving at the Giant Kelp Forest—at 28 feet, the Kelp Forest exhibits in the world. You get a diver’s-eye-view of leopard sharks, of sardines swimming in synchro-swaying fronds of kelp, just as



The next exhibit was as “beautiful, bashful and the specific aquarist who

to see and were slowly crawling up the glass to get away from the crowds of people viewing them.

We next saw the African Blackfooted Penguin exhibit. These beautiful birds live in the cold climate of South Africa’s rocky shores. They can move 15 MPH in the water, but only manage to waddle 2 MPH on shore. The penguins were located near the “Splash Zone” which has over 45 interactive exhibits for kids and adults. We took a break and headed over to Louie’s Restaurant – home of the original Louie Seafood Salad Dressing—for lunch.

Upon arrival we had coffee and pastries at the café and decided to go to the information desk and get a Birthday Badge and trinkets for Margie, whose birthday was imminent. Well, we’re in our second childhood, aren’t we? Barbara decided we should further celebrate by going to lunch at a restaurant. We went to Louie Linquini’s. Marge had wine and Barbara had an exotic cocktail called a blue windsurfer. We each had clam chowder, crab louie and Tiramica. Not bad, huh. We sat on the balcony overlooking the shore.

At each table was a menu-Louie Linquini. It was HIGHLY fictionalized and written by the owner, a S.F. Chronicle reporter named Hoppe Louie. He joined the Marines at 14 and fought in WW II. He played pro football well into his 50’s. He married seven major Hollywood stars starting with Eliza-beth Taylor, and ending with Madonna, the longest lasting one month. He consorted with presidents but always remembered his humble Italian roots and thought Linquini known as Pa Strami and Ma Caroni.

When we returned we vis-sibly missing the Sea Otter exhibit they had disappeared. That ex-good idea to get there long before crowds are so large and dense. There were many exhibits we did not have time for and hope to go back to see the Seahorses and the Jellies Gallery another time.



the Giant Pacific Octopuses. Described “brainless” they appear to “get attached to” feeds them. They were indeed amazing

size plastic covered autobiography of fictionalized and written by the named Hoppe Louie. He joined the II. He played pro football well into his Hollywood stars starting with Eliza-Madonna, the longest lasting one dents but always remembered his with fondness of his father Strami his mother Caroni Linquini known as

ited a few more exhibits, although as their feeding time was over and hiberbit is so popular that it is usually a feeding time in order to see as the There were many exhibits we did not to see the Seahorses and the Jellies

We did a little shopping in the aquarium gift shop which always has wonderful books, clothing, great postcards of the Monterey area, etc. We finished our trip in the aquarium at the Portola Café which looks out on the bay. Screens are on all the walls showing videos of the whales, porpoises, and otters.

We wish to thank Mary McKenna, our driver who said this was the longest trip she had driven with the Albany Seniors’ Bus. We also want to thank Nick Jordan for always finding the seniors such interesting trips to take.

Scam Alert by Minnie Favre

Beware of scams out there to bilk elderly people into sending money for what seem to be legitimate purposes. About 10:30 one morning I received a phone call from a young man saying "Hello, Grandma." My only male grandchild is severely disabled and cannot call me. "I don't have a grandson. Who is this?" I asked. Then he said he was only kidding, that he was my nephew, Michael.

My nephews, great nephews, that is, are named Daniel and Joseph, but I let him go on to see what he had to say. He said he was in Canada on a fishing trip, and had been arrested with two other guys and he needed \$2500 for bail. They had been stopped for a traffic violation, and drugs were in the car. He said he was clean, but because he was in the car, he got taken in, too. Then he put a police sergeant on the phone who told me the boy would have to spend 6 months in jail if he could not make bail. They must have thought they had a live one, because I asked them many questions about how to send the money. And they said it had to be an international transaction via Western Union, cash only. The "sergeant" and "nephew" were obviously scammer artists. And they even told me not to call the boy's father, or any other family member to save him embarrassment.

I said I'd get back to them, and called Jim, the real boys' father. He said Joseph was in college in L.A., and Daniel was working with him in his business.

I called the El Cerrito Police Department, non-emergency number, and reported it. A nice young policeman came to my house and heard my story. He said they could not pursue an international incident, and since I had not sent any money, no crime had actually been committed, but it was good that I was wise to the scam. Some scammers tell people they have won a lottery, and need to pay the taxes on it before getting the money. And then there is the potentate from Uganda who needs \$1000 to get out of the country with many diamonds, which he will share with you when he gets here.

P.T. Barnum said there is a sucker born every minute. Don't be one!

..... **More scams** (Info by Albany Police Department)

Albany Police reported that on 8/20/10, two females knocked on the door of an ninety year old Albany woman, claiming that their lost cat got into her backyard, and asked permission to gain access to the yard through the inside of the house. They then asked the woman to get milk for the cat. The 2 females went into the backyard, took a purse from the house and left while the owner was getting milk.

A day earlier, a similar incident was committed by 3 white females using the same pretext to gain access to a house of an elderly resident. The Police think these cases are related. During both incidents the victims reported seeing the responsible subjects associated with a compact or mid-sized white sedan.



HELP FOR UTILITY CUSTOMERS EXPERIENCING FINANCIAL HARDSHIP CONGRESS OF CALIFORNIA SENIORS URGES SENIORS TO ACT NOW

Needy energy customers in California may be able to receive help with past-due bills under a new program being administered by the Salvation Army. Funds are available through the Temporary Energy Assistance for Families program. Energy companies are urging customers who are behind in their bills or facing cut offs to take advantage of one-time grants to help them during the current economic downturn. Grants of up to \$1500 per household are available.

To apply, customers should contact the Salvation Army at 1 (800) 933-9677 or at www.tsagoldenstate.org. Important: **Applications must be made prior to September 22, 2010.**

Funds come through the American Recovery and Reinvestment Act with additional funds available from the utility companies.

'WALKIE-TALKIE'- Walk, Talk, and Be Healthy by Pat Tousant

“the wheels on the bus go round and round,...” On July 27, we headed to the Pleasanton area to hike in the Sunol Regional Park. We also hoped to get a little warmth and sunshine—something different than we have had living a Mark Twain “winter” here in our Albany environs this summer. We found both, plus a wonderful naturalist (Katie) with 25 years experience in and around the park.



“Rocking”, with Naturalist Katie.

Her area of expertise was on rock formations and other geologic phenomena. As we hiked 2 miles back into a “little Yosemite” formation there were plenty of steep ups and downs along the way. No problem for us hardy seniors—the sun and temperature were just right—Katie’s information was enlightening, the water was cold (ask Ingrid) and as always the company we kept was interesting. After our picnic lunch, we put on our jackets and journeyed back to our Albany “winter”. -----The next week we could be sighted through the fog and wind at Tilden Park’s Inspiration Point. The views that we were expecting and hoping for just did not happen while we were on our two-mile hike. We did learn about ‘crepuscular’ animals from our naturalist Bethany, as well as seeing birds and hearing bird calls unique to this area. After our walk, we fled to Lake Anza to eat our lunch ‘protectedly’ away from the wind and fog. It was still a good time walking, talking, and being healthy. Mary got to sing. -----The many seniors walking around gingerly Wednesday morning nursing their sore calf muscles were among the 21 of us who the day



Descending into Little Yosemite.

before climbed and descended Twin Peaks from Delores Park on a 5.3 mile hike. We had lots of stairs up and down and steep ascents and descents on the sidewalks conquering this San Francisco landmark. Sutro Tower was wrapped in fog and we only later saw the whole thing while eating our lunch in the sunshine at Delores Park. We declared this hike to be a “5”; we stopped at the Berkeley Farmer’s Market on the way back, and because we thought we needed a little instant gratification we stopped at John’s Ice Cream on Shattuck for a special treat before heading back to the Center. -----In 1846, William Smith, of Flowerdew Hundred, (a plantation established in the 1600’s near Richmond, VA.) VA., became the only Revolutionary War soldier to be buried in CA. This was one of the more interesting things our senior hiking group learned on its most recent hike to traverse the 3.3 miles of the Sonoma Overlook Trail. This rocky trail took us to the top of Schocken Mt.(named for the man who quarried on it) where in addition to overlooking Sonoma, we could also see San Francisco, San Pablo Bay and Sears Pt., etc. As we came back



Steps are good for sitting -on the way to Twin-peaks.

down the trail we exited through the Sonoma Mt. Cemetery, first used as a burial place for citizens before the Gold Rush and used continuously since then. After looking at interesting parts of this old cemetery we headed for Sonoma Plaza to eat our lunch just as the day was heating up to 100 degrees. Many of us visited different plaza shops before getting back on the air-conditioned bus. Olga recited a poem for us and Zion had us singing ‘comfort’ songs which turned out to be fun on our ride home.----If you are interested in joining us for any of our Tuesday hiking trips, sign up for the October trips (two per person) at the Center the beginning of September. September trips are wait-listed but you may put your name in. It is fun and it is free!!!



“All for one, and one for all”—if only with Ice cream.



Upcoming Events



Monday, September 13

No FOAS (Friends of Albany Seniors) Board Meeting in September.
Next meeting is on October 4th.

NEW!!!!
Tuesdays
1-3pm

Tuesday Afternoon Socials
Come to the Senior Center for a fun afternoon of music, movies and games. Socialize with friends or make new ones! Ping Pong, Music and board games provided on the first Thursday and a movie will be shown on the third Thursday. Fee: \$1.00

Friday, September 3
9am-12pm

Podiatry
Podiatry services provided by a licensed podiatrist for \$20. Call the Senior Center to make an appointment. Cash or Checks. Checks payable to the Albany Senior Center.

Tuesday, September 7 &
Friday, September 17
2-4pm

Chair Massage
10-minute chair massage appointments available at the low cost of \$8. Call the Senior Center for an appointment.

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. Registration for 2010-2011 begins on July 2nd at 9am. Please bring proof of all household income and your \$10 donation to register and receive your bag.

Thursday, September 9
4:00-5:00pm

September Birthday Party
Entertainment: After-dinner performance features Jaleena and Omphala of the "Desert Heat" Belly dancers. All are welcome.

Friday, September 10
12-1pm

Low Vision Support Group
Facilitated by a representative from the Lion's Blind Center. Bring a lunch. FREE

Thursday, September 16
10:30am-12:30pm

Movie of the Month: Young Victoria
Come join us for this critically acclaimed movie. Popcorn and soda will be served. Fee: \$1.00

Monday, September 20
1-4pm

HICAP
Health insurance counseling appointments are available with Anne Bednarccyk, a volunteer counselor with HICAP. Call 839-0393 for appointment.

Touring Trips

Friday, September 10, 10am—3pm
Wednesday, September 22, 8:30-3pm
Wednesday, September 29, 8:30am-5:30pm

SF MOMA (Trip is full, waitlist only)
Mystery Trip (Trip is full, waitlist only)
Santa Cruz (Trip is full, waitlist only)

Walking Trips

Tuesday, September 7, 8:30am-2:00pm
Tuesday, September 14, 8:30am-2:00pm
Tuesday, September 28, 8:30am-2:00pm

Lake Chabot (Trip is full, waitlist only)
Black Diamond Mine Chaparral Walk
Mt. Tamalpais State Park (Trip is full, waitlist only)