

# THE BOOSTER NEWS

## NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706 524-9122

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Enjoy a delicious dinner while supporting the Senior Center

*Luuau Ticket on Sale*

Prices:\$10 Adults;

\$6 children.

\$1 higher after Oct. 8.

### The President's Message

We all have to relationships, the econ- own gray hair.

Someone once flow, accept it and it will of the time when I fell off in the Nathahala River in North Carolina . One minute I was on the raft enjoying the ride and the next minute I was in the water. The river moved swiftly but I had been told earlier to “relax and go with the flow”. So I crossed my arms over my chest, laid on my back and went with the current. Then a few minutes later, the water rapids took me to a small enclosure and I was deposited safely on the banks of the river intact.



adjust to change - changes in family, omy, the climate, our street, even our

said to me : “Julia, just go with the be easier on you”. This reminded me a raft while whitewater rafting in 1995

FOAS and ASC have changed over the years and we are still changing -- new faces, new ideas and new activities. Next year there will be more changes and the next year after that even more. But together we will face the challenges and adjust with the changes.

Hawaiian Luau will be coming up this October 16<sup>th</sup> and the new Holiday Market on December 4<sup>th</sup>. Already a group of new volunteers have joined us and new fundraising methods have been proposed. My hope is that we will all “go with the flow”, embracing both the old and the new of FOAS at Albany Senior Center.

And if you have not bought tickets for the Hawaiian Luau, please act quickly. Prices will go up after October 8<sup>th</sup>. Last year the tickets were sold out before the event.

Thank you so much for your continued support.

Julia Lee, President, FOAS

Hawaiian Luau- fundraiser to support the Albany Senior Center

Saturday October 16 4-7pm  
Buy Tickets Now





## **Chez Isabelle**

### **Then and Now**

Over the summer, I decided to look back at what was offered at the Senior Center 3 years ago and compare it to what we offer now. The growth in programming is evident in many areas. Since 2007, we've increased the number of classes and social groups we offer to include gentle stretch, line dancing, dance & movement, game time and French. With the new Senior Center Community Shuttle, we created a new walking program "Walk, Talk and Be Healthy" which provides walking excursions 3 times per month; we tripled the number of day trips, and are offering more destinations for the weekly door-to-door shopping. In addition to taking shoppers to Safeway and the El Cerrito Plaza, we now go to Target, Ranch 99, and once a month to Hilltop Mall, Dollar Tree and the El Cerrito Farmers' Market. New special events have been created as well. In the spring we hold the Senior Resource Fair and in May the Older Americans Month High Tea. A new gallery exhibit program which highlights the work of Senior Center artists and photographers also takes place in the lobby year round.

All of this would not be possible without the help and dedication of Senior Center staff and volunteers. I am pleased to see how much we have grown and I am grateful to everyone who has supported the changes that have helped us get to where we are now. I would also like to thank Julia Lee, Friends of Albany Seniors President, and her Board Members for their tremendous dedication to the Center and the wonderful work partnership we have. Please support FOAS by attending their next fundraiser, the Hawaiian Luau October 16. This is an event you won't want to miss!

New this year, in partnership with the American Golf Program for Senior Centers, we are hosting a Senior Resource Fair with free continental breakfast Thursday, October 28 from 10am-12pm. Dress up for Halloween and get a chance to win the prize for best costume: a gift certificate to Cache Creek Casino & Resort Harvest Buffet for 3.

Our work is never done, we are always looking for new and better ways to serve our community, so please, if you have a suggestion, an idea for a new program, and/or would like to teach at the Senior Center, please come and talk to me!

### **SENIOR SERVICES SUPERVISOR**

**Isabelle Leduc**

**Albany Senior Center**

Hours: 9 AM to 5 PM Monday –Friday

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### **THE BOOSTER NEWS**

is the official newsletter of THE FRIENDS OF ALBANY SENIORS at THE ALBANY SENIOR CENTER. Published nine times annually.

Editors

**Zion Lee and staff**



**October Birthdays**



Vera	Beattie	Marilyn	Hadfield	Maria	Ritter
Morris	Benezra	Julian	Horowitz	Kathleen	Scales
Chuck	Bigelow	Marilyn	Joyce	Karen	Sibley
Helen	Burke	Fidelia	Leavitt	Erika	St. John
Rose	Castro	Alan	Meisel	Samelson	Stewart
Lillian	Chur	Phyllis	Menefee	Nancy	Traer
Maya	Elmer	Molly	Momii	Michael	Tsang
Robin	Fraatz	Elmer	Nelson	Barbara	Van Pelt
Lois	Gilbert	Hanim	Ozen	Bruce	Willats
Betty	Goren	Linda	Patterson	Judith	Woodard
Emily	Grey	Lena	Pius		

The October Birthday Party is scheduled for October 14 at 4:30 p.m., immediately following the birthday dinner. After-dinner performance features music by “Clarinet & More”. Please come to enjoy this fine musical group. All are welcome, especially if you have a birthday in October—birthday cake and a prize await you.

**What’s New at the Senior Center?**

**A New Face at Front Desk.**

Meet John-Paul Leroux (or JP, as he prefers to be called). He is our newest staffer at the front desk, replacing Dora Allen who recently took another job at City Hall. JP was born in Albany, but moved to Washington State when he was 5, and recently returned to Albany. He graduated from Western Washington University with a Business Administration and Marketing Degree prior to his move back. Currently, he is pursuing a graduate degree in Advertising at the Academy of Arts University in San Francisco. His hobbies are cooking, movies, arts and snowboarding. His favorite movie is “The Godfather”. He is friendly, energetic, and ready to answer (almost) all the questions you may have. Please stop by to say “Hello” to JP. His shifts are typically in the morning Tuesday through Thursday.



**Library’s New Look.** Through the volunteer work of Ann Bednarczyk and Miriam Aroner, our library has acquired a new and cleaner look. Over the course of the last 2-3 months, they separated the books into a fiction and a non-fiction section, and discarded books that were out-of-date, in poor condition or those intended for another readership (e.g. children). New signage has been posted. If you will be donating books, a donation box is now available for your convenience. Please put all donated books in this box, so Ann and Miriam can sort through them. Many thanks to Ann and Miriam for their time in making the library more accessible for all of us.



Ann Bednarczyk



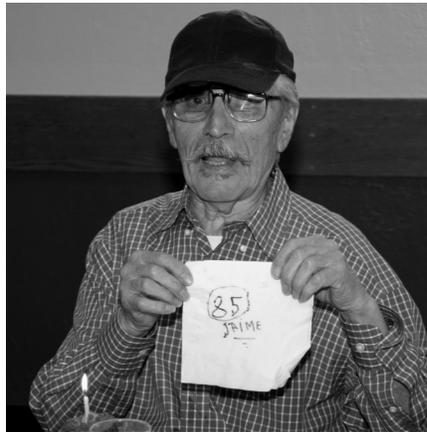
Barbara Burgess & her mosaic.

**New Display in Front Lobby.** If you came to the Senior Center in the last few weeks you could not miss the colorful mosaic art work on the walls. They are the creative work of Barbara Burgess, who is a retired illustrator and storyboard artist, with 40 years experience in the advertising business. Her mosaic designs have been exhibited at many other venues. Together with husband Doug Burgess, a photography artist in his own right (previous exhibit: “The Eye of Carl Zeis”), they present a joint display of their work in our front lobby. Please stop by to enjoy this exhibit.

**September 2010 Birthday Party.** The September Birthday Dinner featured Alice Davis, Jaime Alarcon, Bettie Garrett and Kong Go as the birthday celebrities. They were presented with candled birthday cake and gifts. After dinner, we had a fabulous presentation of belly dancing by two gifted members of the “Desert Heat” Troop; Jaleena and Omphala (meaning “Navel of the Earth”). Wielding swords and canes, the dynamic duo took the audience by storm. Before long, they had most of the participants on the dance floor, doing a “quasi” belly dance. Sabit Ozen, our normally stoic friend from Turkey, suddenly lost his inhibition and joined in the frolic. (“We never thought he could do that!”) Others let their hair down, also. It was a fun time for everybody. (Photos by Dave Pugatch.)



Alice Davis contemplates.



Jaime Alarcon demonstrates.



Kong Go salivates



Omphala & Jaleena.



Cabaret in another tradition ?



Belly Dancing 101 for everyone.



Al Windsor tangles with Jaleena



Omphala brought out the dancer in Sabit Ozen.

**In Memory — Selso “Marty” Martinez  
July 17, 1923—September 25, 2010**

Selso was born in Buereros, New Mexico. A leg injury caused by a horse riding accident prevented him from entering the Armed Forces during World War II. So he served his country by coming to Richmond, CA and working in the shipyards. He met a neighbor girl Teresita Baca. She also worked at the shipyards and had New Mexico ties. They were married November 5, 1944 at St. Johns’ Church. Teresita passed away on October 2, 1996. Their life was centered around their family of five children: Mary Pereda, Margarita Jones, Lorrie Mandorlao, Rose Gibson, and Ed Martinez. In February 1954 the family moved to 720 Masonic Ave., Albany, Ca. The children attended Cornell School and Albany High School.



He was proud of his country roots and Southwesting accident prevented him from entering the shipyards. He met a neighbor girl Teresita Baca. She also worked at the shipyards and had New Mexico ties. They were married November 5, 1944 at St. Johns’ Church. Teresita passed away on October 2, 1996. Their life was centered around their family of five children: Mary Pereda, Margarita Jones, Lorrie Mandorlao, Rose Gibson, and Ed Martinez. In February 1954 the family moved to 720 Masonic Ave., Albany, Ca. The children attended Cornell School and Albany High School.

Following World War II, Selso became a custodian at U.C. Berkeley. He retired in July 1984 after working there for 38 years. A conscientious worker he received many commendations and awards. He also worked for many years as a custodian at Superstop Market in Albany. A good neighbor and avid gardener he shared his produce with the neighborhood. Selso was a former member of the Moose Lodge. He picked up and delivered bread for many years. He was a volunteer at the Pinole Senior Center, and participated in the dinner program at the Albany Senior Center. A devout lifelong Catholic, Selso was well known at the St. Ambrose Parish. For many years he performed and oversaw various custodial duties, and was head usher and an Eucharistic minister.

Selso is also survived by seven grandchildren and four great-grandchildren, sister Ophelia Jensen of Pueblo, CO, brothers Isidoro Martinez of Sacramento, CA., Daniel Martinez of Albuquerque, N.M., and Cristobal Garcia of Shaw Island, WA.

If desired, in lieu of flowers, donations may be made to Cancer Center of Alta Bates Summit Foundation 2450 Ashby Ave., Berkeley, CA 94705.

By Barbara Van Pelt, a neighbor of Selso.



Selso in an airplane flying contest, Albany Senior Center, 2009



Selso talks about his rancho experience in a Show & Tell event in ASC,2009.



In a July 4th Celebration, Albany Senior Center 2009.



MJ (left) with her students and their fanciful creatures.

### Spotlight on ASC Teachers: Arts Teacher M.J. Wilson

Continuing our Spotlight Series, we interview arts teacher M.J. Wilson, who has had a long association with the Albany Senior Center. She has many students, including the writer, who studied under her tutelage. Her teaching style inspires students to create and innovate, loud & bold, rather than imitate, making her class unusually thought provoking.

By *Zion Lee*



MJ Wilson with her creation at an earlier exhibit.

**B.N.** How long have you been a teacher at the Albany Senior Center?

**M.J.** I have been teaching at the Senior Center since August, 2002

**B.N.** Please describe the course (s) you teach at ASC

**M.J.** My classes at the ASC are Papier-mache Sculpture and Textile Art. Both classes are creative classes in that you have to come up with and execute your own ideas. In the beginning of each course, however, I do teach the process to new students. The Textile class is multi-cultural. We start with an American concept, to learn color and design. Thereafter, the students may go on to learn different styles and designs from other cultures.

**B.N.** What is your teaching philosophy?

**M.J.** My teaching philosophy is, and it is a fact, that everyone is creative. The idea will come. It does help to have a little process guidance. As a beginner with little or no art experience, that in itself can be an advantage.

**B.N.** Tell us something about your background.

**M.J.** I was born and raised in Hayward, CA when it was rural with fields and orchards. I was married, have 2 grown children and 2 grandchildren.

**B.N.** What did you do before coming to teach at ASC?

**M.J.** I have taken adult ed. classes since I was 19. I finally went back to finish college in my late 40's and early 50's and have degrees in Studio Art, B.A. and Ethnic Art in Anthropology, M.A. After graduate school, I had involved myself in direct sales, and taught art classes in many other places.

**B.N.** What do you like about teaching at ASC?

**M.J.** I like teaching older adults at ASC. They bring a wealth of knowledge and wisdom with them. They also have courage to try something new. I also like our current director.

She is inventive and creative in bringing major improvements to the center, and always supports our endeavors with lobby art shows, holiday markets, etc.

**B.N.** Can you relate an interesting event or anecdote in your teaching experience?

**M.J.** The only thing that really stands out is the reactions of the general public when my students start hauling in their life size sculpture. Mostly adults sort of avert their eyes as if what they are seeing is normal. Young children and even teens, however, stop, look, point, laugh, and little kids tug at their mothers to look also.

**B.N.** What are your hobbies and interest?

**M.J.** Creating new art pieces, figuring out interesting projects for my students. And my grandchildren.

**B.N.** A favorite book or movie?

**M.J.** Any movie that is set in another culture/country, particularly the visual part, and any novel that's well researched about another country presented within an interesting story line, e.g. "The Kite Runner".

**B.N.** Two words that describe you?

**M.J.** Curious; Happy.

“Walkie-Talkie”: Walk, Talk and Be Healthy.

By Pat Tousant



A good view of Lake Chabot.

“the wheels on the bus go round and round...” Our September walks began with a relatively easy walk on paved surface on a gentle incline to the dam of Lake Chabot Reservoir. Our naturalist guide Karen met us at the San Leandro City Park and led us on a historical walk along the path where immigrant workers from many counties built the original dam 125 years ago. Relics of filtration system, tunnels, workers camp were evident along the route. Workers who died during the construction were honored with roadside memorials. The view from the top of the



Entrance to a Coal Mine.

dam was great..... The next walk was to the Black Diamond Mine — a site that we’ve often visited. But this time we wanted to learn more about the geology (rocks!) of the area — and it proved to be almost too much for some of us. The walk up and down some rather steep rocky slopes was quite a challenge, and a few of us resorted to a skill well-learned from kindergarten— sitting and sliding their way down. It worked! Naturalist Kevin was most patient with us, hustling back and forth to make sure everyone navigated the slopes safely. We learned about the coal and sand mining operations, and some of the people involved in them. For those of us who liked or disliked rock climbing, it was a hike to be remembered.....Our final hiking trip for September was anxiously awaited by our avid group because we were going to do a 4 plus mile hike at Mt. Tamalpais State Park in Marin County. A full bus load gathered at the Center on a beautiful sunny day and off we went to Mountain Home Inn parking lot on the Panoramic Hwy. up on Mt. Tam. We began by ascending the Camp Eastwood Trail to connect to the Troop 80 Trail(both trails wonderful hiking trails) and we all assembled again at Van Wyck Meadow for a group picture before beginning our decent down on rocky, steeped-steps, Bootjack Trail to Muir Woods. And...the adventure begins. About one-half way down the trail, John, our front



“Final preparation” before Mt. Tam



Mt. Tam, here we come!

man encounters a visibly wobbly man coming up the trail. He inquires of the man if he is feeling okay and notices some blood around his ear and on his leg. The man assures him that he is alright to go on, as he is meeting someone at the top. Next in line, Amy, notices also that the man seems a little shaky and she suggests that he pass her on her left side as the trail falls off into a steep ravine on her right side. He does. Next on the trail, Sue encounters the man. She sees that he is shaky, notices the blood on him, and he falls right in front of her and starts going down the steep side of the ravine. Sue immediately grabs his hand and starts yelling for help. Diane, Karen, Nancy and Bonnie came to help as they were not far behind Sue on the trail. They were able to stabilize him there, grabbing his belt and clothes to keep him from sliding farther. Zion, and our next group of hikers, were able to pull him up to the trail. It was determined that the man could not go further up the hill as he wanted to do by himself so Zion and Mary Doleman (her first hiking trip with us) were going to accompany him to his meeting area. Mike (his first hiking trip with us) went quickly down the hill to notify the Rangers. The rest of us all continued down the mountain to our meeting place. Upon arriving at our meeting place we discover we are three people short. After, an anxious hour or so, one of

the persons came back to our predetermined meeting place and said they took an alternative route to the Visitors Center which caused them to bypass the meeting place. (We will assess their group-inflicted anxiety penalty next trip.) So Mary, Mike ,Nancy, Ruth and Margaret went up to get the bus over a very rugged uphill trail (250 high steps at the end) while the rest of us went to the Visitors Center to wait for the bus and Zion and Mary. We notice the two paramedic trucks, along with 4 or 5 paramedics, in the parking lot, and were told by them that all were on the way down the mountain. An exhausted Zion and Mary arrived sometime later to a hero's welcome, and we all got on the bus, and recounted the whole story of our adventure on Mt. Tam. And, yes, there were a lot of heroes on the Albany Senior Center bus last Tuesday. I'm sure the Albany Seniors thank you for representing them so well!!!! (also, you can bet the story will get better as we get further from the day.)



## Upcoming Events



**Monday, October 4**  
**11:30am-1:00pm**

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

**Monday, October 4 and 18**  
**1-4pm**

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

**Tuesday, October 5 &**  
**Friday, October 22**  
**2-4pm**

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

**1<sup>st</sup> and 3<sup>rd</sup> Friday**  
**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. To register, bring proof of all household income and your \$10 annual donation.

**Thursday, October 14**  
**4:00-5:00pm**

**October Birthday Party**  
Entertainment: Musical Group: "Clarinet & More"

**Saturday, October 16**  
**4:00pm & 6:00pm**

**Hawaiian Luau, Fundraiser sponsored by FOAS**  
**Tickets on sale now. Purchase by October 8 and save \$1.**

**Thursday, October 21**  
**10:30am-12:30pm**

**Movie of the Month: Crazy Heart**  
Come join us for a late morning movie. Popcorn and soda will be served.  
Fee: \$1.00

**Wednesday, October 27**  
**1-3pm**

**Over 60 Health and Foot Clinic**  
A nurse provides foot care, blood pressure checks, medication review, and more. Drop-in only.

**Thursday, October 28**  
**10:00-12:00pm**

**Senior Resource Fair**, sponsored by American Golf Program for Senior Centers. Free Breakfast & Prizes.

**Friday, October 29** **Halloween Dinner**  
**4-5pm**

Enjoy great food, entertainment, friendly company and a festive atmosphere.  
Sign up at the front desk.  
Fee: \$5.00