

UNFORGETTABLE SAFARI WEST TRIP..... By Pat Tousant



Safari West, a 400-acre wildlife preserve just northeast of Santa Rosa, provided 22 fortunate seniors with some unforgettable moments on their May 18th trip. Unforgettable because we witnessed the beginning of the birth of a giraffe--the two front legs made their appearance to begin a two-hour birth process. Unfortunately we had to leave and didn't get to see the baby actually dropping to the ground from a height of 6 feet (giraffes birth standing up) with the ground hit aiding to get its first breath taken. Ten other giraffes in the area attentively watched the soon-to-be mother and another licked the legs of the newborn. Some emotionally touching moments for all witnesses.----In addition to this wonder, we were about nose (ours) to horn (theirs) with two 4500 lb. rhinos--cheetahs so close you could reach out to touch them if you had an extra digit or two--gazelles, antelopes, zebras, flamingos, macaws, cranes, ibises and a variety of other birds and animals--a very informative, knowledgeable docent--a wood-fired grilled-chicken and barbecued pork lunch (all you can eat) with mac-and cheese and two other sides and dessert--open-aired safari vehicle rides---what is not to like--oh, yes, not enough time there--we are all ready to go again--THANKS, NICK



Editor's Note: On Friday, July 15, under the Walk, Talk and Be Healthy Program, seniors have an opportunity to visit the **Oakland Zoo and the Alameda County Healthy Living Festival** at the same time. Sign-up, for this and other July walks, begins Wednesday, June 1 at 8:30 am in the Front Lobby. Cost is \$3.

Walk, Talk and Be Healthy By Pat Tousant



Blue skies at Mt. Tam.

On May 24th, Mary bussed us across the Richmond-San Rafael Bridge to Marin County. (We were rained out the previous week.) Specifically, we headed to the Marin Municipal Water District Mt. Tam Watershed area above Fairfax. We enjoyed a beautiful hike around Bon Tempe Lake, the middle in a series of 5 lakes, and the only one that you can hike the entire shoreline. We saw massive redwoods, oak trees, ferned and grassy hillsides, cormorants, plovers, quail, 9 baby ducks following their mommy on the lake (Mike got a great picture of these) as

we walked the dirt tree-lined trail. When we started there was a not a ripple on the lake so we saw beautiful reflections on the water of the hills, trees, and sky. A beautiful day and hike only to be marred by the first accident to one of us in our 2 plus years of hiking. Phyllis suffered an ankle injury caused by slipping on some loose gravel and had to be transported by ambulance to the hospital. Phyllis is looking forward to getting her hiking shoes on and getting back with us at the earliest possible date. Can't keep a good hiker down and we all wish her a speedy recovery!



Clear water on Bon Tempe Lake.

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

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Stepping Up toThe Plate

Stepping up to the plate is what they do in baseball, and the Friends of Albany Seniors are doing just that --except, this time, it's to the dinner plate. As you know the City is in financial difficulty, and the dining program at the Senior Center is facing cut backs. So FOAS has committed \$6000 to keep the dining program going, at the same time volunteering its members to serve dinners and wash dishes to reduce staffing cost. FOAS will continue to subsidize the fun parties and kitchen supplies as before; however, we will no longer pay for the coffee and cookies in the front rooms. This is a difficult decision at a difficult time, but we have to put first things first.

Executive officers for the 2011-2012 fiscal year will be elected and installed.



Our fundraising has been a big success this past year - The White Elephant Sale hit the highest record in the history of FOAS.

We've had a number of new comers who worked hard and made the year successful. Stan Ginn saved FOAS a lot of money by

doing smart shopping and Evelyn Berman made detailed accounting records so this year we can say that we are audit-ready at all times. Never before has the board been so united and worked so hard. Every board member participated enthusiastically in the fundraising events; so our confidence got a big boost. That is why we can commit to support the Center up to \$9000 this coming year (vs. \$6000 last year). So to all of you, board members, regular volunteers, new volunteers and financial supporters, I'd like to say THANK YOU. Our successful year is because of you.

Julia Lee, President, FOAS



FOAS Membership Meeting and General Election

Saturday, June 25 at 11:00 am

followed by a complimentary luncheon

(Please help us reduce waste—Sign up by June 17th if you plan to attend.)

The slate: President: Barbara Van Pelt; First Vice-President: Julia Lee; Second Vice-President: Stan Ginn; Secretary: Jewel Okawachi and Treasurer: Evelyn Berman.

All 2011—2012 FOAS members are welcome to attend and vote.

Please renew your membership or become a new member at Front Desk.



Books For Sale! By Ann Bednarczyk, Volunteer Librarian

New signage in the library shows the price for books has changed to \$.50 for soft-cover and \$1.00 for hard-cover. Audio Books for \$1.00 have been added to the collection. Payment can be made at the Front Desk. Your purchase of book(s) supports the Senior Center. Donations of gently used fiction and non-fiction books are welcome and should be placed in marked boxes located in the library area. Donations are sorted, reviewed for condition, and shelved by library volunteers.

Please do not donate (or “dump”) textbooks, children’s books, outdated computer manuals, and reference books.

Thank you for your book donations and support for the Center’s library.

Resource Fair 2011

Balmy weather greeted participants of the Third Annual Resource Fair held at the Albany Senior Center on April 28, 2011, when thirty-seven healthcare and senior care organizations came to showcase their products and services. Valuable information about health, safety, insurance, homecare, travel, legal and many other topics was disseminated throughout the day. The seniors were also treated to a turkey sandwich and potato salad, with the sunny weather providing a perfect setting for an outdoor lunch.



Bill Decker greets participants at the door.



FOAS members Karen & Barbara help to serve lunch.



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Lees' move to Albany also prompted their other daughter, Rebecca Wong, her husband, Jordan, and daughter, Jada, now 8, to move from New York to San Jose.

So, in addition to their work at the Center, the Lees provide after-school care for their two grandsons, and teach all their grandchildren about Chinese culture and the value of volunteering.

In 2008, Zion attended a paper mache class at the Senior Center, and from there, he created a 30-foot long dragon of paper mache which is on display at the Center during Chinese New Year, and is used in the City’s Chinese New Year celebrations and the annual Solano Stroll Parade. The grandsons also form the head and tail of the dragon in the parades.

Julia and Zion, who now attend the Church on the Corner in Albany, started volunteering as teen-agers at Christian churches in their birthplaces of Indonesia and Hong Kong, respectively. They educated younger children on matters of faith and service. Both came to the United States in the 1960s to attend college, and met in 1966 at the Akron University Graduate School in Akron, Ohio at a Chinese New Year party attended by a group of Chinese students. Zion, who began his undergraduate work at the Presbyterian-sponsored Warren Wilson College in N.C., became a jack-of-all-trades there, augmenting a partial scholarship with work as a painter, roofer and kitchen helper.

The family lived in Ohio, and North and South Carolina during Zion's work with Goodrich, and later Michelin, in which his work as a chemist involved working on the landing gear of space shuttles, among other things. Before working for IBM in computer asset management, Julia taught mathematics and computer science at Kent State University in Ohio and later at the University of N. C. in Charlotte. Church volunteering was a major focus of family life. Julia also worked with Girl Scout activities, and Zion recalled organizing group activities, recreation programs and games for one of their churches. The min-

ister's wife once said to me, after organizing games for seniors, “You should be recreation coordinator of a senior center,” Zion said, with a laugh. That has turned out to be somewhat prophetic!

His college scholarship was based on his skills as a soccer player, an interest that prompted him later to form and coach a high school girls' soccer team in Stow, Ohio, the Lee family's home at the time.

Five years ago, when Julia made her first visit to the Center, "I felt shy as there were not many Asians here," she said. Zion still was in South Carolina, finishing work, and Julia wanted to acquaint herself with Albany and its activities.

She began attending the 4 p.m. dinners, "at first, they moved me around the tables to meet people, and then they kept sitting me next to Al Windsor. I had to tell them that my husband would join me in Albany soon!"

Sometime later, Windsor asked Julia if she would be interested in heading the Friends' organization, as many of its leaders were becoming older and they wanted to transfer responsibilities. She joined the board and later became the organization's president, a role she will turn over to Barbara Van Pelt later this year. Julia will be FOAS's vice-president. "The challenge of FOAS is dealing with people of different personalities and preparing them for new responsibilities," Julia said. "When you see newcomers blooming and taking over activities, you're happy."

For Zion, coming up with new ideas of fun things to do, and not repeating old games, is both a challenge and joy. “The best reward is seeing people smile and be happy as they enjoy the activities offered at the Senior Center.” said Zion.

The Lees, when not volunteering and visiting with family, enjoy traveling, with National Parks high on their tour agendas. They visited many Parks in the East and South. Since moving to Albany, they've toured Yellowstone and Yosemite National Parks. This fall, Zion and Julia plan to hike and sightsee in the Zion National Park in Utah. "Hey, that's my namesake," Zion insisted, with a smile.



The Lees's with daughter Deborah, & grandsons Ayize and Akani .

2011 Volunteers of the Year— Julia and Zion Lee

By Karen Holzmeister; Photos by Dave Pugatch

On the afternoon of May 19th, approximately 50 people gathered at the Albany Senior Center to honor Julia and Zion Lee who have been recognized by the City of Albany as its 2011 "Dynamic Duo" Top Volunteers of the Year. They came to show their appreciation to Julia and Zion and let them know how much they mean to them. Isabelle Leduc, the Center's Supervisor, defined our "Dynamic Duo's" contributions to the Center in their various capacities. After that it was heaps of praise, written and spoken, from the participants, (with a little whipped cream thrown in).



Zion & Julia, with ASC Director Isabelle Leduc.

Volunteering has been a way of life for both Zion and Julia Lee since their childhoods. The Lees have donated their time and talents to religious education, youth sports and the Scouting movement for decades. Since 2006, when they moved to Albany from South Carolina, the Albany Senior Center has been the couple's volunteer focus. At the Senior Center, Zion began volunteering as editor of the Center's newsletter, the Booster News, and initiated the monthly birthday party program where he has developed new games and entertainments for the Center. The genial retired chemist is the master of ceremonies for many events, and - with his wife Julia, a volunteer, major organizer and worker at Friends of Albany Seniors (FOAS) fund-raising events benefitting the Center. In 2008, he was asked to take a part-time job at the Center as a program leader. In his staff capacity, Zion, 70, has designed and manages the computer databases for paratransit taxi services and the ASC annual membership registration program. In addition, he plans - and leads - the popular Tuesday hiking program "Walk, Talk and be Healthy", and serves as front-desk staffer as needed.



Julia & Francoise D-V. Marker: Ala the Iron Chef.

Julia, 68, an IBM retiree, has helped to revitalize FOAS as a board member and as its current president. Her inclusive manner and energetic presence is seen in front of and behind the scenes at the annual White Elephant Sale, Luau and Holiday Boutique. She

also finds time to deliver Meals-On-Wheels to homebound seniors. Together with Zion, they have also volunteered as members of the Cornell school work crew to perform maintenance projects at the school. Julia adds that volunteering enables a person "to meet new people and to learn new skills."

For all these reasons, the Lees were honored April 28 by the city of Albany as its Volunteers of the Year. The award, presented to Zion at the annual reception for volunteers at the Albany Community Center was followed by a May 19 reception at the Senior Center.

Julia was out of the country, visiting relatives in her native Indonesia, when the City's reception was held. However, she was back for the May 19 Senior Center afternoon cake-and-coffee reception, and so were the people who prompted the Lees to move to Albany from their retirement home on Lake Robinson in South Carolina.

Their daughter, Deborah Lee, and grandsons, Ayize, 10, and Akani, 9, snapped pictures and visited with dozens of people who came to honor Zion and Julia. The Lees live next door to Deborah, her husband, Michael James, and their sons.

"When my oldest grandson came along, I was a jet-set babysitter," Julia recalled during a May 17 interview. "Zion's mom (in San Francisco) was getting older, and we wanted to be near family."

Zion seconded the move, in part because of a traumatic experience just after 9/11, the September 11, 2001 bombing of the World Trade Center towers in New York City. Zion's mother was dying in October 2001, and he went to the Greenville, S.C. airport to board a flight to San Francisco to visit her. Because of security delays, he missed the first plane and the trip took more than thirteen

hours. His mother passed away before he could say good-bye. "Because of 9/11, we felt we wanted to live closer to family," he explained. Zion also has two brothers and a sister in the Bay Area. The



Rhoda Alvarez
Rebekah Barnett
Diane Bigham
Sherry Bridgman
Susan Bury
Barbara Bushee
Tony Caine
Hortensia Chang
Amy Chaung
Ann Conroy
Lanetta Cook
Bruce Copeland
Martha Crowe
Flora de la Torre
Francoise De Vesinne-Marker

Kerstin Feist
Virginia Foo
Virginia Foo
Julijone Fraser
Floyd Garrett
Diane Gibbon
Gitta Gillemi
Greacian Goeke
Maria Lucila Gonzalez
Mike Hall
Alice Hardie
Lilian Holland
Suay Huang
June Hunt
Lynn Jacobs
Ruth Kitchin

Josephine Lemon
Lolli Levine
Josie Lim
Saul Livinson
Berman Louise
Lee McRae
Christina Miller
June Morishige
Kathleen Murphy
James O'Keefe
Mary Oliver
Grady Orr
Payl Pfeifer
Caroh Ransley
Donetta Reese
Fran Roberts

Marion Rosen
Irene Sardanis
Diane Severson
Meihua Shen
Elaine Tango
Bonnie Taylor
Margaret Tello
Roger Thompson
Rose Marie-Valenzuela
Virgil Vierra
Ely Vioac
Estelle Williams
Mary Yee
Pat Young
Yijun Zhang

June Birthdays



June Birthdays will be celebrated at a Dinner Party scheduled for Thursday, June 9 at 4:00 pm. A Bingo game will be played with many prizes. Come for the dinner and stay for the Bingo game afterwards. Dinner donation is \$4, plus \$1 for birthday party contribution. All are welcome, especially if you have a birthday in June. Sign up at the front desk.

In May, we celebrated the birthdays of Anna Pugatch and Joyce Valli at a 5/12/11 dinner party. After dinner we were entertained by the Marin School Choir, numbering 30 strong and led by their energetic and animated conductor, Kathy Jordan. Their performance included popular music and songs from the Beatles, and was enjoyed by all.



Anna Pugatch brimming over her 88th birthday cake



Joyce Valli's birthday falls on Cinco de Mayo.



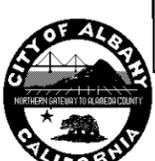
The Marin School Choir sings with gusto and animation.



June 2011 Calendar of Activities

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Monday	Tuesday	Wednesday	Thursday	Friday
9am Gentle Yoga \$5/\$6 ACC 9am Needlecraft \$1 9:30am Current Events Social \$1 (June 6 only) 9:30am World Affairs/Politics 6/13-8/22 \$3/\$4 per class 11:30am Short Stories \$47/\$52 for 10 wks /start 4/4-6/13 12pm Gentle Tai Chi \$2/\$3 ACC 3pm Memoir (A) \$49/\$54 for 7 wks 5/9-6/27 4pm Dinner	9am Gentle Yoga \$5/\$6 10am World Lit. \$49/\$54 for 7 wks 5/10-6/21 2pm Memoir (B) \$49/\$54 for 7 wks 5/10-6/21 4pm Dinner	9am Gentle Yoga \$5/\$6 10am Papier Mache \$50/\$55 for 6 wks 6/22-7/27 10am Textile Art \$50/\$55 for 6 wks 6/22-7/27 10:15am Trad. Women Dances \$6/\$7 10:30am Gentle Tai Chi \$2/\$3 ACC 12pm Rosen Movements \$8/\$9 12:30pm Multi-Medium Painting \$50/\$55 for 6 wks 6/22-7/27 3pm Cont. American Novel \$47/\$52 for 10 wks 4/6-6/8 4pm Dinner	9am Shopping: El Cerrito Plaza & Ranch 99 9am Art Social \$1 1-3pm Soul Line dancing \$4/\$5 2pm Games & Ping Pong \$1 4pm Dinner	9am Gentle Yoga \$5/\$6 9am Shopping: Safeway 10am Shopping: Target 10:15am Dance & Movement \$7/\$8 (no class June 17) 10:30am Gentle Tai Chi \$2/\$3 ACC 11am French Social \$1 12pm Bridge Social \$1 2pm Lives of Women \$47/\$52 for 10 wks 4/15-6/17 4pm Dinner
ACC: Class held at the Albany Community Center, 1249 Marin Ave.		1 8:30am July Walking Trips registration begins. 9:30am Trip: Wente Vineyards and Alden Lane Nursery \$50/\$55 (FULL)	2	3 9:30am Brown Bag
6 10am Travel Training 11:30am FOAS Meeting 1pm HICAP	7 8:30am Walk: Hayward Japanese Garden and Don Castro Lake Trail 10am Travel Training 2pm Chair Massage	8 7am Trip: Forestiere Underground Gardens (Fresno) \$50/\$55 (FULL) 10am Travel Training (field training)	9 4pm Birthday Dinner	10
13 11:15am Movie: "Get Low" starring Robert Duval, Bill Murray & Sissy Spacek (2009).	14 8:30am Walk: Briones Trail, Contra Costa 1:00pm Free Blood Pressure Check. Drop in.	15	16 9am Explore Local Natural Treasure on Foot: Saving Albany Hill. Meet on the top of Taft St. in Albany. FREE.	17 9:30am Brown Bag
20 9:30am Shopping: Hilltop Mall & Thrift Town 1pm HICAP	21 8:30am Walk: Lake Del Valle Trail, Livermore	22 8:30am Trip: Alcatraz \$47/\$52	23 4pm Hot Dog Days of Summer Dinner	24 2pm Chair Massage 3:30pm Fourth Friday Film Club
27 9:30am Shopping: Dollar Store	28	29 8:30am Trip: Capitola \$15/\$20 (FULL)	30 9am 55+ Alive Mature Driving	

Birthday Dinner - June 9 from 4-5 pm \$5
 After Dinner Bingo Game & Prizes!

World Affairs/Politics with Constance Cole
Mondays, June 13-August 22 from 9:30-11:00am
Fee: \$3/\$4 per class
 Current events around the world and issues of local, state and national U.S. politics will be discussed. Class includes presentations and open forum on topics selected by class members.

Travel Training June 6-8 10am FREE
 In this 3-day workshop, you will learn how to ride Alameda County's public transit with confidence and independence. Participants must attend all 3 days. Lunch is provided on Tuesday and the last day is field training on the transit system. **Registration required.**

'Hot Dog Days of Summer' Dinner
June 23 4-5pm \$5 person
 Kick-off your summer by attending our Hot Dog Days of Summer dinner and entertainment. The menu will feature hot dogs, fresh fruit, salad, punch and a special dessert. Reserve your spot NOW by calling our front desk. Reservation deadline is Thursday, June 16th.

55 Alive Mature Driving: Must attend both classes 6/30-7/7. \$12 AARP members/\$14 non-members. Registration required.
Brown Bag: Distributes grocery bags of food. \$10/year.
10-Minute Chair Massage: Call for appointment. \$8.
Daily Dinner: Signup at front desk. Suggested donation \$4.
HICAP: Call 839-0393 for free appointment.
Shopping: The Senior Center Community Shuttle provides free door-to-door shopping trips to Albany residents age 60+. Monday trips are open to non-residents (p-u at the Senior Center). Registration required.
Taxi Ride Subsidy: For Albany residents 80+ & residents w/ disabilities 18+. Registration required.
Meals on Wheels: Delivered 4 days/wk to homebound seniors. Registration required.
Info, Resource Referrals & Form Completion Assistance: Up-to-date info on services and form completion assistance provided by staff. By appointment.
Computer Lab & Tutoring: Self-serve 60 minute session. Free tutoring by appointment Mondays & Fridays.
Just-For-The-Fun-Of-It-Socials!-Ping pong & games, needlecraft, movie, art, French & bridge: Fee \$1. Drop in.
Day Trips & Walking Trips: Registration required.
Fourth Friday Film Club: Signup at the Senior Center front desk.

Registration or appointments are required for most activities and services provided. Unless otherwise noted, call or come by the Senior Center for more information.

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