

November Birthdays



Jahlee Arakaki
Jo Ann Asami
Sharda Bahl
Joanna Boudreaux
Philomena Burkhardt
David Carpenter
Wei-Wu Chin
Patricia Clark
Martha Costas-
Lippmann
Edward (Pete)
Dowling
Avril Draudt
Amy Fong
Helayn Francis

Dick Frieden
Donna Garaventa
Norma Gouw
Lula Greene
Michael Grunwald
Helen Hadley
Judy Holmes
Karen Holzmeister
Beverly Hunt
Jeffrey Kaplan
Nede Khaki
Park Kimbuo
Isabel Knight
Kathryn Kojimoto
Elaine Korry

Annetta Lee
Shirley Lee
Josephine Levy
Liza Liao
Patricia Lichter
Christina Lyngholm
Mark Mastro
Peter McGuire
Anna Mae Morrish
Vajihe Motiafard
Wendy Mui
Yuonne Mui
Son Nguyen
Terrie Oto
Judith Petersen

Janiella Ramy
Jeannie Riley
Kokoye Sande
Cliff Saunders
Rita Schucker
Helene Segal
Larry Statan
Rochelle Vaughn
Eugene Verlerov
Rita Wilson
B K You
Marian Yu



Congratulations to the above individuals on their November birthdays. They will be celebrated at a dinner party on **Thursday 10th, 4:00pm**. The dinner menu features Turkey Salisbury Steak, Braised Cabbage, Creamy Soup du Jour, Diced Peaches and Birthday Cake. After dinner, you will be treated to a delightful musical presentation by the **Albany Community Chorus**. Gifts will be presented to the birthday folks. All are welcome. \$5 donation. Sign up early to reserve your spot. Space limited.

Volunteer Recognition Luncheon. It comes as a surprise to many that we have so many volunteers in a small senior center like Albany's. Nearly seventy people were lauded for their dedication and work serving our seniors at the Senior Center. They were feted at a special luncheon on October 22, 2016 when the volunteers were honored guests and served with gratitude by the Center's staff. A delicious meal of Chicken Adobo and Baby Back Ribs was on the menu and each volunteer was presented with a gift and a Certificate of Appreciation. Six distinguished volunteers were named Volunteers of the Year and presented with a special Award. Pictured below with their presenters are Pat Tousant, Karen Holzmeister, Bill Decker, Marty Rosman, Joanne Elliott and Linda Wong (in absentia).



Bill Decker, (left), for most hours volunteered



Marty Rosman (left), for longest time volunteered



Karen H. (right), for most miles with Travel Troupe



Joanne Elliott (right), for most dexterous at Front Desk



Pat Tousant (right), for most versatile of service



Linda Wong (in absentia) for most laborious of culinary service

THE BOOSTER NEWS

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NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave. Albany CA 94706

524-9122

Volume XXVII Number 11

A publication by the Friends Of Albany Seniors

November 2016

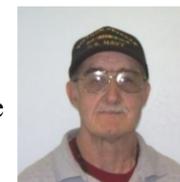
FOAS President's Message

Well it's the holiday season already! Speaking of holidays, we are still in need of donations for our Holiday Market and Bake Sale coming up soon.

holiday goods, household and other white election. Please note that we do not accept clothing, shoes, broken or damaged items, old furniture, electronic equipment, but working kitchen appliances are OK.

ATTENTION all bakers! It's time to sign up Thank you for all the great baked goods that

Remember: Time to get an extra hour of sleep. Sunday, Nov 6 time changes. That's all for now, folks.



We are accepting donations of Christmas and phant items that are in good, useable condition, shoes, broken or damaged items, old furniture, electronic equipment, but working

for what you're going to bake for our sale. you contribute to our market!

Bill Decker
FOAS President

From the Desk of ASC Supervisor—Sid Schoenfeld

With the holiday season quickly approaching I wanted to remind everyone of the great programs, events and services available at our Senior Center. Please consider our Senior Center "family" during this joyous season and come visit us! We're offering two great feasts. The first being our Thanksgiving Dinner on Wednesday, November 23rd and our Holiday Dinner on Friday, December 16th. Both start at 4pm and will have seasonal entertainment and certain to be festive and fun. Please contact the front desk at the Senior Center to RSVP. Speaking of family, we're both somewhat sad and super excited to let everyone know that our own **Jamira Johnson** has accepted a new full time position with the City of Albany with the Public Works Department! While we'll miss her terribly, we're thrilled that she's staying in the City of Albany "family" and will only be a short call away. Please join us in thanking Jamira for her exceptional dedication & service to our Senior Center and the best of luck on her new career!



Jamira is leaving. No Joke!

Day – Cation Trips & Lunch Troupe

Wondering where our Travel Troupers have been going the last two months?

On September 18, our group went to the SF Opera House to see *Dream of the Red Chamber*. On Sept 30, our group visited *Castello di Amoroso*, a 13th Century-inspired Tuscan castle, which included a tour and wine and cheese tasting. On Oct 7, **San Francisco Fleet Week** was our Day -Cation group's next adventure, spending a day at Fleet Week, seeing the *Parade of Ships* and the *Blue Angels* incredible air show. On October 10, *San Francisco Museum of Modern Art* was visited by our Day Cationers, where over ten floors of incredible art-work was showcased. Last but not least, our group just returned from a day at *Pacific Grove*, which included a tour of the *Heritage Homes, Monarch Butterfly Habitat*, great places to shop and have lunch. On Oct 9, our Lunch Troupe visited *Jack London Square* for lunch, braving the rain. Way to go Lunch Troupers.

CIRCLE DECEMBER 9 ON YOUR CALENDARS, TRIP REGISTRATION DAY FOR OUR DAY-CATION AND LUNCH SCHEDULE FOR THE MONTHS OF JANUARY – APRIL 2017

On the Road, with Karen Holzmeister — in Bohemia *by Karen Holzmeister*



Karen in Moravia

What are the odds that two Albany neighbors - who never had met - both would sign up for a tour this fall of the Czech Republic and Slovakia? Sondra Lavrov and I, who have lived a block apart on the Albany hill for decades, found ourselves among the 14 people from throughout the United States traveling 5,800 miles from home to these central European "Jewels of Bohemia."

Picture this: on Oct. 5, a crisp and breezy day, our group hiked to the top of a circular wooden observation tower, among the treetops surrounding Lipno Lake in the Czech Republic. We had magnificent views of the countryside, the lake, nearby mountains and distant Alps.

Lavrov, her friend Jacqueline Craig of Berkeley, and I also had a great chat, as we climbed, about mutual friends at the Albany Senior Center and St. Alban's Episcopal Church, new restaurants on Solano Avenue, and upcoming local elections. We traveled with Overseas Adventure Travel, a Boston-based company popular with many Albany seniors for its off-the-beaten track excursions.

Following a week's pre-tour in Germany, we spent two weeks walking, hiking, climbing, meeting people, visiting religious and cultural monuments, eating and drinking in these two countries where Prague, Czech Republic often is the only stop for U.S. visitors.

Here's a sampling of our adventures and surprises before we jetted home from Budapest, Hungary:

* We hiked in the Bohemian Switzerland National Park, on the Czech Republic-Germany border, where sandstone rocks border canyons and forests along the Elbe River. We saw red squirrels, picked up buckeye chestnuts and avoided a fox's red scat.

* We lunched in the nearby village of Horni Tynec, at the three-story, 75-window home of Tomasz Brabec and Sona Cermocka. Cermocka, who earlier had given us a tour of historic buildings, joked in perfect English that "no, I do not do windows." On a Friday afternoon, with two of her three sons in school, Sona served us a typical Bohemian Sunday dinner of steak with gravy from root vegetables, potatoes, and white bread dumplings boiled and then baked.

* In Slavonice, a Czech village near the Austrian border, we toured a home with 16th-century wall paintings depicting scenes from the Apocalypse, laughed and sang for three hours with a quartet of local musicians, and enjoyed a visit featuring smoked- and- baked pork at the home of the lead musician. We also toured a nearby forest, where some of the then-unified country's 10,000 camouflaged bunkers had been built by Czechoslovakians from 1935 to 1938 to guard against a Nazi invasion.

*We sipped beers after a tour of the Budweiser Budvar Brewery in Cesky Budejovice, and later ate trout in Trebon, a popular center of Czech fish farming since the Middle Ages.

* We stopped in Trebic, an ancient Moravian city that is home to one of Europe's best preserved Jewish ghettos from the Middle Ages to the 20th century.

*Bratislava, the capital of Slovakia, welcomed us with fireworks over the Danube and a laser light show in the town center. Also, it turned out, we arrived for the annual "White Nights" celebration.

* And, in these two countries, filled with churches going back to the 12th century, I batted 3-for-3 as a Catholic in search of masses. In Prague, I stumbled upon a packed noon Sunday Mass (in English!) at Our Lady of Victory Church, perhaps better known as the shrine of the Infant Jesus of Prague.

Three days later, traveling the winding, cobbled streets of Cesky Krumlov, a hilltop UNESCO heritage

site on the Vltava River, a late afternoon Mass was being celebrated in the side chapel of St. Vitus Church. Only three words of the priest's Czech language sermon were familiar - Jacob, Jerusalem and Sabbath. But the 20 other attendees and I had a common language when we gave each other handshakes or hugs during the "kiss of peace" prior to Holy Communion. And, at St. Martin's Cathedral in Bratislava, Slovakia, I couldn't understand any of the Sunday mass celebrated in the Slovakian language.

But, the Gothic coronation church where several Habsburg kings and queens were crowned was pretty spectacular, packed with 500 people who competed with the thunderous organ to fill the ceremony with music and hymns.



Picturesque Elba River Valley



A typical Czech dinner

On the Pacific Grove trip in October, our travel troupers made some unexpected sightings of a new species of Monarch butterflies, and documented them with incredible pictures. These butterflies are so huge and rare that our in-house etymologist cannot immediately identify them. Our first thought was, well, it's Halloween time; but they bear a striking resemblance to some characters who appear at the Senior Center at various times. **Now, a reward has been posted at the Senior Center— If you can identify the names of all of these butterflies, please give your answers to our staff at the Front Desk. A prize will be awarded to the first 20 correct responders. No kidding!**



In Memory

Josephine (Jo) Marini April 10, 1913 - September 24, 2016

Josephine Marini passed away at Alta Bates Hospital on September 24th after a short illness. As one of several centenarians who frequented the Albany Senior Center, she was well-liked and well-respected by fellow participants and staff. She was born in Benicia Avenue in Albany, where she was a teacher at ment. Her husband passed in 1994. Many at remember fondly the times they spent in Josefor learning led her to attend classes at the Avenue home to the Senior Center became a stop to greet you when she met you on the doing puzzles in Ellen Corvello's home with Wednesday for over 39 years. In 2013, at attaining 100 years of age, she was honored at the Friends of Albany Seniors Annual Meeting for her life-long contributions by former student and then-FOAS President Barbara Van Pelt.



Josephine at her 100 years' birthday

Have you not seen turkey feathers flying already? You want to come to our traditional Thanksgiving Turkey Dinner scheduled for **November 23, 4pm**, the day before Thanksgiving. In addition to feasting on Roasted Turkey, Sweet Potatoes, Romaine Salad and Pumpkin Pie, you will be treated to a virtuoso performance by outstanding soloist and music instructor Mary Stocker. And then there will be games and prizes awarded to the lucky winners. The cost is only \$4. Bring a friend or your family to celebrate with us this uniquely American tradition. \$4.Donation, pre-paid at the Front Desk. Register now for your space, and watch out for the flying turkeys.



“Accidental” Great-Grandpa. Al Windsor, a former FOAS President and frequent customer at the Center’s dinner program, was delivered an pleasant surprise recently. His pregnant granddaughter Christina came with husband to visit Al from Massachusetts in September. The granddaughter unexpectedly went into labor and was rushed to a Berkeley hospital, where she delivered baby 1 ½ month early. The mother and the baby, named Evelyn Grace Gulliano, are doing fine, and so is Al. They brought the baby to the Center one evening at dinnertime to share their joy with the “gang”. **Congratulations to the new Great-Grandpa!**



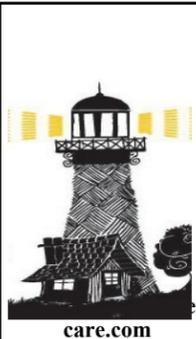
On October 5 our Impromptu No Tutu dance instructor Greacian Goeke was honored with the Community-Engaged Practice Award 2016 by the California Collage of the Arts, along with 7 other alums/faculty of the College. Goeke began her dance class with seniors at the Albany Senior Center seven years ago that has now grown and extended to several other senior communities in the area. The **Impromptu No Tutu** dance class also did a performance of “*Sit, Stand and Lean*” during the week-long celebration activities. The class provides an opportunity to engage in creative movement, rhythm practice and personal expressions in response to various musical genres. It meets on Fridays at the Albany Senior Center from 10:15 – 11:30 am. and Wednesdays (to November 9th, resuming January 11, 2017) 6:30—7:45pm. **Congratulations, Greacian!**



Greacian (right) receiving the award



Impromptu No Tutu performs



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My Pet Story: Chick-Chick and the Flower Shop Owner

By Tricia Clark

In June 2016 Gladys the proprietor of La Vie en Rose (a flower and gift store on Solano Avenue, Albany) was sweeping in front of her shop



Gladys plays with Chick-Chick

by the door when something landed on her head. She grabbed it off her head and discovered it was a baby bird. Gladys said it was so ugly you could only see his beak but no feathers. He was opening and closing his beak as if he was saying “feed me...feed me!” So she fed him some rice from her burrito she was having for lunch. And so it goes day after day in her flower shop. Gladys feeds him and gives him water. She leaves the door open in case he wants to leave; but he has decided to stay. Every morning when Gladys comes to work Chick-Chick flies around and around her and pecks her face as if to give her a kiss. He sleeps in a eucalyptus wreath in the store, and goes to bed at 5:30pm. He loves to eat the seeds on the wreaths hanging on the walls. Gladys says she can’t sell them now, but that’s OK with

her. He eats mosquitos and gnats and goes into her flower pots and scratches for worms. He catches flies in midair and he plays with saw bugs and they curl up into a ball, then he chases them. He entertains Gladys all day. A perfect place to live with lots of flowers and a variety of plants. Gladys even puts a small bowl by the sink with water in it and he takes a bath. Gladys loves watching him flap his wings and play in the water. He loves to fly up to the vases and look at himself and chatter away. Once a hummingbird came in the shop. Chick-Chick made him leave-He is very territorial. When Gladys is sad, crying or angry, he goes to her and makes her so happy she quickly forgets her worries. Come and say ‘Hi!’ to Gladys and Chick-Chick. He just might land on your head to greet you. Gladys believes Chick-Chick is a male English sparrow. Her store is just beside the Bart Tracks across the street from the 1-hour Cleaners (1272 Solano Ave. to be precise.)



A bird on the head is — worth two in the bush

FOAS Holiday Market & Bake Sale

Saturday, December 3, 2016
10am-2pm
At the Albany Senior Center

unique handcrafted Gift
White elephant

Bake Sale
By the Friends of Albany

Watercolors Paintings Drawings
Jewelry Books DVDs
Sculptures Etchings
Holiday Decorations

Albany Senior Center,
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Proceeds go to support the Albany Senior Center

