

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

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April 2010

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Happy Easter

The President's Message: FOAS at a Crossroad

Changing-of-the-guard is a yearly event for FOAS. At the beginning of a new fiscal year, old leaders are replaced, and new ones installed. Just as a table needs four strong legs, so does FOAS — we need a president, a vice president, a treasurer and a secretary to keep FOAS going. Without these leaders, FOAS cannot exist as an organization.

What do they do? The president is responsible for the overall management of the organization/fundraisers and plans the monthly board meetings. The vice president is the right hand of the president and keeps track of the members list. The treasurer is responsible for book-keeping, bank-annual filings with the government. The secretary is responsible for record keeping which includes taking minutes at meetings and writing thank-you notes to the donors.



In the last few weeks I've tried to recruit people to fill these positions for the next fiscal year, but to no avail. We are now at a crossroad. During the coming weeks we must have people come forward to take these positions.

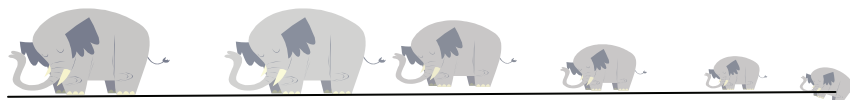
Many of us enjoy coming to the Albany Senior Center because of its free amenities and cozy environment, but few realize that these things exist only because of volunteers who are willing to donate their time to serve within FOAS. Without these volunteers and without FOAS, especially in the current economic environment, we will surely experience a curtailment in the level of comfort and enhancement that we now enjoy here. If you've liked and enjoyed the Albany Senior Center, can you afford to donate a few hours per month of your time to serve on the FOAS board? FOAS is a simple organization, and the work involved is not very complicated. Those of you who have worked in other organizations before will be able to put your skills to good use while keeping your mind and body active. It's really a win-win situation. Can you help?

Yes, FOAS is on the rock! If you are interested in helping, please contact me as soon as possible. My telephone number is 510-528-4284 and my email is julialee5211@sbcglobal.net. Thank you.

Julia Lee, President, FOAS

Come to The Great White Elephant & Bake Sale

Saturday April 17, 9:00 am — 2:00 pm



Proceeds to benefit Albany Senior Center

Please bring your donations to the Senior Center

(No clothing, large furniture, electronics please.)





Chez Isabelle



As the Senior Center revolves around events and services for seniors, let's focus our attention on the different activities here that enhance the well-being of our seniors:

Year round, trained volunteers and professionals come to the Senior Center to provide services such as chair massage on the first and third Tuesday of the month from 2-4 pm, jewelry repair Wednesdays at 12:30pm, health insurance counseling the first and third Monday from 1-4 pm and podiatry and income tax preparation. Some services are provided free of charge while others charge a discounted fee.

Using Measure B Funds, the City of Albany subsidizes taxi rides for Albany residents 80 years and older and for Albany residents who are East Bay Paratransit certified. Enrollment is required.

Call the Senior Center now 524-9122 for more information or to make an appointment.

Also check out the special events coming in the next few months.

Coming up in April:

Albany's Urban Forester, Tony Wolcott will show you how fun and easy it is to compost. There will be lots of free plant samples to giveaway, a free raffle of two compost bins, free food and entertainment. Join in on the fun! Your soil and soul will be enriched!

Friends of Albany Senior Center Fundraiser, Saturday, April 17 from 9am-2pm

White Elephant & Bake Sale

Come find great bargains at this yearly fundraiser! We'll have toys, jewelry, books, kitchenware, baked goods and plenty more! If you would like to donate items for the sale, the Albany Senior Center is accepting items now. No electronics, typewriters, clothing or furniture will be accepted.

Spring Fling Dance, Thursday, April 29 from 12:30-2:30pm

Meet new friends and enjoy dancing to the Waltz, Fox Trot, Rumba, Tango and other favorite Dances. No partner required. Admission fee is \$2 and includes light refreshments.

Coming up in May...

Older Americans Month High Tea, Thursday, May 27 from 12:30-3pm

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

SENIOR SERVICES SUPERVISOR

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THE BOOSTER NEWS

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April Birthdays



Abascal	Eva	Hatch	Owen	Releford	Sammie
Albino	John	Holland	Zelda	Rosman	Richard
Arellano	Manuel	Jularbal	Corazon	Saito	Charlotte
Arnold	David	Kawano	Kiyomi	Smith	Shirley
Baker	Joan	Keller	Mara	Staw	Jone
Blandy	Alice	Kiyomi	Kawano	Stein	Rita
Carter	Midori	Laudel	Mary	Swain	Billy
Clark	Morris	Marini	Josephine	Talbert	Diana
Denegri	Zariffe	Morton	Philip	Taliaferro	Carol
Foltz	Francine	Nottlia	Margaret	Viarengo	Josephine
Gardner	Gwendolyn	Olson	Harold	Washburn	Pat
George	Rosemary	Perkins	Jeanne	Wellemeyer	Ruth
Golden	Martha	Peterson	Juanita	Will	Tim
		Portis	Beverly	Wong	Chong Kei

The April Birthday Dinner Party is scheduled for April 8, 2010 at 4:00 pm. After dinner entertainment begins at 4:20pm and features interpretive dancing by Marguerite Pawlick and friend. Audience participation is encouraged. All are welcome.

The walls and ceiling of the front lobby come alive with an exhibit by artists in MJ Wilson's papier mache and textile classes. The display is very unusual and in 3-D, with many objects dangling from the ceiling or protruding from walls — fishes, dragon, "Miss Piggy" and other unimaginable creatures. You cannot miss the imposing women diver, who seemingly will pounce on you at any moment. (A good building security ploy!) All in all, they are a great work of art. A visitor casually commented: "You never know what's going to happen here!" Come and see it for yourself.



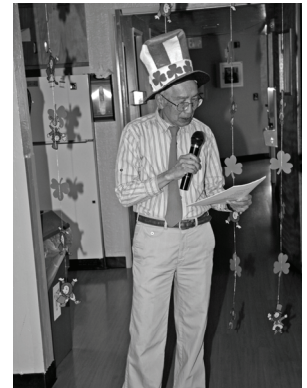
Celebrations for March Birthdays and St. Patrick's Day rolled into one on March 11. Genuine Irish entertainment was provided by musician Patrick McKenna and sister Mary, who also has her birthday in March. The duo teamed up to play some lively Irish melodies and led the diners in singing a number of traditional Irish songs. Irish dances were also a favorite with the crowd. Finally, the party-goers, blindfolded, played a game pinning a shamrock on the Leprechaun. Margie Carr and Anna Pugatch came closest to the target, each taking home a "pot of Gold". (Photos by Dave Pugatch.)



Mary (left) being congratulated by Ilona Carpenter.



Mary and Patrick McKenna made St. Patrick's Day celebration genuinely Irish....



...needing no help from pseudo-Irishman Zion Lee.



Irish folk dancing is a lot of fun.



Pete Dowling trying his hand on the Leprechaun



Some folks, like Margie Carr (right), takes Irish dancing very seriously.



Al Windsor was close, but did not strike gold.



Virginia Blume (left), Barbara Van Pelt and Martinez Selso focus on their meals.



Maya Mizuhara has an iconic friend on her back.



Anna Pugatch using her head: "This pot of gold is really heavy!"

"WALKIE-TALKIE" - Walk, Talk and be Healthy

"the wheels on the bus go round and round,..." March brought us less rain and the weekly hikes began with a trip to Coyote Hills in Fremont to visit an Ohlone Archeological Site. On a bright, sunny, cool day our very knowledgeable docent gave us a picture of what our Native Americans experienced 2000 years ago, using his own words and a video that was compiled to show everyday life at that time. We followed him a mile down



Peter Doleman & Mary Yee leaving sweat lodge at Ohlone Site

through the marshland to view a reconstructed Ohlone site. We saw the sweat lodge, a round house and other things that were used, and tried to imagine what the Ohlone life was like. We agreed they used what was there and life was pretty difficult. On the way back, we came within 15 feet of a beautiful red hawk sitting in a young tree along our path.----

March also took us for a return trip to the Black Diamond Mine, this time hiking up to the historical Rose Hill Cemetery where many of the 19th century coal miners and their families were interred. Many of the deaths were due to accidents or epidemics. The gravestones are composed of white marble and were hand carved with religious or fraternity symbols. Colorful stories narrated by the ranger brought life to the

otherwise quiet and drab setting. One prominent midwife, Sarah Norton, died falling from a buggy, and was believed to have haunted the area for quite some time. As our bus rolled out of Black Diamond Mine, we were glad to have left Mrs. Norton behind, undisturbed and in peace.----Rain, wind, sun, warm and cold temperatures accompanied us on our Sonoma trip earlier this week. However, like the postman, nothing got the best of us as we hiked a couple of miles, visited a winery, two cheese factories, the plaza and its environs, had lunch and returned to the ASC about 3 p.m. A fun day with a fun group and now we are looking forward to the next hike.

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

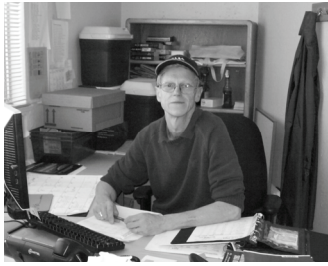
By Pat Tousant & Zion Lee



On the afternoon of February 26th, a group of Albany Seniors was invited to be in the audience of the *View from the Bay* TV Show (Ch. 7). A thunderstorm that swept through the Bay at 1 pm did not dampen the spirit of the participants—we showed up at the Senior Center as scheduled, loaded up the shuttle bus and went on our merry way across the Bay. Once in the studio, probably because of the storm, we found ourselves making up half the audience. Although not many of us actually were seen on the TV screen at home, we cheered, we clapped, and we flashed the Albany Senior Center banner, emphatically making our presence known. The day's featured guest was famed comedian Rich Little who made some uncanny impersonation of Jimmy Stewart and other Hollywood personalities. There were also several cooking demonstrations on the show. After the show, we chatted with the program hosts Christian Spencer and Janelle Wong, who were eager to have their pictures taken with us. It was a very enjoyable and educational experience to see the production of a live TV show, and it's well worth making a repeat trip in the future.

By Zion Lee





Spotlight on ASC Staff—Nick Mildenhall: In this issue of Booster News our spotlight is on one of our staff members, Nick Mildenhall, who, along with another Nick (Jordan), occupy the first office on the right as you enter the Senior Center. Nick M. is always on the move — If you don't see him in the building, it's because he is hustling around town, doing his meals-on-wheels delivery; if you see him in the building, try to get out of his way, please!

B.N.: How long have you worked at the Senior Center?

Nick: I have worked here for about seven years, and for three years prior to that I was a volunteer meals-on-wheels driver.

B.N.: Tell us the kind of work you do at ASC.

Nick: Among other things, I arrange the meals-on-wheels program, the brown bag program and some aspects of the dinner program. The common thread is clearly food!

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

Nick: I grew up in England, and after university I came to the United States in 1980. I had planned only a single year here, but I have apparently liked the Bay Area too much to consider returning to the dismal drizzle of London.

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

Nick: I was a student at Berkeley, a teacher for a few years, and I also worked for a local bakery – at Acme.

B.N.: What motivated you (or how did you come) to work at ASC?

Nick: I had been a meals-on wheels-volunteer driver with my daughter Katya.

When she started first grade, her school schedule prevented her from coming with me. I carried on alone as I enjoyed it so much, and soon after that the meals-on-wheels coordinator quit. and I was offered the job. I have never regretted it.

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

Nick: I know everyone says that the best part of their job is the people, but it really is true. Our seniors here are funny, interesting and kind. Not necessarily all three simultaneously, but they are a wonderful group. Also, I love my coworkers. They are the best folks to work with.

B.N.: The most challenging parts of your job?

Nick: Answering the phone and hearing “Can I speak to Nick, please?” At this point, a series of investigative questions follows in an attempt to discover which Nick is needed. American Nick? English Nick? Big Nick? Small Nick? Old Nick? Young Nick?

B.N.: Can you relate an interesting event or anecdote in your job experience?

Nick: No particular incident. But, generally, I really like hearing memories of our town or our state from someone who remembers what things were like 50, 60, or 70 years ago. Apparently there used to be a small but flourishing red light district in Albany, but of course I cannot divulge who was familiar with this information!

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

Nick: As a young man, I lived on a kibbutz in Israel for a few months. It was fascinating and wonderful, but in no way what I was expecting.

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

Nick: I am a cyclist. So I have cycled across the US and Australia, and through Europe and Southern Africa – as well as shorter but more culturally challenging trips through several countries in Asia.

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

Nick: I liked these choices, but it is not easy just to single things out like this.

“Four Weddings and a Funeral” – movie

“One L” by Scott Turow -- book

B.N.: Two words that describe you.

Nick: English and American.






Nick loading packages for Meals-on-Wheels






Walk, Talk and be Healthy!

Walking Trips Schedule

April

Date and Time	Location & Description	Difficulty (1-5) & Accessibility	Notes
Tuesday April 6 8:30am-2:00pm	Huckleberry Botanic Regional Preserve, Contra Costa County. 1.7 mile loop through woods and manzanita barrens, with lots of interesting vegetation.	2 	A few slopes along hillside and high steps. Bring water, and bag lunch.
Tuesday April 20 8:30am-3:00pm	Año Nuevo State Reserve, California State Parks, San Mateo County 4.1 mile loop to an ele- phant seal overlook, along the coastline.	2 	4.1 mile partial loop hike on dirt trails and loose sand. Windy. Bring water, and bag lunch.
Tuesday April 27 8:30am-1:00pm	Waterfall Loop, San Pedro Valley Park, San Mateo County. 2.2 mile loop through eucalyptus woods and coastal scrub.	1 	Windy. Bring water & bag lunch.

May

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 on a ridge, drop down a canyon, and visit a fishing pier—be provided unobstructed views of river between Carquinez and Benicia Bridges.	3 	3 1/2 mile loop up and down grassy hills on bluff above river 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

Beginning on April 1, you can sign up at the front desk for the walking trips scheduled for May. However, in order to allow for wider participation, you may now 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 (white spaces on sign up sheet) for the third or fourth trip. Thank you for your understanding.



Upcoming Events



Monday, April 5
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.

1st and 3rd 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.

Monday, April 5 & 19
1-4pm

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

Tuesday, April 6
Friday, April 16
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.

Thursday, April 8
4-5pm

Birthday Dinner
Entertainment: Interpretive dancing by Marguerite Pawlick and friend.

Thursday's (April 1, 8, 15)
9am-12pm

AARP Tax Assistance
AARP trained volunteers will provide free tax preparation assistance. Call the Senior Center at 524-9122 to make an appointment.

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.

Wednesday, April 14
1-3pm

Over 60 Health and Foot Clinic
Drop in only, no appointments. The nurses can serve a maximum of 9 people. Numbers will be given on a first come first serve basis starting at noon.

Saturday, April 17
9am-2pm

White Elephant & Bake Sale.
Find great bargains at this yearly fundraiser! Toys, jewelry, books, kitchenware, baked goods and plenty more at unbelievable prices. Proceeds to benefit the Albany Senior Center.

Thursday, April 29
12:30-2:30pm

Spring Fling Dance **Admission: \$2.00**
Meet new friends and enjoy dancing to some of your favorite songs! No dancing partner required. Admission fee includes light refreshments.