

# THE BOOSTER NEWS

## NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

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Summer 2010 -2nd Edition

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### “Rumors of Our Demise Have Been Greatly Exaggerated!”

Have you ever had an indoor plant die on you? I have -- many times. I do not like to see something beautiful wither and die. So, now when someone gives me an orchid, I will enjoy it for a while and then give it away.

I am glad that FOAS did not have to ‘close shop’. -- It almost died because of a lack of elected officers and a status from the State of California and Evelyn Berman, who volunteered as secretary and treasurer, and our non-profit status, we are well. As the new officers are elected at our annual meeting, we have a new sense of purpose.



technical question of our non-profit form. Thanks to Jewel Okawachi who volunteered to serve respectively as success in defending and restoring now back in business — alive and elected and installed on June 19<sup>th</sup>, will be charged with vigor and a

Furthermore, the Albany Senior Center staff has agreed on a new procedure to help us increase our membership. Last year the total membership of FOAS was only 160. Yet the people who registered to use ASC were over 550. So there was a great discrepancy. We hope to tap into the ASC registration process to increase FOAS membership.

Every July, both ASC and FOAS begin the annual registration process.

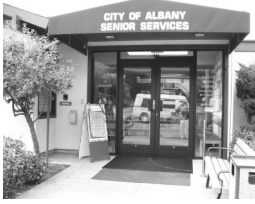
Those of you who are not yet members of FOAS will be asked to join when you register with ASC. Membership per year is only 7 dollars which includes a complimentary luncheon at the annual membership meeting.

My hope is that when you register with ASC, you will join FOAS also. Although they exist as separate entities, ASC and FOAS are one in terms of purpose. FOAS (non-profit) is the fundraising arm of ASC. So when you support FOAS essentially you support ASC. If you enjoy the programs at ASC, you can help to make it even better with your support. Please give generously this year to make ASC a viable and comfortable place where seniors can learn, laugh, love and thrive.

Julia Lee, President, FOAS

Coming to Albany Senior Center  
Thursday August 12, 4:30 pm

A fun and fund raising event  
sponsored by the  
Friends of Albany Seniors



## Chez Isabelle

July marks the beginning of Senior Center participant registration for the new Fiscal Year; and every year we try to figure out ways to make the process easier and more convenient. Thank you very much to everyone who has registered in the last year. Now, it's time to do it again! Starting in July, please take the time to register when you first come to the Senior Center. ***Remember, everyone who uses the Senior Center must register. Our county funding depends on it.***

July is also the month to renew and register for the Mercy Brown Bag Program. On the first and 3<sup>rd</sup> Friday of every month, Mercy distributes grocery bags of nutritional food to seniors on fixed income. Enrollment and a \$10.00 yearly contribution are required. Registration will begin July 2. Please bring proof of age and household income to register.

July 4<sup>th</sup> is Albany's Green Red White & Blue Celebration at Memorial Park from 11am-4pm. As in previous years, the Friends of Albany Seniors will be selling Polish Dogs to raise funds for the center. Join in on the fun while supporting your Senior Center!

The 9<sup>th</sup> Annual Alameda County Healthy Aging Fair will be held Wednesday, July 21 from 10am-2:30pm. The county has generously offered to provide transportation from the Albany Senior Center to the Fair at Moreau Catholic High School in Hayward. The bus will pick up passengers at 8:45am and return at 3:45pm. If you are interested in going to the fair using the transportation provided by the county, please sign up at the Senior Center front desk. Space is limited to 10 passengers. Signup sheet will be available until June 18.

Please take note that there will be no classes held at the Senior Center the week of August 23-27. The center will remain open daily to provide customer service and the nutrition programs, but we take this week off from daytime programming to do maintenance work on the facility and gear up for another great year of classes and activities at the Albany Senior Center!

Have a wonderful summer!

### The Friends of Albany Seniors

#### 2010-2011 Slate of New Officers:

President—Julia Lee

1st Vice President—Barbara Van Pelt

2nd Vice President—Stanley Ginn

Treasurer—Evelyn Berman

Secretary—Jewel Okawachi



**July Birthdays**



Silvia Akinaga  
 Melvin Ayers  
 Flora Ayers  
 Jim Barker  
 Mary Joy Barker  
 Ann Bednarczyk  
 Evelyn Berman  
 Susan Black  
 John Bottomley  
 Leonard Brandi  
 Andrea Carney  
 Margaret Carr  
 John Corte  
 Steve Darrow  
 Carol David  
 Beatriz Decruz

James Domine  
 Gary Foltz  
 Carmen Franco  
 CeCelia Goerlitz  
 Carmel Hara  
 Diane Hill  
 Dorothy Hutchinson  
 MichaelineJok  
 Bob Jones  
 Louis Khaitan  
 Linda Kohn  
 Julia Lee  
 Shuzhen Li  
 Geanie Loken  
 Kate Mcclanahan

Jeannette Mehren  
 Nina Jean Olson  
 Eldon Parr  
 Teresa Plate  
 Kathy Plott  
 Julie Russell  
 Shirley Schlesinger  
 Wilberta Skinner  
 Gloria Slavazza  
 Susan Stangeland  
 Jay Strecher  
 Ingrid Talmadge  
 Annette Thomas  
 Lucy Treagan  
 Marjorie Tuersen  
 Yale Zhu

**August Birthdays**

Ruth Arellano  
 Theresa Bertero  
 Diana Besemer  
 Ruth Bird  
 Virginia Blume  
 Carlene Brown  
 Doris Burleson  
 Teresa Cornejo  
 Ronald Dawson  
 Margerry Eriksson  
 RoseMarie Ginsburg  
 David Grantham  
 Anita S. Grossman

Anita Grossman  
 Victor Henri  
 Chien Hua Wu  
 Esther Johnson  
 Bettye Jones  
 Florence Kroll  
 Irene Krones  
 Louise Neal  
 Marianne Noland  
 Joanne O'Keefe  
 Ada Lou Peterson  
 Marjorie Pettyjohn  
 Paul Rogers

Elly Schowaltor  
 Nan Smekofske  
 Esther Stone  
 Laura Trabin  
 Chi-Cheh Tsao  
 Mary Uy  
 Richard Vohs  
 Peter Volin  
 Charlotte Wilson  
 Olga Winkler  
 Sharon Witort  
 Andrea Yee

The **August Birthday dinner** is scheduled for August 12, at 4 pm. Immediately following the dinner FOAS will hold its first cash Bingo games in the South class room. This is a fun and fund raiser event. Please join us to support the Senior Center.



Nan Smekofske & Dick Davis vs. Zion & Julia Lee

Do you play Ping Pong? At least you can try, like some are already doing. Studies have shown that playing ping pong will improve your coordination and stave off brain impairment. Surely you enjoy playing a favorite board game with your friends. New at the Senior Center, on **Thursday afternoons, 1-3pm**, this social hour allows you to engage in low impact exercise, relaxation, games, music, and refreshment. Also, on the third Thursday afternoon, a recent movie will be show on a wall screen, complete with padded seats, pop corn and refreshment. Fees: only \$1.



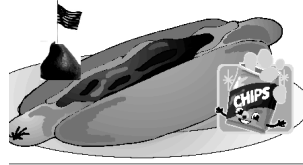
Ruth Guthartz (left) and friend at a scrabble game.

**FOAS July 4th Polish Dog Sale:**

Led by Walt Corvello, newly crowned "King of Polish Dogs", our July 4th Polish Dog sale went off without a hitch. By 10:45 am, Walt and such relative neophytes as Zion Lee and Bill Decker had all the necessary tools and ingredients lined up at Memorial Park, ready to open for business. Soon, Helen Hadley (another veteran of this event) and Margie Carr joined kisses. Barbara Van Pelt organized tion. Anne Richardson and Julia Lee unteers stayed for the whole end, and with the use of a food and the customers happy --except Dog, which was immediately visited upon by a real canine. (Will dog-eat-dog stories never end?) All told, we sold 304 Polish dogs, 50 more than last year, and netted approximately \$1000 for the benefit of the Senior Center. Thank you all for another successful event!

in, to "hoist" little American flags on Hershey the sale booth to streamline the flow of opera- came in later for the second shift, but most vol- time. Walt was at the grill from beginning to warmer, we were able to keep the dogs warm, one, who, leaving our booth, dropped his Polish

*By Zion Lee*



Bill Decker, Ex-Navy, knows how to handle the American flag properly.



Top Dog Walt Corvello raised BBQ to a whole new level.



Business was brisk at the noon hour.



Robert & Evelyn Berman in queue for Polish dogs



Volunteers, from left, Rose Meneses, Zion Lee, Pat Tousant & Julia Lee,



Our jubilant sales ladies-- from left, Helen Hadley, Barbara Van Pelt & Margie Carr



Award-winning volunteers Helen Cameron and Tennessee Gock.



Long-time FOAS supporters Pete Dowling and Florence Kroll.



Watermelon eating contest—a favorite event at the Festival.

### Independence Day Celebration

The Senior Center celebrated Independence Day early – on Friday, July 2<sup>nd</sup>, at dinner time. A harmonica quartet composed of Stan Ginn, Dave Pugatch, Julia and Zion Lee presented a musical program, which was followed by the crowd singing patriotic songs. As the World Cup soccer games were in full swing in South Africa, the seniors had a soccer game of their own in the dining hall. To insure victory for the home team, participants were divided into two teams –U.S.A. and America. It did not take long for the seniors to master the artistry of shooting and scoring. The contest was unexpectedly heated, with several players demanding second chances. Luckily, no yellow or red cards were necessary. The final score was 9 to 4 –America won! Then the participants were led in a game of firecrackers, culminating in the singing of Star & Spangled Banner amid a barrage of booming firework.

By Zion Lee, Photos by Dave



The Albany Harmonicats: From left, Julia Lee, Stan Ginn, Dave Pugatch & Zion Lee.



..And the rockets red glare....



...with Mary's music in the air.



Al Windsor shows his World cup form.



Robert Berman scores for Team America.



Nan Smekofske also did well as a walk-on.



Bonnie Barker (left) & Kathleen Cardinelli



Julia Lee (left) & Fran Roberts



...Finally, the bombs burstin' in air....

### Sunshine Expressions *by Barbara Van Pelt*

**Great Grandson-** Zetta Poli's grandson A. Reed Pope and his wife Rhonda welcomed a son Pierce Kendale Pope on 5/27/10 in Clovis, California. He weighed in at 6 lbs. 9 oz., reports a beaming great grandma.

#### **Movin'**

- Margaret Tello, 92, is moving to Sonora. She will have her own room in a facility near her children. She will give out her address and telephone number later. She no longer has a cast on her broken wrist, and is doing physical therapy. She says her friends and neighbors, particularly Frank Correca, have been wonderful to her, but it is over a three hour trip for her children to come to Albany to see her.

-Virginia Foo, has moved to assisted living at the El Cerrito Royale. Bill Foo remains at the care home, a convenient 7 blocks away from the Royale. She is recovering from neck surgery and hopes to be able to drive soon and come visit her friends at the Senior Center. She invites everyone to a free breakfast each Thursday AM at the Royale. Send cards to 6510 Gladys Ave., Room 224, El Cerrito Royale, El Cerrito, CA 94530. Tel: 510-778-9424.

**Thank you** - from Iris Burris for her fruit basket and recognition at the Annual Meeting. She is doing well and continues to improve.

**Trippin'** – Elmer Nelson returned from his 18<sup>th</sup> (!) cruise. He and sister Alice flew to Fairbanks, Alaska on a 7 day combined cruise, bus trip. The trip included a Vista dome train ride over the Continental Divide with a view of Mt. McKinley. They saw mountain goats, moose and bears. They flew home from Vancouver. A few days later they took off for Glacier National Park. Their sightseeing was somewhat curtailed due to an avalanche on the West Park entrance and a rock slide on the East side entrance.

**Recoverin'** – Betty Garrett still has pain from her neuropathy bronchitis. She had a temperature of 103, something she hasn't had for 40 years. This is why she reacted to the medication. She and Floyd are leaving on a weeks vacation to Oklahoma. Floyd will be best man at twin brother Lloyd's wedding. It blows Ms. Sunshine's mind to think there's another one like Floyd! Just kidding!

**Happy Birthday** – to Teresa Plate. She was feted at an eightieth birthday party at the Eskaton Manor. A large party included friends, local relatives and visiting relations from Germany. There was laughter, tears of joy, games and dancing, and a lot of fun. They are currently on vacation acting as tour guides to their European relatives.

A reminder that FOAS maintains a "Sunshine Box" at the front lobby for you to submit news, events, trips about yourself or other seniors. We'll be happy to publish them in the Booster News.

### TRIP TO LUTHER BURBANK HOME AND GARDENS *by Margie Carr*

Fifteen seniors gathered on Wednesday, June 16 for a ride to the Luther Burbank Home and Gardens in Santa Rosa. Upon arrival we were taken on a docent-led tour of the house and gardens which now comprise 1.6 acres. During Burbank's 50 year-long career his original 4 acre garden was an outdoor laboratory where he carried on horticultural experiments. His objective was to improve the quality of the plants and thereby increase the world's food supply. He introduced more than 800 new varieties of plants, including over 200 varieties of fruits, vegetables, nuts and grains. He was at one time approached by farmers from southern California inquiring if he could make a spineless cactus as their livestock were eating the plants with painful results. After 20 years of experiments he finally produced the spineless cactus which would provide forage for cattle in the desert. An enormous spineless cactus may be seen in the yard near Burbank's house and looks very much like a modern-day sculpture.

Luther Burbank lived in Santa Rosa from 1884 to 1906. His home was the center for many famous people. One picture in his house shows Thomas Edison and Henry Ford sitting with Burbank on his porch. Burbank always worked in his garden in a business suit and top hat, telling his wife that he never knew who would be dropping by and wanted to be ready if someone important arrived.

The front lawn of the Burbank House is kept in the same manner as when he lived there, with lilacs, spirea, magnolias and many colorful, fragrant annuals. The grounds also include a rose garden (his favorite flower), a bird attracting area, demonstration beds, a greenhouse, and a drought tolerant garden. Burbank is buried on his property in an unmarked grave near the front of the house. In California his birthday is celebrated as Arbor Day with trees planted in his memory.

After the interesting tour our group had a delicious lunch in Santa Rosa at Monti's restaurant. Mary McKenna was our trip leader and always-excellent driver.

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

" the wheels on the bus go round and round,..." Our hike on June 1 to Tennessee Beach in the Marin Headlands was a favorite of many of our faithful hikers. The 3 ½ mile trail included tromping through a salt marsh to get to a wide sandy beach with views of San Francisco across choppy ocean entrance to the Golden Gate smell of the salt water plus the mild temperatures beautiful day. Hiking back, many red-tailed hawks overhead--we weren't moving that slow!!! ----The were not with us for our June 15th trip. We arrived at Reserve on the west side of Napa River to find that the weed abatement in the area and they had just made lemonade and decided to proceed to the Public where they were having their Tuesday Farmers Market lot. We all did a little exploration there, made a few our lunch, and got back on the bus and headed Zion's new toy, a portable p.a. system, we now are as-tainment while riding on the bus. Julia played the harmonica while the group sang old favorites. Karen and Ingrid each contributed a song of their own. Plus, a new rule was instituted-if you are late returning to the bus, you will provide

story.----  
June  
one of our the high-  
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cookie  
bring) and  
vegetable  
shopping,



George, our tour guide, at the Chinese Cultural Center

our "transgression" entertainment and John and Judith provided songs of own. George provided us with some stories about his life in the Chinese nity. A great big "shay shay" to George for his tour guiding thorough-brought us a great hike at the Garin/Dry Creek Regional Park in Hay-of the Coyote Hill Reserve. We were met by Christina, a naturalist, who able, enthusiastic and funny. She dispensed a wealth of good informa-trekking along the creek, the pond and various types of trails. We crossed row wood bridges meant only for human species and small animals but grazing cows or horses. We all traversed the bridges with no splinters in ors. The sun came out to enhance the bucolic setting as we ate our were in no hurry to leave.

Once back on the bus, Zion rolled out his p.a. system and tested us on tion presented by the naturalist. We all passed and get to go on the next had no 'transgressor' entertainment.

----HAPPY BIRTHDAY, BUS, ONE YEAR OLD--On Friday, July 9, Mary fired up the bus and transported us to the Oakland Zoo for a Healthy Living Festival. There were lots of booths with good information promoting healthy lifestyles. Lots of handouts, including a lunch ticket. We went around the corner and entered the zoo which some of us had never been to, while others had not been there since the grandkids were taken some years ago. When we got back on the bus, Zion (p.a. system) had everyone share something they liked about the zoo. Information about lots of different animals was shared. Midori and Francoise committed the "transgression" and sang to us on the way home.

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



On windy Tennessee Beach.

some entertainment for your 'transgression'. Olga provided us with a Our long-awaited twice rained-out trip to Chinatown finally took place on 22nd. We had our personal tour guide, George, along with us. George is hikers who grew up in Chinatown so we got an insider's view. Perhaps light was a visit to the oldest temple in the U.S. (Tin Hou Tem-ple). Equally stellar was our dim sum lunch at the New Asia Restau-had lots of samplings and exited full and happy. We visited a fortune factory (our fortune cookie read-walk, talk, sing, good health it will walked through and around stalls on the sidewalks. After we boarded the bus back home

entertainment. Wilma and Fide-  
our "transgression" entertainment and John and Judith provided songs of own. George provided us with some stories about his life in the Chinese nity. A great big "shay shay" to George for his tour guiding thorough-brought us a great hike at the Garin/Dry Creek Regional Park in Hay-of the Coyote Hill Reserve. We were met by Christina, a naturalist, who able, enthusiastic and funny. She dispensed a wealth of good informa-trekking along the creek, the pond and various types of trails. We crossed row wood bridges meant only for human species and small animals but grazing cows or horses. We all traversed the bridges with no splinters in ors. The sun came out to enhance the bucolic setting as we ate our were in no hurry to leave.  
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St. Mary Square, China-

the windy,  
Bridge. The  
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# Upcoming Events



**Monday, August 2nd  
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.

**Wednesday, August 11th  
1-3pm**

**Over 60 Foot and Health Clinic**

A nurse provides foot care, blood pressure checks, medication review, and more. Drop in only. No appointment necessary. **FREE**

**1<sup>st</sup> and 3<sup>rd</sup> 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, August 12th  
4:00-5:30pm**

**August Birthday Party, Thursday, August 12th**

**Entertainment: Cash Bingo Games following dinner**

**Thursdays  
September 2nd & 9th  
9:00am-1:00pm**

**AARP Mature Driving Course**

Fee: \$12 AARP Members/\$14 Non -AARP Members, payable to the instructor on the first day. Cash or check. Checks payable to AARP. Registration required. Forms at the Senior Center.

**Friday, September 3rd  
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.

**NEW!!!!  
Thursday's  
1-3pm**

**Thursday 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 & board games provided on Thursdays and a movie will be shown on the third Thursday. Light refreshments will be served.

Fee: \$1.00

Every Thursday through August 19 - Ping Pong, Music and Games  
3<sup>rd</sup> Thursday- Movie

***No classes at the Albany Senior Center the week of August 23-27.***