

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

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FOAS is in the process of reviewing and updating our Bylaws to make them more relevant to our organization while ensuring they are in compliance with applicable laws governing non-profit organizations. Hard at work is the Bylaws Committee composed of , from left, Margie Carr (Chairperson), Barbara Ven Pelt, Stan Ginn, and Zion Lee. They meet once or twice a month pouring over the voluminous document, while seemingly enjoying themselves.

The President's Message— "Looking Forward"

Looking forward to something or someone is a pleasant feeling. We all have experienced waiting for something beautiful to emerge. And at the end we would say: "It's worth the wait!"

Now we are waiting for the new addition to the Senior Center.

Some of us saw the design drawings at ASC. It will be a one-story building

with greenery in the attractive patio. At the and fruit trees. Enter further you would room. For Yoga lovers floor. You would also



On top of the roof, the solar panels. It will indeed be a beautiful, modern and energy-efficient building – something to be proud of.

front, a rooftop garden and an at-back you will see the herb garden the inviting lobby and as you walk come to the spacious multipurpose you would appreciate the heated notice the modern restrooms and kitchen.

The concept design was presented by the architect to the Albany City Council on February 1, 2010. Some of us FOAS members were there to show our support. It was just a piece of paper but with our imagination we can travel into the future. We can picture ourselves in the new center -- socializing, gardening, taking classes, partying or just reading a book on the patio. For some of us this would be our sweet second home.

Yes, let us look forward together and wait. In the meantime let us think how FOAS should be prepared. What would change? And how can we help? I trust that we look forward with a positive attitude. Because looking forward to something beautiful is a good feeling. It will make you feel special.

Julia Lee, President, FOAS

White Elephants are coming to the Senior Center April 17, 2010.



With more storage space available in the house next door, the Senior Center is open to collect items for the spring's White Elephant Sale organized by FOAS. This year's WES occurs on April 17th. You are welcome to start donating items for this 'biggest fundraiser' event at the Senior Center. Note— items we will **NOT** take are: large furniture, electronics and clothing. Any questions, please call the Center at 524-9122.

Sunshine Expressions

by Barbara Van Pelt



Warmest wishes - to Iris Burris who returned home to her apartment on Thursday, February 25th. She spent 10 days in the hospital and then went to Elmwood Care Center for physical therapy. Iris reports that her test results were good news. The fluid in her lungs is going down on its own. She hopes to wean herself off oxygen. Her daughter and son-in-law have been very supportive and the staff at the Care Center fantastic! Her many thanks to everyone who sent her cards. She hopes to quietly recuperate at home.

Cruisin' - Elmer Nelson is currently on a cruise to Barbados., the first of three cruises he has planned for this year. The other cruises are a fall foliage in New England and an Alaskan cruise. Maybe we should call him Admiral Nelson.

Day Tripping' - The Disney Museum at the Presidio in San Francisco with its fantastic views of the Golden Gate Bridge and the beautiful Bay is housed in one of the old brick barracks on Parade Circle. The building was gutted and arranged in five galleries which follow Walt Disney from his early days until his death and beyond. The Exhibition features Walt's own voice and shows how your favorite characters were created. He was an innovative genius as well as an astute visionary who opened Disneyland on July 17, 1955 and later Disney World with its Epcot Center. He won more Oscars than any other individual including one which was specially altered for Snow White, and featuring one Main Oscar and 7 Little Dwarf Oscars. (Thanks to Linda Ball and Pat Tousant for their contributions to this report.)

More Day Trippin' - The "Mystery" trip was to the Winchester Mystery House in San Jose. After her husband and child died, a mystic told Sarah Winchester she would not die if she built and continued to work on a house. She moved to San Jose, bought a large property and had work done continuously for over 38 years. She died in 1922 at the age of 83. The docent led tour is over a mile long going up and down 44 narrow stairways and enters 110 of the 160 rooms still in use. Her sanity was questioned because stairways lead to brick walls, some windows are in the floor and a famous "door to nowhere" opens to a two story drop to the ground. The tiffany windows, gold and silver chandeliers, mahogany barristers, Victorian furnishings, beautifully designed and kept grounds are truly elegant but Sarah was still unhappy. She was haunted by the lives lost because of the famous Winchester rifle made



Sarah Winchester

by her late husband and used in the American Civil War. A séance room was installed in the house she could commune with spirits. Every Friday, the 13th, bells in the old bell tower are sounded at 1300 hours 13 tunes for Mrs. Winchester whose favorite number was 13.



Incidentally, a bill which is continuously changed and amended in the California Legislature is referred to as "A Winchester Bill"! (Thanks to Margie Carr for her contribution.)

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THE BOOSTER NEWS

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March Birthdays



Rosita Arcol	Howard Goldberg	Jan Pool
Victoria Bourgeois	Gloria Gubanski	Walter Price
Caroline C. Remy	Ruth Guthartz	Miriam Rokeach
Richard Campbell	Zola Hamilton	Cindy Shen
Dorothy Charles	Isabel Hatch	Marianne Sylvester
Harold Chung	Maribeth Hulsey	Bud Taylor
Tom DeLackner	Julia Kaer	Joan Waranoff
Gloria Delgado	Joan Kerlinger	Lucille Washington
Thelma Dutton	Sun Yi Kwon	John Wilson
Bill Eichen	Diane Love	Mei Juan Xiao
Andretta Fowler	Rosary Matteson	Kiyoko Yamada
Karen Gabrielson	Travat Mehdigholikhani	
Barbara Garrett	Joan Norton	

March Birthdays will be celebrated on Thursday, March 11th, along with St. Patrick's Day. To help us celebrate these two events. Irish-American musician **Patrick McKenna**, accompanied by sister Mary McKenna (our shuttle bus driver), will perform Irish melodies on bass, guitar and the piano, and perhaps some Irish dances and games. Dinner starts at 4:00pm with the performance at 4:20pm Everyone is welcome.

I'M FINE I'M FINE



There's nothing whatever the matter with me.
 I'm just as healthy as I can be.
 I have arthritis in both of my knees.
 And when I talk, I talk with a wheeze.
 My pulse is weak and my blood is thin,
 But I'm awfully well for the shape I'm in.
 My teeth eventually will have to come out,
 And I can't hear a word unless you shout.
 I'm overweight and I can't get thin,
 But I'm awfully well for the shape I'm in.
 Arch supports I have for both feet
 Or I wouldn't be able to walk down the street.
 Sleep is denied me every night,
 And every morning I'm really a sight.
 My memory is bad and my head's a-spin,
 And I practically live on aspirin,
 But I'm awfully well for the shape I'm in.
 The moral is, as this tale unfolds,
 That for you and me who are growing old,
 It's better to say "I'm fine" with a grin
 Than to let people know the shape we're in!



Author unknown
 Submitted by Wanda Herod.

What happens when you cross Chinese New Year, Valentine's Day and a February Birthday Party?

The result was a grand fusion of dances, songs and love messages. Such was the scene at the Senior Center on February 11, when these three seemingly-unrelated events came together in a most delightful way. After extending traditional Happy Birthday wishes and gifts to Nick Jordan and Kathryn Williams, who were the birthday honorees at the dinner, the party hit high notes when 3 colorful lions and a golden dragon of the Cornell Chinese Program danced their way into the dining hall, to the sounds of drumbeats, cymbal and gong. Not to be outdone, the Cornell school girls presented an equally colorful, captivating folk dance, ushering in the Chinese New Year. The dominant color was *red*, reflecting both the Chinese tradition and the message of Valentine. Later, fortune cookies were served, with slips containing love messages — a perfect fusion of the two cultures. It wasn't quite what Confucius intended, but this is California! (Photos by Dave Pugatch.)

Zion Lee



Beautiful and acrobatic dancers.



Itchy lion being soothed by trainer



A colorful Chorus Line.



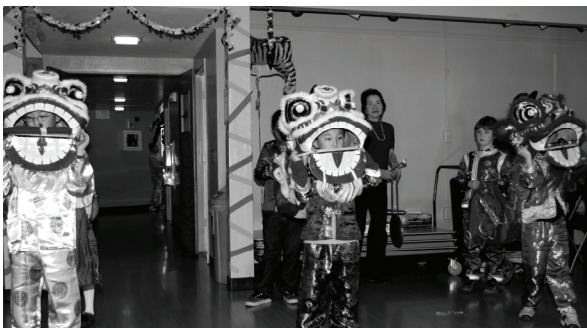
Birthday party-goers: From left, Fidelia Leavitt, Marylou Leon, & Gwen Gardner.



Lucky raffle winners: Dave & Anna Pugatch.



Audience ready with red envelopes for the children.



Eager lions ready to spring into action.



Volunteers & Ilona.



The Dragon showers New Year blessings on the audience.

Spotlight on ASC Volunteers — Karen Sibley

Have you ever wondered who the person behind the front desk, in the office, or sitting next to you in a classroom is? Beginning with this issue, the Booster News is initiating a new column called ***Spotlight*** which is an interview (or through questionnaires) with various personalities at the Senior Center. So often, we see people in the Senior Center, but do not know anything about that person. People in our age category come with a wealth of knowledge and experience in life that we may be interested in or learn from. In this month's column, we spotlight Karen Sibley, who is a familiar face at the front desk on Monday mornings.



BN: What job and for how long have you been a volunteer at the Albany Senior Center?

Karen: I have been with the Center for 8 years and have been a volunteer at the Castro Valley Senior for 4 years also. My job is Monday morning receptionist. I meet, greet, make coffee, answer the phone, make appointments, sell various tickets, etc., notify people of trip departure time, answer any questions all with a smile on my face.

BN: How did you get started volunteering at ASC?

Karen: I always wanted to volunteer and one day I mustered up the courage to walk through the door, fill out an application, and was accepted the next day.

BN: What do you enjoy most about the job?

Karen: I enjoy meeting all the friendly people while doing my best.

BN: What is the most challenging part of the job?

Karen: Helping everyone without upsetting anyone.

BN: Is there an anecdote you can relate from your job contact?

Karen: I try to always be nice and treat everyone the same.

BN: One place you would really like to vacation and why?

Karen: I vacationed in Waterton, Alberta, Canada several years ago and I would love to go back. It is so serene.

BN: A favorite movie, book or TV show?

Karen: The movie 'Some Like It Hot' with Marilyn Monroe, Jack Lemmon, Tony Curtis & Joey Bishop.

BN: Give us four words to describe yourself?

Karen: Trustworthy. Caring. Thoughtful. Compassionate.

BN: In light of the Senior Center expansion, what is your vision of the Center in 10 years?

Karen: The expansion will help with more community involvement and provide added opportunities for volunteers.



Karen's hospitality makes everyone feel welcome at front lobby

“WALKIE-TALKIE” - Walk Talk and Be Healthy By Pat Tousant

"the wheels on the bus go round and round,..."Our silent partner, the rain was with us as we travelled to the Sunol-Ohlone Regional Park in Fremont the first week in Feb. and our long hike never materialized. However we had the good fortune of having the services of a ranger with 16 years experience in the park who was a wealth of information, in addition to being, a great storyteller, funny and personable. With all that said we spent some time indoors as he related various stories about the region and the native-Americans that formerly populated it, as well as some early Cal. history. After the rain stopped, we went out to see a tule-hut the rangers assembled, a spear-throwing demonstration and a fire he made for us by



rubbing two sticks together. We had our lunch together and enjoyed our ride back through the green hills to the Center. -----The next week we went on a three-mile hike around the Berkley Marina. We were able to get Patty Donald, the head of operations at the Nature Center, to lead the hike. The Nature Center, where we started, is made of straw bales covered with stucco, recycled materials and is very energy efficient. After learning some information about our bay in this area, we were led on our walk to see the marina, burrowing owls, shore birds, many

ground squirrels, etc. and of course the beautiful vistas. When we go out for that walk again we will do so with a much better understanding of happenings at the Berkley Marina, thanks to Patty.-----Pelicans, egrets, meadowlarks, avocets, phoebes, coots, buffleheads-these were a sample of some of the birds that were spotted at the MLK Regional Shoreline in San Leandro. With the help of Ingrid and Pauline (our birding experts) we were able to identify most of what were on the lagoons as we did our 2-mile hike followed by our picnic lunch. It was a warm enjoyable day to be doing just



At Berkeley Marina

what we were doing.----- We were all looking forward to our 300 stair-step climb up to Twin Peaks in San Francisco, but our silent partner, the rain, dictated otherwise. We drove instead to the peak, got out and enjoyed the views through the raindrops. Our bus driver Mary, having been raised in this area, then took us on her special bus tour of interesting sights, with the final destination being the Castro Senior Center, where we shared a lunchtime with their seniors and Phil their gracious host. After arriving back at our Center all of us thought "we were given lemons, and we made lemonade". It was fun.-----If you are interested in joining us for any of our Tuesday hiking trips, sign up for April's trips at the Center the beginning of March. March's trips are wait-listed but you may put your name in. It is fun and it is free.

Employee Recognition Luncheon—Albany City’s employees, including Senior Center’s, were feted at a luncheon on February 12 at the Community Center. With the Lunar New Year approaching, the theme and the food definitely had a Chinese flavor. The Senior Center staff was well represented in the program and activities, with Isabelle working on table decoration, and Nick Jordan and Zion Lee doing the lion dance. (The lion survived.) Firemen from the Albany Fire Department were also present at the luncheon. We were happy to see Captain Jay Jorgenson, who had just won the Valentine Raffle Basket at the FOAS raffle drawing the day before. He bought the winning ticket as he and his crew volunteered to cook at our annual Pancake Breakfast in January. After the luncheon, he came over to the Senior Center with his crew in a fire truck to pick up his Valentine basket —thumbs up, of course. You can’t think of a more deserving winner! (Photos by Mary McKenna.)



ASC participants, from left, Dora, Ilona, Maya and Nick.



Nick Jordan in his new role as lion dancer.






Captain Jorgenson with his Valentine Basket.






Walking Trips Schedule

March

<p>Tuesday March 9 8:30am-2:00pm</p>	<p>Coyote Hills, Fremont—Ohlone Archeological Site. A Naturalist-guided tour of a village site the Tuibun Ohlone used 2000+ years ago. Artifacts & re-created structures on excavated site show the early Ohlone way of life.</p>	<p>2</p> 	<p>1 1/2 mi walk on dirt trails and board walk. Bring water, snacks, and a picnic lunch.</p>
<p>Tuesday March 16 8:30am-2:00pm</p>	<p>Black Diamond Mine, Antioch –Rose Hill Cemetery. A docent-led hike to Rose Hill Cemetery to learn about the life & death of a nineteenth-century coal mining community.</p>	<p>2</p> 	<p>2 1/2 hour program. About 1/2 mi. uphill hike to cemetery. Dirt trail can be muddy. Bring water, snacks, and a picnic lunch.</p>
<p>Tuesday March 30 8:30am-2:00pm</p>	<p>Sonoma Valley— 2.5 mi. walk on winery route and along historic buildings, with a final stop at the Plaza where you can lunch, shop, and sample wine and cheese.</p>	<p>2</p> 	<p>1 1/2 hour walk on paved roads and trails. Bring water, snacks, and a picnic lunch or buy lunch at the Plaza.</p>

April

<p>Tuesday April 6 8:30am-2:00pm</p>	<p>Huckleberry Botanic Regional Preserve, Contra Costa County. 1.7 mile loop through woods and manzanita barrens, with lots of interesting vegetation.</p>	<p>1</p> 	<p>A few gentle slopes. Bring water, and bag lunch.</p>
<p>Tuesday April 20 8:30am-3:00pm</p>	<p>Año Nuevo State Reserve, California State Parks, San Mateo County 4.1 mile loop to an elephant seal overlook, along the coast.</p>	<p>2</p> 	<p>4.1 mile partial loop hike on dirt trails and loose sand. Windy. Bring water, and bag lunch.</p>
<p>Tuesday April 27 8:30am-1:00pm</p>	<p>Waterfall Loop, San Pedro Valley Park, San Mateo County. 2.2 mile loop through eucalyptus woods and coastal scrub.</p>	<p>1</p> 	<p>Windy. Bring water & bag lunch.</p>

Sign up for these free walking Trips at the Front Desk



Upcoming Events



**Monday, March 1
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, March 1 and 15
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, March 2
Friday, March 19
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, March 11
4-5pm**

Birthday Dinner & St Patrick's Day Celebration
Entertainment: Irish musicians Patrick McKenna and Mary McKenna perform Irish melodies

**Thursdays
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.

**Wednesdays
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.

**Thursday, March 25
10am-1pm
FREE**

Albany Senior Center Resource Fair
The 2nd annual Resource Fair be held at the Albany Senior Center Thursday, March 25. Come to the fair and meet representatives from different organizations who will pro-vide information on housing, healthcare, transportation, home services and much much more! Free health checks will also be provided.
Save the date! This is an event you won't want to miss!
FREE GIVEAWAYS AND FREE LUNCH!

**Tuesday, April 14
1-3pm**

Over 60 Health and Foot Clinic
A nurse provides foot care, blood pressure checks, medication review, and more. Drop in only. No appointment necessary.