

# the VILLAGER

Email: [fcvillage94404@gmail.com](mailto:fcvillage94404@gmail.com)

[www.fostercityvillage.org](http://www.fostercityvillage.org)



Foster City Village (FCV) celebrated its 7-year anniversary on February 14<sup>th</sup>. Over 8 years ago, the idea of a Foster City Village was introduced by Patricia Player Maxwell to the Foster City Rotary Club, which then started with the initial core members: Patricia Player Maxwell, Audrey & Gil Guerin, Jeff Brown, Edd McKibben and Marlene Hopper. Richard Hopper and Phyllis Brown later joined after the first year. Today, we have 10 Board members with our youngest Village member and Board President Supriya Singh. 2019 was an outstanding year for FCV with a record 31 new members. Our membership is made up of 29% males and 71% females. 56% of members are between ages 55-80, 44% between ages 81-101 years and the average age is 75 years. 57% are Social members with 43% Full members.

Membership Types	TOTAL %
Assisted Membership	8%
Social Membership (Single)	26%
Social Membership (Couples)	28%
Full Membership (Single)	32%
Full Membership (Couples)	6%
TOTALS	100%

AGE RANGE	FEMALES	MALES	TOTAL %
	71%	29%	
55 - 70	10	8	16%
71 - 80	32	14	40%
81 - 90	27	8	30%
91 - 102	13	3	14%
TOTALS	82	33	100%

**THANK YOU** to our core of Volunteers who have provided 5,569 hours of service for 2019, which equates to an average of 464 hours per month. If you paid for the services, an independent company assessed the cost at \$162,321 or \$1,411 per person a month! No other Village has that kind of service record for this fee with volunteers who do so much for our members. The annual dues are still at \$365 for individual Full Membership and \$175 for individual Social Membership.

The expansion of FCV programs has been exceptional, due to the grants we have received from Sequoia Healthcare District, Peninsula Health Care District, SAMCAR, City of Foster City, and the Rotary Club of Foster City that helped fund Cooking Classes with renown Chef Marlene Sorosky Gray and fitness classes such as CORE Fitness, Restorative Yoga, and Mind Over Matter taught by our expert instructor Melinda Rose. These classes are FREE for our members.

**It Takes a Village to "BUILD A DYNAMIC COMMUNITY"**

**Without VOLUNTEERS, we would not have MEMBERS and without MEMBERS we would not need VOLUNTEERS!**



The Golden Gate Radio Orchestra (GGRO) entertains today's audiences with the best music of yesteryear. GGRO is a 19-piece recreation of the versatile radio station network "house orchestra," from the 1890's to the Big Band old-time orchestras with its full-bodied sound of violins, woodwinds, brass, percussion, and vocalists. Everyone really had a wonderful toe tapping time keeping beat with the big band music!



A Warm Welcome to new members Jan Brown, James Freshour, Scott Hinnrichs, Bonnie Grand, and Bob Tessler.

A special Thank You goes out to our Current Members who renew their memberships!



3/05	Mary Simas
3/10	Ardyth Monroe
3/13	Patricia Campos
3/20	Diana Okamoto
3/25	Steve Okamoto
3/30	Martha Magnuson
3/31	Jerry Lerman



4/01	Patricia Cartwright
4/01	Jennifer Malament
4/06	Gary Miller
4/08	Lucia Riedemann
4/08	Peter Wong
4/11	Audrey Guerin
4/15	Marlene Sorosky-Gray



### *Cooking with Chef Marlene*

Don't expect the ordinary when you attend Chef Marlene's healthy cooking classes. Her recipes are easy to duplicate, fresh, nutritious and include her special shortcuts and twists. In each session, you and your classmates will prepare dishes with an emphasis on cooking vegetables, fish and meat in modern and healthful ways. Once finished cooking, you will sit down with your friends to enjoy the fruits of your labor.

Expect to learn exciting techniques for preparing familiar dishes and discover new ingredients that will expand your culinary knowledge and delight your taste buds. Cooking should be easy and fun; when you nourish your body, you nourish your soul.

To pre-register, call the Village office at 650.378.8541.

All classes are located at The VIBE  
670 Shell Blvd, Noon to 2PM.

Village Member/Volunteer: FREE

Non-Member Fee: \$10 per class.

Payment (non-refundable) must be received at least 7 business days prior to class date to reserve your seat.



### Peninsula Health Care District 2020 Grant Award

We are pleased to announce that Foster City Village was awarded the 'Making a Difference Together' Grant on January 29, 2020 at the Peninsula Health Care District's 12th Annual Community Partners Event in Burlingame. Foster City Village Board President Supriya Singh proudly accepted the award from the Peninsula Healthcare District. Also, in attendance were Foster City Village Board members, Marlene and Richard Hopper and Sabrina Johnson. This grant will provide funding support for us to continue fitness classes taught by Melinda Rose and cooking classes taught by renown Chef Marlene Sorosky Gray. We will plan to provide more classes, workshops, and expand participation free of charge to our Foster City Village members!

#### Upcoming Cooking Classes in 2020: (Limited Participants)

April 21 or April 28 (select one date)

May 5 or May 19 (select one date)

June 2 or June 9 (select one date)



## Soul of a Nation: Art in the Age of Black Power 1963-1983

de Young Museum, Golden Gate Park, SF

November 9, 2019 to March 15, 2020

A docent from the DeYoung Museum was our presenter at February Lunch and Learn. Historically, Black artists were rarely given the same space and attention as White artists in the 1960s and 1970s. Motivated by the Black Power and Black Arts movements, which influenced Black artists to embrace the idea of creating art specifically for their own communities.

Black art movement could be based on a shared sensibility. Their art is personal, raw, informative, and expressive. It communicates the deep pain and anger of their life experiences during tumultuous times. Their paintings, drawings, prints, photographs, collages, assemblages, and custom clothing contributed to the Black Power movement by promoting personal and cultural pride, collective solidarity and empowerment, political and social activism, and pan-African nationalism.



Charles White, Wanted Poster No.5 (1969)



David Hammons, Boy With Flag (1968)



Betye Saar, The Liberation of Aunt Jemima (1972)



Elizabeth Catlett, Black Unity (1968)



John Outterbridge, About Martin (1975)



Wadsworth Jarrell, Angela Davis 'Revolutionary' (1971)



Black Unity (back side of fist)

### Photo Sources:

*Crystal Bridges Museum, Feb 3-Apr 23, 2018 Exhibition*

*Brooklyn Museum, Sep 14, 2018-Feb 3, 2019 Exhibition*

*The Broad Museum, Mar 23, 2019-Sep 1, 2019 Exhibition*





Foster City Village would not exist if we did not have a dedicated cadre of volunteers. Volunteers are at the heart of the National Village Movement. Emerging evidence suggests that volunteering provides not just social benefits, but individual health benefits as well. Are you looking for a great opportunity to volunteer and give back to your community?

One of our goals is to create a delightful experience for our volunteers that support our values of connecting, giving back, and creating a community that fosters interdependence.

Volunteers are not required to be members of the Village. Volunteers who will drive or enter a member's home must pass a background check, as well as a DMV check for drivers. FCV will pay for the cost.

### WAYS YOU CAN HELP

#### Supporting the members:

Door-to-door rides help keep our non-driving members connected to their community. This is our most popular service, regularly requested by Village members. Drive members to and from medical appointments, personal appointments, shopping, visits to friends, social events, classes and other places within the specified geographic area.

In Home Assistance: Minor repairs, change light bulbs, take trash/recycling to the curb, assist with laundry, and home safety check for fall prevention.

Technology support/assistance to coach our members who need a little help with their phones, tablets and computers.

Wellness check-in: Visit or call to say "hi". Be a friend or conversation partner to provide companionship to members who may be unable to leave their homes, and/or have minimal friends or family in the area.

#### Supporting the organization:

- Board of Directors (strategic planning, policies, fund development)
- Community Outreach and Events (help with open house & outreach events)
- Marketing (media relations, social media presence, website)
- Fundraising and Annual Benefit
- Administrative Support (database management)
- Social Events and Programs (coordinate rides to events, assist with activities)

#### Help Spread the Word!

As always, we are looking for drivers and friendly people to walk and visit with members. There are always opportunities to help individuals, as well as the organization. It has never been easier to introduce your friends to volunteering at FCV.

#### Thank You, Volunteers!

All of this growth 7 years forward, could not have been possible without the heartfelt gift of your time and commitment to the Village. As FCV continues to develop its services, the continued dedication of our caring volunteers are vital and greatly appreciated.

For more information on other volunteer opportunities that can utilize your skills, interests and abilities, visit our website at [www.fostercityvillage.org](http://www.fostercityvillage.org) or send an email to [fcvillage94404@gmail.com](mailto:fcvillage94404@gmail.com).



## OUR NEW BOARD MEMBERS



Sabrina Johnson is a solo estate planning attorney in Palo Alto, who has been practicing law for over four (4) years. Before law school, she was a patent litigation paralegal working in Big Law. After working on matters that were just about big companies fighting over money, she is so happy to be able to help people dealing with difficult issues.

Sabrina enjoys playing the ukulele and strives to live a ukulele lifestyle, including showing up with a positive attitude and giving it a go. She enjoys serving others and finds that a smile will get you far in life. She is a Southern California native, who has lived in the Bay Area for over twenty (20) years.

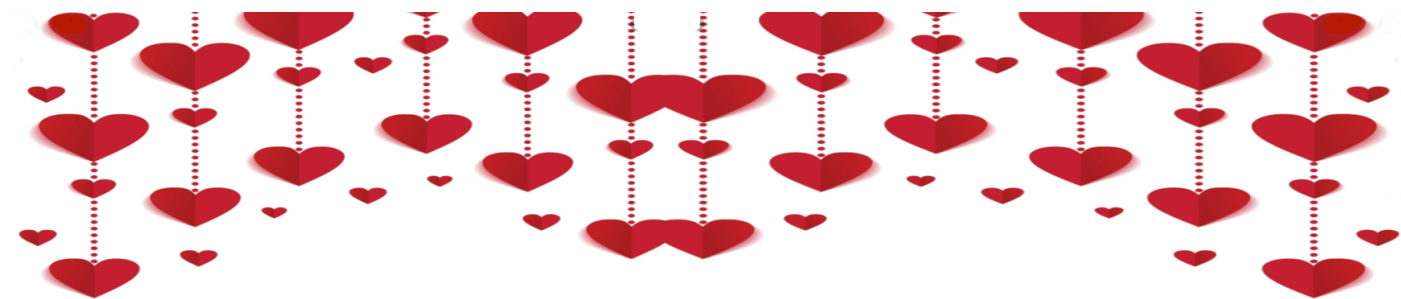


Shari Williams has been a volunteer for the Village close to 7 years, helping with office administration, member recruitment, newsletter writing, Lunch & Learn, and assistance with our Annual Benefit organization.

Prior to joining the Village, Shari spent 11 years as Assistant to General Counsel at Oracle in Redwood Shores, managing a global legal department of 110 attorneys. Subsequent to Oracle she spent 10 years as Assistant to Sr. Director of Operations at Philips Healthcare Imaging Informatix in Foster City.

Shari has lived at The Islands, in Foster City for 42 years. She actually watched them build the condo complex before she purchased her home. She plays "Words with Friends" for relaxation, enjoys trying out new restaurants, movies, and exploring the wineries in Livermore Valley.





**Heart of the Village**

*Cheers to 7 Years*

**February 13, 2020**

***Board of Directors:***

Supriya Singh, President  
Marlene Hopper, Vice President  
Bob Lahl, Secretary  
Richard Hopper, Treasurer  
Phyllis Brown  
Steve Droz  
Sabrina Johnson  
Edd McKibben  
Patricia Player Maxwell  
Shari Williams

***Executive Director:***

Mary Bates

***Managing Editor:*** Mary Bates

***Creative Content Editor:*** Sophia Wambach

***Editorial Assistant:*** Jennifer Malament

***Mailing Crew:***

Barbara Campitelli  
Eleanor Jones

***Contributors:***

Marlene Sorosky Gray  
Marlene Hopper  
Sabrina Johnson  
Sophia Wambach  
Shari Williams

