

the VILLAGER

Email: fcvillage94404@gmail.com

www.fostercityvillage.org

Save the Date

Sunday, October 17, 2021

Foster City Crowne Plaza Ballroom – 11 am

“TOGETHER, It Takes a Village”

2021 Annual Benefit & Drawing

**HONORING
OUR COMMUNITY VOLUNTEERS**

FUND the FUTURE Drawings

Now through October 17, 2021

\$25 for TWO Tickets

*(One = Cash Prize Drawing &
One = Gift Prize Drawing)*

CASH Prizes: \$2500, \$1500, \$500

Gift Prizes such as:

A 12-bottle case of premium wine, a Foster City lagoon boat ride, a Foster City restaurant coupon variety pack, a Foster City Crowne Plaza Hotel overnight & Sunday brunch, an air purifier, and a designer handcrafted bench.

To purchase tickets, contact the Village office at 650.378.8541 or email fcvillage94404@gmail.com.

Foster City Chamber of Commerce Community Impact Summit 2021



Supriya Singh (left), Marlene Hopper (middle), and Joanne Bohigian (right)

Foster City Village (FCV) was featured at the Foster City Chamber of Commerce Community Impact Summit. On behalf of the Foster City Chamber Board of Directors, Foster City Village was awarded the “Partner” impact!AWARD for 2020. This award recognizes organizations and agencies who were dedicated to the Chamber Cares Initiative in serving the community through collaborative efforts, with noticeable impact over the past 18 months. The award was accepted by FCV Board President Supriya Singh and Vice President Marlene Hopper.





July Birthdays

7/9 Richard Biederman
 7/11 Stuart Givot
 7/17 Jon Grant
 7/19 Betty Gee
 7/22 Wea-Chin Su
 7/28 Marlene Hopper
 7/29 Betty Wexler

August Birthdays

8/3 Emily Thomann
 8/4 Haddy Lau
 8/13 Marie Davis
 8/20 Patricia Miller
 8/24 George Craig
 8/25 Marcia Cohn-Lyle
 8/26 Hannalore Hempe
 8/27 Murli Melwani



WELCOME NEW MEMBERS!

A Warm Welcome to new members
Stuart Givot and Wea-Chin Su.

Staff Updates

After almost 7 years, Sophia Wambach will step down at the end of July as the Village's Administrative Services Manager and Newsletter Creative Content Editor. She has relocated to Half Moon Bay with a wonderful opportunity to continue serving older adults. Holly McKelvey, our Assistant Manager of Administrative Services, will continue to manage the office as we transition for additional staff. Please know that service to our members will continue to be our priority as always.



Frida Kahlo: Appearances Can Be Deceiving

Docent Alfred Escoffier with de Young Museum presented highlights from the "Frida Kahlo: Appearances Can Be Deceiving" exhibition for the Village's May Lunch & Learn, which underscored the gloomier, truer side to Kahlo's flamboyant style.

When she died, her husband Diego Rivera ordered her clothes be locked up for 15 years. When Diego passed three years later, an old friend of the couple, Dolores Olmedo kept all of Kahlo's belongings secretly guarded for decades until she passed away in 2004 and the fashion time capsule was finally unlocked.

Frida used the long skirts and corsets to hide her body which was disfigured by childhood polio and a near-fatal road accident that forced her to have over 30 operations, including a leg amputation in her last years. Because of her disabilities, Frida spent so much time alone in isolation and meditation, studying herself, and seeing the beauty in herself. Perhaps, this explains her choice to flaunt her famous monobrow and facial hair.



Frida decorates one of her many plaster corsets, 1951



Prosthetic leg with Chinese embroidered red lace-up boots and a bell attached, 1953



Frida's cat-eye sunglasses, 1950s



Frida's necklace densely ornamented with whimsical designs by Matilde Poulat



Frida's sewing box containing some pale-blue hair ribbons, which she plaited through her hair



Frida's Revlon nail colors: Raven Red, Frosted Pink Lightning, and Frosted Snow Pink. Compact and powder puff with blusher in Clear Red

Photo Sources:

Brooklyn Museum, Feb 8–May 12, 2019 Exhibition

de Young Museum, Sep 25, 2020 – May 2, 2021 Exhibition



1. Who was the first African-American named Supreme Court Justice in 1967?

2. Which other accused assassin was Jack Ruby convicted of murdering in 1963?

3. Which astronaut became the first American to orbit the earth in 1962?

4. What pants flared from the knee down became fashionable and popularized by Sonny and Cher in the 60's?

5. What was Barbie's haircut style of Jackie Kennedy called?

6. What year did the Woodstock Festival take place?

7. What new type of telephone was invented in 1963?

8. Who delivered the famous "I have a dream" speech?

9. Which classic science fiction show began in 1966?

10. What was the name of the famous English four piece band that came out of Liverpool?

11. Which USA President started the space race with the Soviet Union?

12. Who landed at 17 Cherry Tree Lane in a well-known Walt Disney movie from 1964?



1. Thurgood Marshall

2. Lee Oswald

3. John Glenn

4. Bell-Bottoms

5. Bubble cut

6. 1969

7. Dial Tone Phones

8. Martin Luther King, Jr.

9. Star Trek

10. The Beatles

11. John F. Kennedy

12. Mary Poppins



Rosie the Riveter World War II Home Front National Historical Park in Richmond, CA. An allegorical cultural icon of World War II, representing the women who worked in factories and aircraft industries in USA, making up 65 percent of the industrial labor force and defense industry.



Eleanor Roosevelt's Val-Kill Cottage is a National Historic Site in Hyde Park, NY. It was her personal retreat. She made it her permanent home after FDR died.

Our June Lunch & Learn speaker, Dr. Cyndy Simms retired as Superintendent of San Mateo-Foster City School District in 2015. Since then, Cyndy (and her dog Teddy) traveled to well over 150 National Park sites throughout USA. Cyndy was President of the Rotary Club of Foster City, and has traveled to many foreign countries distributing and administering polio vaccines.



Fort Necessity National Battlefield marks the first battlefield of the American, French and Indian War in Farmington, PA. George Washington was 22 when he led the British and the Indians into battle against the French.



The Martin Luther King, Jr. Memorial named the *Stone of Hope* stands past two other pieces of granite that symbolize the "mountain of despair", is located in West Potomac Park in Washington, D.C.

You can obtain passes in advance on the National Park Service website at www.nps.gov. Available for US citizens or permanent residents age 62 or over. Must provide documentation of age and residency or citizenship.

- \$80 Lifetime Senior Pass
- \$20 Annual Senior Pass



Bandelier National Monument is in Los Alamos, New Mexico which contains several ancestral pueblo homes, kivas (ceremonial structures), rock paintings and petroglyphs. Most of the pueblo structures date between 1150 and 1600 AD.

Move It or Lose It!



The National Institute on Aging says that exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. Studies show that inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Have you ever thought about what influences your gait – or how you walk?

There are many different things that contribute to how you walk, from habit to physical and cardiorespiratory functioning. We know that if your knees or hips are giving you a problem, you may favor that side when you walk and your gait is uneven. If you have a corn or sore ankle, you will probably avoid putting your full weight on that foot. While this can cause neck discomfort and posture problems, it also puts you at risk for falling.

If you sense that you are not walking with even dispersion of your weight or notice a change in how you are walking, or if you are avoiding walking, it is time to discuss with your physician. Remember, you need to “Move It or Lose It” like the Tin Man in the Wizard of Oz!



**OMG, I'm rich!
Silver in the hair,
Gold in the teeth,
Crystals in the kidney,
Sugar in the blood,
Lead in the butt,
Iron in the arteries,
and an inexhaustible
supply of natural gas!**

*I never thought I would
accumulate such wealth!*

-Unknown Author

"I stay away from natural foods. At my age, I need all the preservatives I can get." —George Burns

"I'm like old wine. They don't bring me out very often . . . but I'm well preserved." —Rose Kennedy

"If you haven't got any charity in your heart, you have the worst kind of heart trouble." —Bob Hope

"Life's tragedy is that we get old too soon and wise too late." —Benjamin Franklin

"Anyone can get old. All you have to do is live long enough." —Groucho Marx

"There's one advantage to being 102, there's no peer pressure." —Dennis Wolfberg

"I ain't never gonna be old because I ain't got time to be old." —Dolly Parton

"Now that I'm 58 my doctor's telling me, 'Robin, you need drugs to live.'" —Robin Williams

"Your wrinkles either show that you're nasty, cranky, and senile, or that you're always smiling."
— Carlos Santana

"Like wine making, successful aging can be an active and involved process that requires development over time.." —Dr. Alan D. Castel

"Today is the oldest you've ever been, and the youngest you'll ever be again."

—Eleanor Roosevelt



Protect yourself in five ways from skin cancer

With the hot days of summer soon to fade into the crisp days of fall, I believe we are all finding ourselves outside more for walks and socializing, or more meals sitting on the patio. This results in increased sun exposure and we need to think about our skin.

While melanoma is the most serious type of skin cancer, there are also others. Melanomas do not always fit the typical warning signs and can appear under a nail as a black streak, inside your mouth, between fingers/toes or even in the iris (colored part) of your eyes!

If you notice a change in a mole you have or one in an unusual area, it is important to discuss it with your dermatologist.

Know the **ABCDE**'s for early detection:

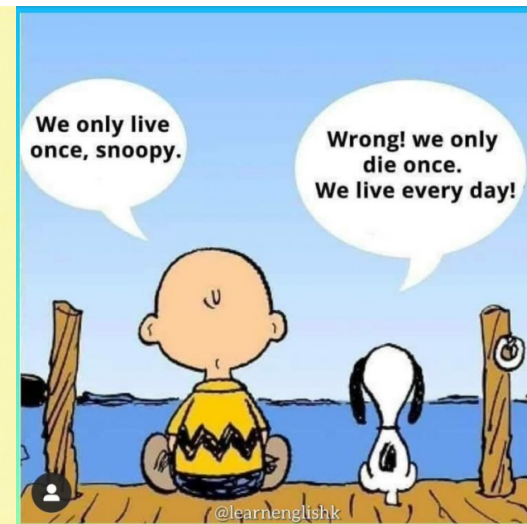
A is for Asymmetry: One half of a mole or birthmark does not match the other.

B is for Border: The edges are irregular, ragged, notched or blurred.

C is for Color: The color is not the same all over and may include different shades of brown or black, or sometimes with patches of pink, red, white, or blue.

D is for Diameter: The spot is larger than 6 millimeters across (about 1/4 inch – the size of a pencil eraser).

E is for Evolving: The mole is changing in size, shape, or color.



Upcoming Foster City Village Speaker Series

July 27: "PEACE 3"

Coming Out into My Own Legacy of Peace
Diversity Equity Inclusion (DEI)
Brian Rusch, Non-profit Executive & Peace Leader

August 24: "Protecting Our Environment"

Simple Steps We Can Do!
John Mathers, Environmental Educator



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