

S P R I N G 2 0 1 6

the VILLAGER

Foster City Village Newsletter – Volume 2

LETTER FROM THE EDITOR



I was recently treated to a day of cooking classes at **Le Cordon Bleu** in SF with three of my best friends. We spent a hilarious day learning how to prepare a complete meal from the foods provided, cutting, peeling, chopping, simmering and braising tasks among the teammates. Lots of scrambling, barking orders ("hurry up, hurry up!", "where's the garlic?", "needs more salt!"), spilling, laughing, check-ins by our professional chef. At the end of the day, we were able to sit and enjoy our menu: Braised Short Ribs, Creamy Herbed Polenta, Escarole w/Pancetta and Almond Panna Cotta w/Amarena Seasonal Berries. Came home with recipes, a chef's apron, full tummies and very tired feet. Great team building event!

Shari Williams, Editor-in-Chief

Save the Date!

June 4-5th	cityFEST (formerly FC Arts&Wine)	Ticket booth 10:30am-
June 14th	Summer Kickoff Party	Wind Rm, CC Noon – 2pm
June 17 th	Lunch & Learn	FC Library 12:30 pm
Sept. 22 nd	Fall Party	Wind Room, CC 11-1pm
Sep 24th	Garage Sale	Phyllis&Jeff Brown garage 9am – 6pm



Backstage Tour of Foster City's Hillbarn Theatre

Twenty Foster City Village members and volunteers were treated to an outstanding "Backstage" tour of Foster City's Hillbarn Theater on May 23rd. The tour focused on all aspects of theater including selecting performers and their backups; set design, construction, and movement; control and musical booths; wigs and costumes and "green rooms". Hillbarn is the 6th oldest continuously operating community theater company in the nation. Its 179-seat capacity will increase by 20 seats after a planned renovation.

Special thanks to Dan Demers, Artistic Director; Erica Wyman, Conservatory Director; and Danielle Santana-Combs, Conservatory Operations Manager. The tour was followed by a Village sponsored luncheon in the Hillbarn courtyard.



Coffee Break at IHOP

9:30 AM – 561 Foster City Blvd.
June 13th, July 11th



Welcome the Navia Sisters Doris and Teresa



Teresa and Doris Navia are two delightful new members who happen to be sisters. They were both born in their parent's home in 1929 and 1934 in La Paz, Bolivia.

Teresa and her mother moved from La Paz to Beaverton, Oregon in 1963, where she attended business school to learn English and typing. After 11 years, she moved to California where she went to work for Pacific Telephone and Telegraph's Accounting Dept. and retired from AT&T in 1995.

Doris joined them from La Paz in 1970. She worked for Bank of America as a research clerk in San Francisco and retired in 1991 after 17 years of service. In 1974, Teresa and Doris purchased their lovely home in Foster City where they've resided for the last 42 years.

Teresa proudly became a US Citizen in 1970, and Doris took the solemn oath in 1977. Doris spends time playing the keyboard and participates in a Latin Senior Center Group reciting poems in Spanish. Teresa gardens, cooks, enjoys playing computer games and stays in touch with family in Bolivia through Facebook.

They have lots of interesting stories to share, so chat up with them at our next FCV event!

BOOKWORM CLUB

The Bookworm Club chose "The Wright Brothers" as their April selection, written by two-time Pulitzer Prize winner, David McCullough. The book is a delightful accounting of the heroic efforts of Wilbur and Orville Wright in Dayton Ohio in the early 1900's. They taught the world how to fly and changed the course of history. Wilbur and Orville's personalities were perfectly matched to unlock the secrets of aviation.

May's Book Club choice was "Ordinary Grace" by William Kent Krueger. A coming of age story set in a small Minnesota town in the 1960's. From his perspective 40 years later, Frank gives a moving account of a family and their community coping with the pain of losses endured by WWII veterans. It is an unforgettable novel about the discovery of the awful price of wisdom and the enduring grace of God.



FOSTER CITY VILLAGE PJCC TOUR

On a rainy Friday morning in April, our Village members were treated to a grand tour of the PJCC. The focus was on a docent led viewing of the community garden and description of the 1500 square foot "Grow Justice" mural, which can be viewed from the main lobby. 745 community members helped to create this colorful work of art. The tour started with bagels and cream cheese, coffee, and fruit salad. Viewing of the exercise and classroom facilities concluded our tour. Everyone was impressed with this gem in the center of Foster City.

March Lunch & Learn



Our Lunch and Learn speaker in March was **Jim Wambach, President of the FCV Board of Directors**. Jim offered an extremely informative, expansive slide presentation and talked to the group about the key elements of “Successfully Aging in Place”. He spoke at some length on ‘nutrition’ and its effects on the natural status of health, recommending a book titled “Effortless Healing” written by Dr. Joseph Mercola.

Jim Wambach is the Founder and Manager Partner of Sesen Elder Care, which focuses on providing elder care, education and advocacy; he is the CEO of CareMaestro, which focuses on helping hospitals improve the quality of care for discharged acute care patients in their homes. Jim is certified by the National Society of Certified Senior Advisors and all these credentials tie in to his passion for Foster City Village and support of its members.

April Lunch & Learn



Our speakers at the April Lunch and Learn were **Erica Wyman-Abrahamson, Conservatory Director** and **Danielle Santana-Combs, Conservatory Operations Manager** of Hillbarn, the marvelous Foster City community theater. These enthusiastic, entertaining ladies offered a dynamic overview of “Sweet Charity”, an energetic Neil Simon musical originally choreographed for Broadway by Bob Fosse. It captures the gritty rhythms and sounds of the 1960’s New York. They

April L& L (continued)

acquainted us with the logistics of planning, auditioning, staging, costumes, rehearsals, and refining of a new production in great detail. Hillbarn Theater is now celebrating its 75th anniversary and it is the 6th oldest operating community theater in the nation.

May Lunch & Learn



Our speaker at this month’s Lunch and Learn was **Scott Delucchi, Senior VP of the Peninsula Humane Society**. Scott is responsible for the adoption programs, community outreach, animal rescue, media relations and animal cruelty investigations. He has been with PHS since 1998.

Scott brought his sidekick, Murray, a 7 year old mixed breed mutt that he adopted 6 years ago from PHS. Out of curiosity, Scott had a DNA Test run to see what breed Murray really is (Yes, you can test DNA on your pet just like humans). Murray turned out to be a mix of Poodle, Springer Spaniel, and Australian Shepherd, and enjoys the designer title of “Aussie Springerdoodle”.

Scott talked to us about the transition and development of the 65 year old PHS facility to the new \$24 million dollar PHS facility on Rollins Road in Burlingame, and the fact that it operates completely on endowments and donations. They take in more than 200 animals per month, and adopt out 100% of the healthy animals surrendered, no matter how long it takes.

Adoption fees are variable, but spay and neuter, microchipping and shots are all included in the fee. You can also take your current pet in to be microchipped for \$25.



MEXICAN TRAIN

We sure have a lot of fun playing Mexican Train. At our last meeting on April 28 we started playing at 1pm. We usually end around 3pm but we were talking, teasing and laughing so much we didn't break up until 5pm! Ruth has been a fierce competitor quietly winning game after game. However, last time Adriana battled to the end and lost by only 2 points! Mexican train day - *a great way to spend an afternoon!*



MAY

5/25 - Larry Metcalfe

5/28 - Leena Dugger

JUNE

6/02 - Evelyn Bender

6/09 - James Wambach

6/12 - Gail O'Brien

6/15 - Aldean Simi

6/15 - Barry Fasbender

6/18 - Gail Mintz

6/20 - Elaine Pitts

6/22 - Patricia Player Maxwell

6/24 - Adriana Parkman

JULY

7/09 - Richard Biederman

7/17 - Gerry Hansen

7/19 - Betty Gee

7/26 - Carrie Cox

7/28 - Marlene Hopper

7/29 - Betty Wexler

Foster City Village Volunteers

Congratulations!

In March, 2016, 34 VILLAGE Volunteers contributed a total of **311 Service Requests** on behalf of our VILLAGE members!

Helen Ackerman
Joan Biederman
Richard Biederman
Jeff Brown
Phyllis Brown
Steve Droz
Jeannie Ewan
Riley Franks
Sharon Gillott
Jon Grant
Edward Grohe
Paulette Hammack
Tina Hildreth
Marlene Hopper
Richard Hopper
Sophia Hutson
Wendy Iwata

Elaine Jacobs
Katrin Kaukull
William Lang
Peter Lauber
Charmaine Leber
Ryan LeDoux
Jennifer Malament
Bob Maxwell
Edd McKibben
Kathy McKibben
Ken Mentzer
Carol Ohm
Chris Pollard
Debra Precht
Gretchen Van Dine
James Wambach
Shari Williams

ITEM OF INTEREST!

Leena Dugger is proudly displaying exhibit entries in the San Mateo County Fair at the Expo Center in June. Her projects are a "Balcony Garden" and a "Strawberry Shortcake" table setting. The entry fee for seniors on June 14 is waived, and she would love to see you there. There is always lots to see at this fair, and the food vendors are super. If you are interested in seeing Leena and her lovely creations, let her know and she will line up free parking passes. Contact Leena directly at 650-574-0706 or by email: leenadugger1@gmail.com.



Remembering our dear member, Cynthia Chun Lum who passed away on April 29, 2016. Cynthia was a staunch supporter of our Village, a Book Club member and served as our first Sunshine Chair. She lived a vibrant life as a Painter, a Quilter, and enjoyed doing Tai Chi at the PJCC. We are grateful for all her efforts, and she will be missed.

Marlene Hopper, our Membership Chair and Theresa Brown, Village Member, are showing off our new Foster City Village Sweatshirts! Stop in the office to get yours for only \$10!



Foster City Village Board of Directors

Jim Wambach, President
Edd McKibben, Vice President
Richard Hopper, Treasurer
Kathy McKibben, Secretary

Phyllis Brown, Bill Chow,
Jennifer Malament, Elaine
Pitts, Patricia Player-Maxwell

Board Meetings are held the
second Monday of each
month at 6PM in The Bow
Room at Foster City
Recreation Center

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