

# the VILLAGER

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

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

## Welcome New Board Member



Leena Sampemane is a technology professional with 20+ years experience in the industry. She joined Intuit in 2012 to lead various cross-company initiatives that ensure Intuit's technology investments are aligned with its strategy. Prior to that, she spent 15+ years at Oracle, in software engineering, architecture and product management roles delivering enterprise software. She is passionate about advancing women in computer technology and speaks at high schools to encourage and influence the next generation of women in tech.

Leena and her husband are Foster City residents since 1995. She loves playing Scrabble and looks forward to playing with Villagers at the monthly Scrabble events.

## CoreFitness & Chair Yoga Classes

These two classes are currently funded through the Sequoia Healthcare District, the Rotary Club of Foster City, and the City of Foster City Grant Programs. A very special THANK YOU goes out to all of them and to our wonderful instructor, Melinda Rose for her support! These classes are free of charge to all FC Village members (volunteers, too) and a low cost for community members. The Summer classes (sponsored by Peninsula Health Care District) are from July 9 to August 22. Be sure to sign up for a safe and fun way to get fit, and make new friends in our Foster City Community!

## SAVE the DATE

Foster City Village Annual Benefit  
It Takes a VILLAGE  
*Celebrating the Community TEAMS  
You Admire*

"It Takes a VILLAGE" Annual Benefit highlights local Community Teams such as volunteer groups, athletic teams, companies, non-profits, youth groups, friends and families, that we have grown to admire. These Community Teams continue to provide vibrant local neighborhood connections and support in a myriad of ways.

Sunday, October 6, 2019, Foster City Crowne Plaza, 1221 Chess Boulevard, Foster City; 5pm Reception, 6pm Dinner followed by auctions and the Program honoring our Community Teams, and Community and Village Volunteers of the Year.

To purchase tickets, please mail a check payable to: "Foster City Village, Inc."

1000 East Hillsdale Blvd, Foster City CA 94404  
Table of 10 attendees \$700, or \$75 per attendee.  
Partnerships/Sponsorships available. Call Mary Bates at 650.378.8541 for more information.

Happy Spring,  
Mary Bates, Executive Director  
[marybates.fcv@gmail.com](mailto:marybates.fcv@gmail.com)



Matilde Chin is currently the Treasurer of Foster City 55+ Club. Her personality shines and she has already enriched our Village by attending both breakfast at IHOP and Let's Talk and Listen. We are very excited to have Matilde attend our functions and bring her friends.

Rachel Chinn is the lucky winner who won the door prize drawing at our March Open House for a free Social Membership. She is already enjoying the CoreFitness classes and looks forward to getting more involved. Rachel is married to former Foster City Mayor, Roger Chinn.



### May

- 5/8 Anita Wong
- 5/16 Eleanor Jones
- 5/26 David Owdom
- 5/27 Harry Zaban
- 5/28 Leena Dugger



### June

- 6/2 Evelyn Bender
- 6/2 Gary Malament
- 6/9 Beverly Camozzi
- 6/9 James Wambach
- 6/11 Matilde Chin
- 6/12 Gail O'Brien
- 6/13 Glenda Carney
- 6/15 Aldean Simi
- 6/18 Gail Mintz
- 6/20 Supriya Singh
- 6/22 Patricia Maxwell
- 6/23 Ludmila Chernishev
- 6/24 Adriana Parkman
- 6/30 Barbara Campitelli
- 6/30 Moxie Posner

## Celebrating Everybody's Birthday!

Join us for cake and food so appetizing and sweet with entertainment and prizes. You're invited to one huge party for some birthday fun!

Thursday, May 23, 2019  
12 noon to 2pm  
Wind Room, Community Center

Please RSVP by Thursday, May 16  
to Phyllis Brown at her  
email [pbrown650@gmail.com](mailto:pbrown650@gmail.com)  
if you plan on coming and/or need a  
ride to and from the party!



### Foster City Village Open House

"A resounding success" is how Marlene Hopper described the Village's Open House held on Saturday, March 2, 2019.

We had over 50 attendees with wonderful hands-on participation from our active members and volunteers. They came to meet with community members to share what our Village means to us. There is nothing like hearing it directly from our Villagers themselves. Rachel Chinn won a door prize drawing for a free membership, who was very excited to participate in the CoreFit class, which is no cost to Villagers.

A huge Thank You to the following:

Village Member, Marcia Cohn-Lyle lead a wicked game of Scrabble.

Village Member and Volunteer, Helen Ackerman, explained how to play "Mexican Train" which is a fun dominoes game.

Village Member and Volunteer, Audrey Guerin, had amazing examples of artwork from the Art Collage class that she leads.

Board Member and Volunteer, Phyllis Brown made tasty treats enjoyed by all.

And noteworthy recognitions to Linda Grant, Supriya Singh, Marlene and Richard Hopper for their collaborative efforts.

### Second Harvest Food Bank Volunteer Recognition Luncheon



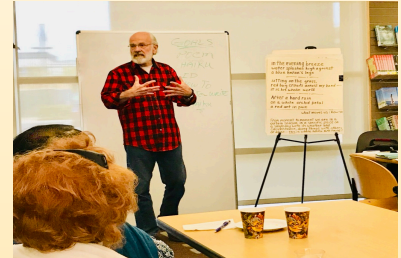
What a treat for Phyllis and Jeff Brown along with Marlene and Richard Hopper to enjoy the fabulous Second Harvest Food Bank Annual Volunteer Recognition Luncheon on Monday, April 8 at the San Jose Food Bank facility.

Foster City's Volunteer Team Leaders were hosted at a fun-filled luncheon with door prizes, music and delightful company. The Browns swept up prizes with Jeff winning Bingo and a raffle prize. Phyllis also won a raffle prize. Jon and Linda Grant were not able to attend. We were proud to represent Foster City Village, Rotary Club of Foster City, PJCC Foster City and Foster City Lions Club Volunteers.





Cannot remember  
Did you pass by the window  
Or pass through my life  
~Gretta



Jerry Bolick provided a basic introduction to Haiku poetry at the April Lunch & Learn program. He views Haiku as a way of slowing down our pace and to be present with our five senses. Haiku is a poetic form that is both a literary and a spiritual exercise. Participants learned how to write their own Haiku poems using the standard 5-7-5 syllables on three separate lines. Here are samples of Haiku poems written by some of our members:

Ducks without partners  
Searching, searching everywhere  
A nest is waiting  
~Helen

Rose plants in the beds  
Rec Center coming down soon  
Less work, less beauty  
~Phyllis

Birthday card: Happy eightieth.  
A plane passing overhead,  
It's not time that's passing, it's me.  
~Murli

Leaves swaying in trees  
Birds singing, blooming flowers  
Winter is long gone  
~Sophia

Wind whipped pollen dust  
Wrested from its mother flower  
Settles...a new life?  
~Supriya

Spring comes in my heart  
As blossoms burst from small buds  
How comes it to you?  
~Jacquie

## Safe Disposal of Expired, Unused and Unwanted Medications

CVS Pharmacy now has a special in-store kiosk for safe disposal of expired, unused or unwanted medications. It is convenient and easy to use:

1. Cross out personal identifying information from medicine bottle.
2. Leave medicine in its original container or place in sealed plastic bag.
3. Put medicine in the kiosk (disposal box).

Please call the Village office at 650.378.8541 if you need assistance with medicine disposal. We can arrange a volunteer to pick up your unwanted medication.

### Drug Collection Box

#### What Items can go in the box?

- Prescriptions
- Rx Patches
- Rx Medications/Pills
- Rx Ointments
- Over-the-counter medications
- Vitamins
- Samples
- Medications for pets

#### What Items are not accepted?

- Hydrogen Peroxide
- Thermometers
- Needles (sharps)
- Lotion
- Liquids
- Aerosol Cans
- Inhalers





The March Lunch & Learn program hosted by Board of Directors President Supriya Singh and Village Member Murli Melwani, focused on Spring festivals Holi and Diwali.

Holi, the festival of colors, is celebrated by spraying non-toxic, colored powder on each other, which epitomizes the colors of Spring, and respect and love for nature. The presentation included photos of the young and old, covered in a rainbow of colors, from different parts of the world including pictures of Phyllis and Jeff Brown from past celebrations at Leo Ryan Park.

Supriya and Murli explained the Festival of Light, Diwali. "If you were to take a bit of Christmas, a bit of New Year's Eve and a bit of the Fourth of July and roll them all into one, you will get a taste of what it is to celebrate Diwali."

Diwali is celebrated with fireworks and by lighting wicks in lamps. The oil in the lamp stands for our negative tendencies. By lighting the lamp, we are symbolically burning our ego. The light from the lamp removes darkness and ignorance and brings self-awareness and knowledge.

Supriya recalled celebrations in India when she was growing up. The photographs showed how she celebrated Diwali in the States with the colored powder patterns at the entrance of the house, the altar with little lamps inside the home, lighting sparklers, and fireworks with family and friends.

Shari Williams wrote an article for The Islander, describing Holi as the "Festival of Love," adding "famous for being the most colorful festival in the world." She mentioned that Supriya and Murli "gave us an energetic education about Holi" and "Foster City Villagers enjoyed and learned about the Indian Holiday called Holi".

(Photo credits: Audrey Guerin, Marlene Hopper, Sophia Wambach, Richard Needham)

***Executive Director:***

Mary Bates

***Board of Directors:***

Supriya Singh, President  
Marlene Hopper, Vice President  
Richard Hopper, Treasurer  
Bob Lahl, Secretary  
Phyllis Brown  
Edd McKibben  
Patricia Player-Maxwell  
Leena Sampemane

***Managing Editor:*** Mary Bates

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

***Editorial Assistant:*** Jennifer Malament

***Mailing Crew:***

Barbara Campitelli  
Eleanor Jones

***Contributors:***

Helen Ackerman	Jennifer Malament
Phyllis Brown	Murli Melwani
Gretta Csatho	Richard Needham
Jacquie Gentry	Supriya Singh
Audrey Guerin	Sophia Wambach
Marlene Hopper	

