

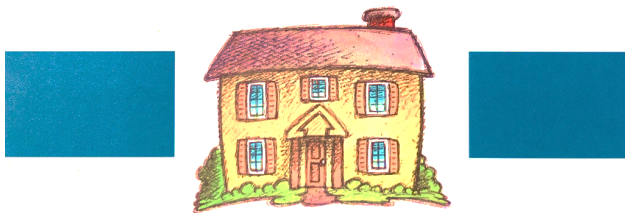
the VILLAGER

Email: fcvillage94404@gmail.com

www.fostercityvillage.org

The Foster City Village presents

"It Takes a VILLAGE"



Annual Benefit

Celebrate the Community Teams You Admire



The Benefit provides an opportunity to celebrate & honor your Community TEAM such as your business, sports team, non-profit organization, club, friends &/or family!

2019 Community Service Award

is given annually to a community individual, organization, or family that exemplifies living a life of community service & making significant contributions through their times, actions & talents.

Congresswoman Jackie Speier



2019 Elaine Pitts Community Service Award

is given annually to a Foster City Village Member(s), Volunteer(s), or Sponsor(s) for their support & outstanding contributions to Foster City Village & are Role Models for compassion & service.

Marlene & Richard Hopper

Pre-registration is required for the Benefit. Please purchase your tickets in advance today! Visit: fcv.eventbrite.com or 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.



Don't
forget
to be
Awesome



"It Takes a VILLAGE"

We cordially invite you to

CELEBRATE & HONOR

many of our Bay Area Community Teams featuring The TEAM Recognition Show.

Keynote Speakers: Joydeep Ganguly, Sr Vice President, Gilead
Kevin M Miller, City/District Manager(retired) City of Foster City

Sunday

10.6.2019

5pm to 9pm

CROWNE PLAZA HOTEL

1221 CHESS DRIVE FOSTER CITY CA

"TEAM SPIRIT ATTIRE"

These Community Teams continue to provide vibrant local neighborhood connections and support in a myriad of ways. Partnerships and Sponsorships information, call Mary Bates, Executive Director at 650.378.8541.

See you October 6!

Mary Bates, Executive Director

marybates.fcv@gmail.com



A Warm Welcome to new members **Shaun Lenihan, Mira Lyons, Karen Mixer, Mary Simas, George Craig, and Ray & Pat Cartwright** who shared a bit about themselves.

Ray & Pat Cartwright lived in Foster City over 44+ years. Pat retired from the San Mateo/Foster City School District where she was a K5 Principal. A volunteer at heart, she loves animals, children, plants and flowers. Now Pat belongs to the Newcomers of San Mateo County and has joined a garden and succulent group. New to Foster City Village, Pat hopes to make new friendships and connect with other members.

Ray moved to California from New York where he worked in transportation and distribution at Crown Zellerbach. Ray's hobby is woodworking but he stopped while he still has all 10 fingers. Also, an avid volunteer, was active in the San Mateo Historical Society and later with the San Mateo Police Department. He is looking forward to working with our members in Foster City Village.

George Craig and his wife moved to their new home in Foster City in December, 1972 (45 years ago) and lived here ever since. They raised their three kids, and now have five grandchildren, all living in the Bay Area. George has been a widower since 2006. He is a retired federal civil service employee, having specialized in Telecommunications Management. His primary hobby is Genealogy. George is looking forward to participating in Foster City Village social events and enjoying its transportation services.

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



September

9/5	Maurice McNamara
9/12	Theresa Brown
9/17	Betty Stevenson
9/18	Ana Letran
9/24	Joan Biederman
9/30	Kathy McKibben



October

10/2	Evelyn Lee
10/4	Peggy Nahinu
10/6	Shaun Lenihan
10/12	Dale Miller
10/16	Shirley Helget
10/16	Jannette Greer
10/19	Lila Olson
10/21	Bette Garcia
10/21	Mira Lyons
10/29	Sofia Yofin



Fudo Myoo Deity



Jomon Dogu Google Eyes



Samurai Helmet Mask

Japanese Aesthetics: Rustic or Refined?

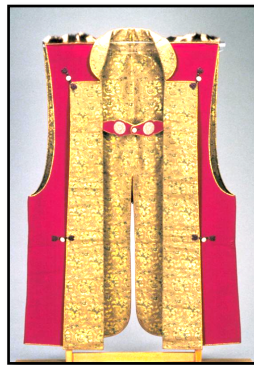
Asian Art Museum Docent, Bianca Larson presented a slide show of unglazed earthenware objects, clay figures of animals and humans, and bronzes to give a picture of the evolution that took place between 4000 BCE and 600 CE at July's Lunch and Learn.

She explained Wabi and sabi are two of the key Japanese aesthetic concepts. Wabi is the quality of a rustic, yet refined, solitary beauty. Sabi is that trait, be it the green corrosion of bronze, or the pattern of moss and lichen on wood and stone, that comes with weathering and age. Over time, the two words have combined to form a new word, Wabi-sabi – a beauty of things imperfect, impermanent, and incomplete.

You can see more rustic or refined objects at the SF Asian Art Museum in The Early Japan gallery on the 2nd floor, Galleries 25-31. General museum admission is free every first Sunday of the month, 10am to 4pm.



Suit of Armor



Campaign Coat



Dutchman & Rooster Netsuke



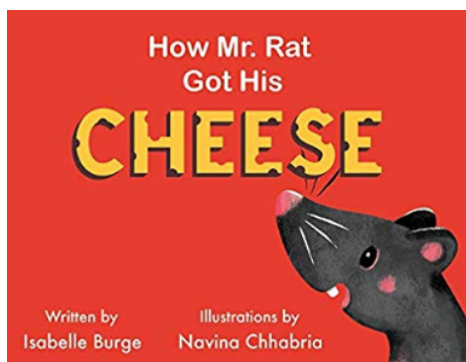
Sword Guard



Seated Buddha Amitabha



The Demon Queller Netsuke



A longtime resident of California, Isabelle Burge, was born in Kansas in 1918. She and her husband spent 80 years together, dancing and having grand adventures throughout the country. Stories have always popped up in Isabelle's head, and *How Mr. Rat Got His Cheese* is the first to be shared with the world.

Isabelle hopes that the story of Mr. Rat's quest to achieve his goals will help the next generation of children discover the fruits of cooperation, persistence, and friendship. Developed as a teaching tool for children to learn their vowels, this delightful rhyming book is a fun journey with new friends and a valuable lesson.

100-year-old debut author Isabelle Burge was tickled pink when her very first fan of her picture book, *How Mr. Rat Got His Cheese*, was her own great-grandson.

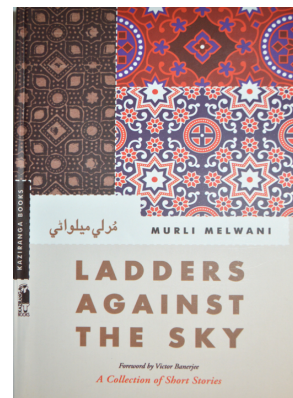
<https://www.youtube.com/watch?v=2J-3Z16PcAQ>

Her book can be found here:

<https://store.bookbaby.com/book/how-mr-rat-got-his-cheese>

<https://www.amazon.com/How-Mr-Rat-Got-Cheese/dp/1543977715/>

<https://www.barnesandnoble.com/w/how-mr-rat-got-his-cheese-isabelle-burge/1132424989>



Murli Melwani's collection of short stories, *Ladders Against the Sky*, has been evaluated and accepted by the Acquisition Committee of the San Mateo County Library System. After cataloging and other formalities, the book will be available to check out at 12 libraries in the SMC Library System.

The 23 stories in the collection fall into two categories. The stories set in the United States, Canada, Chile, Hong Kong and Thailand, discuss cultural change and adjustment. The stories set in India reveal the contradictions of living in a country caught between tradition and modernity, science and superstition, and survival amidst economic uncertainty.

The stories were first published in print and online journals in the U.S., U.K., Hong Kong and India. A number of stories were nominated for various prizes in the U.S. including two that were nominated for the Pushcart Prize, one in 2012 and another in 2013.

The collection has received good reviews in journals and newspapers. The reviews can be read at the following link:

<http://indianshortstoryinenglish.com/reviews/murli-melwani-ladder-against-the-sky-kaziranga-books-2017/>

The kindle edition is available on Amazon:

https://www.amazon.com/Ladders-Against-Sky-Collection-Stories-ebook/dp/B07Q4VZ4VP/ref=sr_1_1?keywords=Ladders+against+the+Sky+Murli+Melwani&qid=1566010447&s=books&sr=1-1



The City of Foster City hosted a new community event, Summer Days, August 23 to August 25, 2019 at Leo J. Ryan Park. It was a great opportunity for families, neighbors, and friends to connect and to celebrate the City's birthday.





SHFB.org

BROWN BAG PROGRAM

Free Food for Seniors

For the past 15 months, Volunteers from Foster City Village, Foster City Rotary and PJCC meet on the 1st and 3rd Fridays every month from 9:30AM-11AM to distribute groceries provided by Second Harvest of Silicon Valley to our Community.

It all began when Second Harvest Food Bank contacted Colleen Gotthardt, Recreation Coordinator for Foster City. She reached out to Marlene Hopper, Community Outreach Director for Foster City Village about a potential opportunity. Marlene Hopper was the catalyst to get "Brown Bag" started in Foster City and bringing many friends on board from Foster City Village. Not only is our Community being served, but the camaraderie of the volunteers is awesome.

If you are interested in receiving free groceries, please sign up to verify your eligibility by calling the Food Bank at 650.610.0800, extension 165 or visit <https://www.shfb.org/brownbag> for more information. Thank you all for making it possible for Second Harvest Food Bank to serve hungry older adults and disabled adults in the Foster City community. It Takes a Village!

Sequoia Strong™ (formerly 70 Strong), is now your FREE personal resource guide to healthy living for ALL ages.

[sequoiastrong.org](https://www.sequoiastrong.org)



Find activities you love and services you need at every age!

70 Strong has grown stronger, and is now known as Sequoia Strong™, your FREE personal resource guide to healthy living for ALL ages in the Sequoia Healthcare District. Visit the new & improved, user-friendly directory at www.sequoiastrong.org to find both enrichment activities and basic need services.

What's more, activities and services for Adults 50+ are now available. All resources are personally recommended by the Sequoia Healthcare District for District residents, and most resources are free or low-cost. The directory is your personal guide to local community events including seasonal celebrations, family friendly events, health fairs, and more. For information, call (650) 421-2155.

Ikebana: The Art of Flower Arrangement

Yoshiko Williams, a Riji of Sogetsu School presented a demonstration on traditional, modern, and freestyle arrangements and provided tips on creating our own arrangements for home at the August Lunch & Learn.

The word Ikebana means "giving life to flowers".

Traditional arrangements include elements that represent heaven (Shin), human (Soe), and earth (Tai). The longest branch, called Shin symbolizes heaven (tallest) standing straight at 90 degree. The medium branch, Soe, symbolizes human (second highest) tilt it to the left at a 45 degree angle. And the shortest branch, Tai, denotes earth (lowest) tilt it to the right at about a 60 degree angle. The goal is to achieve that classic triangular Ikebana shape with stems of varying heights.

Freestyle allows complete creative freedom, from the types of materials used (fresh, dried, flowers, metal, etc.), to vessels (vase shape, color, no vase), and styles (traditional, naturalistic, modern, etc.). Floral frogs and wires may be used to allow flowers and branches to be placed in upright and angled positions.



Fall Prevention Tips for Independence & Safety

Falls are a leading cause of loss of independence for older adults; and they fall at an alarmingly high rate. Falls are the number one cause of injury, hospital visits due to trauma, and death from an injury among people age 65 and older. It is estimated that one in four older adults falls each year. And after someone falls once, the chance that they will fall again doubles.

Preventing falls is an effective way to stay independent longer. Falls cause serious injuries like hip fractures, broken bones, and head injuries – all of which can lead to a decrease in abilities. The CDC's fall risk checklist alerts you to falls before they happen. It has 12 simple Yes/No questions to assess your fall risk.

It asks about your history of falls, how steady you feel in real-life situations, medications, and mood. If you score 4 points or more, you are probably at risk of falling. Begin an exercise program to improve your leg strength, balance, and flexibility. Ask your doctor or pharmacist to review your medicines. Identify fall hazards and safety modifications in the home.

If the score shows that your risk is high, talk with your doctor as soon as possible. The completed checklist gives the doctor a better idea of other issues that are increasing your fall risk. Be aware of fall risks when outside the home and in your Community.

Check Your Risk for Falling

Circle "Yes" or "No" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total _____		Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.	

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011; 42(6):493-499). Adapted with permission of the authors.



AmazonSmile (smile.amazon.com) offers all of the same items, prices, and benefits of its sister website, Amazon.com, but with one distinct difference. Foster City Village has partnered with Amazon Smile so when users shop on AmazonSmile, the AmazonSmile Foundation will automatically donate 0.5% of eligible purchases to FCV. You get your product and Foster City Village gets a donation. Now, that's a "win-win"!

1. AmazonSmile is simple to use—all you need is an Amazon account. On your first visit to the site, you will be asked to log in to your Amazon account with existing username and password (you do not need a separate account for AmazonSmile).
2. You will then be prompted to choose a charity to support. Once you have selected Foster City Village Inc, you are ready to start shopping.
3. From there, AmazonSmile will remember your charity and apply eligible purchases towards your total contribution. Remember, you must be logged into AmazonSmile (smile.amazon.com) –donations will not be applied to purchases made on the Amazon.com main site –it is that easy!

4 WAYS TO GIVE

We appreciate the many ways you give your time, energy and resources to promote the mission of Foster City Village! Please explore the ways you can deepen your commitment.

Financial Contributions

We gladly accept contributions all year around. Consider making a recurring donation or using your donation to honor or remember a special individual or event. You can donate online at www.fostercityvillage.org or mail a check payable to Foster City Village at 1000 E. Hillsdale Blvd. Foster City, CA 94404.

Planned Giving

This may include bequests to Foster City Village in a will or living trust; naming Foster City Village as the beneficiary of a retirement plan or life insurance policy; or a tax-free charitable gift to Foster City Village.

Foster City Village Annual Benefit

Buy tickets or a table to our "It Takes a VILLAGE " Annual Benefit or become a sponsor. This is a great way to support and enjoy an evening of celebration on Sunday, October 6, 2019 at the Foster City Crowne Plaza Hotel at 5pm.

Volunteer Opportunities

The gift of time, talent and energy is always needed. You can volunteer directly with one of our programs, or become involved with one of our Committees. For more information, check out our volunteer opportunities at www.fostercityvillage.org.

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