



Heritage Happenings

February 2021

This photo was taken on a recent "Out and About" trip led by Eleanor Burke. The background is the magnificent mosaic 15th Street steps which climb seemingly to heaven. We did not climb them!

Move Your Mind Series

Presented by Chelsea Rexrode RD

Every Monday at 3:00 in the Fitness Center
Sign-up sheets will be posted in the dining room

Topics

Monday February 1	-	Mind Diet
Monday February 8	-	Brain Power
Monday February 15	-	Staying Connected
Monday February 22	-	Stress & Wellbeing

The Move Your Mind series is an interactive brain fitness education series featuring discussions on cognitive health and includes hands-on activities. Chelsea focuses on lifestyle factors that can help prevent declines in cognitive health, or, if not part of one's life, can have a negative impact on cognitive health.

DE YOUNG MUSEUM

World of Jane Austen Virtual Art Talks

Presented by Kathryn Zupsic

Thursday, February 4, at 3:00 via Zoom and in the McGinley Room

"Dramatic and Elegant Classics" with Pianist Ian Scarfe

Thursday, February 11, at 3:00 via Zoom and in the McGinley Room

The program will include sonatas, fantasias, and other masterpieces by Haydn, Mozart and Beethoven, and will feature Ian's entertaining and educational discussion about the music, as well as a live Q & A session with the audience. Sign-up in the Dining Room.





Sunday, February 14

A special lunch will be served. Wear your best Valentine's attire!

Mardi Gras Special Dinner

Tuesday, February 16

Beads and special masks welcome!



Ash Wednesday

Wednesday, February 17

Please sign up in the Dining Room to receive ashes.

Details will be announced.



Emotional Support Group with Jeanne

Wednesdays, February 10 and 24, at 3:00 in the Stucky Library

Jeanne Demeio, Activity Leader, will continue to host a group discussing such topics as *Coping with Covid-19*, *Grief and Loss*, *Isolation* and related or requested topics.



Spread love, not germs! Join your fellow pals for a Palentine's Social in the Porter Garden on Thursday, February 18, 2:30 to 4:30. Look forward to sweet treats and fun!

LAMPLIGHTERS

2018 Gala: **Ex1tra! Extra! Sing all about it!**

Sunday, February 21, at 2:00 in the McGinley Room

The show is about the staff of a newspaper struggling to stay relevant in a rapidly moving world. It combines elements from *The Newsroom*, *The Post*, and *His Girl Friday* and is set to the music of Arthur Sullivan. It is a wacky parody of all things newspaper. The runtime is 2 hours, 20 minutes.



Happy Chinese New Year

Thursday, February 25. Stay tuned for Lion Dancer performances at 2:00, 2:30, and 3:00 in the Courtyard and a special Chinese New Year dinner.

Cottage Day Program



Check out the Cottage Day Programs as there will be holiday arts and crafts such as making Valentine's Day cards and bouquets, Chinese lantern-making and Mardi Gras beads for the special events in February.

Reminders:

David Peritz' lectures are on Tuesdays at 3:00 pm on Channel 998. Stay tuned for the latest current events with Professor Peritz.

Tech Support with Stephen continues in the McGinley Room on Mondays, February 8 and 22, from 2:00-3:00 pm. Stephen is also available by appointment. Call 415-202-0300 ext. 241

Out and About continues with scenic drives on Tuesdays. Sign up in the Dining Room for the next adventure. Seating is limited to four.

And for relaxing, watch and listen to the Daily Dose of Music at 3:00 pm on Channel 998 daily except Tuesdays, with a full concert on Sundays.

Joe Coughlan



In January 1961 Lieutenant Commander Joseph D. Coughlan participated in John F. Kennedy's inaugural parade, playing the role of Kennedy as a naval officer on a float dedicated to scenes from the president's earlier life. As a naval officer, Kennedy had commanded the PT-109 that was torpedoed by the Japanese in WW II.

In order to play Kennedy in the parade, Coughlan (in the white hat saluting) borrowed another officer's jacket because Kennedy had been a naval commander--one rank above Coughlan's position as lieutenant commander.

Erika Coughlan

"The Lions are Coming!"

The other day Katie Loo was heard to exclaim "the lions are coming!" A lion dance is traditionally performed at The Heritage after the end of Chinese New Year. But a performance during the COVID crisis was quite uncertain. Katie's joy was the result of confirmation that the lions are scheduled to bring good fortune to The Heritage this year. Lion dance highlights include:

Traditional Dances - a way of sharing with friends after celebrating with family. A variety of traditional dances are performed on joyous festivals such as New Years and weddings to evoke good luck in the upcoming year.

Lion and Dragon Dances - The lion dance is operated by two dancers, one manipulates the head and the other forms the rear end of the lion. The dragon dance is performed by many people holding the long sinuous body of the dragon on poles. The dragons are usually seen in parades.

Northern and Southern Styles - The northern lions feature a vivid representation of a lion with a shaggy orange and yellow mane and a bow tied around its head and is famed for its agile movements. Its southern sister is noted for intricate designs based on traditional Chinese opera and emphasizes powerful moves and solid postures. Our lions: southern style.

Association with Kung Fu Lion dancing has close relations to kung fu. The dancers are usually martial art members of the local Kung Fu club or school. Lion dancing provides cardiovascular exercise, stance training, and weight training all rolled into one cultural package.

Music - The instruments are a large Chinese drum, several sets of cymbals, and a heavy gong. The musicians always follow the lion's activities, rather than having the lion's movements choreographed to the music.

Colors of Costumes - The lion with white fur is considered to be the oldest of the lions. The lion with golden yellow fur is the middle child. The black lion is the youngest lion. The movement of this lion is fast like a young child or a headstrong teenager.

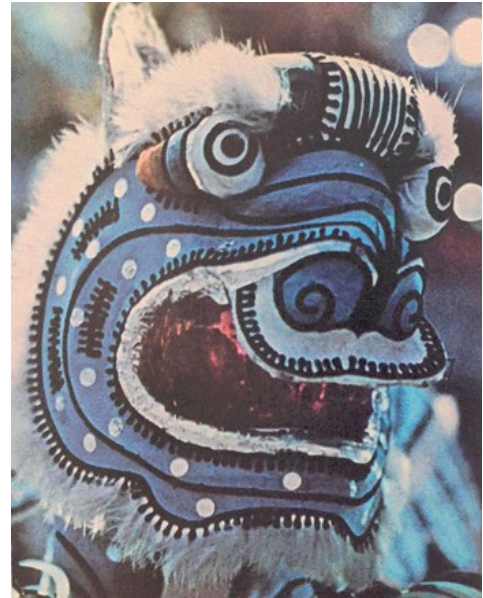
Routines - Choi chang is a tradition at Chinese New Year where shopkeepers tie a clump of lettuce with a red envelope of money above the door of their shops. The lion jumps up and eats the lettuce and keeps the money. This will bring good luck to the store during the upcoming year.

The following photographs of Lion Dances in Singapore were taken by Sheila Moore in 1966.

Theo Armour



Yellow lion with green and red tails ~ the middle children



Black Lion ~ the youngster

A black lion at the 2020 lion dance performed at The Heritage. Photo by Theo



Who Invented the Printing Press?

Many of us like to feel the printed page while we read, which is why we like the idea of print and the printing press. Who invented the printing press? Was it Bi Sheng or maybe Baegun? Might it have been Wang Chen or Choe Yun-ui or perhaps Gutenberg?

Chinese monks created *The Diamond Sutra* using ink pressed onto blocks during the year 868. However, they did not use a printing press. In the early eleventh century (1041-1049), a Chinese peasant named Bi Sheng (PiSheng) developed the world's first movable type using ceramic clay as type. Also during the eleventh century, the first printing of paper money and the earliest printing of playing cards took place.

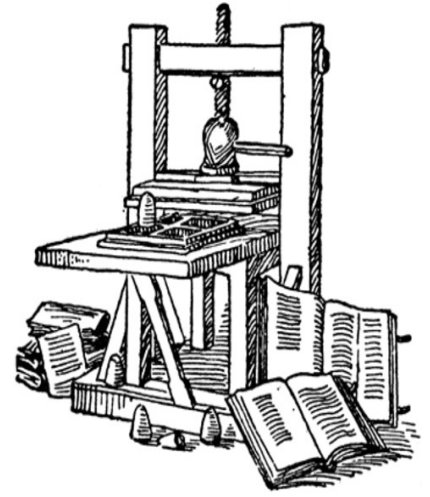


In 1250 a Korean civil servant, Choe Yun-ui, needed to print a Buddhist text. He cast three-dimensional characters in metal and arranged them in a frame, coated them with ink and used them to create printed sheets on paper. He could also rearrange the metal characters, eliminating the need to chisel blocks. This was done 150 years before Guttenberg's invention.

In 1314 Wang Chen printed a treatise on agriculture and farming called Nung Shu on wood-type blocks. It might be called the first mass-produced

book. It was sent to Europe and it also documented many Chinese inventions that have been traditionally attributed to Europeans. Metal movable type was also invented in Korea. One source states that a Korean monk named Baegun printed Buddhist sayings using movable metal type. Another source says that the time of this event was about 1420.

But how did the concept of printing and the printing press move to Germany? We can thank the Mongol leaders such as the Kahn (Kublai) family who took their technology from East Asia to the West. And on the way the Uyghur—a Turkic tribe—used movable type. It helped that the Uyghur's alphabet consisted of relatively few letters. The Mongols likely brought print technology to Europe through their raids from 1000 to 1500 AD.



Then we have Gutenberg's invention of his printing press, which used the basic design of the olive press. He created ink for metal type and he a quick drying paper. We must remember that Gutenberg only had 26 letters to move. There is no doubt that Gutenberg was a major contributor and created a better printing press. A quote from the website *so gutenberg didn't invent the printing press* states: "During a study of Gutenberg's lettering techniques, computer programmer Blaise Agüera y Arcas pointed out how strange this is: 'The idea that a technology emerges fully formed at the beginning is nuts. Anyone who does technology knows that is not how it works.' "

When those old industrial printing presses have gone to the foundry, then maybe they'll be shipped back to China. Wouldn't that be something, a printing press, melted down, going home—back to China. However, we still have small, independent presses. Arion Press (arionpress.com) is located inside The Presidio. They use metal type. Their biggest press allows ink to be placed on a roller and then that is run over metal type. When COVD is over we can take a tour of Arion Press. Meanwhile look at their website.

Today, the books and newspapers we read are printed by either offset or digital printing. We are still reading. For that we have to thank all those folks from China, Korea, the Mongols, the Uyghurs and of course, Mr. Gutenberg.

Gardner Haskell

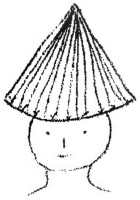
Reading makes immigrants of us all. It takes us away from home, but more important, it finds homes for us everywhere. —Jean Rhys

Letter home from Sheila

Evergreen Hotel, Sun Moon Lake, Taiwan

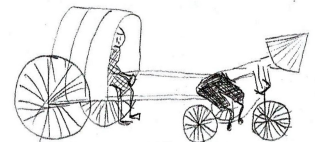
July 6, 1966

Well, here I am, sitting in a very nice lakeside hotel looking at a gorgeous view. It's raining very hard and the mist is creeping over the mountains and it's very lovely. This island is absolutely beautiful!!! It reminds me of Robinson Crusoe land. It's covered with green mountains, banana plantations and rice fields. The farmers here do wear the conical straw hats and use water buffalo to pull their ploughs in the fields.



I landed in Taipei, the capital, and, brother, what a town! I think that I have been spoiled by Japan. It's hot and humid, the people all wear poor-lookig clothes. I disliked Taipei so much that I immediately made a plane reservation to leave. But, since then, I have been very happy. The scenery is superb. I caught an express train that went down the Western side of the island to Kaohsiung, the largest industrial city and a big Taiwanese naval base. I kept in the suburbs, traveling by local buses to two beautiful lakes with colorful pagodas, towers and temples scattered about. A Navy officer took me under his wing and showed me the second lake. Many people speak some English. Next, I took a train to Tainan, which is the oldest city in Taiwan. I saw the remains of the Dutch rule here. The Dutch were driven out in 1661 by Koxinga, the national hero. I saw a shrine in his honor.

The streets are very crowded and have food stalls everywhere, taking up most of the roadway. Cars can barely crawl through. To me, the food looked flybitten and ugly, not at all like the stalls in Japan. The pedicabs here are very colorful.



Last night, I had dinner in a deluxe hotel. I felt very luxurious - all for \$1. I had steak on the train and it was only 62 cents. The express trains are very clean with Western style bathrooms, and they serve free glasses of green tea. Taiwan is not as clean as Japan. I don't eat from the stalls - they are not clean. Taipei is a G.I. town, near an American base. American servicemen come here for R & R.

I saw an old woman today in Tainan who had her feet bound when she was a baby and now was hobbling along. She was relatively tall but had feet like a baby's. Cruel practice.

Today, the rain has stopped. The mounains are beautiful. The hills and lake are green with steam like a white mist. Everyone tells me that I will enjoy Hong Kong and I am looking forward to it.

Sheila Moore

"Travel opens your heart, broadens your mind and fills your life with stories to tell."

President's Corner

Dear Fellow Residents,

2021 is off to a fast start here at The Heritage. We have had some excellent and fun holiday meals put on by our very competent dining staff and enjoyable events, starting with a well-run Bingo New Years Eve, run by Stephen, when Jean Fowler won her warm "blankie". The Morgan Parlor looked lovely with a wonderful tall beautifully decorated tree done by Patti Gallagher and residents. The dining room also had a stunning tree. Thanks to those of you who helped with the decorations.

After the New Year we resumed the Tuesday "*Out and Abouts*" which took small groups to unusual and off-beat scenic sights not usually visited by tourists. So far they have been a big hit. The trips followed suggestions from "A Walker's SKetchbook of San Francisco" by Eleanor Burke, who narrated some of the trips. Free copies of the book continue to be available to residents. We are very fortunate to have Calvin, our wonderful driver of The Heritage van. The only handicap to the driving activities is that we can only take 4 in the van at once, due to distancing requirements.

95% of our residents have completed the Pfizer vaccine, and are very grateful to have had that opportunity. To my knowledge, no resident has tested positive to the virus. The Council only hopes that sometime soon we all may be able to get together as a group once again for a meeting. Please contact me with questions, ideas and suggestions.

Th Council sponsored a well-received wine night the evening of the Inauguration to celebrate a peaceful transfer of authority. A big thanks to two anonymous donors who gave the council \$150.00 to help pay for the event.

We appreciate the fine job Mel Matsumoto did as a temporary CEO dring a very trying year, and wish him well in his retirement.

To continuje being safe, remember to continue to wear masks, social distance and sanitize your hands. Also, wear your pendant.

Bernie Burke



"If apples were pears
And peaches were plums
And the rose had a different name.
If tigers were bears
And fingers were thumbs
I'd love you just the same."

Valentine's Day Songs and Poems

HE STARTED AT AGE THREE!

When the garden side parties began last year and Stephen Camarota entertained us with favorite songs, residents began asking about Stephen's background. It soon became time to review his music life.

There was a lot of music in the early life of the Activities Leader, Stephen Camarota. His grandfather played jazz piano and his mother played classical piano. When just three years old, his family recognized that Stephen was interested in music and singing. At age three, his musical tastes led to songs sung by Simon & Garfunkel, Barbra Streisand and Luciano Pavarotti. It led to Stephen learning to play the piano and sometimes follow up with small percussion instruments. Stephen's Great Aunt Mary was also a major influence. She played piano, organ, guitar, drums and marimba. Aunt Mary's favorite songs were those of Frank Sinatra, Ginger Rogers, Mae West, and Jeannette McDonald.



Stephen's Mom often played family singalongs and Stephen would sing lead. Also, in his young years, he became a member of his church choir and served as the alter boy at the church in Absecon, New Jersey. He fondly remembers a performance the choir gave when he was in the third grade. They sang "Rhinestone Cowboy" and "Nine to Five". At one point in his youth, he lost his sense of hearing. Fortunately, the problem was fixed with surgery.

Stephen attended New York University where he studied drama and directing and also took private singing lessons. After graduation from NYU he moved to California where he found a number of opportunities, such as **Open Mic Nights** at various clubs, and the **Lollipop Guild**, which was an acapella group. One of their favorite songs was "Oh Danny Boy". **The Twilight Vixen Revue** was a group of 12 dancing girls with Stephen singing. Over the years, Stephen has also played at various piano bars and prepared numerous **Christmas shows** with a three-person band. Many of these jobs headlined an emphasis on the songs of the 60s and 70s.

Stephen's favorite song is "Origins of Love" and his most memorable moment while performing was when he was singing at a very noisy bar and part way through the song, the audience became very quiet as they listened with rapt attention.

All of these jobs gave Stephen the experience that we see today with programs of the Activities Department.

DORIS HOWARD, ART CURATOR OF THE TONY LAWRENCE GALLERY (Formerly the Georges DeBatz Gallery)

The Visual Arts Program began in 1998 when Georges DeBatz, a friend of a Board of Directors member, left \$50,000 in his will to The Heritage to begin an art Program. The first DeBatz Committee included Lloyd Wake, Diana Taylor and a few others. They were given the room that is now the Physical Therapy Room.



They designed the room, bought tables and chairs and a kiln (now in the laundry room). Diana had brought old friends Doris Howard and Zoe Brown into The Heritage, both of whom became members of Visual Arts. Diana took Doris to a sale at Fort Mason to make her first purchase of about \$100 on paint, brushes and canvas, to learn how to paint.

Nadine Gay was the first art teacher. We had a painting class and a sculpture class. Diana and Zoe were experienced curators. They taught Doris how to mount and various ways to hang paintings. The second floor corridor was named the Georges DeBatz Gallery. In later years, it was renamed The Visual Arts Gallery. When our beloved staff artist Tony Lawrence died, the gallery was renamed again, in his honor.

Hoping to engage Health Center residents in a new activity, Doug Kaplan contracted with The San Francisco Art for Elders Program for a new teacher when Nadine retired. This brought one painting class to the Health Center while the other remained downstairs. Doris badgered residents and Board members for contributions to support the art classes. We also sold paintings. When the original DeBatz and other funds ran out, Doris asked Ken Donnelly for financial support. He gave a definite 'yes.' He wanted us to have an art program.

About 2005, Eleanor Bissell began a series of summer photography classes. This gave us photography exhibits. (It also gave us Eleanor as a resident, several years later.) Another addition to the exhibits was wine and cheese openings. Doris asked then-Director John Killeen if we could spend art funds for this. These official openings led to increased popularity of our exhibits. Sadly, as our population aged, participation in classes decreased. Last year we had only four artists in class. Twenty years ago, we had fifteen to twenty. When the pandemic shut down activities, the openings and classes

came to a halt.

Doris has been the Curator for about fifteen years. Although there are no classes, she still manages to mount new exhibits, a new one every two or three months. We are grateful to Doris for her dedication.

ART BENFACTOR GEORGES DE BATZ

Who was this Georges de Batz, a man who was a generous benefactor of The Heritage but had no direct connection with it? In researching him, I found that de Batz was a collector and dealer, who followed in the footsteps of his father. Born in France, he was on the last ship to leave his country in 1939, before the outbreak of war. Although de Batz was a San Francisco resident, his reputation as a collector was national. He was best known for his contributions to the Achenbach Foundation and Boston Museum of Fine Arts Asian Art Collection.



According to Nicolo Caldararo, "He was as great a mystery as his collections were rich. It seemed as if de Batz had no past at all. We could find little about the man as he lived except for his passion of collecting art and donating to the public." De Batz' home was on Polk Street, where he lived by himself until he moved to a care facility in the early 1980s.

He set up a Georges de Batz Trust for the Arts, which over the years gave money to art organizations and religious charities. The Foundation was especially focused on those that had programs for children. Even though we didn't fit in any of the categories, The Heritage ended up as a beneficiary of the Georges de Batz Foundation, but why will probably remain a mystery just like him.

Martha Nell Beatty

NOTE: The Aphorisms display in the gallery is coming down to make ready for the next exhibit. Please feel free to take one or more that you would like.



Jane Brymner	2/02	Ivy Lee	2/10
Mary Roper	2/04	June Fraps	2/11
Jane Standing	2/06	Steve Swietlicki	2/12
Katie Loo	2/09	Flora Zagorites	2/16
Rod Dugliss	2/29		

Movies in February

Fridays, at 2:30

In the McGinley Room:

Moonstruck (1987) Feb 5

Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry. Stars: Cher, Nicolas Cage, Olympia Dukakis |

Midnight in Paris (2011) Feb 12

While on a trip to Paris with his fiancée's family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s every day at midnight. Stars: Owen Wilson, Rachel McAdams, Kathy Bates

Catch Me if You Can (2002) Feb 19

Barely 21 yet, Frank is a skilled forger who has passed as a doctor, lawyer and pilot. FBI agent Carl becomes obsessed with tracking down the con man, who only revels in the pursuit. Stars: Leonardo DiCaprio, Tom Hanks, Christopher Walken

Dave (1993) Feb 26

An uncanny Presidential lookalike named Dave is recruited by the Secret Service to become a momentary stand-in for the President of the United States. Stars: Kevin Kline, Sigourney Weaver, Frank Langella

Cottage Movie Matinee Program:

Funny Face (1957) Feb 5

An impromptu fashion shoot at a book store brings about a new fashion model discovery in the shop clerk. Stars: Audrey Hepburn, Fred Astaire, Kay Thompson

Casablanca (1942) Feb 12

A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco. Stars: Humphrey Bogart, Ingrid Bergman, Paul Henreid

Lover come back (1961) Feb 19

A series of misunderstandings leaves an advertising executive with a campaign for a product which has not yet been invented, while he romances his rival in the guise of its inventor. Stars: Rock Hudson, Doris Day

Bringing up baby (1938) Feb 26

While trying to secure a \$1 million donation for his museum, a befuddled paleontologist is pursued by a flighty and often irritating heiress and her pet leopard, Baby. Stars: Katharine Hepburn, Cary Grant, Charles Ruggles

Exercise Classes

Strength & Conditioning with Yasin

Monday, Wednesday & Friday
9:00 in the Courtyard
2:30 in the Fitness Center

Yoga & Meditation with Stephen

Tuesday & Thursday
9:15 in the CourtYard

On Channel 998

9:15 am Meditation

9:30 am Mon., Wed., Fri.

Seated Exercise with Ann Reiger-Matthews

9:30 am Tuesday & Thursday Yoga with Ilya Kaltman

Walking Group Every Wednesday at 1:30

Meet Activity Leader Stephen Camarota at the Porter Library every Wednesday at 1:30 to go for a stroll around the Marina!

Please dress appropriately for any outdoor programs.

Signup sheets are located in the main dining room.

Did You Know?

For more than 40 years, February has been Black History Month. The precursor to Black History Month, however, is a lot older. Black leaders in 1926 dedicated the second week in February to the recognizing the history of African-Americans—a week chosen to coincide with the birthdays of Abraham Lincoln (Feb. 12) and Frederick Douglass (Feb. 14).

February (do you see that extra “r”?) is one of the most frequently misspelled words in the English language. In 2015, even the White House press office got it wrong—several times over the course of the month.

February got its start as a spring-cleaning festival. Well, kind of. It’s named after one: “Februa” was an early Roman festival and cleansing ritual held on Feb. 15.

It’s the only month that can pass without having a full moon. That doesn’t mean February never has a full moon—it usually does, as a matter of fact. The last time it didn’t was 1999. The next time it won’t have a full moon? 2037!

February is the only month that gets longer every four years. Sure, everybody knows about leap years. But did you know that every so often, we need a “leap second,” too? This is typically added to Coordinated Universal Time in June or December, because of irregularities in our planet’s rotation.

February Special Events

Mind Diet	Mon	Feb 1	3:00	Fitness Center
Professor Peritz Lecture	Tue	Feb 2	3:00	Channel 998
World of Jane Austin	Thu	Feb 4	3:00	McGinley Room
Saturday Shorts	Sat	Feb 6	3:00	McGinley Room
Brain Power	Mon	Feb 8	3:00	Fitness Center
Professor Peritz Lecture	Tue	Feb 9	3:00	Channel 998
Emotional Support Group	Wed	Feb 1	3:00	Studky Library
Pianist Ian Scarfe	Thu	Feb 11	3:00	McGiley Room
Saturday Shorts	Sat	Feb 13	3:00	McGinley Room
Valentine Lunch	Sun	Feb 14		Dining Room
Staying Connected	Mon	Feb 15	3:00	Fitness Center
Mardi Gras Dinner	Tue	Feb 16		Dinging Room
Professor Peritz Lecture	Tue	Feb 16	3:00	Channel 998
Ash Wednesday Service	Wed	Feb 17	TBA	Chapel
Palentine's Social	Thu	Feb 18	2:30	Porter Garden
Saturday Shorts	Sat	Feb 20	3:00	McGinley Room
Lamplighters' Gala Show	Sun	Feb 21	2:00	McGinley Room
Stress and Wellbeing	Mon	Feb 22	3:00	Fitness Center
Professor Peritz Lecture	Tue	Feb 23	3:00	Channel 998
Emotional Support/Jeanne	Wed	Feb 24	3:00	Stucky Library
Lion Dancers	Thu	Feb 25	2:00	Courtyard
Chinese Dinner	Thu	Feb 25		Dining Room
Saturday Shorts	Sat	Feb 27	3:00	McGinley Room