



Heritage Happenings

May 2021

Move Your Mind Series **Presented by Stephen Camarota** Mondays at 3:00 in the Fitness Center

The *Move Your Mind* series is an interactive brain fitness education featuring discussions on cognitive health and hands-on activities. The presentation focuses on lifestyle factors that can have a negative impact on cognitive health if not part of one's life. The presentations will be about 45 minutes. Sign-up sheets will be posted by the main dining room.

Topics

Monday May 3 Social
Monday May 10 Stress and Wellbeing
Monday May 17 Challenge Your Brain
Monday May 24 Let's Evaluate and Celebrate

Los Cachorros Mariachi Band

Wednesday, May 5, at 10:45 and 11:30 in the Courtyard

The Mariachi is the music of Mexican country people, originating in Jalisco and Michoacán. It migrated to San Francisco, California in 1990 and has been serving the entire Bay Area since. Come enjoy the music, drink a Marguerita and enjoy traditional Mexican food. Lunch in the Dining Room will continue the celebration of Cinco de Mayo.



Mother's Day Flower Arranging and Boutonniere Making



With Ivy Lee and Katrina Kleine
Thursday, May 6, at 3:00 in the Fitness Center

If evolution really works, how come mothers only have two hands? - Milton Berle

Father Roy Celebrates Mass in the Courtyard
Friday, May 7, 10:00



Sunday, May 9
Special luncheon in the Dining Room

**Piano Concert with Jason Myers
in the Courtyard**

Group 1 3:00-3:25 Group 2 3:30-4:00

"To describe my mother would be to write about a hurricane in its perfect power." - Maya Angelou

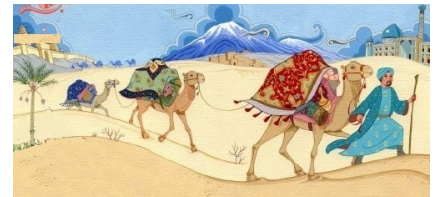
Emotional Support Group with Jeanne

Wednesday, May 12 and 26, at 3:00 in the Stucky Library

Asian Art Museum Docent Steve Zilles Presents: The Silk Road

Thursday, May 13, at 3:00 in the McGinley Room by Zoom

Take this virtual journey along the ancient trade routes that transmitted goods, technologies and ideas across the Asian continent, from the Mediterranean to the Pacific. What did this trade look like? Who was involved? How did trade occur?



Where did the routes take merchants, soldiers and pilgrims? By examining objects in the museum collection, we will gain a better understanding and appreciation of the innovation, technologies and physical objects battled for and bartered over thousands of years along the Silk Road.

Topic: Kidney Health

UCSF Health Presented by Julia Senders, RN

Thursday, May 20 at 3:00 in the McGinley Room

***The Unknown of the Bridge*
By Architect Donald Macdonald**

Thursday, May 27, at 3:00 in the McGinley Room by Zoom

In honor of Golden Gate Bridge Opening Day in 1937, author Donald Macdonald will speak on behalf of his book *The Golden Gate Bridge, History and Design of an Icon*. Nine million people visit the Bridge each year, yet how many know why it's painted that stunning shade of international orange? Or that ancient Mayan and Art Deco buildings influenced the design? Current bridge architect Donald Macdonald gives answers in a friendly, informative look at the Bridge's engineering and 70-year history. A fascinating study for those interested in architecture, design, or anyone with a soft spot for San Francisco. *Golden Gate Bridge* is a fitting tribute to this timeless icon.

The Moonglow Trio Returns for A Memorial Day Performance

Monday, May 31, at 3:00 and 3:30 in the Courtyard



Cottage Day Program

On Thursday mornings, Irving Carrillo will lead *Jeopardy*, *Matching Memory Game* and *Who Am I?*.

Stephen Camarota will lead flower arranging, biography discussions, music therapy, arts & crafts, Bingo and movie matinees with follow-up discussion.

The Cottage Program has a new iPad loaded with brain games for residents to use. **Thank you Theo Armour for donating the iPad!!!** Watch for additional afternoon programs. You may request a Cottage Day Calendar from the Activity Team.

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

Weather permitting. Otherwise class will move indoors.

On Channel 998

9:15 Meditation

9:30 Mon, Wed, Fri. Seated Exercise with Ann Reiger-Matthews
9:30 Tuesday & Thursday Yoga with Ilya Kaltman

Meet Stephen Camarota every Wednesday in the Porter Library to take a local walk in Fort Mason or around the block.

1:30 Power Walkers (intermediate walkers)

2:15 Leisure walkers (beginners)

Daily Dose of Music

on
Channel 998
daily at 3:00
(except Tuesdays) with
full concert on Sundays.



Tech support with Tess

Thursdays
1:30 – 5:00

In the McGinley Room

Laptop computers, phones, iPads
and tablets

Sign up in the Dining Room

Discovering Contraband – the Job of Barbara Clevenger

Barbara Clevenger was employed in the Intelligence Unit to work on contraband enforcement with the U.S. Customs Service in San Francisco and San Diego. From her 15 years of work there she has an accumulation of fascinating experiences with some real successes. In the search for drug smugglers and other carriers of contraband, the intelligence work of a Customs Inspector involves research to identify potential smugglers and suspicious cargo, referring to the team for inspection, and also observing passengers entering the U.S. airports, seaports and land borders and making value judgements for the various airlines.

Her first success with the Waterfront Intelligence Unit led to a commercial drug seizure early in her career. Being new, she worked extra hours to find a suspicious candidate from a high risk country (Bolivia) on a ship targeted by the Agents: it had duty-free sample wood planks, (normally low risk), but also happened to have a shipper's name, the same as a known drug smuggler. There were 10 lbs. Of cocaine in 2 in. X 10 ft. plastic tubing in the hollowed-out wood planks, glued together seamlessly so it was not easy to tell at a glance.

The shipment had to be personally signed for at the Customs Broker's office in San Francisco and the smuggler was followed out by thirty Agents and Inspectors. Walking through the San Francisco Airport, the smuggler suddenly doubled back to try to see if someone was following him. The agent following quickly diverted into the men's room to avoid this. While urinating at the urinal he heard a sound to his right, looked over and saw the smuggler at the next urinal—the Agent was so shaken up by this that he dropped his glasses in the urinal!

The shipment was delivered to its destination in Bakersfield in a secure fashion and it turned out to be the biggest drug seizure that Bakersfield had ever had.

Another shipment referral by Barbara's research partner was 1,000 lbs. of heroin, with street value of four billion dollars. It was the largest seizure in the United States, and the second in the world. (When the press was called in to view the shipment with the team members standing at the side, the Agents carried submachine guns in case the Drug Cartel tried to storm the Custom House for the drugs.)

Korean Airlines is generally low risk: There are usually just fake Gucci and other fake leather goods, but Barbara decided to check an innocuous little Korean grandmother, who had none of that, but she had in her purse a

\$2,000,000 contract with North Korea for arms—her son was an arms smuggler to North Korea!

And lastly, Barbara's first airport seizure was on Mexicana from a passenger arriving from Lima, Peru. She was a very pretty young Black lady who stood out as very extroverted, chatting with the baggage handlers. She said she had been on a one-week tour of Peru, but in her handbag was a receipt for a one-week rental of a television for a motel in Lima, Peru, contradicting her story. (Also, there were six business cards from managers of motels in Monterey.) She had a pound of cocaine in a wooden lamp base.

Just another day for contraband inspectors in the U. S. Customs Service.

Barbara Anderson

Library News "Sight for Sore Eyes"

Many of our eyes need some help.

In talking with other Heritage residents, a few suggestions have been made to suggest ways we can read and/or listen to the printed page. San Francisco Public Library can allow us to request free large-print as well as audio and electronic books – books we can listen to or read on our computers, iPads or other devices where we can regulate the volume or text size.

The easiest way to request large-print, audio and electronic books is to call San Francisco Public Library at 415-557-4400. They will look through their Catalog, so it might be helpful if you give them a few titles. They will ask for your library card number.

A few residents have decided that they need more light when reading print books and have placed a second lamp near their reading chair. Other people have changed their floor or table light bulb near their chair to a higher Wattage.

Some people might use an electronic reader such as the iPad or the Amazon reader (which is lighter), others use their laptop computer to get ebooks from the Library. All are delighted that they can increase the size of the font with an electronic reader. To see what ebooks are available from the public library you can visit the library's web site. Enter SFPL in your search and click of ebooks when the library's page appears.

Happy reading.

Gardner Haskell

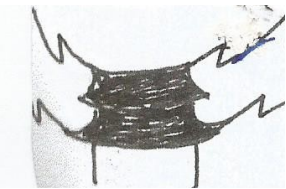
Phnom Penh, Cambodia
September 12, 1966

Dear Mom and Dad:

I am in Cambodia. I have just learned a lesson in not trying to outsmart the system. I got burned, but I hope not too badly. The official rate of exchange is pegged artificially low at 34 riels to the dollar. But Prince Sihanouk put a big fat spoke in my wheel; I did not know you have to pay all hotel and restaurant bills in riels. He grants us a special rate of 65 riels to pay these kinds of expenses, but as the hotel prices are very high, he has us both ways. So here I was, stuck with \$80 worth of money I couldn't use as you have to have verification for all money changed into riels. When you leave you can only recharge what you can prove you haven't spent. Reminds me of Egypt. Same thing. Anyway, I took a cyclepousse ride today, which is a tri-shaw with the passenger sitting in front – and the driver asked me in a confidential tone if I wanted to buy some blackmarket money at 70 riels to the dollar. I said no as I wanted to sell my riels for dollars, and he said the price was 90. So I ended up selling my money at a loss. Teach me a lesson not to try to be so smart.

Fortunately, I met a very nice Cambodian Navy officer on the plane, and he agreed to put my room in his name. He is a Cambodian citizen; he can pay my bill for me in riels, not dollars. He also got a big discount for me, from being in the Navy. I am going to a seaside resort tomorrow, and he is also going with his wife and kids. He said he could reserve and register his name to a room in a military facility for me which will be a lot cheaper, so I hope it comes off.

The capital city of Phnom Penh is really beautiful. Wide, wide boulevards and brand new public buildings and universities – mostly built with foreign



aid. As you know, Cambodia is neutral. The Royal Palace and such buildings all have curved roofs, as in my sketch, just like out of a fairy tale book. I took a tour through the Royal Palace and the Throne Room was magnificent. Very

Siamese. All red and gold. I have never seen anything so lovely in my life. I saw the royal jewels also.

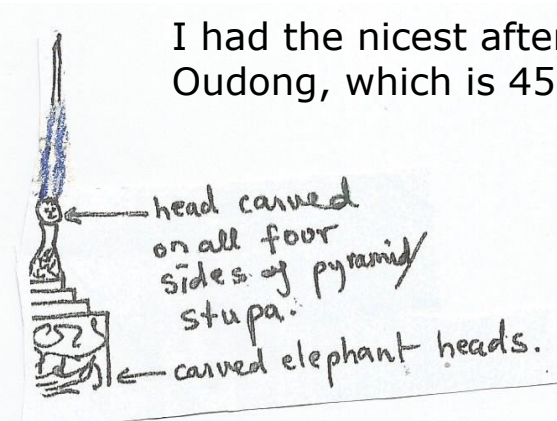
Yesterday my Navy officer friend took me on his boat up the Mekong River and we had lunch of lobsters and Vietnamese pork on a houseboat. I have had only Cambodian and Vietnamese food since I've been here and it's good and interesting. They use different flavorings and herbs I never tasted before.

I stayed in Hong Kong four weeks and got very bored...I did one interesting

thing, though; I took a hydrofoil and went to Macao, which is a Portuguese province on the coast of China. It's 40 miles from Hong Kong. I saw Red China close to, and toured Macao in a cyclepousse also, and had Portuguese food and visited a floating gambling casino. Not much English spoken there. I stayed in a crummy Chinese hotel and kept being bitten. In the morning I discovered there were ants in the bed. But better them than bedbugs.

In Hong Kong I had a beautiful white 3-piece Thai silk suit made for \$43 including fabric, and shoes for \$11, and then I bought myself a mabe pearl ring for \$30 – so my days of spending are over for a while, plus the gifts I bought.

Hong Kong was interesting though; I'm very glad I spent enough time there to really see it. It is also a very beautiful place. It's mountainous and there are white skyscrapers everywhere set against green mountains, and the beautiful blue harbor and sky. It's not sordid at all. The government is building big block apartment complexes to house the squatter Chinese, and doing a very good job of it, too.



I had the nicest afternoon today. A friend of Sam Im drove me to Oudong, which is 45 km from the capital, and we climbed miles of steps, up a small mountain, to see the burial place of former Kymer kings. The tombs are marked by small pyramids called "stupas" of an ornate shape and, like the royal palace, have a head carved on all four sides of the spire. Very impressive.

The countryside is flooded right now and will be for two more months, and then they have their big water festival. It was lovely driving past floating houses on bamboo rafts, or houses built on stilts. The water buffalo are out to pasture right now as it's the monsoon season and not their season to work.

Love, Sheila

Mayday!!!

What does May Day have to do with the international distress call, "Mayday, Mayday, Mayday"? Nothing, as it turns out. The code was invented in 1923 by an airport radio officer in London. Challenged to come up with a word that would be easily understood by pilots and ground staff in case of an emergency, Frederick Mockford coined the word "mayday" because it sounded like "m'aider," a shortened version of the French term for "come and help me."

MOTHERING SUNDAY / MOTHER'S DAY

Mothering Sunday and Mother's Day started out very differently but now they have merged into one celebration except that in the UK Mother's Day is celebrated on the fourth Sunday in Lent in the church calendar... a left over from Mothering Sunday.

Mothering Sunday dates back to the Middle Ages in England when young people, especially girls, had permission to go home to visit their Mother Church. Of course they also visited their mothers and families at the same time. There would have been a special service and much celebration.



When I was a young teenager during World War II, Mothering Sunday was mainly commemorated during the service at church. My parents and I were living in Dunstable, about 30 miles north-west of London. One Saturday my friend and I took the bus to a small hamlet where the local pub was serving tea. We had tea with a boiled egg, a rare treat in those days of rationing. Suitably fortified we picked some of the masses of violets growing wild in the countryside near by. These we subsequently made into small nosegays to be given to the mothers as they left church next day.

Mother's Day came much later in the USA. It was founded in 1908 by Anna Jarvis, who wanted to honor mothers for the sacrifices they made for their children. Also her own mother had died. In 1914 President Woodrow Wilson signed a law establishing the second Sunday in May as Mother's Day.

It has now been extremely commercialized, which Anna Jarvis bitterly regretted. It is commercialized in the same way in England and while their celebration is long gone we have ours to look forward to on May 9th this year.

Jane Standing

Change is Coming!

The butterflies are coming down. Take another look in the Tony Lawrence Gallery before it's too late A new mystery exhibit will go up early in May, not the butterflies, but just as beautiful!



Stela Voyles	5/01	Shirley Ertola	5/18
Patsy Hulting	5/04	Isabel Fletcher	5/28
Elizabeth Jordan	5/09	Marianna Pieck	5/28
Betty Dowell	5/12	Eleanor Burke	5/29
Edward DeWath	5/29		

THE MCGINLEY BALCONY

Have you been out on the McGinley Balcony lately? It is worth a visit. We have some lovely new furniture which has completely transformed the space. There are two tables and four chairs. The chairs have wonderful dark blue cushions that you sink into. It is rather like sitting up in bed. To complete the picture there are two black and white striped umbrellas which give everything a festive air.



Kay Narron makes sure that there are plants and blossoms to enjoy. At the moment the color scheme is blue and orange. Do go and look, but be careful as you step outside and back in again.

Have you Selected Your Resident Advocate?

Do you need to choose a Resident Advocate or make updates to your existing one? If so, please pick up a Resident Advocate Form from the Front Office during business hours. Resident Advocates can help in situations when you are not able to advocate for yourself. Please see Margaret Jacobs if you have questions about the benefits of having an advocate or need more information.

POLST

POLST (which stands for Physician Orders for Life-Sustaining Treatment) is a legal document meant to tell healthcare professionals what you want done, in the event of a medical emergency. It is kept in your medical record and accompanies you if you are taken to the hospital. Residents can obtain the form from the Henderson Clinic, Health Center or Social Services. The POLST will need to be reviewed with and signed by your primary care doctor. If you already have one, it may be time to reconsider your choices for life-sustaining measures.

Movies in April

In the McGinley Room Fridays, at 2:30

Strictly Ballroom (1992)

May 7

A maverick dancer risks his career by performing an unusual routine and sets out to succeed with a new partner. Stars: Paul Mercurio, Tara Morice, Bill Hunter

To Kill a Mockingbird (1962)

May 14

Atticus Finch, a lawyer in the Depression-era South, defends a black man against an undeserved rape charge, and his children against prejudice. Stars: Gregory Peck, John Megna, Frank Overton

Network (1976)

May 21

A television network cynically exploits a deranged former anchor's ravings and revelations about the news media for its own profit. Stars: Faye Dunaway, William Holden, Peter Finch

The Trip to Bountiful (1985)

May 28

In 1940s Texas, an elderly woman is determined to visit her childhood home for one last time. Stars: Geraldine Page, John Heard, Carlin Glynn

Cottage Movie Matinee Program Fridays at 2:00

The Seven Year Itch (1955)

May 7

When his family goes away for the summer, a hitherto faithful husband with an overactive imagination is tempted by a beautiful neighbor. Stars: Marilyn Monroe, Tom Ewell, Evelyn Keyes

The Old Maid (1939)

May 14

The arrival of an ex-lover on a young woman's wedding day sets in motion a chain of events which will alter her and her cousin's lives forever. Stars: Bette Davis, Miriam Hopkins, George Brent

Pillow Talk (1959)

May 21

An interior decorator and a playboy songwriter share a telephone party line and size each other up. Stars: Rock Hudson, Doris Day, Tony Randall

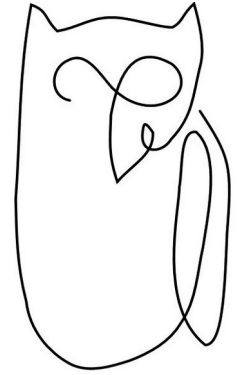
How to Marry a Millionaire (1953)

May 28

Three women set out to find eligible millionaires to marry, but find true love in the process. Stars: Marilyn Monroe, Betty Grable, Lauren Bacall

Who gives a hoot?

I do! My name is "Hoot" and I am the Great Horned owl currently frequenting the large pine tree to the left of the Bay Street exit. As you well know, a parliament of owls is replete with wisdom and vigilance. Yet I am pleased to report it takes not so many smarts to figure out that the Heritage grounds just beneath my talons offer numerous mice on a continuing basis. Of course we Great Horneds eat almost anything. We have the most diverse prey profile of any raptor in the Americas. There are over 500 items on our menu. Nonetheless there's nothing quite like a tasty mouthful of mouse ear to get you salivating!



We Great Horneds are the second most widely distributed owl in the Americas, so it was only a matter of time before we found you. We set up our nest some weeks ago and life was hunky dory. I think. Mr. Wikipedia reports that we are a bird of "essentially low intelligence". So I am not exactly sure I remember what happened. It may have had something to do with our fledglings and that pesky murder of crows that hangs about. All I know is that I have just recently changed my tune from a convivial HOOT-hoo HOO to a more somber hoot-hoo.

Also known as Theo Armour

President's Corner

Dear fellow residents,

On April 26 we completed our first Resident Council meeting since February of 2020. A long slog for many. Fortunately our excellent management staff and resident cooperation has kept us relatively Covid-free. We have been very fortunate!

The big event this last month was the arrival of Mary Linde, our new Chief Executive Officer. She is off to a good start. Mary has tried to meet everyone and we all have appreciated that effort. Her dog Augie has taken well to his new surroundings.

The recent review of Heritage on the Marina finances, while unsettling, was informative in light of what we have to do to get them under control. We plan a ZOOM Council meeting on the last Friday of every month. In the meantime, email me any topic to discuss, questions to answer or any comments you all have. Let us keep communicating. Now the weather is warming, enjoy our wonderful garden. Don't forget to wear your pendant and mask. Let us all continue to stay healthy.

Bernie Burke

Thoughts While Riding My Bike

Vladimir's drinking buddy, Boris, died not long ago, leaving him lonesome for company. He took it upon himself to teach a cockroach to drink vodka. The roach now comes crawling out of a crack in the wall every morning and Vladimir sets him up a little bowl with a few drops of Smirnoff's finest. The roach slurps down the booze, then staggers over to the windowsill, rolls on his back and takes a nap. Vladimir himself sighs contentedly as he empties his water glass of vodka, leans back in his chair, and following the roach's example, takes a snooze. I kid you not - it said so in the Chronicle.

Thinking about this story had me laughing out loud as I rode my bike across the Golden Gate Bridge at seven in the morning, glorying in the beauty of the empty sidewalk. Near the south tower I encountered one lone busybody jogger who took offense at my riding on the wrong sidewalk. She kept pointing at the opposite side as she approached and ultimately stepped right in front of me, forcing me to stop. Bikers are supposed to be on the west sidewalk on weekends, but alas, the view is better on the east side, so I cheat.

Instead of offering humble apologies and going into an explanation about wanting to see the view, or cursing at her for forcing me to stop, out of nowhere I blurted out, "I'm patrolling for Suicide Prevention, do you need any help?" What I really meant was, did she need any help going over the rail but kept that opinion to myself.

I was wearing a yellow, official-looking windbreaker, with Ed Ellington's 80-mile-eightieth-birthday-ride patch on the sleeve. Apparently I looked official enough for the jogger to believe what I had said. She sputtered effusive apologies, which I magnanimously accepted before riding away. "Here's to Vladimir!" I muttered under my breath.

It did occur to me as I rode on, that there must be a couple of cogs loose in my brain by now, which make such perverse remarks come forth unbidden. Perhaps I was well taught by all the people to whom I listened while presiding in traffic court for many years. So many of them had such wonderful comebacks.

On the other hand, the cogs may have been loosened by many nights of volunteering on the hotline at Suicide Prevention. I know the other volunteers there will forgive me for taking the organization's name in vain.



Aggie Hoff

May Special Events

Saturday Shorts	Sat	May 1	3:00	McGinley Room
Move Your Mind-Social	Mon	May 3	3:00	Fitness Center
Professor Peritz Lecture	Tue	May 4	3:00	Channel 998
Los Cachorros Mariachi Band	Wed	May 5	10:45	Courtyard
Flower Arranging/boutonnieres	Thu	May 6	3:00	Fitness Center
Catholic Mass	Fri	May 7	10:00	Courtyard
Saturday Shorts	Sat	May 8	3:00	McGinley Room
Jason Myers Piano Concert	Sun	May 9	3:00	Courtyard
Move Your Mind-Stress: Wellbeing	Mon	May 10	3:00	Fitness Center
Professor Peritz Lecture	Tue	May 11	3:00	Channel 998
Emotional Support Group	Wed	May 12	3:00	Stucky Library
Docent: Silk Road	Thu	May 13	3:00	McGinley Room
Saturday Shorts	Sat	May 15	3:00	McGinley Room
Move Your Mind-Challenge: Brain	Mon	May 17	3:00	Fitness Center
Professor Peritz	Tue	May 18	3:00	Channel 998
UCSF-Kidney Health	Thu	May 20	3:00	McGinley Room
Saturday Shorts	Sat	May 22	3:00	McGinley Room
Move Your Mind: Evaluate, Celeb.	Mon	May 24	3:00	Fitness Center
Professor Peritz	Tue	May 25	3:00	Channel 998
Emotional Support/Jeanne	Wed	May 26	3:00	Stucky Library
Golden Gate Book Review	Thu	May 27	3:00	McGinley Room
Saturday Shorts	Sat	May 29	3:00	McGinley Room
Moonglow Trio	Mon	May 31	3:00	Courtyard

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