



Anne Morris, Chef Kevin  
and Tony Hanley

# Heritage Happenings

July 2021



Special Barbecue Dinner



Yvonne Benedict with  
beer and burgers

## Move Your Mind Series

Presented by Dietician Sophia Lopez  
Mondays, at 3:00 in the Fitness Center

### Topics

- |         |                       |
|---------|-----------------------|
| July 5  | Cognition and Fitness |
| July 12 | Sleep                 |
| July 19 | MIND Diet             |
| July 26 | Brainpower            |



## ***Last Supper in Pompeii: from the Table to the Grave***

Legion of Honor Docent, Carol Porter

Thursday, July 8, at 3:00 via Zoom in Friendship Hall and on your device

It is 79 CE (common era) and people in Pompeii are going about their daily activities in ways that are similar to what we do today...but their lives will be cut short by one of the greatest natural disasters in history, the eruption of Mount Vesuvius. Almost 2000 years later, the archaeological remains of buildings, furniture, decorative objects, pots and pans, dishes and food give us a window into their lives and tell us of their fascination with food and wine.



## **Emotional Support Group with Jeanne**

Wednesday, July 7 and 21, at 3:00 in the Stucky Library

"No one cares how much you know, until they know how much you care."  
Theodore Roosevelt

## *The Grant Avenue Follies!*

Thursday, July 15, at 3:00 in the Courtyard

Originally composed of four professional dancers from Chinatown's nightclub culture of the 1950s and 60s, they were following doctor's orders to exercise for improved physical health. The Follies rediscovered the sheer joy and freedom of dance and reconnected with their roots!



### **Wine, cheese and Friends – all things that get better with age** (Cuban proverb)

Come for a Happy Hour in the Porter Garden  
Thursday, July 22, at 3:00

### *In Honor of Bastille Day*

**A Special French Dinner  
Wednesday, July 28**

Performance to be announced

### **NOTES:**

**David Peritz, Professor of Political Science**, will continue his lectures on Tuesdays at 3:00 on Channel 998.

**Cottage Daily Programs** will be posted in the Dining Room, on Channel 998 and in the Porter Library.

**First Friday Mass** will be celebrated by Fr. Michael Healy, administrator at St. Vincent de Paul, at 10:00 on July 2 in the Chapel.

### **Exercise Classes**

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

Yoga & Meditation  
With Stephen on Tuesday  
With Ilya on Thursday  
9:15 in the Fitness Center

9:30 Mon, Wed, Fri. Seated Exercise with Ann Reiger-Matthews  
on Channel 998



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

**Tess is available to provide  
services in resident's apartments.**

## Announcements:

Beginning in July...

**Balance Class is back!** Meet in the 1<sup>st</sup> floor Perry corridor Monday through Friday at 11:45 for a 15-minute exercise routine to improve strength and balance.

The Fitness Center will be reserved for **staff breaks** from 11:00-12:00.

**Group activities** for the whole community will resume in Friendship Hall.

**Oops!** You have been asked to show your proof of vaccination for Covid-19 and have forgotten to bring your card. Prepare for any eventuality. California now has a digital Covid-19 record system. You can show proof that you have been fully vaccinated on your smartphone or ipad. Ask Tess or Margaret to help you load this on to your device.

**Mark your Calendar.** The Food Committee will commence monthly meetings on Tuesday, July 13, at 1:30 in the McGinley Room. All are welcome.

**Correction** – The name of our newest member of the Board of Directors was mis-spelled last month. The proper spelling is *Susan Gearey*.

## **TWO YEARS IN AFGHANISTAN: Privilege of a Lifetime**

When I arrived in California in 1965, I had just returned from two years living and working in Europe. I had come to San Francisco to “settle down” (to the relief of my parents) and soon found a job as a secretary at The Asia Foundation; at the time I had never heard of Afghanistan. When hired, I was told the Foundation did not send women abroad, but as I had come west to settle in California, I did not care; two years later when the Foundation offered me the opportunity to go to Afghanistan as a secretary, I jumped at the chance! As the British had never settled there, there was no trained clerical cadre of Afghans, even in the capital, Kabul (Ca-bool to the British). There was no written job description either. I did whatever needed doing, from emptying the ashtrays to playing bridge with the Prime Minister. I explored the country from border to border in a trusty Volkswagen Beetle on weekends and vacation days. Indeed, this was the opportunity of a lifetime. I learned to live by the Yogi Berra principle: when you come to a fork in the road, take it—what a concept! I took a lot of roads which were dusty trails created by donkeys and camels carrying hundreds of pounds of food and soft goods in the packs on their flanks.

As a single foreign woman loose in a country seemingly run by men, I was an anomaly, with a great deal of freedom to explore on my own. I worked for an organization dispensing foreign aid, a coveted commodity. Afghanistan, however, was in fact controlled by women, sometimes in the background but often visibly in the foreground. They managed huge households, often occupied by multiple generations, controlling the finances, buying and selling, arranging marriages, which were financial unions. This was a critical role. My Afghan mentor was a woman married to a man distantly related to the king. He had more brothers than a monastery, my friend's husband among them.



All westerners in the country were looked upon as trained medical personnel. I carried in my car (a trusty old Volkswagen bug of indeterminate age patched together with home-made parts) a well-stocked medical filled with Band-Aids, first aid ointment, aspirin, eyewash and soap! I was not qualified to dispense anything else but these basics were as good as gold. My parents sent me the basic medical supplies, as well as such luxuries for my personal larder as canned smoked oysters!

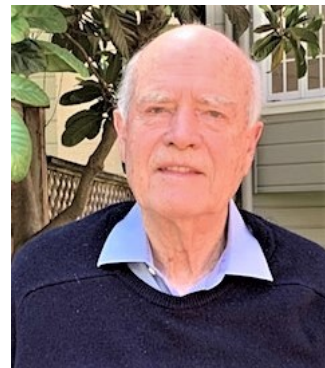


Sadly, I did not keep a diary when living in Afghanistan. However, my letters home from 1966 through 1968 turned out to be as good as a diary. To my surprise, my mother kept them all and presented them to me several years later. Thanks Mom!

*Jean Fowler*

## **Meet Patrick Alexander**

Our newest resident, Patrick Alexander, is a most welcome addition to Heritage on the Marina. Intelligent, well-educated and gregarious, he is an interesting Scotch, Irish and English mixture and the epitome of a cultured English gentleman.



Born near London, he is the son of an army officer and a housewife/artist and received his primary education at Eton. After Eton, following family tradition, he had military officer-training, graduating as a Second Lieutenant. Still following family tradition, in which six relatives had seen active duty as members of the Irish Guards, Patrick joined that Regiment and was posted to Egypt.

After two years in Egypt he returned to England. Leaving the army, he worked briefly for British Petroleum. Then Patrick was off to Canada to get more education at the University of British Columbia in Vancouver. As he had dreamed of being a pilot, he left UBC for a program which resulted in his getting his pilot's license. Unfortunately there wasn't much work for a newly-licensed pilot.

Vacationing in Toronto, Patrick met and married his wife, Evelyn. At that time he was working with the Douglas Randall Co. located in Westerly, Rhode Island where their daughter Simone was born. Life was pleasant there until the company was sold and moved to Bellevue, New Jersey. Bellevue had no appeal for them so they decided to return to England.

Patrick's next employer was the John Holt Co., a trading organization which shipped European products to Africa, sold them and used the money to buy African products to ship back to England. The family relocated to Nigeria. When oil was discovered there in 1956, there was controversy and criticism that the financial proceeds from oil were being exported or lost to corruption rather than being used to benefit the many Nigerians living in dire poverty, and civil war erupted.

The war made conducting business impossible. The John Holt Co. closed down the business and sent all expatriate employees back to England. Cold weather there prompted a move to San Francisco. Soon they owned a home at Laguna and Vallejo and their daughter Simone was attending Hamlin School and Patrick was selling cars at British Motors.

Patrick returned to the import business and worked for Delli Silverplate, then owned by Eleanor Weir. The company imported silverware and other artifacts for sale. After five years Eleanor and her husband both died and their children sold the company. His next and final venture was British American Imports which imported British and European food items, chinaware, collectibles, etc. The death of his wife and indications of aging prompted Patrick to close the business and move into Heritage on the Marina.

Besides charming us all Patrick is getting settled in room 230C, selling his house, awaiting the birth of his second great grandchild, helping his daughter settle into her new apartment and studying French. He can be reached at 415-706-1016 or 415-567-0419.

*Katherine Conley*

## **LIBRARY NEWS**

Thanks to San Francisco Librarian Nell Jehu who gave us a Zoom presentation about the library's talking books and eResources programs.

Katrina has sent us a follow-up email that includes numbers for: Talking Books Center (415-557-4253), Books by Mail (415-437-4835 ask for Jane or Julieta) as well as the main number for the library (415-557-4400). At the announcement, press the number 3 to speak to a live librarian, who can help with reserving books as well as helping you set up your iPad or computer with e-Books and audio books.

The Marina branch should be open by September 1st.

The Heritage Library book selection committee thanks all of you who returned our book selection survey in the library suggestion box.

Beginning in July we will move the book suggestion box into the library and place it on the longest table where title, subject and author forms will be available and you can place your suggestions inside the box.

*Gardner Haskell*

**Note:** You can also get help reading e-books on your iPad or computer from Tess or Margaret.

## **Movies in the Cottage Fridays at 2:00**

**Rear Window** (1954) July 2

A wheelchair-bound photographer spies on his neighbors from his apartment window and becomes convinced one of them has committed murder. Stars: James Stewart, Grace Kelly, Wendell Corey

**The Maltese Falcon** (1941) July 9

A private detective takes on a case that involves him with three eccentric criminals, a gorgeous liar, and their quest for a priceless statuette. Stars: Humphrey Bogart, Mary Astor, Gladys George

**The African Queen** (1951) July 16

In WWI Africa, a gin-swilling riverboat captain is persuaded by a strait-laced missionary to use his boat to attack an enemy warship. Stars: Humphrey Bogart, Katharine Hepburn, Robert Morley

**Cat on a Hot Tin Roof** (1958) July 23

Brick is an alcoholic ex-football player who drinks his days away and resists the affections of his wife. A reunion with his terminally ill father jogs a host of memories and revelations for both father and son. Stars: Paul Newman, Elizabeth Taylor, Burl Ives

**The Wrong Man** (1956) July 30

In 1953, an innocent man named Christopher Emanuel "Manny" Balestrero is arrested after being mistaken for an armed robber. Stars: Henry Fonda, Vera Miles, Anthony Quayle

## **Movies in the McGinley Room at 2:30**

**Nine to Five** (1980) July 2

Three female employees of a sexist, egotistical, lying, hypocritical bigot find a way to turn the tables on him. Stars: Jane Fonda, Lily Tomlin, Dolly Parton

**Nomadland** (2020) July 9

A woman in her sixties, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. Stars: Frances McDormand, David Strathairn, Linda May

**Love and Death on Long Island** (1999) July 16

Giles De'Ath (Sir John Hurt) is a widower who doesn't like anything modern. He goes to movies and falls in love with movie star Ronnie Bostock (Jason Priestly). He then investigates everything about the movie and Ronnie. Stars: John Hurt, Jason Priestley, Fiona Loewi

**News of the World** (2020)

July 23

A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home. Stars: Tom Hanks, Helena Zengel, Tom Astor

**My Beautiful Laundrette** (1985)

July 30

An ambitious Pakistani Briton and his white boyfriend strive for success and hope when they open a glamorous laundromat. Stars: Saeed Jaffrey, Roshan Seth, Daniel Day-Lewis

**\*\*\* Night-time movies** are coming soon to the McGinley Room. Watch for the announcement.

**President's Corner**

Dear Fellow Residents;

June has been a very eventful month. A first for The Heritage was the celebration of Pride Month. Long overdue. The colorful Pride flag looks good on our pole on Laguna Street.

The staff has had many costume events, other special events and meals which all seemed to enjoy. They did an exemplary job throughout.

A big highlight of the month was our live Resident Council meeting held last Friday. It was so good to be together again! Thank you for the great attendance and questions to staff who did a thorough job answering most of your questions. Mary Linde did an excellent presentation of her plan for the near future of our home. Thanks to Martha and Gary for their Council work with the Treasurer's report and the minutes.

Now that California has opened up and lifted most restrictions, we should be busy the rest of the year with our normal schedule of *Out and About* and group events. The main restriction seems to be continuing to wear masks to protect us from the unvaccinated and to protect them. We all may be carriers of the Covid-19 virus.

Now we can look forward to more normal activities as the year progresses. Do not hesitate to give your ideas to Karina. Also, please continue to wear your pendants, and communicate any ideas or questions to me.

*Bernie Burke*



## **A Visit to a Beautiful Mosque**

[Note: The following is a write-up about my first trip to Iran in the 1960s. I was visiting the Tehran family of my Iranian friend in San Francisco.]

We went on an overnight journey to Semnan, Iran—four hours by train from Tehran. It is a small town nestled between the foothills of the Alborz Mountains on the north and a vast desert to the south. We went to visit relatives of Hadi and his family. Hadi is the older brother of the Iranian friend I had in San Francisco. Semnan was an interesting place; large enough to have some beautiful buildings and an ancient water system that was still effective, but not yet modern enough to have indoor plumbing. It is a town that probably has very few Western visitors.

Among the family we visited were brothers, uncles, aunts, cousins—twelve in all. One of them, Houshang, was about 18 or 19 years old. He was a brash young fellow with a big ego. He was extremely proud and rather puffed up that his family had an American visitor (Me). Hadi and Houshang took me for walks around town to see the sights; neither of them could speak English, so I had to cope with my faltering command of Farsi.

On one of these walks we came to a beautiful mosaic-tiled mosque. As we stood outside looking at it, I commented on the tile work as I had been reading about the changes in tile-making over the years. This mosque must have been very old because the older form of making tile was used. My hosts were surprised and somewhat impressed that I knew this. So Hadi said “Let’s go to the courtyard inside,” and Houshang agreed. However, I knew, from what I had read before coming to Iran, that it was not proper for a non-Muslim woman, especially one not wearing a chador (a full head-to-toe covering), to do this. I resisted, saying that I thought it was not proper. My hosts, however, kept insisting that it was okay.

We entered the courtyard, which was also tiled throughout. There were only two worshipers washing their hands at the small fountain and pool in the center. As I stood admiring the building, Hadi urged me to take some photos. I had also read that taking photos in such places was also not proper so I resisted again. Both Hadi and Houshang insisted that my fears were wrong. I thought: “Well, they are both Muslims and they are telling me to do this and I have merely read books that say No to this activity, What do I know?” So, I raised my camera to take a picture and immediately a group of four or five Mullahs stormed out of a room across the courtyard, yelling “Muselman nist, Muselman nist” [“She is not Muslim, she is not Muslim.”]

Hadi seemed stunned, Houshang immediately got angry and wanted to fight with the Mullah who was insulting his guest and a crowd of men began forming around us. I just wanted to sink into the ground and disappear.

Hadi had sense enough to want to usher me out right away, but first he had to stop the shoving match that Houshang started with a Mullah. We made it out with no further incidents and we walked home in silence. I think Hadi was embarrassed, Houshang was still grumbling about the Mullah and I was at a loss for enough Farsi words to offer any kind of consolation.

Later my Iranian friend in San Francisco told me that I could have caused a riot.

*Barbara Anderson*

### **Beginner or experienced – Painting Class is coming back soon.**

The class will resume on a once-weekly basis, probably on Thursdays. We are inviting new painters to join us. I am sure there are some secret Picassos among the residents. If you have any desire to learn to paint, please speak to Doris Howard. We have a comfortable room and plenty of supplies.



### **Visitors Blues?**

Some of us these last months have complained about visitors only being able to stay an hour outside or 45 minutes inside. But look what was the reality in the 19<sup>th</sup> century at The Heritage.

Quotes from "Inasmuch ..." published in 1953 by Rowena Beans to celebrate the 100<sup>th</sup> birthday of The Ladies Protection and Relief Society. (in our library)

"No visitor shall be admitted on Sunday, with to see the matron, teacher or hired persons; and none may stay in the house, except by written permit of one of the Executive Committee."

Or

"Parents and friends may visit their children the first Thursday in the month, and at no other time."

*Martha Nell Beatty*

Also in the library: *A History of The Heritage 1853-1970* by Carol Green Wilson, as a supplement to *Inasmuch*.

## **JONATHAN LIAO**

### **PHYSICAL THERAPIST ASSISTANT**

Jon grew up in New Jersey in a Taiwanese household. His parents, who both became engineers, came to the United States from Taiwan while still in school. His maternal grandparents, who only spoke Taiwanese, lived with his family. Jon was firmly bi-lingual.



He got a BS degree in General Health Science at Quinnipiac University in Connecticut. Jon started grad school, but decided to take time out to work as an accountant. He returned to college to obtain his PTA degree at Lehigh Carbon Community College in Pennsylvania.

Jon said, "I always wanted to come to California and as soon as I got the chance, I packed my car and headed out here." He was lucky to have a job lined up at the Jewish Home for the Aged, where he worked for ONR, the physical therapy company that also contracts with The Heritage. Jon's job there was full time, but at times he was asked to help at The Heritage. When an opening in PT here became available, Jon requested a transfer. He preferred working at The Heritage, plus it was closer to his home. Luckily for us, the transfer came through about a year and a half ago.

Jon likes getting to know the residents with whom he works and watching them improve. He also has opportunities to move around during the day, unlike when he was stuck in a cubicle as an accountant.

Six or seven weekends this last winter Jon headed up to Heavenly, Squaw or Kirkwood, where he took up the challenge of snowboarding. When not going to the mountains, he likes skate boarding, hiking, and camping.

For most of the last year, Jon has been an asset to residents in another way: he has assisted Yasin in giving strength and conditioning classes three times a week twice each day. These have turned out to have a loyal following. Let's hope they can keep the classes going.

*Martha Nell Beatty*



Gisela Lloyd	7/04	Katherine Conley	7/15
Enid Leff	7/05	Midge Mansouri	7/15
Vivian Peirce	7/06	Marianne Petersen	7/17
Jean Fowler	7/13	Gary Skootsky	7/22
		Patrick Alexander	7/27

## July Special Events

Roman Catholic Mass	Fri	7/2	10:00	Chapel
Saturday Shorts	Sat	7/3	3:00	McGinley Room
Cognition and Fitness	Mon	7/5	3:00	Fitness Center
Professor Peritz Lecture	Tue	7/6	3:00	Channel 998
Emotional Support Group	Wed	7/7	3:00	Stucky Library
Last Supper in Pompeii (Zoom)	Thu	7/8	3:00	Friendship Hall
Birthday Dinner	Fri	7/9		Dining Room
Saturday Shorts	Sat	7/10	3:00	McGinley Room
Sleep	Mon	7/12	3:00	Fitness Center
Food Committee	Tue	7/13		McGinley Room
Professor Peritz Lecture	Tue	7/13	3:00	Channel 998
Grant Avenue Follies	Thu	7/15	3:00	Courtyard
Saturday Shorts	Sat	7/17	3:00	McGinley Room
MIND Diet	Mon	7/19	3:00	Fitness Center
Professor Peritz Lecture	Tue	7/20	3:00	Channel 998
Emotional Support Group	Wed	7/21	3:00	Stucky Library
Wine, Cheese & Friends	Thu	7/22	3:00	Porter Garden
Saturday Shorts	Sat	7/24	3:00	McGinley Room
Brainpower	Mon	7/26	3:00	Fitness Center
Professor Peritz Lecture	Tue	7/27	3:00	Channel 998
Bastille Day Dinner & Performance	Wed	7/28		
Saturday Shorts	Sat	7/31	3:00	McGinley Room

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