



HERITAGE ON THE MARINA CELEBRATES PRIDE MONTH

This year, we are starting a new tradition at Heritage on the Marina. Our Community will be celebrating PRIDE throughout the month of June which will allow us to acknowledge our diversity and create visibility for our lesbian, gay, bisexual, transgender, queer or questioning (LGBTQ+) Residents, Team Members, loved ones and friends.

June is officially recognized nationally as Pride Month. San Francisco has been instrumental in advancing the rights of and creating policies for LGBTQ+ and proudly holds many “firsts” in support of the movement, including:

The Daughters of Bilitis (also called the DOB or the Daughters), was **the first lesbian civil and political rights organization in the United States**. The organization, formed in San Francisco in 1955, was conceived as a social alternative to lesbian bars, which were subject to raids and police harassment.

José Sarria was an American political activist from San Francisco, who in 1961 became **the first openly gay candidate for public office in the United States**.

Harvey Milk was **an American politician and the first openly gay elected official in the history of California, where he was elected to the San Francisco Board of Supervisors in 1977**.

Mary Carolyn Morgan is a judge of the San Francisco County Superior Court and former judge of the San Francisco Municipal Court (appointed in 1981). She was the **first openly lesbian judge appointed in the United States**.

Theresa Sparks was **the first transgender police commissioner (2004-2009) and San Francisco’s highest ranking transgender public official**.

We have such a rich history right here in San Francisco! Please join Heritage on the Marina in celebrating that history and in honoring our individual uniqueness. Our Team has a number of activities planned for you to take part in ranging from arts and education lectures to various Pride celebrations. ALL are welcome!

– Mary Linde, CEO



RAINBOW WREATH WORKSHOP

Tuesday, June 1, at 2:30 and 3:30
in the Fitness Center

Ian Scarfe, Pianist, & Special Guest Philip Brezina, Violinist

Thursday, June 3, at 3:00 in the Courtyard

These two musicians had a busy year creating live-stream concerts on Zoom, spending quality time with families, and recording a new album, *California Classical*. The CD features works by Tchaikovsky, Beethoven, Kreisler, Sibelius and more.



The duo will perform selections from the album as well as lively dances from other composers. CDs will be available for purchase.

Father Roy Celebrates Catholic Mass in the Courtyard
Friday, June 4, at 10:00 in the Courtyard

Happy National Donut Day!

Friday, June 4, from 10:00 – 10:30

Keep your eyes peeled for the rolling rainbow donut cart!!



KQED Presents: The History of the Castro District

Sunday, June 6, at 2:30 on Channel 998, on Zoom and in the McGinley Room

Emotional Support Group with Jeanne

Wednesday, June 9 and 23 at 3:00 in the Stucky Library

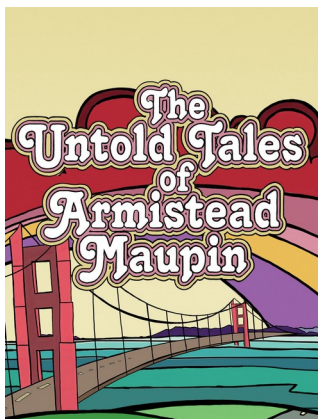
All residents are welcome to sign up and attend. Different topics are discussed each session. Upcoming are *Building Trust*, *Sharing Personal Experiences Living at The Heritage*, and *Self-care*.

Love is Love Pride Social

Thursday, June 10, at 2:30 in the Courtyard

In honor of Pride month, please join us to celebrate inclusivity and freedom of expression. Come in your most colorful, fanciest, craziest outfits to celebrate uniqueness and diversity. We will have a surprise performance from 2:45-3:45, followed by a grand prize for our most flamboyantly dressed.

Professor David Peritz will continue his lectures on Tuesdays at 3:00 on Channel 998. His topic: Political Parties For and Against Democracy.



The Untold Tales of Armistead Maupin

Thursday, June 17, from 3:00 – 4:30

in the Fitness Center

This documentary celebrates one of the world's most beloved storytellers, following his evolution from a conservative son of the Old South into a gay rights pioneer whose novels inspired millions to re-claim their lives. It stars Armistead Maupin, Laura Linney, and Jonathan Groff.

Happy Father's Day

Sunday, June 20

Special Lunch

Followed by a Father's Day treat at your door!



Join us for Beer and Bingo To celebrate Father's Day and the first day of summer

Monday, June 21, at 2:30 in the Courtyard

SF Librarian Nell Jehu Presents:

The Talking Books and Braille Center

Thursday, June 24, at 3:00 in the Fitness Center and McGinley Room
Via Zoom

Ms. Jehu will talk about free audio books for the blind, low vision and physically impaired, books by mail, and some of San Francisco Library's most popular eResources (books, music, newspapers and other materials) library card holders can borrow. Help for downloading these resources is available from Tess Goldman, Stephen Camarota and Margaret Jacobs

The Cottage program will host another new group:

5 Ways to Improve Your Memory

5 Wednesdays in the Cottage at 3:30

Check the Weekly Cottage Calendar for other programs.

Please help us find the book ***Rancho Santa Margarita Remembered*** by Jerome Baumgartner. It was donated by Anne Morris and is missing from the library. Thank you.

Cottage Day Program

The daily programs will be posted in the Dining Room, on Channel 998 and in the Porter Library. **NOTE: Sign-up sheets will be posted only for special events, not for recurring programs such as games, crafts, movies and exercise classes.**

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 3rd Floor Perry
sitting room

Laptop computers, phones, iPads
and tablets

Sign up in the Dining Room

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

Note: Movies in the Cottage will be followed by a movie review. This month Stephen will discuss **LGBTQI** icons such as Marilyn Monroe, Sophia Loren and more.

Movies in the Cottage Fridays at 2:30

Gentlemen Prefer Blondes (1953) June 4

Two showgirls travel to Paris, pursued by a private detective hired by the suspicious father of Lorelei's fiancé, as well as a rich, enamored old man and many other doting admirers. Stars: Marilyn Monroe and Jane Russell

Bell, Book and Candle (1958) June 11

A modern-day witch likes her neighbor but despises his fiancée, so she enchants him to love her instead. Stars: James Stewart and Kim Novak.

Dark Victory (1939) June 18

A socialite with an inoperable brain tumor decides whether or not she'll meet her final days with dignity. Stars: Bette Davis and Humphrey Bogart

A Countess From Hong Kong (1967) June 25

The ambassador returning to USA meets the Russian countess without a passport, who hides in his cabin. Stars: Marlon Brando, Sophia Loren

Movies in the McGinley Room Fridays at 2:30

The Help (2011) June 4

An aspiring author during the 1960s decides to write a book detailing the African American maids' point of view on the white families for which they work. Stars: Emma Stone, Viola Davis, Octavia Spencer

Milk (2008) June 11

The story of Harvey Milk and his struggles as an American gay activist who fought for gay rights and became California's first openly gay elected official. Stars: Sean Penn, Josh Brolin, Emile Hirsch

The Sun Also Rises (1957) June 18

A group of disillusioned American expatriate writers live a dissolute, hedonistic lifestyle in 1920s France and Spain. Stars: Tyrone Power, Ava Gardner, Errol Flynn

The Birdcage (1996) June 25

A gay cabaret owner and his drag queen companion agree to put up a false straight front so that their son can introduce them to his fiancée's right-wing moralistic parents. Stars: Robin Williams, Nathan Lane, Gene Hackman

The Friday Afternoon McGinley Room Movie Committee

encourages you to make suggestions for movies to be shown in the future. We always like to hear your opinions as they offer valuable information to make our choices. Please feel free to contact us (Jane Standing or Barbara Anderson) at any time.

SUSAN GEARY - BOARD MEMBER

Susan Geary joined the Board of Heritage on the Marina in March, 2020, just as everything was closing down due to Covid. As yet, she has not been able to attend a meeting in person, just Zoom meetings. Someday soon Susan will be able to experience and explore The Heritage in person, which she is eager to do.

She grew up all over, as her father was a career Army officer. Susan lived in France twice, Germany, Hawaii, and on the Presidio for a short while. When her father was transferred to Vietnam, her mother, Susan and brother went to live near her grandparents in suburban Philadelphia. Later they located to central Pennsylvania outside the Harrisburg area. In fact, Pennsylvania is really home to Susan, not only because she spent formative years there but because her parents were both from suburban Philadelphia.

After graduating from Hood College in Frederick, Maryland, Susan went immediately to New York, where she did an internship in retail. She was hired by Bergdorf Goodman as a buyer, where she stayed for five years. She went on to work for Charles Jourdan, a French company, for another five years. For 23 years Susan was at Tiffany's, the first five in New York and the remainder in San Francisco. She came to San Francisco as Director of Sales and Operations for the San Francisco store. When the company expanded on the West Coast, Susan became the Regional Vice President for the Northwest. Then her role expanded to include the Pacific region. Ten years ago she took early retirement.

Retirement has enabled Susan to devote herself to volunteer work. She was a member of the SF Ballet Auxiliary and very much involved in the St Francis Hospital Foundation, first as Vice-Chair and then Chair of the Board. Her late husband, Dr. Stephen Van Pelt, practiced at the hospital, which made it especially gratifying for Susan to be part of the organization.

We are fortunate to have Susan as part of our community and look forward to meeting her when life is back to normal at The Heritage.

Martha Nell Beatty



Kristine Skootsky	6/07	Fred Wentker	6/22
Tony Hanley	6/13	Yvonne Benedict	6/24
Doris Howard	6/19	Anne Morris	6/27
		Karl Leichum	6/29

A Review of *Exit Strategy*

(with comments from the author)

By Michael Murphy

Exit Strategy, a novel by Julie Finigan Morris, is a tautly-paced cautionary tale of individual greed, incredible work ethic, not-so-blind loyalty and ultimately how random incidents have serious consequences that ripple across the many stratospheres of American life and culture.



In an exclusive interview with *Heritage Happenings*, the author discussed the book as well as her San Francisco roots, Catholic-school education at St. Cecilia's, then St. Rose (under the tutelage of Sister Rita), and a host of experiences from living abroad in Italy, residing in Washington D.C. and finally back home in California to marry her husband Joe (son of our own Anne Morris) and work, among other noble pursuits, at a large salad production facility.

The title is an overt description of the business plan of Roger and Kate Worthington, organic food entrepreneurs alchemized into venture capitalists. Roger's desire to accelerate the growth of the company's financial statement to appear more profitable to buyers, without environmental safeguards, fuels and destroys his dream of a \$600-million dollar payout for Green Earth Organics (GEO), the nation's largest organic salad company.

Kate Worthington's goal in her post-company life is to be recognized as the matriarch of the environmental organic salad movement by controlling the company messaging through public relations and her book releases, which she also uses as gifts for her 1,000 employees (and in lieu of decent wages).

"To write this book I drew on a compilation of people and my experiences to tap into the human condition," shared Finigan Morris. "The Kate Worthington character is based on the owner of the company I worked with during an actual E. Coli outbreak."

Stella Gonzales is a 33-year-old single mom and 15-year assembly line worker at GEO, with a dream of starting a small business teaching homeowners how to cultivate their own garden. With the help of her friend Emiliano, a union agitator, the arc of Stella's dream, though filled at times with jolting sadness, is complete and inspiring. Stella modestly wants to securely provide for her 17-year-old daughter, Esperanza, and her upcoming college tuition, and Gran, her mom, who live together in a tiny, rented house on the outskirts of Las Flores, 45 miles from the Pacific coast.

"Stella was the most difficult character to write," explained Finigan Morris. "To adequately represent her story I did interviews and sought out experts to make sure I was properly describing her experience."

The sturdy assistant with a conscience is embodied by Jane Janhusen, the proficient, efficient personal aide to her diva boss Kate. She steps up in the book's crisis moment to be the guiding voice of the company. Her exit strategy is unclear and it is likely she's just riding the corporate gravy train, fulfilling her immense responsibilities until the end of the work week and a big glass of wine.

And finally, in Tipton, Iowa, Ruth Malmquist, mother to four children under the age of six, the Barbie to her high school sweetheart husband Scott, a.k.a. Ken, live the quiet American dream of hard work, family, home and faith, before becoming the unwitting and life-threatening casualties of an exit strategy gone wrong.

"The Ruth character is also based on a real person. To go through what she went through was tragic," commented Finigan Morris, the empathy clear in her voice.

The writing is reminiscent of Hemingway for its relatively sparse length and that each word carries a large impact. The dialogue is so familiar and intimate that the reader can't help but become emotionally involved.

"The book was much longer before I came up with the final edition," reflected Finigan Morris. "I think I cut too much. I wanted every word to count."

Perhaps there is a sequel in store? Regardless, *Exit Strategy* provides a thrilling read as Finigan Morris delivers a page-turning, transcendent view of people that allows the reader to recognize and feel exactly what the characters are going through.

The Bear Flag Revolt

During the Bear Flag Revolt, from June to July 1846, a small group of American settlers in California rebelled against the Mexican government and proclaimed California an independent republic. The republic was short-lived because soon after the Bear Flag was raised, the U.S. military began occupying California, which went on to join the union in 1850. The Bear Flag became the official state flag in 1911.



What did Hawkeye see?



I am "Hawkeye", the red tailed hawk you see soaring over the Heritage from time to time. My breed - there are about a million of us - is one of the most widely distributed of all raptors in the Americas. At around 10:09 am on May 7th, I was calmly dissecting a small rat in the Heritage parking lot. I revel in eating rodents, so when that pesky murder of crows showed up, I was more than a little ruffled. The crows then mobbed me. I did my best but had to retreat. Fortunately, I had witnesses to the dining travesty.

Bystander Oleg Korsunsky, remarked, "???" While another witness Stephen came out of the manor to the Cottage, saw the hawk on the Cottage roof and said, "holy moly that's a big bird." I was mildly amused.

The photo shows me just after this incident, regaining my composure while sitting astride the ridge of The Cottage. See how fierce and intense I look. Boy, was I good and angry! But you don't really need to worry. If you ever have seen a falconer with birds, they are probably my cousins. My breed is popular in falconry. We Red-tailed hawks, with a more social disposition than other birds of prey, are highly tamable and trainable. See you round the 'hood!

Flag Day Celebrated June 14, 1777



On May 30, 1916, President Woodrow Wilson issued a presidential proclamation establishing a national Flag Day on June 14. The day commemorates the adoption of the Stars and Stripes as the official flag of the United States.

According to American legend, in June 1776, George Washington commissioned Betsy Ross, a Philadelphia seamstress, to create a flag for the new nation in anticipation of a declaration of its independence. On June 14, 1777, John Adams spoke about the flag at a meeting of the Continental Congress in Philadelphia. He said, "Resolved, that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the Union be thirteen stars, white on a blue field, representing a new constellation." There have been twenty-seven official versions of the flag so far; stars have been added to it as states have entered the Union. The current version dates to July 4, 1960, when Hawaii became the 50th state. Will Washington, DC, or Puerto Rico be next?

Raising the Steaks: Morris Grassfed is a cut above the best



Here at The Heritage we eat a fair amount of meat. A good portion is red meat and for the most part it is nicely cooked, elegantly served and a tasty delight. What more could we want? What could be better than the darn good meat Morrison is serving us?

Are you ready? Imagine eating beef the way it was raised for millennia. Imagine eating a cut of meat raised, nourished and slaughtered by a man who can say this:

"I've loved being a cowboy from the time I could walk. I have been taught by my family to do something you love. Love is an enormously powerful economic principle largely ignored in the money economy. To me, sustainability means reconnecting communities of people to the produce of the farms and ranches. We need to decentralize the food system, and make direct connections between farmers and people, so people know how their food is produced. Then corporate farms that are largely faceless won't have an edge over people with faces in the community."

The cowboy is Joe Morris, son of Heritage resident Anne Morris and "Chief Honcho" at Morris GrassFed. Joe and his vaqueros produce 100% pasture-raised beef, grown on the California central coast. Cattle are born, raised & finished on certified organic pastures. Their USDA dry-aged beef is cut & wrapped by artisan butchers. Issues of climate change are addressed by land management practices that produce healthy rangelands.

Joe is inspired and educated by ranchers, biologists and community builders from around the world including experts in holism, decision-making, business management, livestock and horses, and consensus building. The primary common quality is that they incorporate practices that produce peacefulness, harmony and thriving communities. Sounds just like life at The Heritage. Look for the grassfed beef tasting at lunch on June 15!

Theo Armour

Health Note:

"Came from a plant, eat it; was made in a plant, don't."
Michael Pollan, author and journalist

Dear fellow residents,

May has been a very busy month and it is a surprise it is over.

We residents have been asked to become more active by our new CEO, Mary Linde. She wants us to think of Heritage on the Marina as our permanent home and take more responsibility for its care. This requires us all to join a committee if we are able, mentally and physically. There are committees listed in the binder in the dining room for you to review and hopefully sign up for. Choose wisely.

We have just completed our first Council meeting in over a year and hope it was a success. If more residents participate, future Council meetings will be a greater success. Never be shy about asking questions of our Council officers or Heritage staff. Email me or any executive committee member.

Thank you to Management staff for your continued assistance.

Bernie Burke

Library News

We are happy to report that on June 24 at 3 a San Francisco Public Librarian, Nell Jehu from the Talking Books and Braille Center (TBBC) will talk, via a ZOOM presentation, about free audio books for blind, low-vision and physically impaired people as well as books by mail, and some of San Francisco Public Library's most popular eResources. The SFPL eResources will show how to gain electronic access to books and magazines.

Thanks so much to The Heritage staff, Katrina our Assistant Director of Community Life and Karina, our Director of Wellness, Community Life and Social Services for setting up this program with Nell Jehu.

The Heritage will send the ZOOM site to residents (in their email) prior to the meeting. And The Heritage will also host the presentation in both community rooms (McGinley and Fitness Center) so that people, who wish, can view the meeting in a group setting.

Please mark your calendar (virtual, within your phone or on your real calendar) for Thursday, June 24, at 3:00 pm.

Remember that if you have any questions about the public library or want help with any of their resources, please call 415-557-4000 (when the library is open) and a voice will come on the line asking you to press number 3 and a SFPL staff member will help you.

Gardner Haskell

Volunteering: The happiness effect

Helping others kindles happiness, as many studies have demonstrated. When researchers examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were. Compared with people who never volunteered, the odds of being “very happy” rose 16% among weekly volunteers—a hike in happiness comparable to having an income of \$75,000–\$100,000 versus \$20,000, say the researchers.

There are many opportunities to volunteer at The Heritage. Check the binder in the Dining Room. A particular need at present is for folks who love plants and would find happiness watering those on the McGinley Room balcony. If that person is you, talk to Kay Narron.

June Special Events

Rainbow Wreath Workshop	Tue 6/1	2:30, 3:30	Fitness Center
Professor Peritz Lecture	Tue 6/1	3:00	Channel 998
Ian Scarfe Concert	Thu 6/3	3:00	Courtyard
Catholic Mass	Fri 6/4	10:00	Courtyard
Saturday Shorts	Sat 6/5	3:00	McGinley Room
Castro District History	Sun 6/6	2:30	Channel 998
Professor Peritz Lecture	Tue 6/8	3:00	Channel 998
Emotional Support Group	Wed 6/9	3:00	Stucky Library
Love is Love Pride Social	Thu 6/10	2:30	Courtyard
Saturday Shorts	Sat 6/12	3:00	McGinley Room
Professor Peritz Lecture	Tue 6/15	3:00	Channel 998
Untold Tales/Armstead Maupin	Thu 6/17	3:00	Fitness Center
Saturday Shorts	Sat 6/19	3:00	McGinley Room
Beer and Bingo	Mon 6/21	2:30	Courtyard
Professor Peritz Lecture	Tue 6/22	3:00	Channel 998
Emotional Support Group	Wed 6/23	3:00	Stucky Library
SF Library Presentation	Thu 6/24	3:00	FC & MR
Saturday Shorts	Sat 6/26	3:00	McGinley Room