



Heritage Happenings

August 2024

*The monthly newsletter published by residents of
Heritage on the Marina, San Francisco CA, USA*

Special Events

Highlights of events, speakers, and performers for July.

*The **red** and **yellow** colors honor the Spanish flag as part of the
"Around the World" events.*



Painting Spanish Mosaic Tiles

Thursday, 1 August at 1:30 in Friendship Hall

Celebrate the artisan beauty of Spain by painting your own decorative tile. Spanish tiles can be traced back thousands of years to Southern & Eastern Spain, where the blend of ceramic and color pigment reflects the Mediterranean's warmth, culture, and craftsmanship.



Video: The Life & Designs of Antoni Gaudi + Sagrada Familia

Monday, 5 August at 1:30 in Friendship Hall

Catalan architect Antoni Gaudi (1852–1926) designed some of the world's most astonishing buildings, interiors, and parks. Join Roxana for a double documentary screening of two well-regarded films about Gaudi's life and creations.



John Newman: Become Your Own Advocate

Wednesday, 7 August at 11:00 in Friendship Hall

Anyone hoping to live long enough to become an older adult needs to be their own advocate. Dr Newman is a practicing geriatrician who helps us ask the right questions and get appropriate care. Buck Institute Seminar #5. Via Zoom.



Jason Meyers: Piano Concert and Sing-along
Thursday, 8 August at 3:00 in Friendship Hall

Drawing from a vast repertoire of standards from the 1930s and 1940s, Jason Meyers captures the spirit of that era while adding his distinct voice. His style's been influenced by Fats Waller and Nat King Cole, and he's been admired by artists like Liza Minnelli and Steve Allen.



Asian Art Museum / Larry Mark Docent:
Genghis Khan: Hero or Tyrant?

Monday, 12 August at 3:00 in Friendship Hall

The 12th-century ruler and his descendants came to dominate the largest land empire in history. Larry explores the history of Khans and discovers how Genghis Khan's legacy influenced the world for over 800 years. Via Zoom.



Stephen Camarota: Opening the Bottle of Spain
Thursday, 15 August at 3:00 in Friendship Hall

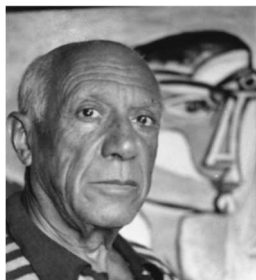
A history of various regions followed by a wine tasting. Spain is renowned for its wine. Its winemaking history dates back more than 3,000 years, with some evidence of grape cultivation as far back as 4,000 BC. We will look over the regions in Spain and the varietals they create. We will finish with a tasting of three different Spanish wines.



David Peritz, Professor of Politics: Autocratic Abuse of Executive Power

Friday, 16 August at 2:00 in Friendship Hall

Hear David's thoughts and discuss one of the most critical developments in American politics over the last year: The Supreme Court's 6-3 decision in the case of Donald Trump v United States to create a range of actions for which the President of the United States is immune from criminal prosecution. This fundamentally alters *not only* the balance of power within the three branches of government, but also substantially weakens our system of checks & balances and the rule of law that's stabilized our politics for 250 years.



Video: Picasso's Last Stand

Monday, 19 August at 1:30 in Friendship Hall

BBC documentary from 2018 reveals the untold story of Picasso's last decade. See the greatest modern artist through the testimony of family and close friends—people he allowed into his private world in the 1960s.



Alex Bootzin: Piano Recital

Monday, 19 August at 3:00 in Morgan Parlor

Alex Bootzin is an accomplished musician, educator, and band leader of the jazz quartet Nucleus. He believes in the transformative power of music and sees it as integral to personal growth, success, and joy.

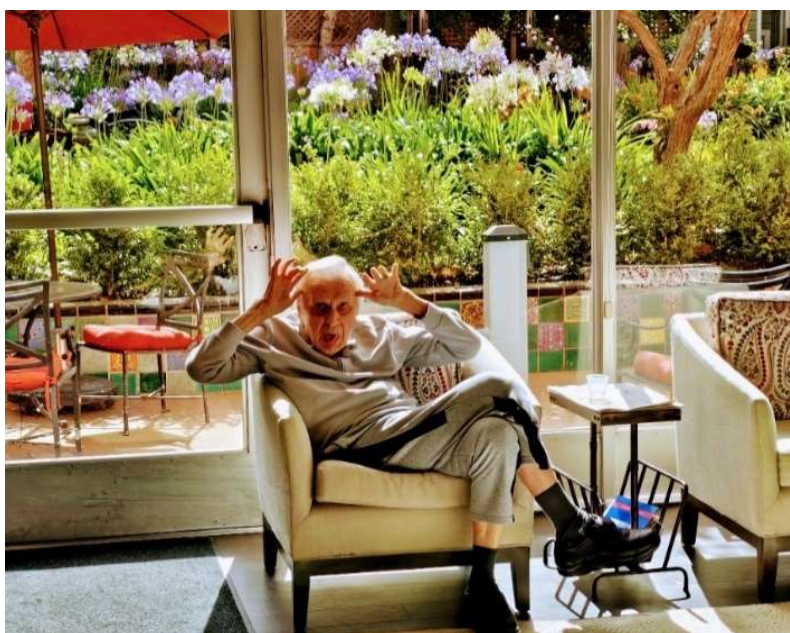


Roberto Aguilar: Flamenco Guitar + Celebrate Spain! Happy Hour

Thursday, 22 August at 3:00 in Friendship Hall

Join us as we travel to España! Enjoy Sangria, light tapas, and a performance by Flamenco guitarist Roberto Aguilar. Roberto studied classical guitar at City College of San Francisco. His interest in Flamenco began in 1996 when he studied with guitarists Jorge Liceaga and Manolo Fernandez. Roberto works regularly with the best flamenco talent in the San Francisco Bay Area.

The Importance of Being Ernie ;-)



Heritage Happenings

The monthly publication published by residents of [Heritage on the Marina](https://heritage-happenings.github.io).

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General Disclaimer

The views and opinions expressed in this publication are those of the authors and do not necessarily reflect the official policy or position of Heritage on the Marina.

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**Committed to Committees**

In a world often overshadowed by global turmoil, it's heartening to focus on the progress and cooperation within our Heritage on the Marina community.

When I arrived in 2020 during lockdown, social contact was limited. Now, our committees have become the cornerstone of our renewed social engagement. The Food Committee, led by Mary Liz, was the first to restart in-person meetings, followed by the Residents Council officers.

The Library Committee showcases exceptional organization, while the Birthday Table Committee works discreetly to celebrate our milestones.

I'm particularly proud of our *Heritage Happenings* Editorial Committee. With an average age over ninety, they produce an impressive monthly newsletter. We also welcome the new Garden Committee, set to build on Marcia's years of dedication to our grounds.

Informal groups for bridge, mahjong, and Scrabble complement our official committees. Most touching is the group of residents who assist neighbors with daily tasks, embodying our community spirit.

These committees and groups prove that age doesn't hinder active participation. They offer opportunities for interaction and purpose, demonstrating that the key to healthy aging is social engagement.

In these uncertain times, let's appreciate the vibrant community we've built. Through our collective efforts, we're not just aging – we're thriving together at Heritage on the Marina.

Theo Armour

Message from Patrick Alexander, Residents Council President

I want to express my thanks to all the residents at Heritage. On my recent birthday, July 27, I received numerous cards and Happy Birthday greetings. I really appreciate all these efforts.

Spain is the "Around the World" country we focus on in August—Spanish food and drinks in the dining room and Spanish entertainment.

Randy Gridley, Chairman of the Board, will host another lunch on August 22 at noon in the Dining Room. This is a chance for one-on-one conversation with the Chairman to express our thoughts and ideas. All seats are taken for the August lunch with the following attendees: Margaret Jacobs, Gene Graham, Jo Anne & Fred Wentker, and Martha Nell Beatty. Til Mossi has signed up for the September lunch—date to be set.

Mary Liz Harris, Food Committee Chair: Report:

July's Food Committee meeting was held at 10:30 on July 9 in the McGinley Room. Angie Lam distributed copies of all the comments from the Dining Room comment box, and we discussed the items. Angie emphasized that you should include the meal date and the food item in your written comment. Participants at the meeting then made additional comments.

The June Caribbean dinner was excellent. Mary Liz found four items from her mama's Puerto Rican cooking and felt "she had died and gone to heaven" as to how great it was to eat them again!

Our gastronomical and cultural study of France, which included a French dinner and party, was held in time for the July Summer Olympics in Paris. An excellent violinist provided French and Spanish music, which is our country of the month for August!

Our next committee meeting is September 10. All residents are welcome.

Til Mossi: Heritage Shipyard Report



Master model yacht builder Til Mossi reports that the stern of his latest model yacht is beginning to look ship-shape. Til delights in the crafty pleasure of crafting his pleasure crafts. Coming up next: paint in the butt.

Porter Garden: What's Blossoming



*Garden Committee: Gene, Kay T, Kay N, Lillemor, Pam & Maureen.
along with Margaret M, photographer*



*Double Delight rose in
Rose Fox Noll Garden*



Hydrangeas in the Porter Garden



*Sweet Pea by the
Cottage*

Les Croissants de Burre

By Tucker Ingham

Here, we enjoy Tucker's charming Frenglish. ;-)

The escalators were "non marche pas" as we labored up two stories of stairs to Place St Michel, emerging from the Art Nouveau gate on the bank gauche. Dragging our bags across un petit pont, we soon found ourselves surprisingly at home on the parvis of Notre Dame de Paris, more so perhaps than on Union Square via BART. As was typical, we had arrived in early morning to a Paris relatively solemn and nearly tranquil. Was that a bird chirping? The sublime towers of Our Lady seemed welcoming. We were happy to be there, enchanted, in the early 1970s.

At sunrise, one could alone walk up spiraling stairs to the south tower roof, unhindered by anyone, to enjoy the spectoral gargoyles staring menacingly down at the parvis. These great monstrosities emphasized the message of the Last Judgment carved above the doors below: One must take responsibility for one's choice in life. C'est la vie.

Down the Seine, on the l'Ile St Louis, rests a charming cafe whose windows gaze out on the east facade of Notre Dame and the ivy-draped walls of the Ile de la Cité. The Cathedral's sweeping flying buttresses reach like giant arms to the river on both sides.

As we munched into our café au lait chaude, the sun rose slowly revealing two large oval windows in the Cathedral's east wing which stared silently upstream, as if the entire Gothic edifice would one day depart.

Name Tags for Walkers



Have you noticed the nifty new name tags adorning people's walkers lately? The product of Stella's beautiful needlework is a gift not only to the recipients but also to the Dining Room staff. So we all say a resounding: Thank you, Stella!!!

Duck Season Journal: Chapter 1: Return to the Marsh

By Bob Granucci



2014: I reached McAvoy Harbor barely in time. The crossing was pleasant, with clear skies, a few mid-level clouds, and a southwest wind. Steve, Chris, Mike, and I had hot dogs for lunch.

After sitting idle for two years, my boat became filthy. Steve kindly power-washed it and mounted my motor. I'd forgotten how to start it, but when I recalled the technique, it kicked over, and I brought the boat to my dock. To my delight—thanks to physical therapy—getting in and out of the boat was not difficult.

Medical problems had kept me from hunting for two seasons, but when I visited the club during that time, the fellows gave me a hearty welcome that made me eager to return.

That first afternoon, my dog Siena & I walked out to the division line road junction, observing seven mallards on the nearby loafing pond. Siena had a grand time jumping in and out of the water and then rolling in the dust. She had set out on our walk as a yellow lab and returned a chocolate one.

Abe, our veteran Chef, was back in the kitchen, serving an enjoyable dinner of barbecued chicken, asparagus, mashed potatoes, and gravy. Mike's wine selections were very much to my taste: Coppola Chardonnay, Chalone Pinot Noir, and a surprisingly good Gen 5 Cab from Lodi.

After dinner, I watched the Giants and settled into bed, happy for their victory and happier yet because I'd been able to get in and out of my boat—something I'd taken for granted in earlier years.

We slept late on Friday, rising after 7 am. Temps were in the mid-70s with a cloud-decorated sky and light north wind. I spent the morning loading

decoys and other paraphernalia into my boat, then took it for a short run.

A group of hunters arrived around 3 pm, and Siena, tail wagging, ran down to the dock to greet them. They commented on her good looks and friendliness.

Twenty or so hunters were at dinner, and the atmosphere was as festive as any in memory. The meal was excellent: Caesar salad, New York strip roast slow-cooked in the smoker, asparagus, mashed potatoes, and gravy—and for dessert, chocolate flan topped with pears poached in red wine.

At 8:30 pm, I went out to give Siena her good night cookie. The air was warm, there was still no moon, and the mosquitoes were out in full force. It was a dark and *swarmy* night.



Revisiting his Duck Season Journals from 2014–2015 sparked new thoughts and memories for Bob, which we were fortunate to capture in an interview on July 30th, 2024:

We didn't go duck hunting because it's easy. We went because it's hard. You're up with the sun, you head out on the marsh, set your decoys and find your hole to hide in. Maybe the ducks come, and maybe they don't. Around 1995, the ducks changed their flight path, so the fellows and I spent most of our time waiting (for ducks that rarely arrived on the horizon).

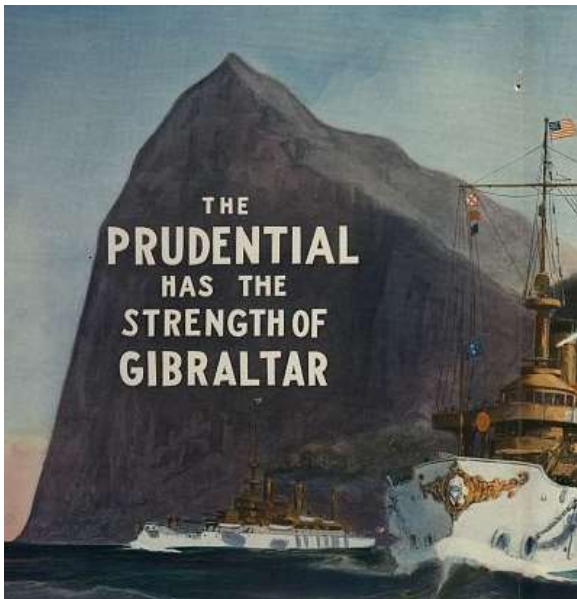
In the Saisun Marsh—the largest brackish water marsh on the West Coast—we rate ducks on a scale of 1 to 5. While it's debatable which species of duck is the most sought after, both the Pintail and Teal are considered the tastiest. Teal ducks are fast flyers, but they respond to a whistle, which is helpful. In 3rd place is the familiar Mallard, followed by the Wigeon — a medium-sized dabbling duck with a small bill. The booby prize goes to the Northern Shoveler, aka Spoony—a bottom feeder with a wide, spoon-like bill. It probably comes as no surprise that our last-place duck—poor Spoony—is the easiest to decoy and call in.

Stay tuned for the next installment of Bob G's duck-hunting adventures.

A Synopsis of Early Spanish History

by Doris Howard

The Iberian Peninsula is the landmass extending Southeast of Europe. It is now Spain, with Portugal occupying the peninsula's West coast. Spain's northern boundary includes half of the Pyrenees Mountains, which the Spanish Basques occupy. The actual boundary between Spain and France lies across the Pyrenees, separating the Southern Basques from the Northern or French-speaking Basques, an arrangement attributed to Charles De Gaulle and Francisco Franco.



1909 insurance advertisement

The earliest settlers were from middle and Southern Europe. As civilization progressed, Greeks and Phoenicians blended into the population. Local and then larger governments emerged. In the 7th century, the most prominent ruling dynasty in the South was an extended family named Vitiza. They ostracized their political rivals who reached across the Mediterranean Sea to the Islamic Arabs and Berbers living in Northeastern Africa, who were happy to provide military aid and then take control. The general of the Arab and Berber troops

was Jahal Al Tariq. The Rock of Gibraltar was named after him. It means The Rock of Tariq. The name they gave to their new land was Al-Andalus.



Charlemagne finds Roland dead

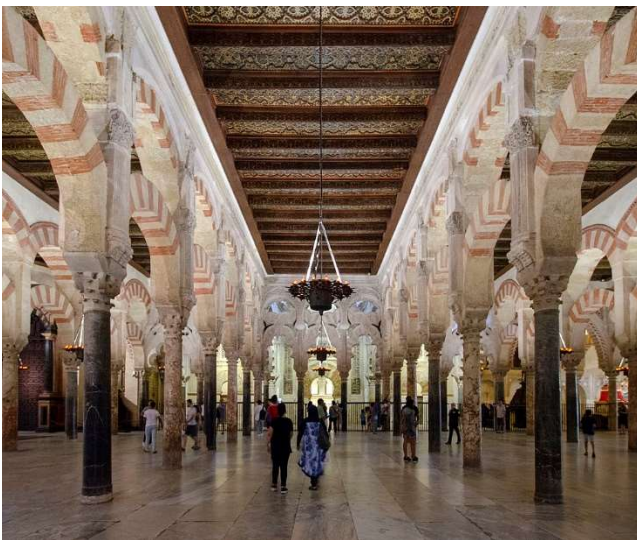
Emperor Charlemagne sent an army to fight the Moors, but they were, instead, defeated. A great French poem, Chanson de Roland (Song of Roland), describes the battle. Roland was a leading and beloved general who stayed with the last troops fleeing through the Roncevaugh Pass in the Pyrenees when they were caught and destroyed by Islamic forces, probably Islamic Basques.

The Moors occupied the land for eight hundred years. It was an Islamic country but entirely open to and accepting of Jews and Christians. Al-Andalus survived 800 years of onslaughts by primarily Spanish and European Christian forces. In 1492, the last Moors surrendered and were expelled from Spain.



Alhambra de Granada

Culturally, the Moors contributed significantly to Iberia's earlier, largely uneducated people. They brought knowledge of chemistry, chess, algebra, Arabic numerals still used today and even Aristotelian philosophy. Among many architectural buildings, the Moors built Al-Hambra in Granada, the Giralda in Seville, and a beautiful Mosque in Cordoba. The Alhambra is a vast construction built to be both a palace, a fortress, and a center of government. It has been named a World Heritage site. It has dozens of rooms and is visually stunning.



Cordoba Mosque: view of the nave

The Cordoba Mosque is said to be the most beautiful mosque in Spain. It was built in 785 by Abd al-Rahman, the founder of Islam in Cordoba. The mosque is now a Christian cathedral. The Giralda was built in 1145 as a minaret. After the expulsion of the Moors, it became the bell tower of a Christian church.

In Medieval Europe, the term Saracens became popular for the Moors. The word originated in Greece in the first century, *sarakenoi*. The battle cry was widespread in later centuries: Christians seeking to drive the Saracens or Moors from Spain and Jerusalem.

Spain reflects the Moorish influence in its architecture and the names of many places. As its uniquely Spanish character grew, Spain developed into a thoroughly Christian country, and that will be our next chapter.

Rooms Chapter 10 – Cross Country Again!!!

By Margaret Johnson and her son, Tom



I was on the balcony of 675 Water Street 19A in about 1966. A cargo ship was at the dock below us. The Statue of Liberty was just visible beyond the Brooklyn Bridge, to the left of the Wall Street buildings, and the East River was full of ship traffic.

You may remember from the last installment that in 1959, we took an epic trip across the country and moved to a huge old house in Palo Alto.

Always On The Move

Palo Alto was a good time, but Duncan could not stay put for long. In 1962, we moved back to New York City to an apartment in the Riverdale section of the Bronx at 641 West 231st Street. Duncan and Elizabeth drove the now-aging VW back across the country, enduring a multi-day breakdown in Nebraska, and Anne and I flew back to New York (Tom was already back east, in boarding school).

Riverdale, The Bronx

It was an uninspired post-war building with characterless boxes for rooms and a nasty landlord. The nearest subway stop, at Broadway and 231st Street, was at the bottom of a steep hill, and the commuter train station

was at the bottom of the other side of the hill, so transportation to Manhattan was tedious.

The apartment was totally unmemorable and not pleasant. It was dark, inconvenient, and poorly insulated. I remember frost on the insides of the windowpanes when a particularly chilly winter wind came up off the Hudson River that year. The Hudson River froze over, a rare event even back then.

A vivid memory of that apartment is dropping the Thanksgiving turkey out of the oven, turkey fat spreading across the kitchen floor. Our friends' toddler, startled by the commotion, ran towards his father at the other end of the kitchen, skidded in the fat, and flew up in the air, but his father caught him mid-flight before he could hit the floor. Very dramatic!

Our cat fetched toothpaste tube caps like a dog. We could bounce them down the hall into the bathtub, where she would chase them around before bringing them back to repeat. That lasted until someone had drawn a bath, so instead of hearing a clatter, she heard a plop and tried vainly to turn around in mid-air before landing in the water.

A Good Place

In February of 1965, we moved from Riverdale to the Lower East Side of Manhattan, in what had been an old immigrant neighborhood. Our apartment was on the 19th floor of a middle-income "city co-op", right on the East River Drive and the East River, with an unobstructed southwestern view of the Brooklyn Navy Yard, the Brooklyn Bridge, the Wall Street skyline (a stunning nighttime view), and the Statue of Liberty. Initially designed as low-income housing, it was recently converted to middle-income housing by adding balconies, a second bathroom, and more closets. Duncan's income was just under the maximum to be eligible, which was why we qualified.

We were very happy there—we had brand new construction, three bedrooms, two bathrooms, and an expansive balcony where we grew roses, vines, and a crab apple tree. Our building had a very congenial, diverse population, and we had wonderful neighbors. The whole building lit up at Christmas; one of our neighbors enveloped their front door in foil and decorated it like a Christmas tree—we looked forward to it every year because they never did the same thing twice. We enjoyed that apartment

enough to live there for nearly six years—a record for us to that point.

There was always something happening on the river and at the pier right below us, and Duncan gave me a set of binoculars so that I became an expert in identifying the busy river traffic. The balcony made a lovely spot for cocktails and morning coffee, marred only by the constant drone of traffic on the East River Drive. That was the last year the Brooklyn Navy Yard was open. I particularly remember an aircraft carrier nearly filling the river when they turned it to slide into drydock—and **Spain's only submarine coming in for repairs**. One weekend, we watched an emergency readiness exercise where small airplanes did very short take-offs from the dock below us—noisy but fascinating.

Life On The Lower East Side

Our neighborhood was not close to any major subway, and the bus that took us to downtown Manhattan was like the community itself - friendly, safe, and informal, where people knew each other. I found fresh, locally grown produce and cooking tips in an Italian market—Jersey tomatoes, eggs, excellent lettuce. We were on the fringe of Chinatown—at that time still quite small—and I began to teach myself Asian cooking. Further west, near the Hudson, was the spice, tea, and coffee wholesale district, which was very fragrant, where you could buy freshly ground spices and whole-bean coffee. The World Trade Center soon obliterated much of that area.

The neighborhood was formerly a Jewish enclave, but many of the original inhabitants had moved out to Queens, Brooklyn, and Staten Island. Today's predominantly Asian inhabitants had not yet arrived. The neighborhood had an almost antiquarian feel because little had changed for decades. Our long Sunday walks throughout Lower Manhattan were fascinating, like walks through history, where you could see preserved ways of life and commerce from the late 19th century through the 1930s and 40s.

I worked at Memorial-Sloan Kettering Hospital developing photomicrographs for cancer researchers and had a great time experimenting with darkroom techniques. Duncan worked at Cornell New York Hospital in the East Sixties. Elizabeth went to Hunter College High School, and Anne started at Bronx High School of Science—two of the city's best public high schools at the time.

My Village Grandmothers

By Eleanor Bissell

July 30, 2024: I write to remember people and events that have shaped my life. My relationships with my village grandmothers were precious to me as a very young child and have influenced the person I have become.



2012: I grew up in a small rural town in Massachusetts, the seventh of eleven children. During my preschool years, while my older siblings were in school and the younger children were not yet playmates, I discovered a rich resource—the older women in the community eager for company.

My "natural" grandmother was an artist who lived alone in a cluttered house. My treat was to watch Grandma B draw with old, broken crayons on any kind of paper. She wrote poems while creating beautiful flowers and scenic wonders of all seasons. Grandma B taught me to listen and observe, recycle paper and string, and save pennies.

Grandma W, a neighbor, also lived alone. She was quick to answer the doorbell and always apologized for not having her teeth in. This grandma of affection welcomed my stories, family secrets and tall tales. I was in my element as an entertainer with an appreciative audience.

Another neighbor, Grandma L, painted a magical garden mural on a wall in her parlor. She served tea in miniature antique cups and read from old, illustrated children's books. Grandma L's home was peaceful.

My relationship with elders grew as I did. Unconditional acceptance, mutual appreciation and respect carried over into my teen years, young adulthood, and adulthood. It was from the elders I received strength, courage, wisdom, and inspiration.

As a Heritage on the Marina resident, I have the pleasure of getting to know elders with many years of experience. It is a fertile place rich with wisdom stories. It is heartwarming to witness the bonds between generations as they unfold in our community, relationships that are an essential part of who we are.

Library Corner ~ New Acquisitions July 2024

By Martha Nell Beatty

Dasheill Hammett Tour: Thirtieth Anniversary Guidebook ~ F ~ 2009

Don Herron

Hammett, a Pinkerton operative, wrote most of his detective stories while living in San Francisco in the 1920s.

The Wide Wide Sea: Imperial Ambition, First Contact And The Fateful Final Voyage Of Captain James Cook ~ NF ~ 2024

See Trish's book review

Unfinished Love Story: A Personal History of the 1960s ~ NF ~ 2024

Doris Kearns Goodwin

Doris Kearns Goodwin and Dick Goodwin decided to go through the 300 boxes Dick had kept from the '60s.

Brooklyn (Ellis Lacey Series) ~ F ~ 2015

Coln Toibin

Ellis, a young Irish woman, emigrates to America, where she marries Tony, who is from a large Italian family. When a family member dies in Ireland, she returns and is in contact again with a former boyfriend.

Long Island (Ellis Lacey Series) ~ F ~ 2024

Colm Toibin

The sequel to Brooklyn finds Ellis, Tony, and their two teenage children living in a *cul de sac* with Tony's large family living in neighboring homes. A stranger's visit causes a possible rupture in her marriage.

The Backyard Bird Chronicles ~ NF ~ 2024

Amy Tam

The famed author writes about the myriad birds in her Sausalito backyard. Tam's illustrations of birds add to the book's charm.

Night Flyer: Harriet Tubman and the Faith Dreams of a Free People ~ NF ~ 2024

Tiya Miles

The President and the Freedom Fighter: Abraham Lincoln, Frederick Douglas, and Their Battle to Save America's Soul ~ NF ~ 2022

Brian Kimeade

August 2024

Making It Up ~ F ~ 2006

Penelope Lively

The author tells her life story and considers what might have happened if she had made other choices at pivotal times.

Franklin and Winston: An Intimate Portrait of an Epic Friendship ~ NF ~ 2004

Jon Meacham

Who better to write about the two leaders and their friendship than Meacham, a Pulitzer-prize-winning historian and presidential biographer?

The Bluest Eye ~ F ~ 1970

Toni Morrison

Morrison's debut novel explores the dangers of predominantly white beauty standards. Young black Pecola develops the idea that it would be desirable to have blue eyes.

Library Committee

Are you looking for a good book? Martha Nell Beatty, Yvonne Benedict, Pam Fischer, Gene Graham or Kay Narron can help.

The Wide Wide Sea: Imperial Ambition, First Contact, and the Fateful Final Voyage of Captain James Cook ~ NF ~ 2024

by Hampton Sides, Peter Noble, et al.

Named the Bestselling Book of 2024, so far, by The New York Times.

Take a sailing trip around the globe right from your own comfy chair. *The Wide Wide Sea* is the extraordinary story of Captain James Cook and his last voyage of discovery. While steering his ship, *HMS Resolution*, he was credited with charting new continents (new to Europeans in the 18th century) and discovering Hawaii.

Learn about the life of sailors, threats from the sea, and what happens when your Captain goes a little crazy on a beach in Hawaii.

Critics use the term "gripping" when describing this book. So true.

Review by Trish Otstott

Sheila with San Francisco Mayor London Breed

