



Heritage Happenings



October 2022

Special Events

Gustavo Romero Returns for a Classical Piano Performance

Saturday, October 1 at 3:30 in Morgan Parlor

Mexican-American pianist [Gustavo Romero](#) has a stellar reputation for both the technical brilliance and interpretive depth of his playing.

Oktoberfest Pub Party ~ Accordion Lorenzo

Thursday, October 6 at 2:30-3:30 in Morgan Parlor

Beer, Food & Live [Accordion Music](#)! Prost!

Oktoberfest Dinner

Thursday, October 6 at 5:30 in Dining Room

Out and About Annual Picnic ~ Samuel P Taylor Park

Thursday, October 13 on the road at 9:30

All aboard for the all-hands biggest Heritage excursion of the year!

Birthday Night Happy Half Hour and Dinner

Friday, October 14 at 5:00 to 5:30 in Morgan Parlor

Friday, October 14 from 5:30 onwards in Dining Room

Ian Scarfe ~ Classical Piano Performance

Monday, October 17 at 3:00 in Morgan Parlor

Italian Night Dinner

Thursday, October 20 starting at 5:30 in Dining Room

October 2022

Powerful Plant Pigments: Purple Foods with Devin Green, RD

Monday, October 24 at 3:00 in Friendship Hall

Join Devin, the dietitian, for a nutritional talk and food science demonstration all about purple foods! We will observe their fun, color-changing abilities and discuss their health benefits!

Art With Elders 30th Annual Exhibit Artist Celebration Event

Sunday, October 23 between 2-4

This event will be held online. Please visit this website for the Zoom link and details: <https://www.artwithelders.org/annual-exhibit>

Semi-Annual Residents Meeting

Tuesday, October 25 at 10:00 in Friendship Hall

Superfood Demo: Apples

Tuesday, October 25 starting at 11:15 in Dining Room

Halloween Party!

Monday, October 31 at 2:30 in Friendship Hall

Costume Contest, Pumpkin Display, Psychic Reader

Continued: Special Author and Book Event

Come see some of the world's most talented authors, speakers and thought leaders in science, technology and medicine via prerecorded videos of live sessions from the 5th Annual Sonoma Valley Authors festival.

Desmond Shum ~ *Red Roulette*

Monday, October 3 at 10:00 in Friendship Hall

Erik Larson ~ *Dead Wake: The Last Crossing of the Lusitania*

Monday, October 3 at 3:00 in Friendship Hall

Mark Mills ~ *Clean Energy And The Rare Earth Minerals That Are Essential To Make It A Reality*

Wednesday, October 5 at 10:00 in Friendship Hall

Steven E Koonin in Conversation With James Strock ~ *Climate Disruption: From Argument To Action*

Wednesday, October 6 at 10:00 in Friendship Hall

October 2022

Regular Programs

Cable Entertainment



Current Events with David Peritz

*Tuesdays at 3:00
on Channel 998*

Religious Services

Catholic Mass in the Chapel

Friday, October 7 at 10:00

A special mass will honor the late Father J Terence Davis, our past Heritage on the Marina resident from 2016 to October 9, 2019. All residents are welcome to attend this mass as well as all monthly first Friday masses. The celebrant for the memorial mass will be Father Salvatore J Ragusa, a longtime friend of Father Terry and Chaplain at the Holy Names University, Oakland, CA.

*Distribution of Communion
Sundays at 10:00*

Episcopal Service

Sundays at 9:30 in McGinley Room

[Live stream](#) from the National Cathedral, Washington DC

Meetings

Emotional Support Group with Jeanne DeMeio

*First & third Wednesdays at 2:00 in
Stucky Library*

Saturday Shorts with Margaret Jacobs

*Saturdays at 3:00 in McGinley
Room except not October 1*

Painting Class with Instructor [Yvette Brown](#)



*Thursdays at 9:30
in the Arts &
Crafts Room*

We have a great
[Art with Elders](#)
teacher and a
room full of

supplies. Come and create art!

Tech Support with [Tess Goldman](#)

*Thursdays at 1:30-5:00 in Perry
3rd floor sitting room*



Please sign up in
the Dining Room.
Tess is also
available to
provide support in
your apartments.

Exercise & Relaxation Classes

Strength Training with Bianca Lee Mondays, Wednesdays & Fridays 9:00 Fitness Center	Tai Chi with Bianca Lee Mondays 9:45 Fitness Center
Balance Class with Activity Staff Monday to Friday 11:45 Porter Hallway	Total Body Workout with Karina Tuesdays 10:30 am Fitness Center
Meditation with Stephen Mondays and Thursdays 1:00 Cottage	Walking Group Wednesdays 1:00 Meet in Porter Library
Coffee & Chat Hour Mondays and Wednesdays 4:00 to 5:00 Dining Room	Yoga with <u>Claudia Bartsch</u> Thursdays 9:00 Fitness Center

Massage Therapy with Homa



Monday, October 3 & 17 in Cedar Room. \$130 / session.

After graduating from Iowa State University with a degree in Computer Science, Homa realized that her true passion was to work with people, not machines. This insight led her to become a teacher when she moved to California. She spent ten wonderful years as an elementary teacher in the Cupertino school district while at the same time raising her two sons. During these years of teaching and nurturing her children, Homa observed the stress transferred from teachers and parents to children. Her dream is to bring peace and tranquility to adults so children may grow in a healthy and nurturing environment. It is this passion that leads Homa to the practice of healing arts.

Heritage Happenings is a monthly publication published by residents of [Heritage on the Marina](#)

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Reminder: Your donation to the Employee Appreciation Fund is a big “Thank you!”

One of the tricky things about modern life in the city is figuring out all the tips: The tip for the taxi driver, the tip for the restaurant server, and the tip for the contractor. It never seems to end.

One of the great benefits of life at Heritage on the Marina is that we residents are not allowed to tip. We have over a thousand meals served to us every year, have laundry delivered every week and have endless maintenance requests fulfilled, yet we never have to reach for our wallets.

With this regularity and frequency, it becomes easy for us to forget that our ever-so-pleasant lifestyle depends on the ongoing consistent and rigorous service by dozens of devoted staff.

So this editorial is to remind you that every December, all the Heritage employees share the proceeds of the Employee Appreciation Fund - an effort entirely funded by residents. All our donations need to be sent in by the end of November. It is our way of saying “Thank you!” to all the good people that help keep us comfortable and healthy.

Meet Sean Clark ~ Maintenance Engineer

By Martha Nell Beatty



Naturally, Sean was one of those kids who was always tinkering. He delighted in taking things apart to see how they were made before putting them back together. Of course, he loved Lego, taking great pleasure in building different structures. Sean built plastic models and things out of wood and paper. He helped his dad work on cars - back when it was still possible. Sean was always wanting to do something with his hands.

His childhood was in Eugene, Oregon, where he grew up with a twin sister and older brother. His home was the kind of place where if you wanted a snack, you climbed a tree—a fruit tree or a nut tree.

In 1984, Sean moved to San Francisco at the urging of his sister, who lived here. His first job was with North American Van Lines. But then he moved on to a clerical job in a consulting firm. In that job, Sean began to learn data entry and “to pick up computer stuff.” In 1987 he married his wife, although at the time, he had no job. Soon Sean got a job at an insurance company. There was a lot of filling out forms using an IBM Selectric typewriter. His challenge was that he kept falling asleep while he was typing.

Over the years, Sean worked for a variety of companies - all the time learning new skills and sharpening ones he already had. At Sears, his job was in the washer/dryer division. It was there he learned to diagnose problems and repair machines. At Crowley Maritime, he learned JCL, which is a special scripting language for computers. At Walker Interactive, a financial software company, he sharpened his skills working on hardware, software, and network maintenance on all types of equipment.

Before coming to Heritage on the Marina, Sean's job was at a boutique

hotel, the Argonaut, in a former Del Monte plant on the edge of Fisherman's Wharf. The job was as a maintenance engineer, which Sean wanted, as he had decided he wouldn't do IT anymore. He liked the idea that it was hands-on with quick and verifiable results. Sean started in October 2018. Then when Covid arrived in March 2020, everyone was furloughed. It didn't take Sean long to realize that "probably the company was not going to hire back anytime soon."

He thought about what jobs would call for essential workers and figured "what could be more essential than retirement homes. nursing homes." He saw an ad online for Heritage on the Marina for a maintenance technician. It was perfect: another historic building near the Bay, walking distance from his home (40 minutes downhill) and ideal working hours (10 am - 6 pm). Definitely, a place whose staff qualified as essential.

Sean brings many useful skills that he learned and developed over the years to Heritage on the Marina. And if you haven't noticed, there is something very distinctive about Sean's footwear. Take a look next time you see him.



Royal Memories

By Mary Liz Harris

When Patrick Alexander, Sheila Moore, Mary Roper and Jane Standing said "God save the Queen" at Jan Bolles' "Happy Hour" last Thursday, little did they know that the following Thursday, Queen Elizabeth II would be dead!

The events of this past week caused reflections on my part of exciting memories of the past. When I learned the Queen and her husband were planning to visit Yosemite in 1983 and would be traveling down the "All Weather Highway" 140, I was excited as I wanted to catch a glimpse of them, since they'd be passing through Triangle road. I planned to walk from my house on the hill down the half mile to the road to watch the Royal caravan pass by. However, nature intervened, and a huge rock slide preceded their visit. This ended any idea of entering Yosemite from the Arch Rock Entrance!

I still wanted very much to see the Queen but didn't know how I could enter the park. So I prayed about what I should do. And I was directed to drive to the Wawona Entrance - the south entrance to the Park. I hadn't considered it since I had never driven that route before. My desire to see royalty overcame my fear. I drove the new route - even picking up a hitchhiker along the way and delivering him to his home.

At the Wawona Entrance, I was asked by a park ranger where I was going. I replied, "I'm going to Yosemite Valley to photograph the Queen and her husband." I was allowed to pass, so I drove to the Awani Hotel and once again a ranger inquired about my purpose. I informed him that I was a member of the Sierra Club and a lecturer on the Park and wanted to take pictures of the Queen and Prince Philip for my slide lecture "The Human and Natural History of Yosemite." He then directed me to the Yosemite Lodge area, where the press and photographers had gathered. There I saw four buses that were chartered for the occasion. Upon entering the lodge, I was given an ID pendant allowing me to board the buses and partake of a very sumptuous breakfast buffet.

After consuming the delicious buffet, we boarded the buses and were driven to Inspiration Point (which now may be called Tunnel View). Bleachers were set up there, and all kinds of large and fancy camera equipment were

already in place. I was in between two of the reporters, one from Channel 4. There I was with my tiny Instamatic camera.



At last, there was the arrival of vehicles and the disembarking of Queen Elizabeth and Prince Philip. I stood 100 feet away from them. As always, the Queen looked very elegant and smiled at the crowd. I was impressed with the Prince's stature and how handsome he was. They quickly made their way to the exquisite view of Yosemite. I was most happy and excited to fulfill my goal to see them.

After my husband and I had moved to San Francisco and shortly after our Scotland trip in 2005, I learned

that Prince Charles and his wife Camilla were to visit the city. It was a Monday when part of my usual routine was to launder three loads of clothes and bake four loaves of whole wheat bread. (So instead of cookies, my daughters returned from school and were greeted by freshly baked bread.) In between my household chores, I decided I wanted to see the future King of England, so I took Muni to the Ferry Building, where the crowd was controlled with ropes. Then they arrived. Today Charles has the title of King Charles III and Camilla, the title of Queen Consort. They were only one foot away from me and very pleasant.

Watching the walkabout this week on TV with William and Harry and their wives reminded me of my experience in front of the Ferry Building.

I happily returned home to bake a casserole. I learned that Prince Charles and Camilla visited a once-homeless man at the Empress Hotel, only three blocks from our Tenderloin apartment. The royal couple then went to Inverness seeking gardening information.

I've treasured these experiences, especially this time being mobility challenged. And I now say, "God save the **King!**"

Current matters of interest - October 2022

By Fred Wentker

This is not a standard "book review" format. I simply report on recent press items or new books of interest. I search book reviews for books, and news articles and their letters to the editor for news items. Sometimes I update previous reviews as new material becomes available.

The Southern Baptist Convention Abuse Scandal Continues

We learned in our June issue of The Atlantic magazine that there were charges of over 700 sexual abuse incidents in recent years involving SBC ministers and executives. In June, at their annual convention, the SBC replaced their existing leader, who advocated using the pulpit to deliver political endorsements (to GOP), with a more traditional non-political pastor. The vote was roughly 60% to 40%. The losers promised to continue the fight. On July 17 the US Department of Justice announced an investigation into the alleged abuse of the SBC and all its organizations. Obviously, the drama is not over.

Freezing Order ~ A True Story of Money Laundering, Murder, and Surviving Vladimir Putin's Wrath

This book was reviewed by the author in one of the first of the Sonoma Book lectures shown in our Friendship Hall. I will not repeat the story except to emphasize how sinister and dangerous Putin is. In recent months three men died suddenly. One wealthy American resident of Russian background was found on the street after apparently having fallen from his 32nd floor New York apartment.

Author Browder, fortunately, avoided several attempts on his life. In 2005 a Russian friend warned Browder to flee because Putin was angry with him. Browder took the advice and got several of his Russian employees and families and all of his money out of Russia. Unfortunately, he was unable to convince business friend Sergei Magnitsky to leave. Putin had him arrested and chained to a hospital bed, and beaten to death by police. Browder then worked to have the US Congress pass the Magnitsky Act in 2016. This act allows the government to freeze the assets of foreigners who commit human rights violations. To date, 34 countries have enacted similar laws. No wonder Putin hates Browder and contributed money and helped to elect Trump in 2016.

Library Corner

Some New Acquisitions ~ not necessarily newly published!

Toni Morrison ~ *Home* ~ 2012 ~ 813.54

Donna Leon ~ *Trace Elements* ~ 2020 ~ 813.54 M

Nora Ephron ~ *Heartburn* ~ 1983 ~ 813.54

Nina Totenberg ~ *Dinners with Ruth: A Memoir on the Power of Friendships* ~ 2022 ~ 920

Bill Browder ~ *Freezing Order: A True Story of Money Laundering, Murder, and Surviving Vladimir Putin's Wrath* ~ 2022 ~ 332.60

Lewis Miller ~ *Styling Nature: A Masterful Approach To Floral Arrangements* ~ 2016 ~ 745.92

Leonard Koren ~ *Wabi Sabi: For Artists, Designers, Poets And Philosophers* ~ 1994 ~ 111

Dick Morris ~ *Condi vs. Hillary: The Next Great Presidential Race* ~ 2005 ~ 328.73

Jean M Twenge ~ *Generation Me* ~ 2014 ~ 304

Ric Burns ~ *New York: An Illustrated History* ~ 1999 ~ 974.71

Jim Toney ~ *To Love and Be Loved: A Personal Portrait of Mother Teresa* ~ 2022 ~ 271

Larry Collins ~ *Is Paris Burning?* ~ 1965 ~ 940.54

Frank Graham ~ *Since Silent Spring* ~ 1970 ~ 632.95

Rachel Carson ~ *Silent Spring* ~ 1962 ~ 363.73

Gabriel Garcia Marquez ~ *News of a Kidnapping* ~ 1997 ~ 364.15

Suggestions? Questions? Email: library@heritage.groups.io

Library Committee

Food Committee

There will be no Food Committee meeting in October. The next meeting will be Tuesday, November 8, at 10:30 in McGinley Room.

Excursion to the Bay Model



Beatles in the Garden!!



Women!



Dining Delights



“Out and About”

Destinations for Tuesday Van Excursions

October 4	October 11	October 18	October 25
9:00 Walgreens		9:00 9th Street Retail Center 2 hours	9:00 Target
10:15 Sutro Park Scavenger Hunt 2 hours			1:00 Scenic Drive with Health Center Residents

October Birthdays

10/06 Terry Moughan
10/27 Susan Conn

10/28 Gene Graham
10/29 Martha Nell Beatty

The Birthday Dinner will be celebrated on Friday, October 14

October Movie Programs

Life Enrichment Fridays at 2:00 in Friendship Hall

October 7 ~ How to Marry a Millionaire ~ 1953 ~ Comedy/Romance

Stars: Marilyn Monroe, Betty Grable, Lauren Bacall

Director: Jean Negulesco

October 14 ~ Annie Hall ~ 1977

Stars: Woody Allen, Diane Keaton, Christopher Walken

Director: Woody Allen

October 21 ~ Dracula ~ 1931 ~ Horror/Supernatural

Stars: Bela Lugosi, Helen Chandler

Director: Tod Browning

October 28 ~ Frankenstein ~ 1931 ~ Horror/Sci-fi

Stars: Boris Karloff, Mae Clarke

Director: James Whale

Movie Committee Sundays at 2:00 in McGinley Room

October 2 ~ To Kill A Mockingbird ~ 1962

Stars: Gregory Peck, Kohn Megna, Frank Overton

Director: Robert Mulligan

October 9 ~ The Boy In The Striped Pajamas ~ 2008 ~ Drama / War

Stars: Asa Butterfield, David Thewlis, Rupert Friend

Director: Mark Herman

October 16 ~ Journey To Italy ~ 1954 ~ Drama / Romance

Stars: Ingrid Bergman, George Sanders, Marie Mauban

Director: Roberto Rossellini

October 23 ~ You've Got Mail ~ 1998 ~ Comedy / Drama / Romance

Stars: Tom Hanks, Meg Ryan, Greg Kinnear

Director: Nora Ephron

October 30 ~ Always Be My Maybe ~ 2019 ~ Comedy / Romance

Stars: Ali Wong, Randall Park, James Saito

Director: Nahnatchka Khan

October 2022

October Special Events Calendar

10/01	Sat	3:30	Morgan Parlor	Gustavo Romero: Classical Piano
10/03	Mon	9:30-	Cedar Room	Massage Therapy with Homa
10/04	Tue	10:15	Excursion	Sutro Park Scavenger Hunt
10/05	Wed	2:00	Stucky Library	Emotional Support Group
10/06	Thr	2:30	Morgan Parlor	Oktoberfest Party
10/6	Thr	5:30	Dining Room	Oktoberfest Dinner
10/07	Fri	10:00	Chapel	Memorial Mass for Father Terry Davis
10/08	Sat	3:00	McGinley Room	Saturday Shorts
10/11	Tue	10:30	McGinley Room	Food Committee
10/12	Wed	1:30	McGinley Room	Out & About Committee
10/13	Thr	9:30	Excursion	Annual Picnic: Samuel P Taylor Park
10/14	Fri	5:00-	Morgan Parlor	Birthday Night Sing-Along & Dinner
10/15	Sat	3:00	McGinley Room	Saturday Shorts
10/17	Mon	9:30-	Cedar Room	Massage Therapy with Homa
10/17	Mon	3:00	Morgan Parlor	Ian Scarfe: Classical Piano
10/18	Tue	4:00	McGinley Room	<i>Heritage Happenings</i> Committee
10/19	Wed	2:00	Stucky Library	Emotional Support Group
10/20	Thr	5:30	Dining Room	Italian Dinner Night
10/22	Sat	3:00	McGinley Room	Saturday Shorts
10/23	Sun	2-4	Zoom	Art With Elders 30th Annual Exhibit
10/24	Mon	3:00	Friendship Hall	Purple Foods with Devin Green, RD
10/25	Tue	10:00	Friendship Hall	Semi-Annual Residents Meeting
10/25	Tue	11:15	Dining Room	Superfood Demo: Apples
10/29	Sat	3:00	McGinley Room	Saturday Shorts
10/31	Mon	2:30	Friendship Hall	Halloween Party

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- so that Yvonne may have some empty space to jot down her notes

;-)