



Heritage **Happenings**

July 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 blue, white and red colors honor the French flag as part of the
"Around the World" events.*



De Young Docent Jim Kohn: "American Beauty"

Monday, 1 July at 3:00 in Friendship Hall

"American Beauty: The Osher Collection of American Art" celebrates one of the most transformative promised gifts of art in the Museum's history. The collection assembled by Bernard and Barbro Osher spans 1848 to 1960, featuring works by many of the United States' foremost artists. It reflects an array of artistic responses to an exceptionally dynamic and complicated period in American culture. The collection illustrates how American artists have long sought to define and declare American styles and subjects, and this debut exhibition will affirm how its international influences and regional character shaped a distinctly national art.



Special screening: *La Vie en Rose* ~ 2007

Tuesday, 2 July at 2:00 in Friendship Hall

La Vie en Rose is a 2007 biographical musical film about the life of French singer Édith Piaf, co-written and directed by Olivier Dahan and starring Marion Cotillard as Piaf.



Jon Frank Trio: 4th of July Music Performance

Thursday, 4 July at 3:00 in Morgan Parlor

Jon Frank is a jazz drummer who has been performing in the Bay Area since 1974. His current group (JFJQ) plays standards, ballads, and Latin jazz from the 1920s to today.



Asian Art Museum:

Glorious Civilizations of Southeast Asia

Monday, 8 July 8th at 3:00 in Friendship Hall

Eleven countries, numerous cultures, thousands of years. Explore the varied and intriguing art of Southeast Asia as reflected in secular and religious objects from this region.



Special screening: *Amelie* ~ 2001

Tuesday, 9 July at 2:00 in Friendship Hall

Amélie, also known by its longer title, *The Fabulous Destiny of Amélie Poulain*, is a story of a girl who takes joy in life's simple pleasures and dedicates herself to helping others. However, even with this simple plot, the film fully embraces its narrative's fantastic and surreal elements.



Julie Anderson PhD: Buck Institute Seminar #4

Wednesday, 10 July at 11:00 in Friendship Hall

How close are we to real treatments for neurodegenerative disease? Pharmaceutical companies have spent billions of dollars looking for cures for Alzheimer's and Parkinson's diseases. Why have their efforts failed? What is the outlook for real disease-altering drugs, and what can we do to preserve our brain health in the meantime?

Maya Meska:

Bastille Day Happy Hour celebrates France!

Thursday, 11 July at 3:00 in Friendship Hall

Roxana Lara: Presentation on *Film Noir*

Tuesday, 16 July at 2:00 in Friendship Hall

Showing of *Double Indemnity* ~ 1944



Vada Watson: Mental Health Presentation

Thursday, 18 July at 3:00 in Friendship Hall

Vada presents an overview of mental health disorders with a focus on signs and symptoms noticeable with each disorder.

This presentation provides educational videos and examples from experience working with mental health over the last decade of Vada's career in nursing.

The primary focus of this presentation is to provide education on common mental health disorders within the community.



Ben Barnes:

French Baroque Dance Music on the Violin

Friday, 19 July at 5:30 in the Dining Room

The French-themed dinner will be accompanied by a romantic serenade by a strolling violinist.

Golden Retriever: SPCA Visit

Thursday, 25 July at 1:30 in Friendship Hall



Ian Scarfe: "Piano Excursions"

Monday, 29 July at 3:00 in Morgan Parlor

This summertime program will take the audience on a musical journey by featuring works inspired by travel and the outdoors. Musical selections will include classics by J S Bach, Ludwig van Beethoven, and Frederic Chopin, as well as works by American composers George Gershwin, Amy Beach, and Samuel Barber.

The program title comes from the 1944 piano "Excursions" by Samuel Barber, a set of pieces that blend classical piano techniques with various popular American genres of the early 20th century, including boogie, blues, and ballads.

Roxana Lara: Presentation on *Film Noir*

Tuesday, 30 July at 2:00 in Friendship Hall

Showing of *Touch of Evil* ~ 1958

Heritage Happenings

The monthly publication published by residents of [Heritage on the Marina](#)

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**The Importance of Password Sharing**

We recently faced a sobering situation in our community. After a resident passed away, her family realized they didn't have her passwords. A lifetime of memories, decades of cherished texts, photos, and artwork were locked away on her phone and computer. This is a new 21st-century issue that our parents did not have to grapple with.

While tech companies promise to safeguard our personal information, this same security can be a barrier for loved ones after we're gone. Take the following actions:

1. Choose a trusted confidant: Select a (preferably tech-savvy) family member or close friend you trust completely.
2. Share your passwords: Provide them a secure list of your important passwords. Ask first how they want to receive the data.
3. Practice together: Guide your chosen person while you can still assist them.
4. Go beyond photos: Remember that passwords are crucial for managing bank accounts, insurance, and health records.
5. Update regularly: Let them know when you change a password and check in annually to ensure they still have access.

Taking these precautions now can save your family from a time-consuming and potentially costly process later. Without proper access, they may need to provide death certificates and proof of relationship.

Let's learn from this experience, save them heartache, and act now. Preserving and passing along our digital legacy is a gift we can give to our loved ones. Start today and ensure your memories and important information are passed along.

Theo Armour, Cynthia Armour, Claude 3.5

Message from the President of the Residents Council Celebrating France

July is going to be French month at Heritage on the Marina and much is happening in France that month. The Olympic Games will be held in Paris in July. They will start in July and go through August. The coverage of the Games will be broadcast by NBC—Channel 3 for those who have Comcast.

The French election will be held in July. There will be a new Prime Minister, but Macron will stay on as President. He has another two years to serve.

July 14 is Bastille Day in France—known in French as *le Quatorze Juillet* or *Fête Nationale* and is celebrated in much the same way as July 4 is celebrated in the USA. All in all, July will be a very busy time in France.

Lunch with the Boss

Randy Gridley, the Chairman of the Board, wants to start having lunches again each month with residents. Starting in July, he would like to sit down with 4 residents for lunch in the dining room.

Each month another set of residents would then sit down with Randy. Depending on Randy's schedule, the July date will be announced at the next Residents' Council meeting.

Update from the Heritage Boat Yard



Til Mossi, naval architect and master of the only shipbuilding operation at Heritage on the Marina, is progressing well with the latest venture—a pleasure craft designed for sight-seeing rivers and lakes.

Let there be Bouquets of Flowers



Ivy loves flowers so much that she learned how to make them. Walking around Heritage on the Marina, if you see a bouquet of flowers hanging on a door or attached to a walker, there's a good chance it was a gift from Ivy.

Regards
Patrick

Meet Martha Nkhoma

Executive Director of Resident Health

By Martha Nell Beatty and Martha Nkhomo



Born in Zambia, a landlocked country in Africa, Martha spent her early years there with her parents and five siblings. They resided in a small town until her father ceased his work as a truck driver, prompting the family to acquire a small plot of land where they built their own modest hut. Martha recalls how they cleared trees to cultivate crops, becoming self-sufficient in food production. Her family continues to reside on the property.

As a teenage mother, Martha worked hard to provide a better life for her daughter. Her

family supported her education, enabling her to study Hotel Management. Upon graduation, Martha secured a position as a receptionist at a motel. Years later, she learned of an opportunity to study hotel management in Salzburg, Austria, and was granted a full scholarship. Martha left her daughter in the care of her family while she pursued her studies abroad.

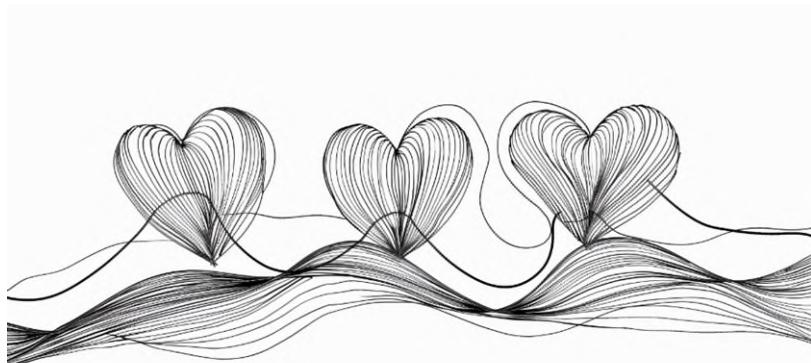
Shortly after arriving in Austria, Martha experienced excruciating side pain, initially suspected to be appendicitis. However, tests results produced a diagnosis of lung and liver cancer, necessitating immediate chemotherapy to improve her chances of survival. Alone in a foreign country, Martha underwent eleven months of treatment, alternating between hospital stays and recuperation periods.

Throughout her ordeal, Martha received unwavering support from various quarters, including the school dean (Leo) and his family, school instructors, Joanna, Veronika, classmates, hospital staff, and community members. Regular visits from fellow students lifted her spirits, while the hospital arranged for her to attend a Christian church, reflecting her faith. Despite her illness, Martha was escorted from the hospital to the Christmas market in a wheelchair by her school dean and his family, some school instructors,

supportive peers, allowing her to experience the festive spirit of Salzburg. She recalls spending time with Joanna and Veronika, who took her around Salzburg, showing her some famous sites where the movie *The Sound of Music* was filmed. Martha believes that her healing was not solely due to medication, but also the love she received from everyone. She appreciates everyone who supported her during one of the most challenging times of her life: "I believe love heals!"

Upon her discharge from the hospital, Martha's scholarship had expired, but the Rotary Club generously funded her studies and arranged for her to visit her daughter. Martha appreciates the generosity of the Rotary Club and the community for donating money to assist her. The trip back home allowed Martha to spend time with her daughter and family, which she believes significantly contributed to her healing process. Following her graduation, Martha embarked on an internship in the United States on a J1 visa, eventually pursuing nursing studies at Santa Rosa Junior College in California. After obtaining her nursing license, Martha worked as a supervisor at Brookdale Senior Living for over nine years before returning to school in Florida for her RN. Martha's daughter came and joined her and her husband here in America. Tragically, her husband passed away from Covid-19 during this time.

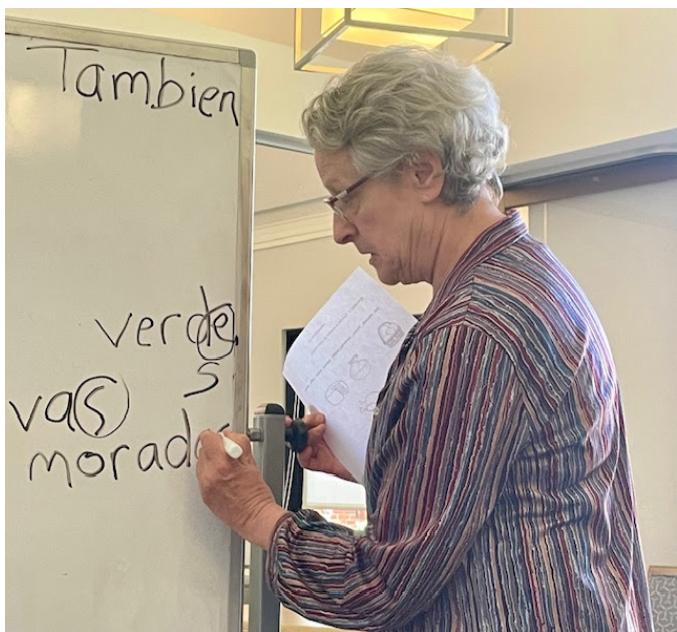
After completing her studies in Florida, Martha returned to Santa Rosa, where her daughter resided. She secured a position in skilled nursing before ultimately becoming the Executive Director of Resident Health here at Heritage on the Marina. Martha's expertise and compassionate nature make her an invaluable asset to our team, and we are grateful to have her among us.



love heals

Jeanne DeMeio, Activity Leader

By Martha Nell Beatty



Armed with an MA in Gerontology from San Francisco State, Jeanne joined Heritage on the Marina staff seventeen years ago. Her job, with a colleague was to develop programs for Skilled Nursing residents. As Jeanne says, "You had to know where residents are cognitively and present appropriate daily activities for them."

When the Health Center closed in 2023, she stayed on to continue with activities for Assisted Living residents,

some with various stages of dementia. Jeanne is trying to integrate more Independent Living residents in these activities. One such activity is Spanish class, in which I participate. Another is "History of Heritage on the Marina". Sometimes residents work with Jeanne on developing programs such as the planting project she and Margaret Missiaen have going. Jeanne welcomes Independent Living residents as volunteers.

Before coming to San Francisco Jeanne was awarded a bachelor's degree in elementary education at the University of Wisconsin. This led her into becoming a kindergarten teacher. She received a second bachelor's degree in Developmental Psychology, which covers all ages, at San Francisco State. The studies have helped Jeanne to be a knowledgeable member of The Heritage activities staff. Raising a son and helping with two grandchildren provided even more experience. The result is that Jeanne brings infinite patience and a caring spirit.



Wildflowers on Buchanan Street?

Text and photos by Margaret Missiaen



Morning glories



Thin layer of green



Linaria

The vacant lot at 3620 Buchanan Street, between Bay and North Point, is now a field of wildflowers thanks to Peter Scott, the property manager for the San Francisco Gas & Light building on the corner of North Point. The Richardsonian-Romanesque style brick structure with a corner tower was built in 1893 as the office of the San Francisco Gas & Light Company.

Shortly after I moved to Heritage on the Marina last year, the new landscaping around the old building caught my eye. I followed the work as the gardens took shape with various roses, evergreen shrubs and trees. At the same time, morning glories began to climb the chain link fence that encloses the adjacent vacant lot. Peter and I often shared our interest in plants.

This spring, work expanded to the vacant lot in the middle of the block. Peter took the initiative to bring in new soil and plant wildflower seeds. He was often there on weekends, watering the bare soil. In March, his efforts were rewarded—a thin layer of green appeared.

In May, small daisy-like flowers, called gold fields, turned the lot gold. Since then, more colors have appeared, including purple lupins, red and orange poppies, red flowering flax, and white chickweed. My phone helped me identify the delicate pink flowers as *Linaria*. Sunflowers planted in a row near the north end of the plot will soon lift their heads to the sky.

To see the San Francisco Gas & Light building and the vacant lot as it looks at the time of this writing, please turn to the back page of this newsletter.

My Friend Bernie Burke

By Theo Armour

One cannot start talking about Bernie without bringing up Eleanor. They were a team. Many might say Eleanor was the dynamic and outgoing partner, while Bernie was the kind, thoughtful, and generous one. However, in my analysis, Bernie was just as outgoing and dynamic as Eleanor. He was simply more subtle about it.

Bernie's Professional Life

For decades, Bernie had worked in wealth management as a "customer's man." This term, primarily used in the context of the stock exchange and financial services, refers to a registered representative who buys and sells securities and manages client accounts. The primary task of the customer's man is to keep the client happy. Bernie was a master at this.

Bernie's skill in maintaining a happy dialogue was remarkable. In any room where negotiation was happening, Bernie would be the one to ensure the conversation was going in the right direction. He accomplished this by maintaining an extraordinary repertoire of anecdotes. Importantly, each anecdote was relevant to the conversation and finished with an uplifting message.

Here are some examples of Bernie's stories:

Bernie's Greatest Hits

1. During a summer when he was a student at Stanford, Bernie worked as a lifeguard at the Bohemian Club Summer Grove. While most of his time was spent cleaning the beach, one day, some members were looking for a fourth for a bridge game. Bernie, the youngest by 30 years, got to play bridge with Chief Justice Earl Warren.
2. In high school, Bernie and some friends were hiking in a forest above Lake Tahoe when they came across a deserted cabin. Inside, they found the actual diary of the people who had built the cabin.
3. When Bernie was in the Navy, stationed in Alameda, a pilot once asked if he wanted to go for a ride. Bernie agreed, and the ride included flying under the Golden Gate Bridge.

4. On a trip to Oslo, Bernie and Eleanor didn't stay just anywhere. By some stroke of luck, they stayed at the same hotel as the Nobel Prize winners—and got upgraded to the suite reserved for Nobel laureates.

5. My favorite story involves Fred and Laon in Vietnam. One of the dozen eggs that had arrived from the market cracked open, and a duckling emerged. The duckling became "Ping the Duck," and thereafter, whenever Bernie and Eleanor returned from Vietnam, we had to know how Ping was doing. Ping is alive to this day.

These stories, and many more, were Bernie's way of connecting with people and brightening conversations.

A Partnership of Artistry

Eleanor painted images with her watercolors. Bernie painted stories with his anecdotes. Together, they were a team—a remarkable force and a joy to be around. Their partnership was characterized by complementary talents that made them both individually impressive and even more so as a couple.

In Conclusion

Bernie Burke's gift for storytelling was more than just a social skill—it was a fundamental part of who he was. His ability to find the extraordinary in everyday life and share it through engaging anecdotes enriched the lives of those around him. Together with Eleanor, Bernie created a legacy of warmth, wisdom, and human connection that continues to inspire those who knew them.



D-Day from a Brit's Perspective

By Jane Standing



*VE Day Street Party.
Edward Street, Dunstable*

When the bombing started in earnest in London the import/export company my father worked for evacuated to a small market town about 35 miles northwest of London. We had to leave our nice house and pretty garden and never went back to it. The town we went to, called Dunstable, was a small market town about 35 miles northwest of London. It was relatively quiet except for an odd bomb or a lost fighter pilot who zoomed up the high street, shooting all the way.

We started off in furnished rooms. One day my father was in the garden looking at a wonderful red sunset. When he said, "Wait a minute, that is the wrong direction. That is East. That is London burning"

Eventually, a flat next door to my father's office became available, and we spent the rest of the war years there. The flat looked down on a cobbled market square where a live animal auction was held every Thursday. A great scene to look down on, especially if one got away with the men chasing after it. Beyond the market square was the High Street part of the Great North Road. Well, before freeways, it was the main road running from North to South in a straight line built originally by the Romans. Not much traffic on it as only essential people like farmers and doctors were allowed cars. For everyone else, it was a walk or bike or public transport.

Later in the war, there were articles, graffiti and talks on the radio calling "Open the Second Front Now!" to no avail. But one day, along the Great North Road, came convoys of troops and equipment in a ceaseless procession. On and on for hours all day and probably the next. I do not remember. We knew then that the invasion of France was about to begin. Sure enough, the next day, it was announced that the Invasion of France, D-Day, had begun. Looking back, it was an enormous undertaking requiring great planning, and we know now of the slaughter and injuries of those brave young men. What a debt we owe them.

Paris Rules

By Theo Armour

Of course, “Paris rules!!” but the point of this article is to give you the rules you must strictly observe while you are in Paris.

First some background. Either living there or visiting, Paris has been part of my life since I was eighteen months old. Nonetheless, I am not Parisian, I am an American. Paris always beckons and yet it still threatens. Why? Because Paris is a living book of rules on living a good life. And like any book of rules, if you stray away from what it is telling you, then bad things may happen. The book of rules never tells you what those things may be.

The following is an abridged version of my much longer book of rules. If a rule here does not make sense to you by itself, you must try to imagine all the other rules that would the rule make sense. ;-)



*Staircase in my club in Paris
Rule: We are not in Kansas*

Order the dish on the blackboard—especially if you have never had it before. The chef assumes you will like it.

There are three restaurants that are too small to be in any guidebook within walking distance of where you live that prepare simply awesome food. Find July 2024

Cafés

You must spend some time and effort learning which café is your café, but once you learn which one it is, you will go there twice a day.

In all cafes, all the outdoor chairs face the street. So you can see and be seen.

After five days of walking by a café where everybody is looking at you, you start to dress better. Walking. It’s about the walking.

Restaurants

Eat in restaurants where the dish of the day is written on a blackboard outside the front door. Alice Waters learned this trick in Paris.

them.

Restaurants that serve good food are not hidden behind curtains or walls. You can look inside and see the clientèle.

If the clientèle of a restaurant is attractive to you, then you will like the food served there.

Eating

You must never cut off the “nose”—the pointy end of a slice of cheese. No, no. It is the best part and must be shared with all. Always maintain the pure triangle shape of the slice.

You buy a hard, a medium and a soft cheese.

When you eat, you are sitting at the table. Eating and walking is impossible.



Decaying old building

Rule: Even the decrepit may have some beauty

Pharmacies

When you enter the store, you say “Bonjour, Madame” or “Bonjour, Monsieur”. When you leave you say “Merci, Madame. Merci Monsieur”.

You are never more than 500 meters from the green cross that indicates *pharmacie*. Whatever you need, the pharmacy can supply this afternoon.

By law, the pharmacist must be able to tell you if the mushroom you have found is edible or poisonous.

Sunday

Everything closes on Sunday. Except in the 4th arrondissement, where everything closes on Saturday and opens on Sunday.

Today, you buy the food you will eat today. Except for Saturday, when you may also purchase food for Sunday.

On Sunday, somewhere in your arrondissement, just in case, there is a *pharmacie* and a *boulanger* that opens at least briefly.

Sunday is for parks, the *Champs Elysées* and visiting people.



*Cèpe (or porcini) mushroom
larger than my daughter's head.
Rule: Expect the unexpected*

museums in Paris is close to almost anywhere.

Stoplights are not where they are meant to be, so you don't know where to stop, do you?

Boats are for exploring the Seine and canals—and sewers.

The Catacombs of Paris are genuinely frightening.

•

You do not change Paris. Paris changes you.

Navigation

There are twenty *arrondissements* in Paris. Learn that the *arrondissements* are laid out as a clockwise spiral starting from *le premier arrondissement* where, of course, the Louvre is located.

Every arrondissement has street markets, a swimming pool, and a town hall where fun stuff happens.

A vehicle to the right of your automobile has the unmitigated and total right of way (*priorité à droite*).

You are never more than 500 meters from a metro station. One of the 163



AI: Paris cafe full of very elderly people, vintage

France

Text and photos by Martha Nell Beatty



There is France which is grand, iconic, and magnificent. But there is also the France of smaller delights, more intimate experiences against the backdrop of history or culture. It is these that stay in my memory.



In France, there always seems to be an appreciation for good food, although it is certainly possible to have a bad meal. It starts with fresh produce or fish artfully displayed at an outdoor market.



And maybe there is someone cooking an enticing, aromatic dish right on the sidewalk. Or there can be an especially attractive presentation of a dish in a restaurant or bistro. With a meal, there is often a favorite wine.



Heritage on the Marina

There are the special places to enjoy a meal, such as the courtyard of a 17th-century hotel in Paris' Marais district. Or on the terrace of a hotel perched high above the Mediterranean. And always the sidewalk cafes.



Sometimes, driving through the countryside, you come across glorious fields of lavender or sunflowers.



Heritage Happenings

Other times, there are the cultural and important sites in small towns or villages. In Arles, you can see where Van Gogh lived and some of the sites he painted, which are marked with plaques. In St Remy, you can see his room in the asylum, where he spent some time. In Ouvres-sur-Oise, you can visit the room in which he died and the cemetery in which he is buried.



Or you can step back in time and visit Modigliani's studio/home in Paris.

Library Corner ~ New Acquisitions June 2024

By Martha Nell Beatty

Death in Holy Orders ~ 2020 ~ M

Part of the Adam Daigliesch series

The woman who found the first body is murdered in a theological college.

The Women: A Novel ~ 2024 ~ F

Kristin Hannah

The book takes an Army nurse from a privileged family to Vietnam in the late 60's when few women were serving. Not only does she live through challenging situations there, but she returns home to a hostile country.

The Truths We Hold ~ 2019 ~ NF

Kamala Harris

A memoir before becoming Vice President

The Pursuit of Happiness: How Classical Writers on Virtue Inspired the Lives of the Founders And Defined America ~ 2024 ~ NF

Jeffrey Rosen

An examination of what "the pursuit of happiness" meant to our nation's Founders and became the foundation of our democracy.

The #1 Lawyer: He's America's Best Lawyer Until He's It's #1 Murder Suspect ~ 2024 ~ M

James Patterson

Biloxi's best criminal defense attorney becomes the nation's prime suspect when his wife is murdered. He's never lost a case, but can he win when he's presumed guilty?

The Lost Symbol ~ 2012 ~ F

Dan Brown

A thriller set in Washington, DC, after the events of *The Da Vinci Code*, and relies on Freemasonry for both its recurring theme and its major characters.

Listen for the Lie: A Novel ~ 2024 ~ M

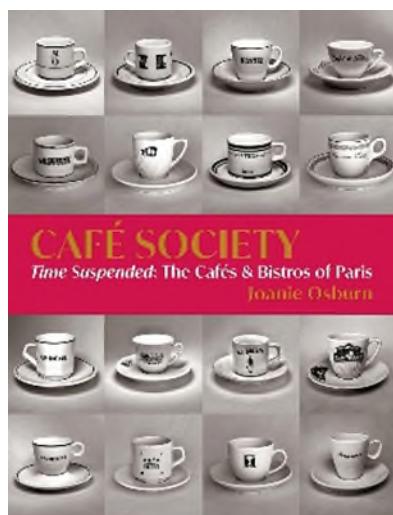
Amy Tintera

Lucy wanders around covered in blood. Everyone thinks she has murdered her best friend. But...

Café Society:***Time Suspended, the Cafés & Bistros of Paris***

by Joanie Osburn

Review by Trish Otstott



An acquaintance of mine wrote this absolutely charming book about the history, tradition and current status of the precious cafes and bistros of Paris. She back and forthed to Paris (poor dear) many, many times to gather the experiences and details of this piece of classic Parisienne culture.

This book is chock full of glorious photographs of the cafés of Paris. You will probably identify a café you remember. I did. Pick up this book and take a look, even if you do not have the time to read the text. It is gloriously presented.

My signed copy of *Café Society* is in the Stucky library for your enjoyment.

July at Fort Mason

By Trish Otstott ~ Heritage Happenings Roving Reporter

Museo Ital Americano ~ Elena Civoli Brittain: Earth And Soul
Through 8 September

Museo hours are Tuesday through Saturday, Noon to 4 pm and Sunday, 10 am to 2 pm (Closed on major holidays.) This exhibit showcases Brittain's paintings and Grame's sculptures.

Lexa Walsh at the Guardhouse: Morning Sun
Through 8 September

This new installation is inside the Guardhouse and is free and open to the public, viewable through the windows 24 hours a day. The Guardhouse is located at the main entrance to Fort Mason. Emanating from the walls of The Guardhouse is a sound collage incorporating excerpts from Walsh's ongoing interviews with veterans and civilians. Take a peek!

Fort Mason information: <https://fortmason.org/> or (415) 345-7500

Wildflowers by the San Francisco Gas & Light Building

Photo by Margaret Missiaen

