



Heritage Happenings

December 2020

Red-Masked Parakeets (Wild Parrots) at Fort Mason.

Holiday Gift Wrapping Sponsored by *Home Instead Senior Care*

Thursday, December 3, at 2:30 and 3:30 in the Fitness Center

Volunteer to wrap gifts for non-profit organizations around the Bay Area. Here's how it works:



Home Instead Senior Care partners with local non-profit and community organizations to identify seniors who might not otherwise receive gifts this holiday season. The company then works with local businesses and retail stores to facilitate the purchase and distribution of gifts by placing trees and ornaments within their various locations. Each senior's gift requests are written on a *Be a Santa to a Senior* bulb.

Sign-up sheets will be by the main dining room.

Out and About Returns with *Holiday Light Tours!*

'Tis the Season! Every Tuesday for the month of December there will be a Resident-Guided Holiday Light Tour from 4:30-6:30.

*Note: Limited seating to 4 per trip. Residents can take one trip only.
Sign-up sheets are located in the main dining room.

Emotional Support Group with Jeanne

Wednesday, 3:00 in the Stucky Library

December 16 Coping with the Holidays

December 30 Resilience in the New Year

The Birth of Impressionism: Masterpieces from the Musée d'Orsay

Wednesday at 3:00 via Zoom

The date and time will be announced on 998.

Two landmark exhibitions shown at the de Young in 2010 covered French painting in the last half of the 19th century, a period that is considered one of the most transformative in Western Art. Follow a group of artists who rebelled against the establishment and went on to create new subjects and new styles of painting. At the time they were called lunatics and madmen, today they are known and loved as the Impressionists.

Meet with Supervisor Catherine Stefani via Zoom

Thursday, December 10, at 3:00 via Zoom on your device,
and in the Fitness Center

Discuss local current events and neighborhood concerns with Supervisor Catherine Stefani via Zoom on December 10 at 3:00 pm. Zoom link will be provided.

Daily Dose of Music will continue to air at 3:00 on Channel 998 daily (except Mondays) with full concerts on Sundays.

Pianist Ian Scarfe Performs a Classical Winter Solstice Concert

Wednesday, December 23, at 3:00 via Zoom on your device
and in the McGinley Room



Small Group Socials:

Note: Residents must sign up prior to events.
Sign-up sheets will be located by the main dining room.

Gingerbread Social & Holiday Sing-Along with Stephen

Thursday, December 24, 2:30-4:30 in the Courtyard



Happy New Year's Eve Bingo Social

Thursday, December 31, 6:45-9:00 in the Morgan Parlor

Movie Matinee Program

Fridays, 2:30 in the McGinley Room

Limited to 9 people

Sign-up sheets are located by the main dining room.

Friday, December 4 **Fiddler on the Roof**

Friday, December 11 **Made in Italy**

Friday, December 18 **San Francisco Ballet Presents a
Virtual Nutcracker Performance (begins at 2:00)**

Late Breaking News:

A new exhibit will open on Saturday, December 12 in the Tony Lawrence Gallery. Topic: *Favorite Aphorisms*

Lamplighters' Gilbert and Sullivan operettas to be announced on Channel 998.

Happy Holidays in the Cottage!

We are thrilled to announce the addition to the calendar of Friday Film Matinees at the Cottage. Stephen will host up to 4 residents, socially distanced and wearing masks. Give your recommendations for future movies to Stephen.

Please find sign-up sheets next to the dining room.

Friday, December 4, at 2:30

Friday, December 11, at 2:30

Friday, December 18, at 2:30

Miracle on 34th St.

It's a Wonderful Life

The Nutcracker Ballet



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 Court Yard

Exercise classes on Channel 998 will continue

9:15 am Meditation

9:30 am Mon., Wed., Fri.

Seated Exercise with Ann Reiger-Matthews

9:30 am Tuesday & Thursday Yoga with Ilya Kaltman

Walking Group Every Wednesday at 1:30

Meet Activity Leader Stephen Camarota at the Porter Library every Wednesday at 1:30 to go for a stroll around the Marina!

*Please dress appropriately for any outdoor programs.
Signup sheets are located in the main dining room.*



What a Year!

The dumbest thing I ever bought was a 2020 planner.

The world has turned upside down; old folks are sneaking out of the house and the kids are yelling at them to stay indoors.

I need to practice social distancing from the refrigerator.

Never in a million years could I have imagined I would go up to a bank teller wearing a mask and asking for money.

A CHRISTMAS GIFT IDEA

Are you looking for a Christmas or Channukah gift for someone you care about? Let me suggest this:



I have lots of copies of my San Francisco walking book. In 2015 I walked every street in the city and put together a book describing the rambles, the highlights of the neighborhood, any restaurants I tried, any little gift shops and, most of all, the houses in the neighborhood, their gaudy colors and imaginative landscaping. I now need to clear our room out, so I'm unpacking the boxes of books that have been slumbering ever since we moved in 2½ years ago, and I will give you one or more copies if you come and ask, as well as my best wishes for happy walks.

When? Any day I'm home, but most available in the dinner time hours between 4:00-6:30. Or call me to see whether I'm in at 415-200-7359. Where? Room 244 in the Julia Morgan building, at the top of the stairs, take a right and our room is right there. We will welcome you with open arms.

Price: free to Heritage residents and staff, as many copies as you'd like...
OR: see me at mealtime...I'll be at a table eating.

Library News

Please send us a list of books you would like to read. Include fiction...and if you can, add names of authors. For non-fiction please include subject area such as biography or autobiography with the names of people you would like to read about (Ulysses S. Grant or Jacqueline Kennedy Onassis). You might want to look at specific time periods, such as the effects of The Great Depression in the 1930's, or a World War, or the history of the United States Woman's Suffragette Movement, or the fashion industry, or how to solve computer problems.

If you have books you'd like to donate to The Heritage Library, please send a list to Gardner Haskell, either by email, or leave a list at the front desk. He will present it to the library committee for evaluation.

If you have books to donate that will not meet the needs of our library, then you can drop them at the nearby Goodwill store at the corner of Buchanan and Bay, seven days a week from 9:00 am to 1:45 pm.

Happy Reading.

Eleanor Burke and Gardner Haskell

Ode to the Passing 2020



This passing year has been most strange—
It began as usual, but then a huge change
Overcame the-world-as-we-knew on April first
When a poisonous bubble blew up and burst.

Our old familiar world suddenly shut down,
Cloaking itself in a strange suffocating gown;
The school for seniors—my beloved Fromm—
Closed up for the year as if hit by a bomb.

While we were unaware of the significance then,
The world as we knew it would never be again;
There was not much to anticipate or cheer
At least not for the 2020 calendar year.

Here at The Heritage there is a fenced-in yard
Where one can snooze, let down one's guard;
Where soulmates come to rest, read or play,
Escape from reality for an hour or two a day.

There were regular "Out and About" van trips,
Afternoon gatherings with wine, chips and dips.
Every few weeks management would recalibrate,
Search for new reasons or seasons to celebrate.

At last with the advent of the holiday season
We hailed the passing of 2020—for good reason!
Good riddance Corona Virus—unwelcome disease,
Welcome back "Normal"--we greet you with ease!

Blessed be Heritage residents—the tie that binds
Is the bond between our hearts and minds.
We who are grateful to be living in comfort here
Take pleasure in wishing each other a

VERY MERRY CHRISTMAS and HAPPY NEW YEAR!

Jean

NOT EXACTLY SUGARPLUMS

If the visions of Christmas in your head are of little lambs, a cow and an ass nestled near the Baby Jesus, count your blessings.

My head is filled with bizarre memories. There was a time when our home was inhabited by four children under seven, all of whom if they were young in the Twenty First Century - would be called hyperactive and put on Ritalin. All Is Calm was not a carol I sang with conviction. During the month between Thanksgiving and Christmas the children's anticipation of Santa's coming reached a fever pitch. Pointing at items in the Sears Toy Catalog - which in those days constituted Santa's Bible - various children's voices would demand, as they grabbed the book back and forth: "Give me it." "I gotta have it." "No you don't." "I'm gonna tell Santa you hit me."

I must say that in Hungary, where I was raised, parents were smarter than my husband and I. There, we children hung our stockings the night before St. Nicholas' Feast Day, December 7th. The stockings were either filled with candy or, if the children's past behavior had been less than perfect, a switch would be sticking out of the sock in the morning, courtesy of St. Nick. The appearance of this instrument of torture gave fair warning that a child's conduct had to improve, or the Christ Child would leave nothing under the tree on Christmas Eve. This tradition, of course, had been invented to control the behavior of kids between December 7th and Christmas.

But I digress. No switches would have controlled the chaos at our San Francisco home when my husband and I were raising our little angels in the sixties. A Siamese cat - Aristotle - and a Cockapoo - Snuffy - increased the turmoil.

Aristotle loved Christmas as much as the children did. The brighter the ornament, the better he liked it. One year - much to our darlings' delight and his own - Aristotle batted low hanging ornaments on our tree until they crashed to the floor. The next year, we moved the shining balls up where he couldn't reach the fragile ones, or so we thought. The darn cat took up ballet. We watched him leap three feet into the air, pirouette, pause in mid-air, twist his entire body and bat down the object of his affections.

My husband and I thought we'd outsmarted Aristotle the following year when we decorated with Styrofoam, paper-maché and other indestructible ornaments. However, Aristotle took a running start across the living room, ran up the bark of the eight-foot tree and



perched himself delicately on top of the star at the pinnacle. The tree swayed back and forth. I swear Aristotle smiled as the tree rocked, enjoying the ride, before the whole thing came crashing down, much to the delight of the assembled children.



One year, I thought Aristotle finally got what was coming to him. He had a habit of flopping on his back on top of a basket full of laundry in the kitchen, pretending to be asleep. If Snuffy, our dog, made the mistake of sauntering past, Aristotle would reach out and scratch him, sending the poor dog yelping and whimpering through the apartment. On this particular December day though, the cat miscalculated, and his claws became caught in the dog's curly black fur. Snuffy took off, hoping to shake Aristotle loose, dragging the cat along, the remaining three cat legs flying, as he splayed on Snuffy's back. A cheering section of kids made way for the racing pair as they approached the living room. It was at this point, when the long-suffering Snuffy stopped dead in his tracks and shook himself as though he'd just come in from the rain. This maneuver had the desired result, sending the cat flying. Aristotle, as was his wont, landed on all fours and, for a second or two, actually looked a bit dazed. Then he executed a classic cat maneuver. He sat very erect and still for a moment, then slowly lifted his right paw to his mouth, licked it and began grooming himself behind his right ear. He gave us all a very dismissive stare, as if to say, "Nothing happened, you stupid people – nothing at all."

May your cat lounge in front of the fire this Christmas!

Aggie Hoff

"In ancient times cats were worshiped as gods; they have not forgotten this." – Terry Pratchett

"I had been told that the training procedure with cats was difficult. It's not. Mine had me trained in two days." – Bill Dana

"As anyone who has ever been around a cat for any length of time well knows, cats have enormous patience with the limitations of the humankind." – Cleveland Amory



Dorothy Omasa	12/02	Sisi Luopajarvi	12/13
Elwyn Peckham	12/05	Betty Dy	12/17
Richard Wesson	12/09	Lucia Dugliss	12/21
Margaret Jacobs	12/12	Rita McEvoy	12/29
Sheila Moore	12/12		

CHRISTMAS PUDDING

Christmas pudding originated in medieval times when it was called Plum Pudding. It included dried plums (prunes) as well as other dried fruit like raisins and currants as well as beef and mutton.

It has evolved and changed since then, particularly in Victorian times. It no longer contains the meat but it does have suet, which is the fat surrounding the beef kidney.

The butcher is usually happy to give it to you as it is generally discarded. A lump of it is often seen hung outside for the birds in places where the winter climate is severe. If you get a lump for your pudding you have to grate it up. In England it can be bought in a packet all processed in granules and ready to be used, but the purists say that it is not as good as "the real thing".



Beside suet, the other ingredients include three sorts of raisins, dark, light and muscat, mixed peel, almonds, grated apple, grated orange and lemon peel, flour, brown sugar, eggs and mixed spice. When this is all assembled in a large bowl it is moistened with liquid which could be beer - dark beer like a stout is best. But if you do not wish to use beer you could use milk or perhaps wine. Some people added silver charms or sixpences to find. I never did, fearing for people's teeth or, God forbid, that they should swallow one.

There are one or two religious symbols that have grown around the making of the pudding. One is that there should be 13 ingredients representing Christ and his 12 disciples. Another is that each member of the household should stir the mixture and make a wish to commemorate the coming of the Magi. Also, traditionally, the pudding should be made on 'Stir up Sunday' which is the last Sunday before Advent. The collect for that day in the Anglican Church begins "Stir up we beseech the O Lord". It is really better made a few weeks earlier so it has more time to mature.

When all is assembled, stirred and wished over it is ready to be put in basins, covered and steamed for 4 or 5 hours. It can be done the old-fashioned way in a pudding cloth but I find a basin is easier. Also if 3 or 4 are made at the same time they can be kept very successfully for a year or more and it is nice to have an odd one, if requested, for a birthday.

On Christmas Day itself the pudding is steamed for a further 2 hours and served with brandy butter and small individual mince pies. For every mince pie you eat over the Christmas season you are supposed to have a happy month. I have seen people try to achieve 12 but have never seen anyone succeed.

Everyone wants to make the brandy butter, as after creaming the butter and powdered sugar the brandy is added a little at a time, tasting as it is added until it is the right potency.

Lastly to flame and serve the pudding you need brandy heated in a large serving spoon, poured over the pudding and lit. To see it enveloped in this lovely blue flame is quite a sight and very satisfying if you are the cook. This is supposed to represent the Light of Christ.



These days, most people prefer a lighter dessert, but if you really want pudding, Cost Plus World Market sells very adequate imported ones from reputable companies.

Jane Standing

ANNOUNCEMENTS!

Gingerbread House Contest – Thursday, December 10

Please vote for your favorite Gingerbread House designed by Heritage on the Marina Team Members! The houses will be on display outside of the Dining Room from 8:00 am – 2:00 pm.



Modified Lunch Seating Times on Friday, December 11

Due to the time-honored tradition of celebrating our Team Members the second Friday in December, Dining Services will adjust the lunch seating times on this day only. Residents scheduled on the first seating will dine from 11:15am – 11:45am and those Residents on the second seating will dine from 12:00pm – 12:30pm. The Executive Team truly appreciates your cooperation during this reduced lunch period, allowing us the opportunity to celebrate all of our wonderful and valued Team Members.

New Furniture for the McGinley Room Terrace

Two new tables with umbrellas and chairs with cushions have been ordered for the terrace of the McGinley Room. The items are expected to arrive by mid-December.

A Tourist During The Yom Kippur War

In October, 1973, I was touring in Egypt with a group of travel writers and consultants, hosted by TWA and the Egyptian government, when the Yom Kippur (or Ramadan) War started. My husband was in South Africa and there was no contact between the two nations. Below is part of my 9-page letter to him.

Dear Al,

Escape for freedom. Escape from Egypt. What an epistle can be written about the trip.

Five minutes after I posted my last letter to you in Aswan, we heard of the hostilities outbreak. Then, we were told it was an Israeli aggression, which Martha Fink (rightly) said was impossible on Yom Kippur.

First action by our group was to take a vote at dinner time on what to do. We were not brought together by our incompetent tour director to do this as he was napping... We all marched to his room since he would not answer his phone and surprised him in his shorts. Some wanted to proceed the next day to Abu Simbel round-trip by hydrofoil (We were supposed to fly but obviously airports were immediately closed.) And then catch the night train, which was 17 hours, to Cairo. Others of us wanted to take the day train the next morning to Cairo, feeling we should be there in case any way opened for us to be taken out. My group won and it was fortunate because for some reason the hydrofoil didn't return from Abu Simbel and there were no hotels functioning there.

Sunday we were back at the Cairo Sheraton, which I learned to truly like, and then we sweated it out until Saturday. At first, we felt they would air lift the foreigners within a few days but then reality set in; they were not intending to do this. And then the word began to come from various sources that war was going to be much more extended than the six-day war. Panic, fear, horror, desperation set in. One good thing was the Egyptian government was taking care of all our expenses except bar bills.

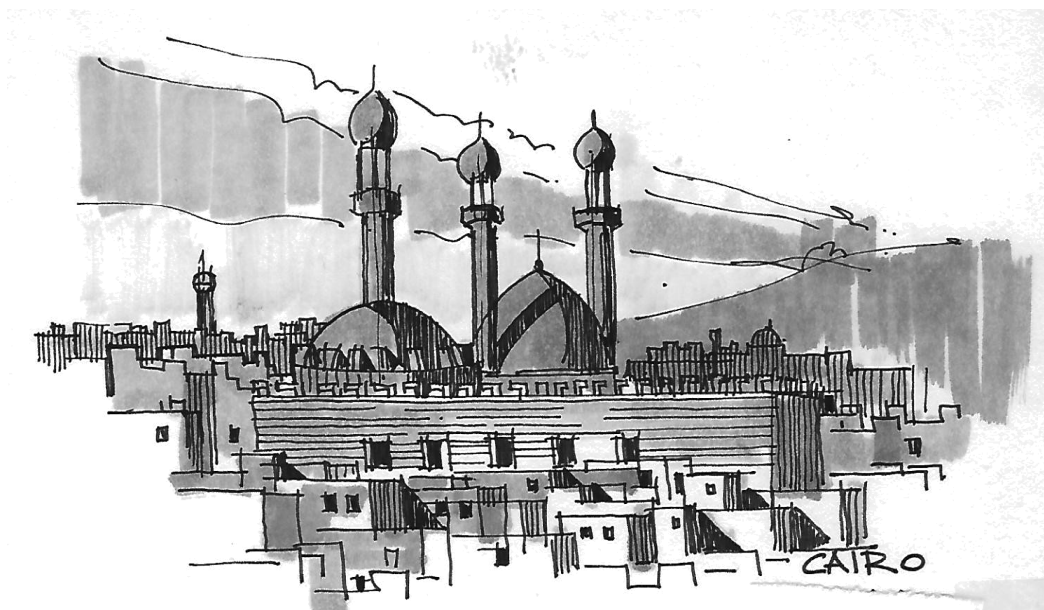
Tuesday night a meeting was called by the Ministry of Tourism and they announced that a way out was being arranged through Libya by land and then by air to Rome. We might be able to leave in a few days. At that time it was thought that the 3,000 tourists in Egypt would be taken out in the 24-36 hour trip at once!

Wednesday came and went. Thursday we were told we could get our visas for Libya. All had to rush out for photos first.

We began to hear frightening rumors and I suppose facts. Basically, Libya is very anti-American. We are apparently despised. We began to fear that we would be molested, insulted, held in the country against our desires. Also, there was the ultimate scare of flying Egyptian Air from Benghazi to Rome. Friday word came that we would go Saturday early in the morning. We were in the hotel lobby at 4:00am and waited another four hours. While waiting, we saw a missile making contact with a plane. So close. So close. And then we were off in four buses. After passing a site that had been bombed the day before and passing through several military check points, we reached the border at 9:00pm. We were at the border four hours. Each passport had to be translated into Arabic. Then a Libyan health officer came aboard to check to see if each of us had a cholera shot. He could not read English but with great bureaucratic thoroughness checked each of our health cards. We all passed although none of us had had the shot.

Then on through the night, arriving in Benghazi an hour after our flight was due to depart. But a sandstorm had struck. Horrible beyond belief. No planes would be departing. There was a scramble to get 160 people into the two decent hotels. After six hours at the hotel, we heard we could get out that night. Off to the airport, where we waited five hours in an inadequate, filthy airport because our plane hadn't even come in. And then our pro-jet arrived, and we left for Rome at 2:30am (almost 48 hours after meeting in the Cairo hotel lobby).

Martha Nell Beatty



President's Corner

Dear Fellow Residents,

Another month has gone by and we are now fortunate to be having three meals available in our dining room. It is so energizing to be able to visit with our friends and neighbors again. Eating alone in our rooms was not enjoyable. We have so much to learn from each other. Enjoy your camaraderie.

The food in the dining room is so much tastier and appetizing. The staff seem very happy to have us all back. They continue to do an outstanding job. Thanksgiving dinner was a success and now we can look forward to the events coming in December. We have a lot to be thankful for. We are all housed, fed, and cared for very well. We owe our Team Members a big round of applause.

The out and about trips, while limited to a small number each trip, are well planned, educational and emotionally invigorating. Please look for more as they continue every Tuesday.

Continue to take advantage of the exercise classes, activities in the cottage, the "Out and Abouts", McGinley room events and other goings on. Also, the McGinley Room terrace will be getting new furniture sometime in mid-December.

Please remember to wear a mask when out of your room, and social distance. Also remember to wear your pendant and if necessary have the Henderson Clinic check it.

Resident Council officers all have terms that terminate at the end of 2021 so an election this month is not necessary.

If you have suggestions or questions, do not hesitate to contact me or any Resident Council officer. "bernieburke@comcast.net"

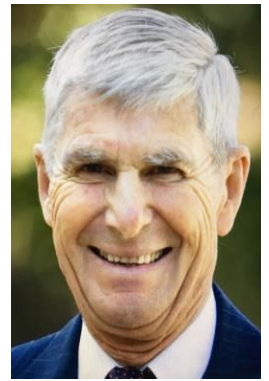
Have a very Merry Christmas!!

Bernie Burke

Editor:	Margaret Jacobs
Editorial Committee:	Martha Nell Beatty, Katherine Conley, Barbara Anderson, Jean Fowler, Jane Standing, Gardner Haskell, Theo Armour
Proofreaders:	Katherine Conley, Mercedes Van Den Berg, Midge Mansouri

Remembering

During this time of civil unrest, let us honor Rich Morris, husband of Anne and former Heritage resident, for his dedication to better the lives of the African American community in San Francisco. The following quotes are excerpts from a proclamation written by Patrick S. Thompson, Board Chair of the Lawyers' Committee on Civil Rights, following Rich's death January 21, 2020.



"In 1968, Rich, then in private practice, was recruited...to become the first executive director and general counsel of the Lawyers Committee for Civil Rights of the San Francisco Bay Area. He was the driving force behind enlisting lawyers from the downtown firms to attend meetings, partnering with the African American community, and designing the program of the committee."

"Fifty years later the organization's budget is close to three million dollars and over 1,000 lawyers volunteer to provide pro bono legal services to our clients - a testament to Rich's extraordinary vision and lifetime of service."

"In these difficult times, it is hard to imagine San Francisco Bay Area or California without the Lawyers Committee for Civil Rights...Rich Morris' legacy is a gift to our communities and this country."

Thank you, Rich. You inspire us to be our better selves.

Eleanor Bissell

"Strictly speaking, one cannot legislate love, but what one can do is legislate fairness and justice. If legislation does not prohibit our living side by side, sooner or later your child will fall on the pavement and I'll be the one to pick her up. Or one of my children will not be able to get into the house and you'll have to say, "Stop here until your mom comes here."

Legislation affords us the chance to see if we might love each other.:

Maya Angelou

Special Events in December

Tues. Dec. 1	Holiday Lights Tour	4:30-6:30	Porter Library
Thu. Dec. 3	Home Instead Gift Wrap	2:30 & 3:30	Fitness Center
Fri. Dec. 4	Movie	2:00	McGinley Room
	Movie	2:30	Cottage
Mon. Dec. 7	Peritz Current Events	3:00	Channel 998
Tues. Dec. 8	Holiday Lights Tour	4:30-6:30	Porter Library
Thu. Dec. 10	Gingerbread House Contest	8:00-2:00	Dining Room
	Zoom with Stefani	3:00	Fitness Center
Fri. Dec. 11	Movie	2:30	McGinley Room
	Movie	2:30	Cottage
Mon. Dec. 14	Peritz Current Events	3:00	Channel 998
Tues. Dec. 15	Holiday Lights Tour	4:30-6:30	
Wed. Dec. 16	Coping with Holidays	3:00	Stucky Library
Thu. Dec. 17	Gingerbread	2:30	Fitness Center
Fri. Dec. 18	Nutcracker Ballet	2:00	McGinley Room
	Nutcracker Ballet	2:00	Cottage
Mon. Dec. 21	Peritz Current Events	3:00	Channel 998
Tues. Dec. 22	Holiday Lights Tour	4:30-6:30	Porter Library
Wed. Dec. 23	Ian Scarfe Zoom Concert	3:00	McGinley Room
Thu. Dec. 24	Social & Sing-Along with Stephen	2:30-4:30	Courtyard
Fri. Dec. 25	Andre Rieu Xmas Concert	2:30	McGinley Room
Mon. Dec. 28	Peritz Current Events	3:00	Channel 998
Tues. Dec. 29	Holiday Lights Tour	4:30-6:30	Porter Library
Wed. Dec. 30	Resilience in New Year	3:00	Stucky Library
Thu. Dec. 31	Bingo Social	6:45-9:00	Morgan Parlor

* Docent Lecture & Lamplighters' dates and time to be announced