



Heritage Herald

May 2023

Special Events for May

Highlights of this month's speakers and performers

Jason Myers, Pianist



A favorite returns: Jason Myers, pianist and composer, brings his interpretations of popular music for listening and a sing-along on Wednesday, May 1, at 1:30 in Friendship Hall.

Songbirds Choral Group

We welcome back the Songbirds choral group for their spring concert on Tuesday, May 2, at 3:00 in Friendship Hall.



The SONGBIRDS is a part of Children's Theater Association (CTA) and serves as an outreach to our broader community. The group was formed in 1994 from the CTA membership and is composed of ladies who volunteer their time to sing together in three- and four-part harmony.

Dr Pankaj Kapahi, Buck Institute Research Fellow

Another informative talk from the Buck Institute about research on aging will be given Monday, May 15 at 3:00 in Friendship Hall.

Dr Pankaj Kapahi's research interests are understanding the role of nutrition and energy metabolism in lifespan and disease. He works primarily on nutrition and aging in flies, including caloric restriction.

Lydia Zane, Asian Art Docent



"Gorgeous Lacquerware", presented by Lydia Zane, Asian Art Museum docent, will be presented (live!) on Monday, May 22 at 3:00 in Friendship Hall.

Steve Johnson, Historian



SF Tours presents "San Francisco and the Civil War" by historian Steve Johnson on Thursday, May 25 at 3:00 in Friendship Hall.

Californians have little idea of what role the state played in the Civil War and the importance of San Francisco during that time. Hear about why Fort Point and Fort Alcatraz were bastions of Union strength, how a Confederate plot to steal gold was foiled, and why a British warship was stopped by the guns on Alcatraz.

Jon Frank Trio



The Jon Frank Trio, with Sam Cady on piano, Chris Amberger on bass and Jon Frank on drums, will play for our Memorial Day Social on Monday, May 29 at 3:00 pm in Friendship Hall.

Heritage Herald ~ May Issue

Trish Otstott, editor, was unfortunately not able to participate in this month's edition. Margaret Jacobs: acting editor and writer. Martha Nell Beatty: primary writer. Midge Mansouri: proofreader. Theo Armour: Techie.

Daffodils in the Garden



Many thanks to Marcia Forman and Kay Narron, who planted daffodils throughout the Porter Garden. If you haven't seen them yet, do take a look. They are bright and beautiful!



Art Gallery Feathers Exhibit



The Tony Lawrence Art Gallery is currently festooned with an exhibit of 150 paper feathers created by resident artists. Every feather is a unique work of art. Doris Howard curated the exhibit and hosted the well-attended opening reception on April 17.

Melissa Sposato ~ Front Office Manager

By Martha Nell Beatty



Born in Calcutta, India, Melissa was adopted at six months by a couple from Missouri. They soon moved to the East Bay, where Melissa grew up. She chose to go south for her college years at UCLA. Her degree was in Psychobiology, which is the study of behavior from a biological point of view. Melissa's intention was to go into the field of health care. Some of the research Melissa did at UCSF and for a while after graduation was about Skilled Nursing Facilities.

When she returned to the Bay Area, Melissa began searching for a job and found an opening at Heritage on the Marina, which was the Front Office Manager. The job appealed to her because it places her in a healthcare setting but also encompasses admin duties. Part of her job is being sure that executives get what they need, plus communicating between different teams.

Her adoptive parents have been mindful of introducing Melissa to her Indian culture. When Melissa was nine, they took her back to Calcutta. The most meaningful visit was to the children's home where her adoptive parents first met her. Every year the family goes to an Indian restaurant on her Gotcha Day (the day a child is adopted). And they have encouraged Melissa to learn more about her culture in small ways.

Melissa was also lucky in that a neighbor of the family was Indian and educated her about her country. The neighbor also taught Melissa some of the traditional dance moves. Together they would put on small shows for the community every year.

At UCLA, Melissa learned more about her culture by studying Hindi-Urdu and reading about India. She also taught herself how to henna (*mehindi*).



Melissa finds being at Heritage on the Marina very positive, with residents being “super nice.” When she came here, people would say, “Remember, you’re working in someone’s home.” To Melissa, this makes her more comfortable. She says it is “A lot calmer and cozier than just being in an office.”

Melissa started here in September 2022, just when significant changes were beginning. She has observed how these pending changes have affected the residents and feels she is learning how to help the residents with these challenges.

Mary & Angie at the Board of Directors Dinner



Apartment 408P Has New Residents!

By Midge Mansouri



Say hello to Nancy Ozsogomonyan, or "Just call me Nancy O", and Lili, a beautiful, friendly tabby.

Nancy grew up in upstate New York and attended Drew University in Madison, NJ. While getting a BA in French Literature, she studied in Paris for a year. Immediately after graduation, Nancy entered the Peace Corps, getting her training at Princeton. There she met her future husband, Ardas, an Armenian from

Turkey. By coincidence, she was sent to Ankara for her Peace Corps service! While there, she and Ardas became engaged by mail, marrying after her return to the U.S.

After marrying, Nancy and Ardas moved to California, first for two years at UCLA and then to Cal. While Ardas got a PhD in Organic Chemistry, Nancy got a law degree at Hastings College and practiced education law, employment and labor law with K-12 and community college district clients.

They settled in a Russian Hill condo, where they lived for 35 years until Ardas succumbed to ALS. Nancy continued to live there for another 21 years until her move to Heritage on the Marina.

As an avid baseball fan, Nancy is looking forward to her 41st year as a Giants' season ticket holder. And her love of animals has seen her volunteering with the SPCA for 26 years. With an apartment large enough to accommodate guests, Nancy recently entertained her brother Bob, from Maui, and sister Linda, from Cleveland, who came to celebrate Nancy's birthday in Carmel.

Nancy can be reached at 415-922-89-57 or ozsogo@comcast.net

Meet Kay Lewis Tim



Kay is a true Californian. She was born in Chico, the third generation of her family in Chico. After high school, Kay went to UC Berkeley to major in art and clothing design and business administration. Her first employment was at the Emporium in San Francisco – “the Big E”, she called it. She was trained to be a retail merchandise buyer but left when she was married.

Kay and her husband moved to New York City, where he earned an MBA degree. With her Emporium training, Kay moved on to a similar position at Saks Fifth Avenue. She had her first child, Steve, in New York. The next move was back to California to live in Berkeley and then to Marin, where

a second child was born, another boy, Ned. The family moved back to Berkeley and then lived in Piedmont for a time.

The next move was to San Marino (near Pasadena). While bringing up her sons, Kay worked for several years in an interior design studio. During this period, Kay developed a serious hereditary back condition that led to surgery for the fusion of vertebrae. She spent three months bedfast in a full body cast. Kay's husband lost his job in Los Angeles but found a new position in Stockton which led to another move. After moving to Stockton, Kay's marriage ended.

Kay then made a career change. She earned a master's degree in psychology at the University of The Pacific and began working at Stockton State Hospital. At this time, she met her second husband, a radiologist. He was a widower with four children. They were married in 1979, and the two families (with six children) blended into a happy cohesion for forty-two

years.

Soon after, Stockton Hospital closed. A friend persuaded Kay to take over her Macintosh computer class at San Joaquin Delta College, teaching computer skills. Kay's husband was about to retire in 1992 when he was offered a mammography research and clinical position in Sweden. They lived in Sweden for a year. It was difficult because of the language barrier, but it did give Kay a chance to do some traveling in Europe.

They returned to their home in Stockton. Soon after, Kay's husband was invited to teach at UC Davis medical school. Kay returned to San Joaquin Delta College to teach computer and composition skills. She had a wonderful time, working with a good friend and teaching adult students.

In 1997, Kay's mother became terminally ill so Kay spent over a year in Chico caring for her. She then inherited a family business in almond farming in Chico, which the family attorney named Kay Lewis Ranches, Inc. Her older son ran the business for twenty-two years. He retired in 2017, after which Kay has continued to run the business with the help of custom farmers.

Kay's husband passed away in 2017 after several years of living with Parkinson's. In addition to her two sons and four step-children, Kay has two granddaughters and five step-grandsons. Eleven years ago, she bought a condo in San Francisco, where she lived part-time until 2020. She finally relinquished her family home of 42 years in Stockton and moved to Heritage on the Marina in December 2022.

In addition to her varied lines of work, Kay found time to do volunteer work: twenty years at The Lucile Packard Children's Hospital and twenty-one years in the Blue Diamond Almond Growers Cooperative.

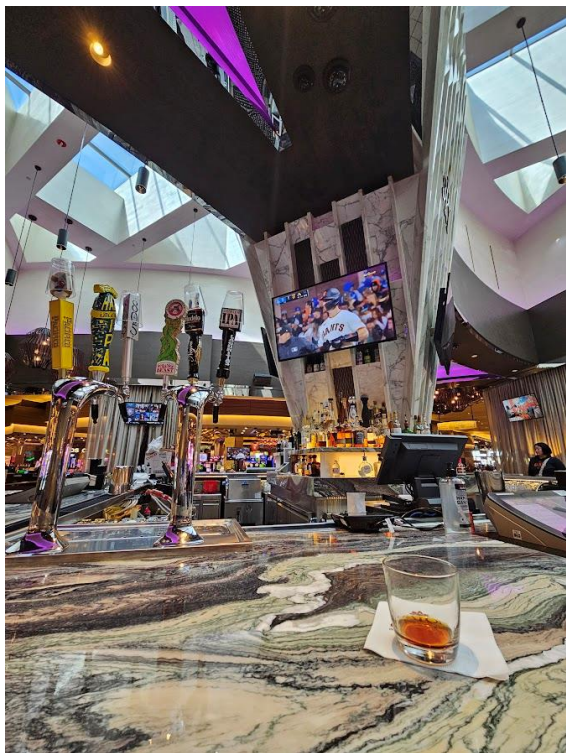
Kay has had a full, rich life in which, she is happy to say, she always had a caring family and good friends supporting her.

Kay can be found in apartment 245 Morgan, at 209-662-3555 and eatalmondsdaily@yahoo.com.

Out and About Visits



*Muir Woods
Enjoying views of the splendid redwoods*



*Graton Casino
Above: The one crowded area
Left: view from the bar*

Here Today ~ A San Franciscan Architectural Treasure

By Margaret Jacobs

Martha Nell Beatty exclaimed:

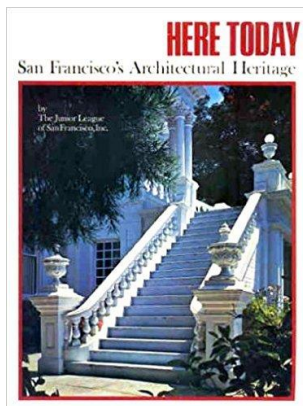
"Mrs Alden Crow, Chairman of the Steering Committee of the Junior League's historic sites project... Well, you think it's a different person. But I was Mrs Alden Crow at that point. Think of that, Mrs and Misses. Your own name never comes into it! No, it's not funny - it's shocking."



Martha Nell Beatty, formerly Mrs Crow (shown on the right in the photo), was describing the publicity for the book *Here Today, San Francisco's Architectural Heritage*, published after five years of research by more than 200 volunteers from the Junior League. But before further description of this project, let's find out more about the Junior League and Martha Nell's memories of her membership.

Described in the news article as "a group of educated young women committed to volunteer community service", membership required being proposed, attending classes and passing tests. Martha Nell, although still in college, was urged by her mother and her aunt, both past presidents, to join. When she was young, Martha Nell was always attracted to architecture, looking at the outside of houses and wondering what was inside. She drew house plans which her parents thought were worthy of showing to an architect friend. And so it was natural for her to join in the effort to make San Franciscans aware of the need to preserve their wonderful architectural heritage before letting it get lost.

In the early 1960s, the Junior League agreed to perform a survey of historically and architecturally significant structures in San Francisco County. The 200 volunteers were given a reading list and training in architectural history and survey techniques. Other women's organizations around the country were engaged in similar surveys, and Martha Nell recalls going to Houston and Salt Lake City to share San Francisco's process. The survey was considered "state of the art" for its time. The city was divided



into ten districts. Surveyors went into their assigned neighborhoods, selected historically significant buildings, snapped a photo, researched each and wrote them up. Consultants evaluated these and determined which would appear in the main text of *Here Today* and which would be listed in the appendix. Martha Nell's house at 1709 Broderick was in the appendix. She recalled how her second husband, an architect, had designed and built a master bathroom to replace the Victorian wash basin. This house later became well-known for its appearance on the TV series *Full House*.

Martha Nell said that as the historical project progressed, they got more and more ambitious, working with architects and historians as it went from a survey to a book. Well-known authors and a photographer were hired. When it was finished, Martha Nell was responsible not only for writing the appendix (they did not want to pay the authors to do it) but notifying every building owner to see if they had any objections. Her 11-year-old daughter said she would never join the Junior League, probably because of the endless telephone calls with the lawyer.

The first edition sold out immediately. Several years later, when consideration was given to updating the book, it was apparent that it would be impossible. At the time of the first survey, Martha Nell noted that women did not work and had time. Even her aunt, nearing 80 years old, had her own area to survey.

Martha Nell's interest in the city's architecture continued. The survey had a great influence on the city, leading to the formation of the Landmarks Commission. She said, "When I was on the Board of The Heritage 20 years or so ago, one of my goals was to have it made a landmark, but the board resisted. They thought it would curtail the ability to improve. Now I think they were probably right."

The great modern architectural critic, Lewis Mumford, has described San Francisco as an interplay of whites and darks, a kind of Mediterranean city of thoroughly human scale and contrasts. The amazing photographs in this book are illustrative of that. Copies of the book in our library tend to disappear, but Martha Nell makes sure there is always one available.

New Additions to the Stucky Library, April 2023

Harriett Beecher Stowe: a Life (1994)

Joan D Hedrick

Winner of the Pulitzer Prize for biography in 1995

The Paris Apartment a Novel (2022)

Lucy Foley

The many short chapters in this mystery are each titled after the character whose point of view is revealed.

Murder Your Employer: The McMasters Guide to Homicide (2023)

Rupert Holmes

Three students learn how to pull off the murder of someone who really deserves it.

Things Past Telling (2022)

Sheila Williams

A novel based on true stories of a person captured in Africa who ends up enslaved in Virginia at the time of the American Revolution.

The Personal Librarian (2021)

Marie Benedict

The remarkable story of Belle da Costa Green, J P Morgan's personal librarian who went on to become the first director of the Morgan Library and Museum in New York City. Belle was accepted by the Morgan family and the high society of the Gilded Age at the time, hiding the fact that she was Black.

The Dog who Could Fly: The Incredible True Story of a WWII Airman and the Four-Legged Hero who Flew at his Side (2014)

Damien Lewis

Born a Crime: Stories from a South African Childhood (2019)

Trevor Noah

Shipping News (1993)

Anne Proulx

Proulx won the Pulitzer and the National Book award for this novel. A widowed newspaper reporter from upstate New York returns with his two

disturbed daughters to his ancestral home in Newfoundland.

The Ghost Army of World War II, How One Top Secret Unit Deceived the Enemy with Inflatable Tanks, Sound Effects, and Other Audacious Fakery (2015)

Rick Beyer

The Divider: Trump in the White House 2017-2021 (2022)

Peter Baker and Susan Glasser

Death Comes to Pemberley (2011)

P D James

Mystery writer James draws the characters of *Pride and Prejudice* into a tale of murder and emotional mayhem.

The Stucky Library now has a computer that makes searching for books in our collection very easy. If you would like to be introduced to it, please contact one of the members of the committee. They are: Martha Nell Beatty, Yvonne Benedict, Pam Fischer, Gene Graham, and Kay Narron.

And if you want to request a book, you may do so by filling in a form on the library desk.

Library Donations

By Eleanor Bissell

Jane Brymner has generously donated Books Inc Gift Cards for the purchase of books for the Stucky Library. She gave me the pleasure of choosing the books. The first choice is Ari Shapiro's self-reflective account of his journeys around the globe as a journalist: *The Best Strangers in the World...Stories from a Life Spent Listening*. "Ari Shapiro keeps seeking ways to help people listen to one another; to find connection and commonality with those who seem different...we are all human."

The second choice, *Beyond That, The Sea*, is a novel by Laura Spence-Ash. In the opening scene, it is 1940, and bombs are falling in London. A working-class family in London has made the wrenching decision to send their 11-year-old daughter to Boston for the duration of the war. Bea

adapts to her life with her affluent, welcoming Boston family. As in all well-written novels, there are plot twists and turns that kept me turning the pages to the end.

The third book has taken me by surprise. Reading about *Enchantment* by Katherine May, I was intrigued. The subtitle: *Awakening Wonder in An Anxious Age*, piqued my interest. Skimming through the simple and dense pages, I pictured an older woman. The photo of Katherine May is of a young woman whose first book, *Wintering*, has been translated into twenty-five languages. I will be curious how others 'read' this book.

Thank you, Jane Brymner, for your gifts of books!

Dining Delights

Photos by Angie



Table set by Kay



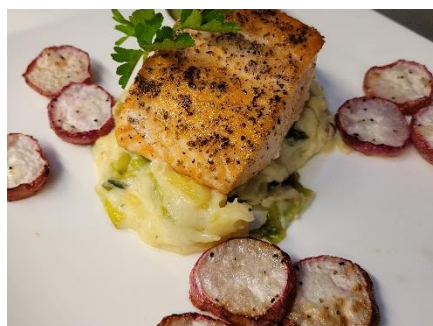
Jeff, Sylvie, Margaret, Bernie and Harry



Dining room with merry partygoers



Lamb chops



Grilled Salmon



Birthday Cake