

Editor's Thoughts

February is American Heart Month, a time to focus on cardiovascular health. Of course, Valentine's Day is also a heart-associated holiday, but sometimes the food and candy are not "heart healthy." Not to worry, we have a SFT resident who spent much of her career creating some of the heart-healthy recipes you may have been eating or cooking for the past 60 years! Who? Read the article inside this issue.

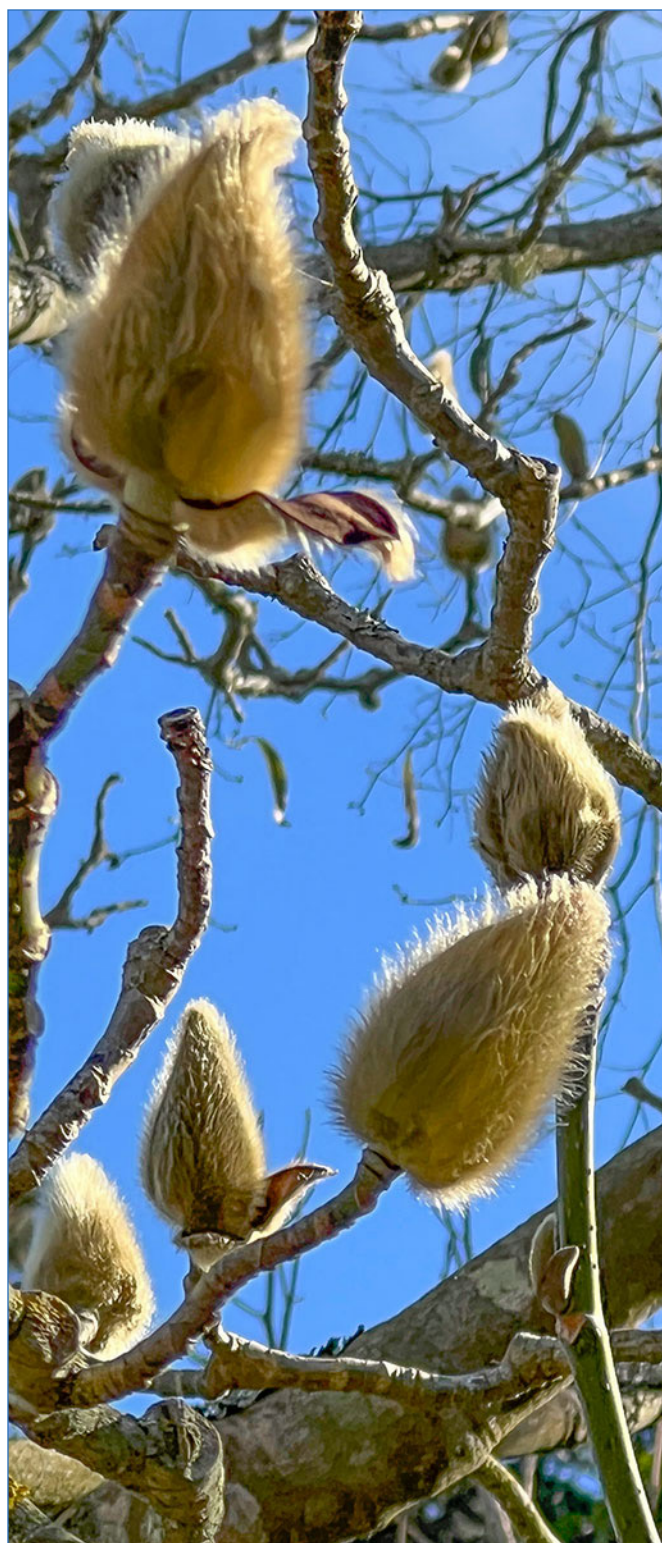
This is a wonderful time to thank friends and family for the love they've given us throughout our lifelong journeys. Indeed, sometimes friends become family, and we would not be the same person without them. Perhaps send them a handmade paper or computer valentine card with a note. How long has it been since you sent a valentine to everyone in your classroom?

Look for the outing to SF Botanical Garden on February 17 to view the Magnificent Magnolias. In anticipation, I saw them January 29. Some trees are flowering, but as you see in the picture, there are buds waiting to open on many varieties, nature's reminder that longer days and warmer weather will be here soon and promise spectacular beauty around us.

The upcoming Shakespeare lectures by Professor Emeritus Morton Paley, PhD are garnering support from the library and program committees, as well as our newsletter. Articles and humor to "verily whet your interest!"

Stay safe, residents, and enjoy your books, movies, meals, games, and most especially, your people!

Laura Olson, Editor



Administration

Did you know...

... that there is a second copy machine for resident use located on the West Mezzanine in the kitchenette? When standing in front of John Del Bagno's office go down the hallway to the left and the kitchenette is on the left. This copier is MUCH simpler to use than the large copier in Craft Room 1, although it does not make two-sided copies.

... that if you go out of town, the landscaper with whom we contract can come into your apartment to water your plants? Contact Decorative Plant Service, Inc. at (415) 826-8181 and inform Security that they have your permission to enter your apartment while you are away.

... that when you have a lot of groceries or bags to unload it is permissible to park briefly in the handicap spaces on the upper G2 level while you unload? We just ask that once you have gotten everything into your apartment you come back and move your car into your own designated parking space. Please note that even if you have a handicap placard, you should park in your own parking space and not park regularly in the handicap spaces.

... that we have a corporate discount at the Holiday Inn across the street for friends and family of residents of San Francisco Towers? There is a 9% discount from March through October and a 5% discount from November through February. To book, contact Nery, Monday through Friday at (415) 447-3025 and on the weekends, contact Mary at (415) 447-3008.

... that we have a postage machine in Administration through which we can run letters and add postage to small flat packages? Please contact John Del Bagno at ext. 5508 and he can arrange to meet you in Administration to put the postage onto your mail. The cost of the postage will then be added to your monthly bill.

... that, although it is our policy that residents should not give gifts or tips to staff, if you have kitchen or household items in excellent condition that you would like to pass along, you may leave them on the bench in the G1 hallway, opposite the Maintenance Department and the ATM. Staff know that they may take whatever items are left there. Please do not leave any furniture in the G1 hallway.

John Del Bagno, Resident Services Manager

Chaplain's Perspective

Looking toward spring

Those who grew up in the U.S. know that on February 2, Groundhog Day, the groundhog emerges from his den to forecast an early or late arrival of spring. Groundhog Day is rooted in an old Pennsylvania Dutch tradition. February 1 marks a hopeful turn toward spring in other traditions. This day is known as St. Brigid's Day, or a religious observance called Imbolc in the Wiccan tradition. This day, which occurs midway between the winter solstice and the vernal equinox, celebrates the promise of spring. The holiday commemorates pure joy. It is the time during the year to celebrate possibility, emerging life, as well as new growth surrounding us. For Christians, especially in Ireland, it is the Feast Day of St. Brigid.

A quote from the book *The Beauty of What Remains* is helpful. In reflecting on his father's death, Rabbi Leder writes, "My father's death saddened me, but it also propelled me to take my time on earth and my life more seriously. Time, life, and we are finite. We really are only human. We can each do only so much, control only so much, and at some point, we have to let go, trust, live. To be at peace with our helplessness is the most terrible and liberating of lessons."

Many life lessons are found in this wonderful book. A group of us have been reading it and sharing our experiences in conversation. Our experiences

are all unique and yet many things we share in common. I hope you'll enjoy the book, too.

Some observances in February are:

- Black History Month
- February 1: Lunar New Year begins
 - The Year of the Tiger
- February 14: Valentine's Day
- February 21: Presidents' Day

Mid-winter greetings to all,

Chaplain Hans

Coming Out of Our Cocoons with New Mobility

As COVID and Omicron begin to fade as a threat, Towerniks likely will emerge from their cocoons, ready once again to experience the joys of urban living.

Prepare for it. Getting around our fascinating city is a real blessing. For some, a privately owned car will be the answer, but cost or aging reflexes may preclude that. Yet another option now exists.

When we consider our local travel needs, I'm reminded of the famous New Yorker cover showing a fantasy New York City street with a smiling traffic cop, a 5-cent hot dog, and a bus with its destination sign reading "Where To?" Before we cry in longing for that absent fantasy, let's stop and remember that a new and efficient mobility system exists in the form of Lyft and Uber. Every time one clicks a Lyft or Uber app on a smartphone, that app essentially says, "Where To?" Residents without smartphones can enlist our Security Desk in person or by phone to help with coming and going on Lyft.

One-fourth of all in-city car trips in the downtown area and SOMA at commute hours is generated by so-called "ride-



hailers." And with the use of a carpooling or ride-share version, where each car serves up to three persons at about half the price, the number of person-trips multiplies.

I don't know who came up with the name "ride-hailers," but to my mind it is a real misnomer. The algorithm which is its basis does not include any "hailing" at all, in the usual sense of that word — catching a cab in the street. Indeed, the main thrust of what

I would instead call "ride-paging" is the total avoidance of any hailing, the latter best pictured as a New Yorker with a hand in the air seeking to outwit the person across the street in the same pursuit. Instead, it shuns waving and uses electronic and/or telephonic contact. One can enter a destination using an address, business name, intersection or even a spot on a map.

Ride-paging is a true urban phenomenon that no one really saw coming but is clearly here to stay. Land use changes may result, with a notable one being the elimination or reuse of parking lots, garages, and spaces.

Multi-person carpooling has been suspended temporarily during the pandemic, but it will doubtless return, likely with masks and open windows. And a protective protocol has now been defined even for singletons: one must be masked, sit in the right rear seat, never the front, and crack open the right rear window for cross-ventilation.

If you stand outside our Towers doors for any length of time, it's clear that Towerniks have discovered this very convenient form of travel. Here, we mostly use Lyft in leaving 1661 because of an early Towers connection. The drivers for Lyft have been trained or directed to find and enter our classy porte-cochere or turn-around as it is

known to some drivers, and we simply have the cost put on our tabs, except for medical trips.

For our non-tech inclined residents, or those who simply resent impinging on the livelihoods of taxi drivers, there is an app called YoTaxi. It does some of the same things as Lyft or Uber, like showing the location of a taxi on an iPhone, and there is an automatic payment option for all but a tip. For persons who don't want to use iPhone at all, there is good old fashioned (415) 333-3333 for Yellow Cab; the operators there now can track you more efficiently than before. Depending on the time of day, taxis also may be cheaper than ride-paged vehicles.

So here we are once again experiencing a form of future shock. But with familiarity in its use, we can achieve new liberation. If you just use your car around the city, consider selling it and using some of the proceeds for this new form of mobility.

Let's get ready for normalcy. And as you crawl out of your cocoon, spread your wings and ... page!

Paul Sedway

February Is Heart Month

An American Heart Association Story

In the early 1960's, the San Diego County Heart Association funded a new position for a Registered Dietitian to help people modify their recipes and diets to reduce something "new" called cholesterol. At that time, studies being released showed the medical consequences of a diet high in cholesterol.

The San Diego County Heart Association was interested in bringing awareness to the public about heart-healthy diets, and to physicians about their ability to counsel patients on following such a regimen.

The dietitian they hired met with heart patients and their families to find creative low-fat ways to enhance the flavors of their favorite recipes

without using saturated fat or sodium, approaches such as adding lemon, herbs, and/or wine. She also developed delicious low-fat recipes, some of which you may have seen in books and magazines.

This nutritional expert extended her outreach to include a both regular newspaper column answering the public's questions, and a weekly radio program, called "Dial A Dietitian" on San Diego's largest radio station.

In the early 1960's, she recognized that burgeoning fast-food restaurants were increasingly popular family dinner destinations with no options for heart patients. As Jack-in-the-Box was headquartered in San Diego, she reached out to their corporate office with the idea they create salads with the lettuce and tomatoes each restaurant already had, thereby inventing the salad health-food option now available in all fast-food restaurants!

Of course, this early pioneer in low cholesterol foods is our SF Towers resident Ruth Reznikoff.

At home, this dietitian tested her ideas, using family and party guests as "guinea pigs." Imagine the teenage embarrassment when she substituted yogurt and dill for sour-cream dip served with cucumbers instead of chips - egad! I can attest, as I am the aforementioned "guinea pig" daughter. In retrospect, at least two positive effects emerged: having been subjected to her low-saturated-fat recipe testing, I carry very low cholesterol levels today, along with a valuable lifelong lesson to question the origin of research disseminated by the Beef and Egg Councils.

Ruth continues to support the American Heart Association because of the lives saved by the research and education they fund.

FYI: The first Jack-In-The-Box location was just two blocks from our house in San Diego. As my sister June reminded me, of course, we only got to eat there on rare occasions!

Laura Olson, Editor and Daughter

New Residents: Phyllis Kempner & David Stein

It's always a pleasure to introduce our newest residents to The Towers community. Please meet Phyllis Kempner and David Stein, both clinical psychologists and (among many interests) enthusiastic collectors of contemporary Japanese art.



Phyllis and David first met at a professional event in 1976 and married in 1979. Phyllis was born in New York City but grew up in San Francisco. Her university education was earned at Columbia University in New York, where

she earned both her MA and PhD. Her predoctoral work was at Langley Porter and postdoctoral fellowship at the Menninger Foundation in Topeka, Kansas. After marrying David, she continued her profession in private practice as well as teaching at the California School of Psychology.

David was born in Elizabeth, New Jersey, and received his undergraduate degree from UCLA and his PhD in Psychology from UC Berkeley. His work first took him to the Einstein Medical School in New York in Community Mental Health. He remained there for seven years where he headed a school consultation program. He later came to Bay Area and began a private practice in clinical and forensic psychology, where he remained for the next 40 years. Phyllis



and David have a sizable family of nieces and nephews, great nieces, and great nephews

Both Phyllis and David have a strong interest in the arts and contribute many hours to different artistic organizations in the Bay Area. While living in New York in the 60's and 70's, David was immediately attracted to the city's lively cultural excitement. He claims it played a "major role" in his later involvement in music and theater. He has served on the Board of Cal Performances, and he and Phyllis both sponsor young Merola singers, supporting and encouraging talented young adults in their career development. Phyllis is also involved with the SFMOMA and the Asian Art Museum, and she remains on the Board of the Society for Asian Art, for which she has played many roles, including president. Both greatly enjoy travel and books and enjoy the arts of all disciplines. Retirement certainly hasn't slowed them down. It just allows them more time to pursue their passionate interests in the arts of all kinds. Apt. 633, 5438.

Donna Kline

Employee Appreciation Fund

If you would like to honor someone or give a gift in memory of a friend or family member, you may make out a check to "SFT Employee Appreciation Fund" and deposit it in Annie's wooden box on the front desk. Donors will be contacted to determine if they would like to be acknowledged in the newsletter or remain anonymous. This is a wonderful way to support our outstanding staff members who take such good care of us.

Recent contributions, with appreciation and gratitude:

- In honor of Hans Hoch, an anonymous gift
- In memory of Dione Bowers, an anonymous gift, and a gift from Pat and Mike Lusse
- In memory of Harry Lee, a gift from Amanda and Bruce Spivey

- In memory of Olivia Guthrie, two anonymous gifts, and gifts from Barbara Jefferson, Jo Ann and Pete Spencer, Amanda and Bruce Spivey, Marilyn Sugar, and Ding and Paul Young
- In memory of Louise Meyer, a gift from Pat and Mike Lusse
- And, in memory of all the residents who passed away during 2021 and 2022, an anonymous gift.

Thank You!

Jeanette Dunckel, SFT Finance Committee

Programs at the Towers

February starts with a very special lunch menu and entertainment to celebrate the Year of the Tiger, the Lunar New Year.

- Sunday, 2/6 at 12noon: Lion Dance and Lunar New Year celebration. Dining Room and Lobby. Bring your red envelopes containing lucky money to give to the lion for good fortune in 2022.

Presentations in the Lounge

- Tuesday, 2/1 at 4PM: Insect Discovery Lab
Meet our six-legged friends and learn about the variety in this diverse group of animals.
- Tuesday, 2/8 at 4PM: Author Talk by Towers resident Roberta Pressman with Helen Ridley discussing her newest book, *Murder in the Shadow of the Pyramid*, set in San Francisco.
- Tuesday, 2/8 at 8PM: Magician Raushan Rennard brings many surprises and a fun evening.
- Sunday, 2/13 at 3:30PM: Super Bowl Party in the Lounge with drinks, hot dogs, and chips.
- Monday, 2/14 at 8PM: Medical Lecture by Dr. Sarah Ahmad: Dealing with Headaches.
- Thursday, 2/24 at 1PM: Women's Taiko Drums celebrating a Japanese folk tradition.

Live Music Offerings in the Lounge

- Monday, 2/21 at 8PM: Pocket Opera premieres a preview of their new educational video production of Magic Flute, designed for audiences of all ages.

- Tuesday, 2/22 at 8PM: Pianist and accordion master Sam Reider returns for a concert to delight you
- Monday, 2/28 at 8PM: SOL Flamenco dancers entertain with music and live dancers.

Shakespeare wrote timeless comedies, and in February and March we will learn about three of these immortal works from resident Dr. Morton Paley, UC Professor (retired):

- Wednesday, 2/16 at 8PM: Introduction to Comedies
- Wednesday, 2/23 at 8PM: *As You Like It*
- Wednesday, 2/2 at 8PM: *Much Ado about Nothing*
- Wednesday, 3/9 at 8PM: *Twelfth Night*

Films of these works will also be screened on Channel 995 to accompany the Shakespeare series. Watch for screening dates.

The Outings Program:

- Thursday, 2/17 at 1PM: San Francisco Botanical Garden to view the spectacular Magnolia Bloom. Sign up in the binder at the Security desk.

Resident interviews in person and on Channel 995 on Mondays at 11AM.

- 2/7: Charles Sullivan with Paul and Kathleen Cardinal
- 2/28: Norm Bohrer with surprise guest

We hope you take time to come and enjoy the variety of February Towers program offerings!

Helen Ridley, Program Committee Chair

Lunar New Year: a Primer

In Asia, February 1, 2022 brings the Year of the Tiger. This animal symbolizes strength, power, and prosperity. If you were born in 1962, 1950, 1938, or 1926, you may already have some of those gifts.

New Year celebrations in Asia last for two weeks. Before the year starts, it is customary for residents there to thoroughly clean house and

decorate with red banners, red lanterns, and kumquat shrubs or yellow chrysanthemums.

In addition to being celebrated in China, Lunar New Year is observed in Korea, Taiwan, Vietnam, Singapore, Malaysia, and Japan. Activities range from having special meals with family and friends and presenting young people with red envelopes containing lucky money to buying new clothes and watching the Lion Dance. Red envelopes containing lucky money are also given to the lion to bring him good luck in the new year.

The Towers will feature a special Chinese Lunar New Year Lunch on Sunday, February 6 at noon in the Dining Room and Lobby, featuring an appearance by the Chinese Lion Dancers. All are welcome, and red envelopes will be available. Happy Lunar New Year!

Helen Ridley, Sophie Lee

Valentine's Day – Seize the Opportunity

In a time of skepticism about some of the old standbys – fill your life with love, live simply, think positively. Valentine's Day itself may have suffered a diminution in relevance. We're going to ignore that possibility and propose that as that day approaches this February, we seize the opportunity to think of someone we love and let that person know what we love about them, what propels us to love them. Doesn't have to be romantic love, tho t'well could be. Could be maternal, fraternal, or even, heaven forfend, neighborly. I'm proposing a list of what we really enjoy, admire, appreciate about this person. Doesn't have to be a long list. Just real.

Some of the things I love about the guy I live with

- If there're dishes in the sink, you wash 'em.
- The seriousness with which you treat my 12-step commitment, my vegetarianism, my writing, and my siblings
- When my hand goes looking for yours, you know.

- You make sure the audio's loud enuf for me even tho you can't hear it. Dunno how you do that.

Barbara Lewis

Tribute To Olivia Guthrie

Olivia became Chair of the Food & Beverage Committee with the charge to work with our Dining Director and with our Executive Chef to bring about updated and substantive changes. With determination, humor, and that southern lilt in her voice, she did exactly that.

Olivia changed the focus of our committee. Under her direction, we focused on service, menu choices, and cost-saving issues. She challenged committee members to find ways to bring added benefits to residents. With her ever-forward nudging and guidance we saw all comment cards acknowledged, the establishment of holiday Community Tables, and best of all, we may now buy wine without its first being uncorked.

As a gracious and considerate chairperson, she made sure we had coffee and tea available at each of our committee meetings. It was much appreciated.

As the current chair of the Food & Beverage Committee, I stand on her shoulders. I so valued her friendship. On behalf of our committee members, past and present, we honor our friend Olivia and say Rest in Peace.

Iris Metz, Chair, Food & Beverage Committee

Safety and Transportation

With several tragic apartment fires in the news, are you aware of what fire safety features we have in our own units? Fire sprinklers are an effective fire-safety tool. This article will provide you information about your own personal set of fire sprinklers.

Grab a flashlight, go into your closet and look up. You should see a fire sprinkler in the ceiling of

each closet. These fire sprinklers will start to rain water over everything in your closet when they are set off. If you cannot find a fire sprinkler in your closet, please call me on 5411 and I will help you search!

Hot air and flames from a fire rise and spread along the ceiling. These hot gases reach the sprinkler and cause it to spritz lots of water very fast. This happens when the little bulb of red liquid on the sprinkler reaches 155 °F, as it is activated by heat.

Please check your closets and make sure you do not have boxes, suitcases, clothes, blankets, books, appliances, or anything else obstructing or even near your fire sprinklers. Also, if the sprinkler is hit hard, it can be triggered. The Towers does a quarterly check of in-unit sprinklers.

One of the most important things for the Safety and Transportation Committee is making sure you have the *Resident Safety Guide* and know where it is.

Remember, *Shelter in Place* is your best option for most emergencies at the San Francisco Towers.

Betsy Lutz, Chair

Learn About Shakespeare's Comedies

The SFT Program Committee has scheduled resident Morton Paley, PhD, to give four talks on Shakespeare's comedies in February and March. Morton is an emeritus professor of English Literature at UC Berkeley; he brings great enthusiasm to this series, as well as deep knowledge of the plays and their performance histories. Each of his talks will start at 8:00PM in the Main Lounge.

- Wed. Feb. 16: Overview of Shakespeare's Comedies
- Wed. Feb. 23: *As You Like It*
- Wed. Mar. 2: *Much Ado About Nothing*
- Wed. Mar. 9: *Twelfth Night*

At present, The Towers library has only a limited selection of Shakespeare books available in Section E under the heading "Miscellanea." *As You Like It* appears in two different paperback editions of the comedies. *Twelfth Night* appears in both of those books and also in a small hardback edition.

Good news: Susie Steer informed us that Shakespeare plays including the three comedies on Morton's list are available free online from the Folger Shakespeare Library in Washington, DC. Use the link: <https://shakespeare.folger.edu/download>.

We will try to locate additional copies of all three comedies before the talks begin.

Charles Sullivan, Program Committee

Notes From the Library

Shakespeare at Our Library

In conjunction with the February lectures on Shakespeare's comedies, the SFT library will feature a special exhibit of Shakespeare-related material. This will include books, DVDs, Great Courses, and CDs. (*Great Courses* is a series of college-level audio and video courses produced by The Teaching Company.)

Hella Cheitlin

Shakespeare in the time of Covid

William Shakespeare came to get vaccinated...

Nurse: Which arm?

Shakespeare: *As You Like it*.

Nurse: Was that painful?

Shakespeare: *Much Ado About Nothing*.

Nurse: You will have to have a second jab.

Shakespeare: *Measure for Measure*?

Nurse: So, how was the experience?

Shakespeare: *A Midsummer Night's Dream*!

Nurse: And what do you think of the handling of Covid?

Shakespeare: *It's a Comedy of Errors.*

Shakespeare now asks the nurse...

Shakespeare: When will my quarantine end?

Nurse: *On the Twelfth Night.*

Shakespeare: Who will foot my quarantine bill?

Nurse: *The Merchant of Venice.*

Shakespeare: Where will I be put up for my quarantine?

Nurse: In a *Hamlet*.

Shakespeare: Thank you for helping me!

Nurse: All's Well That Ends Well.

And I wonder who really introduced Covid to Europe? Was it the two *Gentlemen of Verona*? Perhaps it was spread by the *Merry Wives of Windsor*, or is that just *A Winter's Tale* told by an idiot full of sound and fury, in short, a *Tempest*?

Found on Facebook

Love Potion #77

For the 2004 issue of *Mature Times* newspaper article about love, Sam and Sylvia Zagoria sent a recipe for the success of a happy marriage. They should know, they were married almost 77 years! Here is their clever, sage advice:

Start with a gallon of mutual interest, add a generous dollop of admiration and respect, stir in a puree of humility and sympathy, season with a teaspoon of chilled loneliness and a tablespoon of lust, but don't forget a pinch or two of humor. Cuddle the content gently until it jells and serve with a kiss. It is suggested that the recipe be tried daily for the first 50 years and at least twice a week thereafter. (Warning: Adjust amount of each ingredient to accommodate changing needs. For example, a bad hair day may

require a larger dose of cuddling.) You may laugh, but it works.

We lost Sylvia in January. On February 17, Sylvia would have been 100 years old.

*Submitted by Kat Zagoria,
sharing Sylvia Zagoria's article*

Living with Parkinson's Disease

Parkinson's disease is challenging. because it has multiple side effects. To reduce some of the challenges associated with it, it is important to build exercise into your daily schedule.

Exercise can improve balance, alleviate emotional symptoms, and improve your feeling of well-being. Make sure you get some aerobic activity. There are many classes available online such as Matter of Balance, Yoga Sneakers, Tai Chi, Bingosize. Sign up for the one that looks enjoyable to you and MOVE!

Nancy Stohn

Trash Talk

Nespresso Recycling: Whenever you purchase Nespresso coffee capsules, you can request a free bag for the return of your used pods. The bag has a prepaid UPS address label.

Then all you need to do is:

1. Fill the bag with used Nespresso capsules, and seal it.
2. Drop the bag off on the "Outgoing" shelf for UPS on G1 (or at any other UPS location).

Once Nespresso recycling receives your used capsules, they separate the coffee from the aluminum covering, compost the grounds, and recycle the aluminum.

Note: Nespresso recycles only the capsules that it manufactures.

If you forget to ask for a recycling bag at the time of your order, call Nespresso, and they'll send you a free bag. The company makes two types of coffee capsules: OriginalLine (800) 562-1465 and VertuoLine (877) 964-6299.

Conservation Committee

Book Club Selection for February

Good Without God by Greg Epstein

We are living in a time when nearly one billion people worldwide claim to be nonreligious, writes Harvard University humanist chaplain Greg Epstein. Even in the United States, one of the most religious of industrialized nations, some 40 million say no to belief in supernatural causality. So now is the time, writes the author, for a rallying cry in the name of humanism, a philosophy built on the idea of being good without a god. Join the discussion on February 27th.

Norman Bohrer

Neighborhood Committee

As reported to the Council Meeting on January 12, the Neighborhood Committee has been working on two problems with Christina Spence, The Towers' Executive Director. John Del Bagno serves as liaison.

(1) Graffiti (some offensive) on wall of building across Austin Alley from The Towers. Christina asked us to draft a letter to the building owner, which we did. Later she dispatched John for a face-to-face visit. Owner says exterior of building will be coated with graffiti-resistant paint, as part of an ongoing renovation. We hope this direct action by SFT Administration will be more effective than last year's phone calls to the City of San Francisco, which has ordinances about graffiti removal but doesn't seem to be enforcing them consistently.

(2) Installation of "bollards" in building indentations. If you walk around our block, you can

see that the exterior of the Towers building includes numerous indentations/openings at sidewalk level, some of which are utilized by transient people for various unintended purposes. (We provided photographs and verbal descriptions, which may be offensive or unpleasant.) To avoid the need for hands-on intervention, which could be hazardous to SFT staff or others, the Committee identified several possible architectural remedies to block these openings and reported them to Christina via John. He later informed us that Christina has reviewed this information with staff, and favors the installation of "bollards" (posts of a particular design, about 45 inches high, 14 inches in diameter). John is following up with a nearby vendor to get cost estimates, etc. For further discussion of these and other matters, we had a 1-hour work session via Zoom on January 20. Christina was included at her request, together with John Del Bagno and 10 of 12 Committee members. Regarding the so-called "perimeter" of the Towers building, Christina explained that SFT Administration takes responsibility for the exterior of the building plus the sidewalks and gutters on all four sides. It is not responsible for the streets nor what is across the streets from The Towers. She will be hiring additional people or agencies (such as a mid-size landscape contractor) to do the work on certain items; financial details are still to be resolved.

We also attempted to clarify the status of Towers residents who have been voluntarily cleaning up trash, and other items around the building (sometimes beyond the "perimeter" as defined above). Committee member Pete Spencer explained that the six residents who signed a letter to the Council about this matter are not a subcommittee of the House Committee as has been suggested. They have been acting independently as individuals and can stop doing this work at any time.

Speaking personally, I am very pleased that The Towers (ultimately Front Porch) is now taking responsibility and using committing resources for cleanup around the building. This is normal

procedure for most of the well-managed establishments with which I'm familiar in San Francisco and elsewhere – normal, expected, sure to please current residents, future residents, their families. The Neighborhood Committee will cooperate with other committees (House, Safety, Health, etc.) in reporting any future problems and helping to find solutions if asked.

Charles Sullivan, Chair

In the Neighborhood

Do you ever want to take a short walk and pick up a delicious snack in our nearby neighborhood?

Our favorite spots are Batter Bakery at 1517 Pine between Van Ness and Polk, open 8AM-3PM, Wednesday-Sunday, featuring handcrafted baked goods. We love their cookies. Try the Lavender or Butter Angels with a coffee or maybe a scone. They also take orders for baked goodies for holiday parties. It will be hard to decide but you can easily carry extra treats home.

We also frequent A Taste of Heaven at 1380 Sutter next to Wonder Cleaners. Hamid, the owner, prepares fresh Gyros, BLTs, and breakfast sandwiches. Try the Turkish delight, a wonderful Middle Eastern candy in several flavors. It is the best in the City! Hamid also sells his mother's inexpensive, colorful warm knit hats. They are perfect for cold winter days.

Helen & Allan Ridley

New Stone in 12th Floor Roof Garden

Like our loved pets, stones have been companions of humans since the beginning of time, though in modern times, these tend to be of the shiny faceted type that we wear on our fingers or around our necks as jewelry. But there is an equally ancient tradition of stones being memorialized in the landscape, stones to which we direct reverence or reflection. The Japanese garden tradition has given

special attention to the use and placement of stones within gardens and through them we have learned to value such contemplative stones in our Western gardens. However, our magnificent roof gardens at the Towers have to date generally been absent of such stones.



But our diverse and resourceful resident population has shown itself ever capable of answering any human challenge and especially going to any length to increase the beauty of our gardens. And so, in a happy conjunction of interests, one of our newer residents, Bruce Johnson, husband of Shoko Johnson, who has harbored a secret passion for prospecting for jade in the rivers of California, has donated to the 12th Floor roof garden, the largest of the stones he has ever sought to bring back from these river trips.

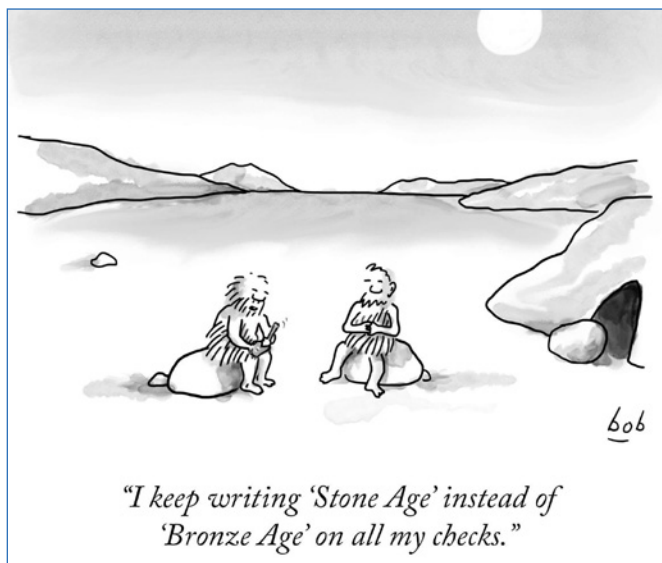
This river-polished intense green stone, which is roughly pyramidal in shape and is about a foot tall and wide and weighs in at around 30 pounds can now be seen, sitting on an existing plinth, in the southeast corner of the 12th floor roof garden. While uncertain of its exact composition, Mr. Johnson believes it is likely to be Serpentine and/or Jade. And the current placing and position of the stone is provisional, allowing some time for the stone to get settled in its new environment.

Bruce Johnson

From a "PUI"

A person of interest
is now what I am.
I did this by getting
myself in a jam
With sneezing and coughing
and feeling quite ill
I am locked up, imprisoned,
and will be until
This virulent virus, who knows
what it is,
Will tire of me
and go off in a whiz
In the meantime
I'm awed by the love and the care
That has helped me to weather
this whole sad affair
The hard-working staff
and the kindness of friends
Are treasures i cherish
as my health again mends
So "thank you!" to all
who are here at the towers
You have helped me to heal
with your life giving powers.

Judy Donahue



2022 Council Candidates Announced!

According to the Residents Association Bylaws, the term of office of an elected Council Member is two consecutive years, with the terms of half the Council Members expiring each year. The Nominating Committee was charged to nominate candidates to fill the five upcoming empty seats on the Council.

The names of the eight candidates were announced at the Residents Association meeting on January 26, 2022. We are fortunate and appreciative to have this talented group of candidates who are willing and have the courage to serve The Towers community. A sincere "thank you" to each of our candidates!

Nominating Committee

Important Election Dates

Meet the Candidates:

- February 24: 10:00AM Candidates Forum in the Lounge
- February 24: 5:00PM – 6:30PM Monthly Mixer with candidates in the Lounge

Voting:

- March 4: Ballots distributed to all Residents
- March 20: Final date for return of ballots, by 5:00PM
- March 23: Election results reported to Residents during the Annual Residents Association meeting

Thank you for your participation in this process of selecting our 2022 Council.

Candidates Statements

Sophie Lee: In August 2014, my late husband, Harry, and I made one of the best decisions in our lifetime- moved to The Towers. My family and I were touched and grateful for the kind offers of assistance, concern, and support when

Harry was ill. He passed away last September. In my new phase of life, I want to contribute to our community, offering my training, organizational and business skills wherever they are needed. I would be honored to serve on the Council.

I was born in Hong Kong, attended college in the USA, received a B.S. in Pharmacy from Temple University, was a Registered Pharmacist in Pennsylvania, Ohio, and Hong Kong, and a licensed real estate broker in Texas.

Work, Volunteer, and Community Experience:

- Merck & Co.: analyst in economic research
- Eli Lilly International Corp: Manager, Hong Kong Operations; Manager, Market Research, Far East Asia Districts.
- Formed and co-owned a real estate investment company in Dallas, Texas.
- Boards: Easter Seal Society; Hockaday School; Baylor Health Care Foundation.
- Flower committee: 5 years; Health Committee: 4 years; Program Committee: 2 years.

Holly Robinson: After graduating from college in 1957 with a liberal arts degree, for the next decade I worked as an Executive Secretary/Office Manager in several companies and organizations, large and small, here in the City, then in Los Angeles. These experiences included working with a wide variety of people, from the Steno Pool to CEOs and the Consular Corps.

Since moving to The Towers in August of 2019 I've discovered what a wonderful, warm, and welcoming place this is. In addition to acquiring many new friends, I've become involved in lots of enjoyable activities here, working with both residents and staff.

Through almost 50 years of marriage and raising a family, work, travel, and volunteer opportunities, I've had many adventures, challenges, and triumphs through which I relied

on my knack for organization, creativity, patience, and good humor. I believe those skills still to be intact, so I believe I would be a good candidate for the Residents Council.

Al Levitt: Because of my experience, I believe I can make a meaningful contribution to the Residents Council in dealing with the many issues that it faces. At San Francisco Towers, I serve on the Finance Committee.

I have been active in the following areas:

- Served as a member of the Boards of Directors of Mount Zion Medical Center, the Contemporary Jewish Museum, Yerba Buena Arts and Events, the Ansel Adams Museum, and the San Francisco Estate Planning Council. Served as President and Chairman of the Board of the Jim Joseph Foundation, a national charitable foundation.
- I am an attorney with a practice focusing on business, estate planning, and nonprofit entities.
- Authored articles in tax publications and have lectured at programs for the State Bar of California and the University of California San Diego Tax Institute.
- Served as a member of the Executive Committee of the State Bar of California Taxation Section and as the Chairman of the IRS Western Region Bar Association.
- Served as a Visiting Instructor in law at the University of California School of Law, Berkeley.
- Currently serving on the Board of Directors and as Counsel to two active corporations.

Deihleen E. Claffey: Deihleen moved into the San Francisco Towers in April 2019. She enjoys playing bridge and other games. She is a crafter and is currently constructing wall art pieces from origami paper. Deihleen also authored and self-published a children's photo book, Zoey's Ravens. Deihleen belongs to the Metropolitan Club and has twice served on their Board of Directors.

Deihleen retired from Hewlett-Packard (HP) in 2007 as a Vice President of Human Resources. Although her 30-year career at HP ended in Human Resources, she started at the company as a Software Designer in Research and Development, moved into Information Technology, and eventually into senior management.

Deihleen is a SF Bay Area native and received her degree in Math/Computer Science from Santa Clara University. She later received an MBA from Golden Gate University.

Before her move to San Francisco, Deihleen lived in Pacifica and participated in many community outreach activities. She served on the 2010-2011 San Mateo Civil Grand Jury.

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Carol Vistnes: After graduating from the University of Manitoba, I had an eclectic and fun career that included positions at a magazine, daily newspaper, advertising agency and university, followed by twenty years in the wine business.

While living in Los Altos, I volunteered at the Alumni Resource Center in Palo Alto assisting clients in finding jobs.

After moving from Los Altos to San Francisco, I volunteered for a number of years as the assistant to the Program Director at the Commonwealth Club, as a consumer advocate at KRON TV, and spent twenty-five years at the Information Desks at SFO.

I have always enjoyed working with and helping others and have done so at The Towers by being chair of the New Resident Welcome Committee, vice chair of the Conservation Committee, and a member of the Neighborhood and Trunk Show Committees.

I hope to bring my communication skills and concern for residents, staff, and the building to the Council. My aim will be to listen to ALL residents to ensure that everyone's concerns are heard during any decision-making process.

Charles Sullivan: I came to the Towers in 2016 with my wife Gail Greene, a native San Franciscan who found a kindred spirit in me. I grew up on the East Coast, moved frequently, earned a PhD in Social Psychology and a Master's in Public Administration, and worked primarily as a university teacher and administrator for several decades, most recently at Georgetown and USF before retiring in the Bay Area.

I have gained other valuable experience in community service and volunteer work, including leadership roles on boards of non-profit organizations, such as the Planning Commission of Bucks County, PA, Folger Poetry Board in Washington, DC, and the Mechanics' Institute here in San Francisco. My special skills: defining problems (before attempting to solve them) and building consensus rather than conflict.

At the Towers, I chair the Neighborhood Committee, serve on the Program and Library Committees, and love walking our Corgi "Flossie" with Gail. I enjoy exercise classes, poetry discussions, beginners' bridge, musical events, and above all, those casual but enlightening conversations with the diverse residents of this amazing community. I have a true home here and will contribute in any way I can.

I currently serve on Council and would be honored to continue for a second term.

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Gustavo Serin a: I moved to the Towers in December 2013 and served on the Council from 2015 to 2019.

I am a member of the Financial Study Group and the Finance Committee. I am President of the San Francisco Commission on Disability and Aging Services, the first openly gay man to hold that position. I am a founding member and VP of the Castro Neighborhood's Rainbow Honor Walk, and a founding member and President of the Castro/Upper Market Community Benefits District.

I am a Manhattan native who moved to San

Francisco in 1966 and met my spouse of 42 years, Robert W. Melbourne, who died unexpectedly in 2008.

I earned an MBA from the University of San Francisco and an MA from San Francisco State University in Early Modern European History. I speak fluent Spanish. Over a long career at Bank of America, I held many positions of increasing responsibility, beginning in SEC reporting and ending as Chief of Staff for the Head of Global Finance. As “Tavo Amador,” I am a long-time contributing arts writer to the Bay Area Reporter. I also sit on the Covia Group Board of Directors, that oversees the company’s non-CCRC activities.

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Marta Johnson: I lived on the East Coast before moving to San Francisco in 1969. I am the mother of two, grandmother of four. I chose to be a stay-at-home not a sit-at-home Mom, with a life centered around service.

Community volunteer: President of my kids’ school Parents Associations and chair of various school fundraisers; Jr. League board member;

Episcopal Church of St. Mary the Virgin leadership positions on Vestry and as Sr. Warden, increasing outreach programs and liaison to Larkin Street Youth Services, a housing facility for homeless youth. It’s been an education learning about homeless youth, and the importance of not giving up on them.

I also experienced fifteen years working at my family’s vineyard and winery in Napa Valley.

When my children left for college, I completed USF’s Masters in Nonprofit Administration program and worked at several nonprofits where my leadership, organizational, and team-building skills were greatly enhanced.

Committees at The Towers: Library, Neighborhood, Nominating, Welcome, and served as chair of the Conservation Committee, a very gratifying experience.

It gives me pleasure to reach out and offer help where needed. I promise to listen to what is important to you, to serve you and our vibrant, welcoming, community well.

FEBRUARY BIRTHDAYS

- 3 Barbara Jefferson
- 4 Bruce Johnson
- 5 Holly Robinson
- 6 Pat Gordon
- 6 Anna Mandel
- 7 Pam Heller
- 7 Elsie Talley
- 8 Marijane Golding
- 8 Cecillia Lim
- 9 Adrienne Jonas
- 13 Judy Houghteling
- 14 Marianne Barton
- 14 Peter Dunckel
- 15 Kathleen Cardinal
- 16 Howard Moreland
- 17 Ed Hoyt
- 18 Kedar Adour
- 19 Ruth Belvin
- 19 Marilyn Jacobson
- 21 Unni Hoel
- 22 Julie Wu
- 23 Barbara Sonnenblick
- 25 Betsy Lutz
- 25 Derry Schillaci
- 26 Lucy Dorking
- 26 Lester Hoel
- 28 Cathy Moreland

Note: Many residents ask that their birthdays not be listed. Report any corrections or omissions to Kathy Trapani at 5495 or email her at kathy_trapani@icloud.com.

SFT COMMUNITY NEWSLETTER

The purpose of this newsletter is to highlight events and activities in and around The Towers, to provide information residents may need, and to introduce new residents and staff.

Ideas are welcome and appreciated. Please be aware that articles are edited, subject to review, and space-sensitive. A file of past issues, as well as an index, may be found in binders in the Library. Contact the Editor at sftnewsletter@googlegroups.com with your ideas, compliments, corrections, and complaints.



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