



Heritage Happenings

'Pooch' Petersen 1930

March 2022

Special Events

Mardi Gras Party "Laissez Les Bon Temps Rouler"

Tuesday, March 1 at 3:00-4:30 in Friendship Hall



Join the Heritage community for an afternoon of fun:

- Jazz performance by Activity Leader Stephen
- Magic entertainment by well-known Bay Area magician [David Martinez](#), an award-winning magician specializing in astonishing magic with everyday objects at 3:30

Sign-up sheets located in the corridor by the dining room.

Ash Wednesday

Wednesday, March 2 at 10:30-12:00 in the Chapel



Ash Wednesday is a Christian holy day of prayer and fasting. Ash Wednesday derives its name from the placing of repentance ashes on the foreheads of participants to either the words "Repent, and believe in the Gospel" or the dictum "Remember that you are dust, and to dust you shall return."

Please be mindful of all social distancing practices. Ashes will be distributed by self-application with a gloved hand. Thank you for your cooperation.

Spring Forward!

Sunday, March 13 at 2 am

Adjust your clocks Saturday night! This time we "spring forward" one hour!

St Patrick's Limerick & Card Making Workshop

Monday, March 14 at 10:30 in Friendship Hall

People Come First Retrospective of work by Alice Neel

Monday, March 14 at 3:00 in Friendship Hall



[Alice Neel](#) (1900–1984) was one of the century's most radical painters, a champion of social justice whose longstanding commitment to humanist principles inspired her life as well as her art. This is the first comprehensive West Coast retrospective of Neel's work. The award-winning exhibition [People Come First](#) includes paintings, drawings, and watercolors, along with additional artworks and media exclusive to the San Francisco presentation.

David Peritz Presentation

Wednesday, March 16 at 3:00 in Friendship Hall

[David Peritz](#) is a professor of politics at Sarah Lawrence College and faculty member in the Master of Arts of Liberal Studies Program at Dartmouth. He has also taught at Berkeley, Harvard and Cornell. His special interests are democracy in conditions of cultural diversity, social complexity and political dispersal.

St Patrick's Day Dinner & Bagpipe Performance

Thursday, March 17 at 5:30 in the Dining Room



[Jay Salter](#) - one of a select handful of pipers in the United States, who makes his living performing and teaching the pipes, will perform in the dining room. Co-founder of the Greater Monterey Bay Celtic Society in 1989 in order to provide a society dedicated to bringing the finest of world Celtic music artists to Santa Cruz and Monterey counties, Jay brings the "Scottish Octopus" to the new world.

Violin & Cello Performance

Thursday, March 24 at 2:00 in the Friendship Hall

Performances by musicians from the [San Francisco Conservatory of Music](#)

Jeopardy Day!

Thursday, March 31 at 3:30 in the Friendship Hall

Be Exhibited in the Tony Lawrence Art Gallery!

Have a fond memory? Want to share a notable saying? How about a favorite metaphor? Calling all residents! We are doing an all-resident project for the art gallery. Come to the art room on Thursday mornings between 9:30-11:30 and write on beautiful paper what you wish to say. No talent necessary. Deadline is April 1st. The Art room is in the basement next to the exercise room, and the door is always open.

The Art Committee

Exercise Classes

Strength Training Mondays, Wednesdays, Fridays 9:00 and 2:30 Fitness Center	Yoga with Ilya Thursdays 10:30 Fitness Center
Tai Chi with Bianca Tuesdays 9:00 Fitness Center	Balance Class Monday-Friday 11:45 Porter Hallway
Walking Group Wednesdays 1:00 Pleasure Walking Group 2:00 Slow Walking Group Meet in Porter Library	Updates No need to sign up. Simply show up and get fit!

Religious Services

Catholic Mass in the Chapel

Friday, March 4 at 10:00 in the Chapel

Distribution of Communion every Sunday at 10:00

Episcopal Service

Sundays at 9:30 in McGinley Room

Live stream from the National Cathedral, Washington DC

Dining Experiences

It's National Nutrition Month!

Thursday, March 3 ~ Caribbean

Capture the flavors of the Caribbean during the noon meal. Learn the benefits of tropical fruits and foods from around the world.

Tuesday, March 8 ~ Asia Pacific

Come try a special Asian dessert that embodies the flavors of the Asian Pacific during the dinner meal. There will be information on common foods eaten throughout the Asian Pacific, a crossword puzzle on nutrition, and different coloring pages: ocean waves, pineapple, and Asian food dishes. Join in the fun!

Thursday, March 17 ~ Happy St Patrick's Day!

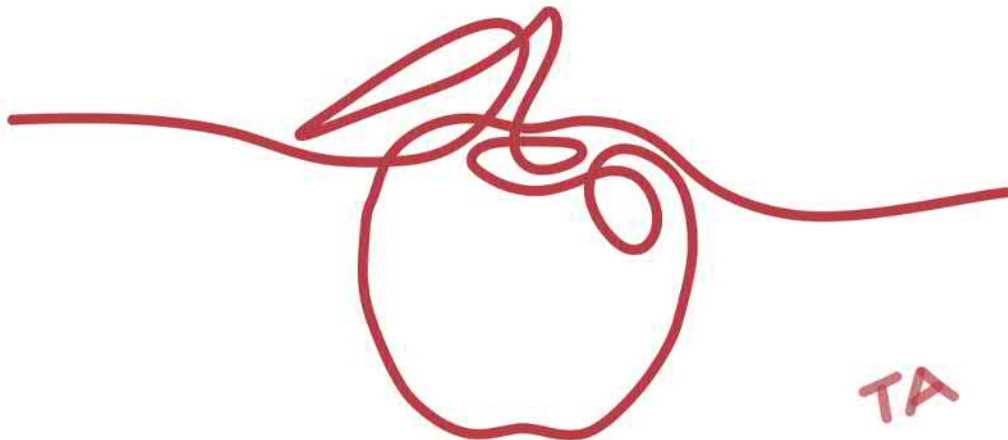
Try our St Patrick's day dessert during lunch. Play games based on your own experiences with foods and drinks from Ireland. Take a chance to win edible prizes! Crossword puzzles, word searches to take home and more!

Thursday, March 24 ~ Spices

We will have a special spice bar hosted by Sous-Chef Silvie and some puzzle handouts on spices and a nutrition word search.

Tuesday, March 29 ~ Superfoods

We will be offering a delicious sampler during lunch, focusing on the importance of dark leafy greens as well as a handout on the history, nutrition, and fun facts of these greens.



An apple a day...

Heritage Happenings

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

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Editorial

On a table in the corridor by the dining room, there is a binder with a white cover. The title in big letters simply says "Sign Up Sheets 2022 Resident Committees".

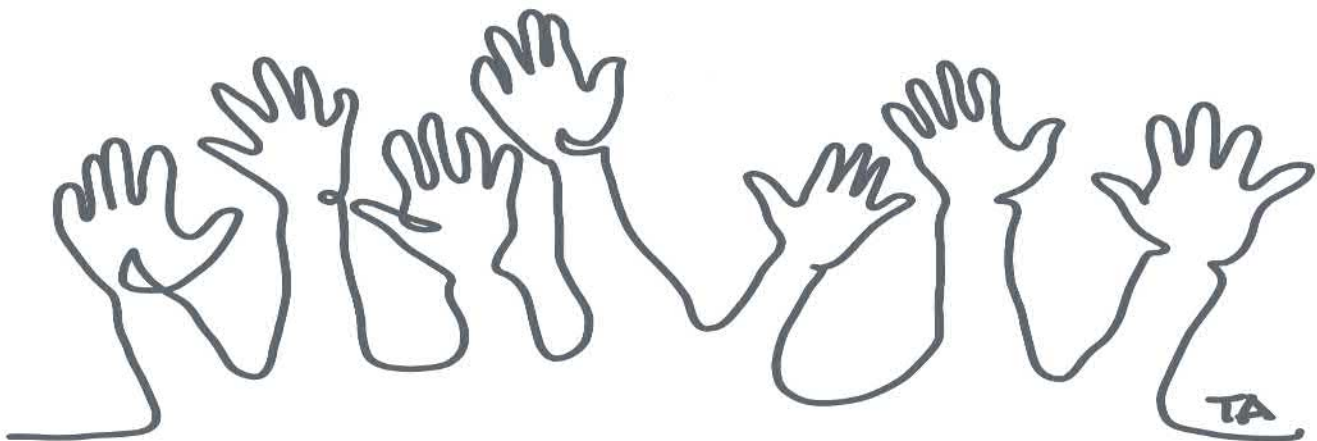
Open the book and flip through the pages. If you are a relatively new resident like me and open the binder for the first time, you will see lists for committees you have never heard of and you will see lists for committees with few or no members.

The book is out of date. Because of the pandemic there was no way that functioning committees could meet and little opportunity to develop new working plans to support the changes in our community.

As we create a "new normal," and realize what is needed now, consider what part you will play and what you can contribute to the life of this "family."

Watch for a revised list of committees and find your place.

Theo Armour



Sylvie Holdman ~ Sous-Chef ~ Morrison Living



During her childhood in Idaho, Sylvie lived part of the time with her father and part with her grandparents. Her father was a good cook who sometimes cooked professionally in truck stops and diners. "He was really into the food pyramid," Sylvie said. "He stressed fresh fruit, proteins and vegetables. Very simple but done well." He liked Grape Nuts for breakfast while her grandparents's choice of cereal ran along the lines of Lucky Charms.

Sylvie's first attempt at cooking—well, really baking—was when she was seven years old. She was alone and decided she wanted to produce something in the kitchen. She grabbed one of her grandfather's cookbooks and decided on

a cookie recipe. She found all the ingredients and threw everything into a bowl. The result: a disaster. Her grandfather came home and found Sylvie sobbing. He hugged her and then went through the process of putting the foods together.

Although the food served by her grandparents was white-bread boring, her grandfather taught her the hows and whys of cooking. Although not a cook, he was really smart and thought like a mathematician.

At fourteen, Sylvie got her first job in the culinary world - working in diners and truck stops. She would start her shift in the salad bar, peeling potatoes, washing dishes, but sometimes a cook would throw her on the line when it was extra busy. It was "just fun but I never thought it would be my profession."

When she was living with just her grandfather, he encouraged her to go through recipe books. She would choose a recipe and compose a menu and a list of ingredients. He'd shop for them and the two would have a weekly special dinner.

After high school, Sylvie joined Job Corps, a federally funded program for

young people from 16 to 24 in which they are taught a trade. She first went into business and clerical, but realized very quickly that she just couldn't sit at a desk all day. A position in the culinary program opened up and Sylvie was part of the program in Idaho for a year and a half. Then she was sent to Treasure Island to join an advanced culinary program. Her first job was as an intern at a movie studio on the Island. After her time on Treasure Island, Sylvie knew there was no reason to go back to Idaho as she now had connections in the Bay Area.

Leaving Treasure Island, she headed to Oakland and worked for a number of different catering companies, the Claremont Country Club and the Oakland Museum Café. She loved catering, as every day was different—venues, menus, clients. There were often very long days—often 13 hours. Plus, unforeseen challenges: the power going out, the equipment not being correct, someone forgetting to load important items. Sylvie worked for well-known catering companies, such as Grace Street and Paula LeDuc. She was also in corporate catering for very large companies. Then came Covid.

A positive of this down period was spending time with her two young sons at their home in Vallejo. Then one day she had a call from Kevin, with whom she shared mutual friends. When he explained the job available at Heritage, at first she said no. Kevin then went on to detail the benefits that came with the job, benefits that were very rare in the catering industry. The “no” became a “yes”!

Before coming to Heritage, when Sylvie worked in corporate catering, the clientele was young, rich, entitled, unappreciative. On the other hand, at Heritage she finds gratitude and love. For Sylvie, working in our kitchen is a reward. Of all the jobs she has had in her 32 years in the culinary world, Sylvie finds her job at Heritage is her favorite.

Martha Nell Beatty

Residents' Valentine Cards



Nutrition Affects Our Lives

My grandmother passed away when I was seven years old. Every morning before going to work, my mother would drop me off at my grandparents's house. The first thing my grandmother would ask me is "what do you want to eat?" Some days I'd say eggs and tortillas, other days cereal and milk, or even oatmeal and French toast. It didn't matter what I said, she would always find a way to make it work. My grandmother was an amazing cook; her specialty was Mexican food.

Although she found joy in cooking for her family and friends, I never saw her sit down and eat a meal. All she would have is Mexican sweet bread and coffee in the mornings and maybe a bite of her cooking here and there. She would mention to my mother that a lot of food did not sit well with her. One day she was so sick, she was sent to the hospital, and after one month, she was gone. For religious reasons, no autopsy was done, so doctors could not explain what happened to her. All I remember is that she suffered a lot in the last month of her life.

As I was progressing in my studies to be a dietitian, I started learning how severely malnourished my grandmother was. Her body never had the proper nutrients to stand a chance to fight her illness. Knowing what I know now as a dietitian makes me sad. I believe that I could have saved my grandmother's life. I could have helped her navigate the right foods to eat that did not make her feel sick, to transform her health and improve her quality of life. There is no way to change what has happened in the past - I can only control the present and pave the way for a better future.

When my aunt was diagnosed with stage four lymphoma, we did not believe she would survive. I decided to put everything aside and be her caregiver, and with a nutrition plan we both could agree on, she grew stronger and was able to combat her therapy with minimal side effects. She continues to impress me every day with the small changes we made, and now she lives a completely different life because of it. I have seen my uncle almost die in a coma due to uncontrolled diabetes, get a second chance at life, and for the first time ever, have his blood sugar under control, so that he is strong enough to hold and be able to see his granddaughter - all because of changing his eating habits.

Anything is possible when you have the correct resources and the will to succeed. I always tell my clients that taking small steps to change will have the largest impact on your life. Living a healthy lifestyle takes practice

before it can become second nature, but that is why I am here - to be your educator and supporter on the journey to improve your eating habits. Food is transformative and is a major part of our health. I became a dietitian to change people's lives.

I know that what you eat is personal and is based on many factors, so I do not plan to eliminate your favorite foods from your diet, but I plan to expose you to different foods that taste amazing and have natural healing abilities. There is strong evidence that food, whether good or bad, is responsible for our health outcomes and how we feel on the inside, and look on the outside. I am here to help you figure out the best combination of foods you enjoy that will give you the most benefits to continue your life at the most optimal level of enjoyment. I am your dietitian and it is an honor to be given the chance to pass down my knowledge to you.

*Sophia A L Ferguson, RD
Dietician with Morrison Living*



*Traditional Chinese
lion dancers &
friends performing
at the Lunar New
Year Dinner*

Meet Atilio (Til) Mossi



One of our newest residents, Til has had an interesting and rewarding life working in the fishing industry and with his hobbies. Born in San Francisco he attended [St Ignatius High School](#), then studied business at the [University of San Francisco](#).

While growing up Til spent idyllic summers on the family ranch in Gilroy. It featured a creek with a swimming hole and a house owned by Til's grandmother. Recently the new owners hosted a large neighborhood celebration for the house on its one-hundredth birthday. Til and other family members attended this memorable party/

After college, Til joined the family fish business, [A Paladini Inc](#), and worked his way up the ladder to Vice

President. He then went to work for Johnson Lines in San Francisco where he was a Port Captain and supervised vessels sailing up the West Coast from the Panama Canal to Vancouver. After Johnson Lines he was employed by [Seaway Towing](#) as Sales Manager. He retired but was lured back to work by the [Sheedy Drayage Co](#) for three years.

Now retired, Til has more time to work on his hobbies. He is an amateur radio operator (ham) and has all the necessary equipment in his apartment here at Heritage. Additionally he builds model boats and has some exquisite examples in his apartment.

His most-prized model boat is a copy of a steam tug named "The Weymouth" which worked in Boston Harbor around 1868. Til's model is named "The Leanna" (after his late wife) and is built to scale, complete with a wheelhouse, wheel, steam gauges, a captain and a Dalmation. The detail is extraordinary and the boat actually sails!

Also on display in Til's apartment is a large painting of two salmon which

were caught in the Sacramento River. Til's grandfather gave the artist, [Samuel M Brookes](#), the actual fish depicted in the painting. A similar version of the painting now hangs in the DeYoung Museum.

Til's father-in-law, [Peter Giovanzana](#), was a Heritage resident for more than twenty years, which is how Til initially became aware of Heritage. Til now occupies Room 403P,. It has an extensive view of the Bay so he can watch the ship traffic to his heart's content. He has three children, Kathy, Patricia and Robert, plus eight grandchildren and five great grandchildren.

To contact Til, or to view his model boat collection which can be seen by appointment, call him at 415-290-0981.

Katherine Conley

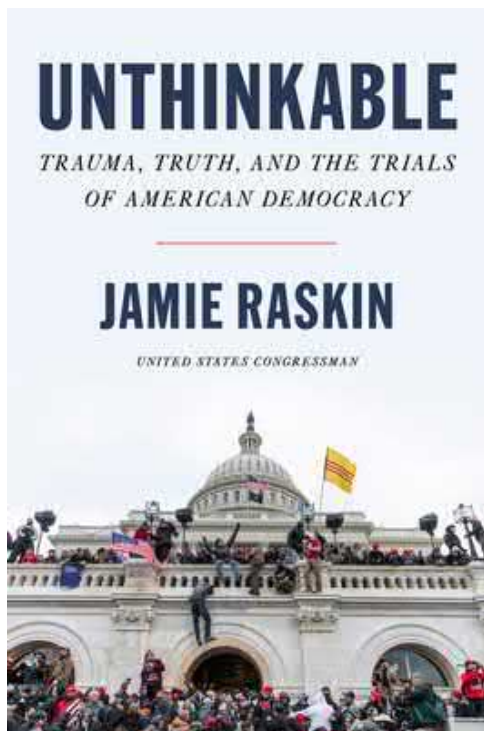


The Leanna



Library Corner

This month we're lucky to have reviews by two of our residents of recent additions to the library.

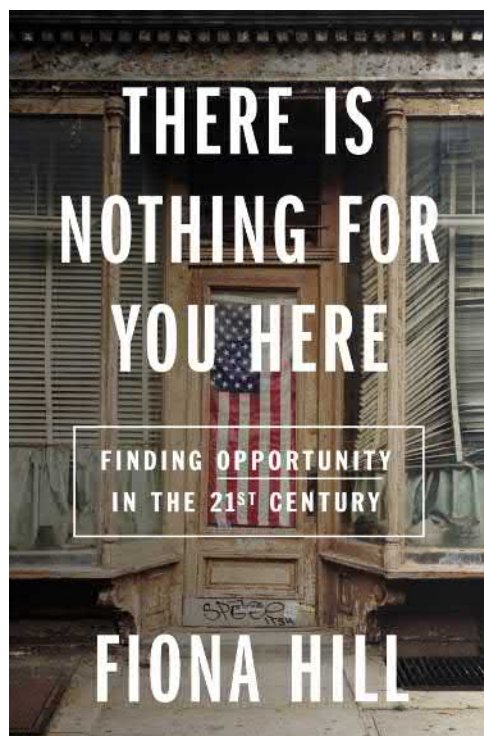


Unthinkable: Trauma, Truth, and the Trials of American Democracy

by Jamie Raskin, 2022

Congressman Jamie Raskin tells the riveting story of the siege on the U.S. Capitol on January 6, 2021, and how close democracy as we know it came to being upended. He also tells the wrenching story of the loss of his beloved son, Tommy, by suicide at age 25 on December 31, 2021. Tommy's brilliance and faith in humanity was the guiding force that kept this grieving family focused front and center on the fight to preserve our democracy. I was absorbed for two nights straight reading this insightful, thoughtful book. ★★★★★

Reviewed by Eleanor Bissell



There Is Nothing for You Here – Finding Opportunity in the 21st Century

by Fiona Hill, 2021

The book title is advice Fiona Hill received from her father as she embarked on her university studies, leaving behind her home in northwest England, an area that had suffered economically with the collapse of the coal-mining industry at the end of the 20th century.

Ms Hill took this advice and studied in Scotland, Harvard, and Russia for 10 years, earning advanced degrees in political science and Russian studies. She came to public prominence with her testimony as an expert on Russia in the first

Trump impeachment trial. In the book, she comments on what she describes as his "insecurities" and "fragile ego" which she believed led to

improper and dangerous decisions. She also describes economic and social divisions in our country which she warns will not disappear with Trump's departure. She is now an American citizen.

I found the story of her rise from extreme poverty to prominence interesting, and the human issues she raised compelling. She faced extensive and pervasive obstacles just because she was a woman in positions almost always filled by men. Her "low class" English accent originally marked her for discrimination in England. She also faced wage discrimination and was often thought to be the "secretary" or "clerk" even though she was a fully qualified member of whatever groups were meeting; for example, Trump did not understand who she was (his government's top Russian expert) at a meeting. This made me recall the difficulties women faced in entering the practice of law. My firm was one of the first large San Francisco law firms to employ a woman as an attorney and one of the first to admit women to partnership. But none of this came easily. Any woman of our age who was working in a career will recall similar difficulties.

The book is very well written with ample notes. It is divided into relatively short sections on many specific topics. I highly recommend it.

Reviewed by Fred Wentker

Also of note: Jean Fowler's three volumes of Heritage history are currently displayed on tables in the Stucky library - and all are worth a good look!

Some gentle reminders:

- Please **sign out** any books you want to take
- Please **sign in** any books you return
- Please put **returned** books in the designated box
- Please **do not** reshelve books
- Please put **donated** books in the designated box

Suggestions? Questions? Please contact a Library Committee member:

- Yvonne Benedict, yvonne.benedict@sbcglobal.net
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March: Women's History Month

March 8: International Women's Day



Rosie the Riveter - a modern icon

Friday Movies at 2:00 in Friendship Hall

March 4 [Little Women](#) (2019)

Jo March reflects back and forth on her life, telling the story of the March sisters - four young women, each determined to live life on her own terms.

March 11 [Suffragette](#) (2015)

In 1912 London, a young working mother is galvanized into radical political activism supporting the right for women to vote, and is willing to meet violence with violence to achieve this end.

March 18 [The African Queen](#) (1951)

In WWI East Africa, a gin-swilling Canadian riverboat captain is persuaded by a strait-laced English missionary to undertake a trip down a treacherous river and use his boat to attack a German gunship.

March 25 [West Side Story](#) (2021)

An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

Sunday Movies at 2:00 in McGinley Room

March 6 [When Harry Met Sally](#) (1989)

Harry and Sally have known each other for years, and are very good friends, but they fear sex would ruin the friendship.

March 13 [Vertigo](#) (1958)

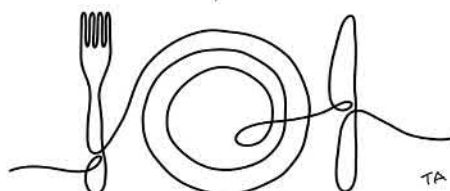
A former San Francisco police detective juggles wrestling with his personal demons and becoming obsessed with the hauntingly beautiful woman he has been hired to trail, who may be deeply disturbed.

March 20 [Magic in the Moonlight](#) (2014)

A romantic comedy about an Englishman brought in to help unmask a possible swindle. Personal and professional complications ensue.

March 27 [Rear Window](#) (1954)

A wheelchair-bound photographer spies on his neighbors from his Greenwich Village apartment window. He becomes convinced one of them has committed murder, despite the skepticism of his fashionable girlfriend.



Residents Birthdays in March

Mattie Jones	3/16	Ernie Sabini	3/22
Eleanor Bissell	3/07	Linda Sharp	3/23
Pat Rush	3/10	Gail Lindlow	3/24
Martha Torres	3/13		

The Birthday Dinner will be celebrated on Friday March 11

Special Events Calendar

Mardi Gras Party with David Martinez	Tue	3/01	3-4:30	Friendship Hall
Ash Wednesday	Wed	3/02	10:30-12	Chapel
Emotional Support Group with Jeanne	Wed	3/02	3:00	Stucky Library
Painting Class with Yvette Brown	Thu	3/03	9:30	Art Room
Tech Support with Tess Goldman	Thu	3/03	1:30-5	Perry 3rd Floor
Catholic Mass	Fri	3/04	10:00	Chapel
Food Committee Meeting	Tue	3/08	10:30	McGinley Room
Painting Class with Yvette Brown	Thu	3/10	9:30	Art Room
Tech Support with Tess Goldman	Thu	3/10	1:30-5	Perry 3rd Floor
Saturday Shorts with Margaret	Sat	3/12	3:00	McGinley Room
Spring forward to daylight savings	Sun	3/13	2 am	USA
St Patrick's Card Making Workshop	Mon	3/14	10:30	Friendship Hall
DeYoung Zoom: "People Come First"	Mon	3/14	3:00	Friendship Hall
Emotional Support Group with Jeanne	Wed	3/16	3:00	Stucky Library
Presentation with David Peritz	Wed	3/16	3:00	Friendship Hall
Painting Class with Yvette Brown	Thu	3/17	9:30	Art Room
Tech Support with Tess Goldman	Thu	3/17	1:30-5	Perry 3rd Floor
St. Patrick's Day Dinner & Bagpipes	Thu	3/17	5:30	Dining Room
Saturday Shorts with Margaret	Sat	3/19	3:00	McGinley Room
Emotional Support Group with Jeanne	Wed	3/23	3:00	Stucky Library
Painting Class with Yvette Brown	Thu	3/24	9:30	Art Room
Tech Support with Tess Goldman	Thu	3/24	1:30-5	Perry 3rd Floor
Violin & Cello Performance w/ SFCM	Thu	3/24	2:00	Friendship Hall
Residents Council Meeting	Fri	3/25	9:30	Dining Room
Jeopardy Day	Thu	3/31	3:30	Friendship Hall
Tech Support with Tess Goldman	Thu	3/31	1:30-5	Perry 3rd Floor

