



# Heritage Happenings

October 2020

## Exercise classes

Strength & Conditioning with Yasin  
Monday, Wednesday & Friday  
9:00 am in the Courtyard  
2:30 pm in the Fitness Center

Yoga & Meditation with Stephen  
Tuesday & Thursday  
9:15 am in the Courtyard

Please dress appropriately for outdoor classes. Sign-up sheets are located in the main dining room.

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

## Cottage Day Program

The Activities Department is happy to announce that the Cottage will be open for limited activities Monday through Friday, 10:00 am-12:00 pm starting on Monday, October 5. The following activities will be offered:

Monday: Flower Arranging  
Tuesday: Individual Brain Games  
Wednesday: Brain Teasers  
Thursday: Trivia  
Friday: Bingo



All Residents must sign up in the dining room prior to participating in the program.

## Tech Help with Stephen

Do you need help with Zoom, Facebook, Instagram, emails and/or basic computer skills? Please contact Stephen, Activity Leader, directly for a 30-minute lesson. 415-202-0300 ext. 241.

## **Updates:**

Stephen will continue to visit Residents after lunch and provide individual activities i.e. go on one-on-one walks with residents, provide companionship, pass out games and other individual activities between 1:00 pm and 5:00 pm, Monday to Friday.

Effective October 5th the *Daily Chronicle* will no longer be delivered to your apartment. Copies will be placed in the Porter Library next to the Gratitude puzzle for residents who would like one.

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

New Lecture Series by David Peritz

### **Race and Justice in the 21st Century: Historical, Critical and Ethical Perspectives**

Tune into Channel 998 every Monday at 3:00 pm



Thursday, October 15, at 3:00 pm Via Zoom

The League of Women Voters of San Francisco will present the pros and cons of the propositions we will find on our November ballot. Both sides of the issues will be presented in a neutral manner. These include 12 State propositions, one measure regarding Caltrain, and 13 San Francisco propositions. The presenter will be Heather Sterner, a League board member for many years. She will do her best to keep the presentation within an hour.

A Zoom link will be provided closer to date.

Small Group Socials in the Porter Garden

### **Fall Picnic Happy Hour**

Thursday, October 8  
from 2:30 pm-4:30 pm

### **Spooky Social**

Thursday, October 29  
from 2:30 pm-4:30 pm



\*All residents must reserve their time spots before attending socials.  
Sign-up sheets will be located by the main dining room.

## THEO ARMOUR

Theo's full and productive life began in Boston. By the time he was one-and-a-half he made his first trip to Europe when his family crossed the Atlantic on the *Amsterdam*. Their destination was Paris, where his Father was posted by the State Department.

His parents divorced when he was five and his Mother brought him back to America, where they lived mainly in Princeton NJ. He spent six years at St. Paul's, a boarding school in New Hampshire. During his teens Theo was always Drawing, which led his stepmother to suggest that he should be an architect. The idea appealed to Theo and for college he headed to Syracuse, which had a School of Architecture.

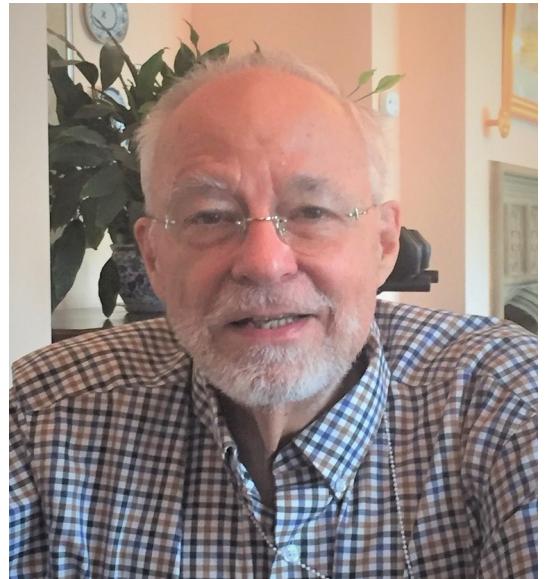
He took his junior year abroad at the Architectural Association School of Architecture in London, which is the oldest school of architecture in the world. According to Theo, "It is either the best school of architecture in the world or the worst depending on how you look at it." The school appealed to him and he ended up getting his degree there.

After graduating, Theo stayed on in London to begin his practice. He was with a co-op, where everyone received the same salaries. His specialty was renovating old buildings. During these years Theo began exploring personal computers, which were very much in their infancy. He was ahead of the times.

Theo's exercise was swimming since there were pools everywhere. After swimming endless laps in "darn stupid pools looking at the tiles in the bottom," he decided he needed a goal. Theo's goal was ambitious: to swim the English Channel.

After ten years, Theo felt it was the time to take a sabbatical. It was a natural to take up his English Channel challenge during this time.

When the August day came, Theo left Dover in the dark of night, with a fishing boat accompanying him. Although he was stung by jellyfish and developed a stiffening back, Theo continued in the 53-degree water for nine and a half hours. Theo won the award for Best Disabled Swim, given by the English Channel Swimming Association. In 2006 he was awarded first place for fastest disabled swimmer in the annual "Escape from Alcatraz" competition.



It was during this sabbatical year in 1980 that Theo got married. And also decided to make a geographic change. For a while he considered the Middle East. But after a trip with ten other architects to China to view the new buildings going up at warp speed, Theo determined the place to be was the Far East. He wanted "to be part of a new dynamic structure and of an optimistic place."

He and his new wife bought two one-way tickets and were off to Hong Kong. After moving there, his architectural career turned to a completely new specialty—designing mass transit stations. There were 12 altogether, one ten stories underground. Another project offered a unique challenge: designing a 12-story dairy farm with the cows at the top. In Hong Kong.

Once in Hong Kong he began using computers to make working more efficient. He could design any building on a computer. No more drawing boards and all the tools architects had used for generations. This was called CAD (computer aided design).

An early endeavor was as founder and CEO of a computer-aided design consultancy. Then, with Chinese partners, he opened the first store in Asia for CAD, selling AutoCAD, a brand of Autodesk, which is headquartered in San Rafael. Theo became their consultant in Asia which meant he traveled throughout China as well as to Korea and Taiwan to present their products. Then in 1991, Autodesk told Theo "You know this product better than anyone" and enticed him to come to the Bay Area to be near its headquarters. He responded to the call and moved to Mill Valley.

Theo is ever creative, and his active, inventive mind constantly has several projects on which he is working. Two of these will be of interest to us.

**Coming soon:** A website solely for the residents of The Heritage. It will have up-to-date information on Heritage activities, links to interesting sites, and the bios of residents.

**Coming in the near future:** Ever Ever Land, a website where people will be able to have information about themselves saved for posterity. Stay tuned for developments.

*Martha Nell Beatty*



"I really did 'Escape from Alcatraz'. On the 15th of October I swam from "The Rock" to San Francisco in 57 minutes 16 seconds. I placed 97th out of 110 male swim-only participants...the swim was part of a triathlon."

## A MEMORY OF RUTH BADER GINSBURG

In 2009 my husband Lotfi was honored as a recipient of a National Endowment for the Arts Opera Award. The host of the award ceremony was Ruth Bader Ginsburg who was, as many know, a great opera lover. The day before the official presentation she invited all of us for lunch at the Supreme Court. Of course the award for Lotfi was wonderful, but the most exciting thing for us was that lunch. To be there, see the actual Court, and be seated at her table and talk to her and her husband, and then to be invited to her chambers (for more opera talk!) was something I'll never forget.



The actual ceremony the next evening seemed a kind of anti-climax. Lotfi had actually met Justice Ginsburg before, in 2003, when he directed a production of *Die Fledermaus* for Washington Opera. The party scene in that opera is often a chance to have some surprise guests, and that night Justices Ginsburg, Stephen Breyer and Anthony Kennedy made a big entrance in their robes, introduced as "The Supremes". Justice Ginsburg's one concern was whether she would be able to get back to her seat to see the rest of the show!

Midge Mansouri



Associated Press Report from Washington  
September 2016

The curtain rose on Act 2 of *The Daughter of the Regiment*, revealing the figure of a tiny woman barely visible in a large dome chair with her back to the audience. Suddenly, she swiveled around — and there was Justice Ruth Bader Ginsburg. Cheers and prolonged applause rang out from the crowd at the Kennedy Center on Saturday night even before Ginsburg, a life-long opera lover who was making her official operatic debut, opened her mouth to speak as the imperious Duchess of Krakenthorp. Her character, a non-singing role in

Donizetti's frothy 1840 comedy, had come to find out whether the title character, Marie, was worthy of marrying her nephew.

Looking frail but determined and wearing an elegant acid green silk dress, the 83-year-old Ginsburg read from a crib sheet a series of qualifications that sounded very much like requirements for high political or judicial office. Her deadpan delivery was boosted by a microphone, though laughter from the audience occasionally drowned her out.

Such lines included: "The best of the house of Krakenthorp have open but not empty minds. The best are willing to listen and learn. No surprise, then, that the most valorous Krakenthorpians have been women."

There was also: "Applicants seeking a station so exalted must have the fortitude to undergo strict scrutiny. Their character must be beyond reproach."

Ginsburg's biggest laugh came when, in apparent reference to the bogus "birther" campaign against Barack Obama, she asked whether Marie could produce a birth certificate and added: "We must take precautions against fraudulent pretenders."

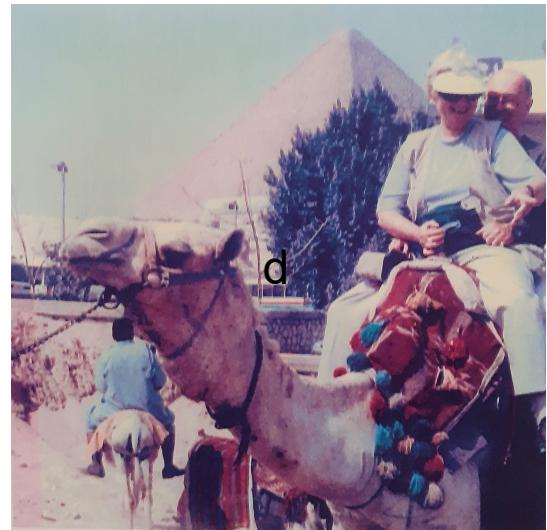
Ginsburg wrote her own dialogue, in collaboration with Kelley Rourke, dramaturg for the Washington National Opera, which is presenting a new production of the opera. In the original version of *La Fille du Régiment*, as it is known in French, the duchess has little dialogue, but the role is often taken by comedians or ageing singers who improvise their own lines.

Francesca Zambello, the WNO's artistic director, asked Ginsburg to appear in all eight performances, but she declined to do more than opening night, citing her "day job".

## **WHAT WAS YOUR BEST VACATION EXPERIENCE?**

Have you seen the new exhibit in the Tony Lawrence Gallery on the second floor? Staff and residents were asked to submit photos and information. Some followed the instructions. But some staff and residents crafted larger displays, notably Liza Duculan. It is not too late. Send a photo(s) and a description or memory to Katrina Kleine in Activities. This splendid exhibit was her idea and it is a great one!

**Erica and Joe Coughlan in Cairo, 2000**



## Why I Write

I write to play with words  
To amuse myself  
To tell stories that might amuse others  
To discover wisdom in the chaos of whirling thoughts  
To share insights.

I write to give voice to thoughts and emotions too powerful,  
too personal for the spoken word...as written words they  
become tributes, eulogies, evocative poems.

I write to remember tomorrow what was important to me today.  
I write to understand what shapes my life...the people,  
the events, the history.

I write to connect the dots of my experiences  
to give meaning to who I am.

I write to know that it matters that I am alive.

*Eleanor Bissell*

2014



Kathy Kirkpatrick	10/03	Pat Bixby	10/18
Terry Moughan	10/06	Jo Ann Nelson	10/22
Ellie McCarthy	10/14	Gene Graham	10/28

## **John Salling - 110-year-old Confederate Veteran**

Last month, I told you about my trip through the Shenandoah Valley. This is about another trip I took with my family to Slant, VA, a small town in the Western hills of Virginia that was literally built on a slant. We went to visit the oldest living Confederate veteran of the Civil War. We knew about him through the newspaper. He had attended a big convention held in Gettysburg for both Union and Confederate soldiers and, of course, he made headlines. My husband and I were interested in the Civil War. Naturally, we wanted to meet John. In February of 1957 we went on another adventure in Virginia.

When we called to make an appointment, his daughter advised us to bring a bottle of bourbon, both to please John and to loosen his tongue. We arrived that day to find him confined to his bed. He had worked his own farm to the age of 101 when he fell down, fractured a hip and became disabled. However, he was very agile, showing us how he exercised in bed to keep in shape. His hair was black with some gray in it. He was missing several teeth and was somewhat deaf. He was coherent, chatty and loved to have visitors.



He was born in 1846. He lived all his life in Slant. He entered the Army in 1864 at age 19. He never was in combat, although his local Captain rehearsed his soldiers in army marching formation regularly. At age 19, John went to work in the saltpeter mines. Last month I described how saltpeter was used to make bullets - minie balls. It is odd to think that with all the drama and violence of the American Civil War, John became a famous veteran for mining saltpeter for a year.

He told us some interesting things. His mother had grown up in a nearby town that was a fort built to protect settlers from Indians. John said that his mother told him she actually saw her father scalped by Indians in a raid. It was stunning to sit there in 1957 and hear about an incident like that from another living being. It demonstrated how short a history our country has.

John said that his heroes, when he was a boy, were the local men who were veterans of the Mexican-American War of 1848. He admitted that he did not want to be drafted into the Army and did not like working in the mines. He did describe his captain in positive terms. John had an occasional Southern mountain sing-song lilt in his voice, a reminder that his ancestors were from Elizabethan England, early settlers in Virginia. I can still hear him almost singing: "Captain Collins, that's his name." He said he did not like war. His

voice was the most clear on the tape when he raised it to state he could not understand how one man could raise his rifle and shoot another. He then said something about war today, Republicans and Democrats, that made it clear he knew what was going on in the world.

My husband then asked him what advice he would give to a young boy like our son. John's reply was, if asked to go to war, say: "I rebel" almost at the top of his voice range. "Try to stay out of war. That's what I would say to a young man." He then said he would also advise against being a farmer - you'll never make a living, laughing at that.

When asked about voting, he recalled voting for General Ulysses S. Grant for president, for Teddy Roosevelt and for McKinley. He said he met Roosevelt at an earlier Civil War convention. My husband tried to discuss some of the famous battles of the Civil War but it was clear that John did not know much about them. He enjoyed having visitors, liked to talk and tell funny anecdotes. On my tape, his voice is largely muffled because of age, missing teeth and a lot of bourbon (which he drank straight) but his laugh is loud and clear. At the end of our visit, he commented that he did not think he would live another three months to celebrate his 111th birthday in May. We asked why and he said he was not feeling 'right.' In fact, he died several weeks later.

My husband recorded the interview. I have a cassette tape copy. Anyone who would like to hear some of it, come by. This was surely a once-in-a-lifetime experience.

*Doris Howard*



This baby doll has knitted two-piece pajamas, a little blanket, a knitted cradle and is snug in a knitted handbag. I have dear friends with three little granddaughters for whom I have been knitting little doll's clothing. This arrangement gives all of us a great deal of pleasure.

*Doris Howard*

## CANDLES

When I think of candles I think of tall cream ones, preferably beeswax, not colored, not oddly shaped and certainly not scented though those too have their place.

I think of the many occasions when candles are used, at intimate dinners for two, at dinner parties where they light the table and flatter faces and of course with reverence in church.

Then there those workhorse candles, plain white stubby ones tied up with string that you used to get at the grocery or hardware store for when the power went off. I seem to remember my father trying to free a frozen pipe with one. Not so much used now as we have other gadgets and flashlights. Thinking back to when candles were the only form of light, how difficult it must have been to read or write. What eyestrain that must have caused.

I love candle smoke when the candle has been extinguished and the smoke drifts upward carrying my thoughts of what has gone before. I have a picture made from candle smoke that I bought from an old guy in Hawaii. It is open to interpretation but I think it looks like a Roman senator in a toga or maybe a woman swathed in furs and pearls.

I have owned two candelabra in my life, not elegant silver but to me beautiful just the same. One was cast iron, stood on the floor, five branches with spikes for the candles. Was it used in a mission church or a Spanish rancho I always wondered? How did it end up on the sales floor of Sloanes furniture store beckoning to me.

The second one also cast in iron was passed on to me by my mother-in-law and now to my daughter. It stood on the table on delicate leaf-shaped feet, then up to a swirl before ending in five candle cups. My newly married mother-in-law bought it in Brighton for two shillings from the blacksmith who made it..

I miss using candles now, though I do sometimes get to light or extinguish them at church.

*Jane Standing*

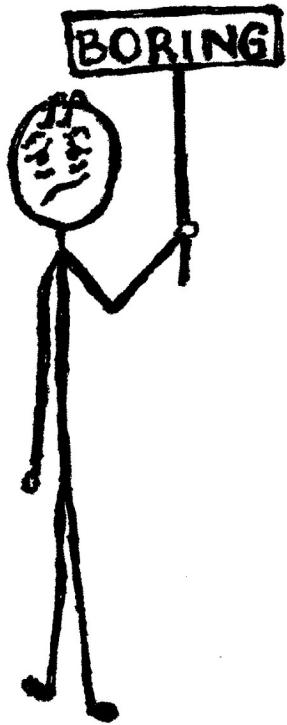


## Boredom 2

Maybe the worst year of my life, 2020: first the unthinkable pandemic, forcing us all to hunker down in our rooms for most of the year – aargh! Meals delivered (cold) to our rooms, where we ate them quietly and obediently. I was fortunate I had another human being to talk to: Bernie, whereas most residents could converse only with the walls. We could go out, but where to? Everything was closed: restaurants, movie theaters, stores open but restricted. Symphony tickets and trips to Ashland and a mega-journey we had planned to go around the world, starting in Denmark, then hooking into a Stanford trip to the Baltic Republics before flying off to Vietnam to see our granddaughter graduate from high school before going on to Stanford in the fall. It was going to be glorious. We cancelled two trips to the Shakespeare Festival in Ashland, events that Bernie and I look forward to every year. And maybe the worst part was not being able to talk to the residents at mealtime. I hadn't realized how important those mealtime conversations were, not to mention the special dining room times: Friday free wine, occasional hula dancing or Latin music. We were all consigned to solitary confinement indefinitely. And that was the hard part – the indefinite part. No one could tell us how long it would last when we first got shut in way back in February.

So facing untold hours, days, weeks, months in our rooms with only minimal interaction with other residents, visitors to The Heritage not allowed...nothing to do...How do we manage the loneliness?

To my surprise, I found there were lots of plusses to this nasty situation: plenty of time to read (try *The Citizens of London* by Lynne Olson – it's in our library), to watch some great offerings on television: my favorite was DCI Banks, a wonderful show on Amazon Prime about a police inspector in Northern England, a highly unlikely hero type and sex magnet. It does have a very sad ending, but the writing and the sensitive portrayal of the police department up there in the North of England is really first rate. There was also time for projects long put off, and a little bootlegging with other residents like having a couple of people over for a BYOD (Bring Your Own Dinner and wine) and a convivial if short evening of conversation. And the garden, that delightful oasis in back made gorgeous by Marcia, Kay and Gary. Sitting out there on one of the many warm days this summer conversing with other residents in the sunshine – nothing short of wonderful – enjoying the



agapanthus and roses, not to mention the occasional appearance of Bella, my favorite dog (I exclude my daughter's doggies) who loves to be petted and told how beautiful she is. We formed a bridge group to go along with the mah jongg group that plays every week. Very successful. Maybe the best thing was that we had each other. Back where we used to live on Russian Hill, I didn't even LIKE my condo neighbors, whose main source of entertainment was irritating me and Bernie. Here the place is filled with genuinely NICE people whose stories all seem to be engaging.

So the time was spent as productively and with as much joy as possible. I won't be sorry when it ends, when we can eat in the dining room again, enjoy toasting with our free wine on Fridays, but will look back on it all with some amusement. And I've enjoyed ALL of my new neighbors and friends here at The Heritage; I appreciate all of them more than I ever would have had we just carried on as we were.

*Eleanor Burke*

## October is Apple Month

**Mythological secrets:** The apple of the Garden of Eden is not the only presence of an apple in mythology. It has a unique significance in both Greek and Norse mythology. As mentioned in the Iliad, Eris, the goddess of chaos, used the golden apple to start the ball rolling for the Trojan war. According to Norse mythology, apples are the symbols of eternal youth.

**Apple seeds are poisonous:** Apple seeds contain a deadly poison called 'Cyanide'. This poison is difficult to digest and you would need to chew about 200 seeds or 10 apple cores in order to have an effect on you.

**Fear of eating apples:** Yes, there is a such thing as the phobia of eating apples which is known as Malusdomesticaphobia. 'Malus' and 'domestica' refer to the scientific terms for the orchard apple tree.

**The accidental apple pie** Apple pie is not an American invention. The first apple pie recipe came from England in the 1300's. But they were not supposed to eat its crust. Due to lack of a decent tin or container, a utensil made of lard, flour and water was used to make an apple pie but it turned out to be more delicious with that crunchy crust.



## **CLEAR AS MUD**

This morning my husband spent hours trying to find out from A.T.& T. what a new item on our phone bill, which reads "Zero Plus Dialing" and is a charge for \$102.97, is supposed to be. Something to do with calling cards and collect calls, unknown to us.

I used to think life was simple in the old days! Before I-pods, Bluetooth (is that the plural of Bluetooth?), I-phones, text messages, twitters, cell phones, and all the other wizardry of our age. But then, the other day I ran across a couple of memos I received when working at the Hall of Justice dated 1986. They were written by the then Court Administrator of the Municipal Court, may he rest in peace. He contributed to keeping the wheels of justice turning by personally typing explanations of the many mysteries of the inner workings of the court.

*Judge/Referee:*

*Here are your new calling cards, which list your "lifetime" telephone number. This is the number which will follow you directly to any courtroom to which you may be assigned, even if only for a day. It is not the chambers telephone number to which you are presently assigned.*

*That's the way the system is supposed to work. However, there's presently a variable glitch in the system so when this number is called, sometimes it does not go to you but instead goes to City Hall switchboard operators. And sometimes when the number is called you get a busy signal even though the phone is not in use. D.P.W. and A.T.&T. is trying now to find out why the system does not operate properly at all times, and, hopefully, soon it will.*

R.E.C.

The foregoing was followed a couple of hours later by this:

*To All Judges & Referees (Here at the Hall)*

*As a followup to my note to you at noontime with your new calling cards, I have been told that the problem with your "lifetime" telephone numbers has been fixed. So anyone who receives your cards and calls the number assigned you, will go through to the chambers you are assigned (regardless of whether or not you are in your "normal" location).*

*However, should anyone here at the Hall wish to use the private number of a judge at City Hall they cannot here at the Hall dial 9, get an outside line and then dial the full number for anyone who may be assigned to City Hall –*

*something about truck (sic) lines between the two buildings. But – if you simply dial five digits from the Hall, the call will go through to City Hall all right. OK?*

R.E.C.

Our lifetimes, alas, were cut short. R.E.C.'s by death and mine by retirement some years back.

How I miss R.E.C. I just know he could make my phone bill clear as mud.

I'd like to send this e-mail to the Great Beyond, because I know that R.E.C. would have just loved bombarding court personnel with e-mail, as well as receiving missives from us all. Alas technological wizardry came into being after he died:

*With regard to "lifetime" phone numbers – for some reason, neither yours or mine work any more. Please explain what went wrong!*

R.I.P. R.E.C.

*Aggie*

## **President's Corner**

Fellow Residents, September has been an eventful month. Lots of improvements in our daily routine have occurred. We now are having breakfast in the dining room. Visitors are allowed in the Cottage and Courtyard by appointment and exercise and meditation classes have started outdoors. We just hope the city's Covid-19 numbers stay low so we can continue to begin a more normal existence.

Congratulations to all who have masked and social distanced so we stay healthy. We are fortunate to have no cases and are thankful that the staff and vendors have been negative also.

Let us hope the city's numbers stay low enough that all this can continue. Also, outside dining is thriving along the Chestnut Street shopping area and salons are now open. Most of our neighbors seem to be masked. Stay well and enjoy the views of fall skies through our clean windows. Don't forget to wear your pendant.

We owe a lot of gratitude to our wonderful housekeeping, dining and nursing staffs. Their cheerful positive attitude makes our lives so much better. Please continue to contact me with concerns and requests.

*Bernie Burke*