

Heritage Happenings



Steve April 2022 Sheila

Special Events

"Oral Health Hygiene" by Stephanie Gordillo, RDHAP

Monday April 11 at 3:00 in Friendship Hall

Stephanie has been practicing dental hygiene for more than 10 years. She graduated from Diablo Valley College with an Associate's Degree of Science in Dental Hygiene. She then furthered her education at California Northstate University and completed the Registered Dental Hygienist in Alternative Practice (RDHAP) program. She founded the SMYLE essentials program with intent to give her patients more reasons to smile! Stephanie will talk about silver diamine fluoride - a noninvasive treatment that is applied topically and can arrest decay versus needing a restoration.



"Zero Waste" by Casey Fritz, Recycling Program Specialist

Wednesday April 13 at 3:00 in Friendship Hall

Interested in learning more about what goes where? Casey Fritz, a Recycling Programs Specialist with Recology, will take us through what being "better at the bin" means, how our recycling and composting programs work in the City, with specific do's and don'ts, and why reducing our waste is so important. She is passionate about empowering individuals and communities to integrate meaningful sustainability behavior change into their lives.



The Zurich Beethoven Trio with Lux Brahn, clarinetist + James Jaffe, cellist + Ian Scarfe, pianist

Thursday April 14 at 3:00 in Morgan Hall

The <u>Zurich Beethoven Trio</u> has been an international touring organization for ten years. The trio has performed at Heritage on the Marina on numerous occasions. Their programs always feature a work of Ludwig Van Beethoven - in this case, the rarely heard "Trio in E-flat, Op. 38", a piece that is an arrangement of the composer's popular <u>Septet</u>, a youthful and joyous work. The group will also perform the melodramatic "Trio Pathetique" by <u>Mikhael Glinka</u>, known as the father of Russian classical music.







Easter Crafts & Spring Floral Arranging

Friday April 15 10:30 in Friendship Hall

Tuesday Day Trip to San Juan Bautista!

Tuesday April 19 depart at 9:00

Relax, enjoy the day in <u>San Juan Bautista</u>! Trip includes:

Tour of <u>Mission San Bautista</u>. Founded in 1797, the mission and its grounds were featured prominently in the 1958 Alfred Hitchcock film <u>Vertigo</u>.



Lunch at <u>Jardines de San Juan</u> - enormous garden with succulents, cacti, roses and other plants set on the main street of the historic downtown of San Juan Bautista. Tasty Mexican cuisine and refreshing beverages - including a prickly pear margarita!



Tour of Morris Grassfed Ranch by Joe Morris - son of our own Anne Morris. Morris Grassfed produces 100% pasture-raised beef, grown on the California central coast.



Bus transportation will depart Heritage at 9am and depart San Juan Bautista at 3:00.

Please note: a \$25 dollar fee will incur for 24-hour cancellations.

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

Celebrate National Tea Day with Kyoko Kimura, harpist

Thursday April 21 at 3:00 in the Porter Garden (weather permitting)

Enjoy Spring Tea outdoors with a return performance by a caring and talented musician <u>Kyoko Kimura</u>. Originally from Yokohama, Japan, Kyoko has been learning different instruments since her early childhood. From the age of five, she started classical piano lessons. She then began to play the xylophone, harmonica, recorder and accordion during her elementary school years and played the flute in the junior high school band in Yokohama.



Choral Performance by Sloat Elementary School Children

Friday April 22 at 10:30 in the Courtyard

Commodore Sloat Elementary School, 50 Darien Way, San Francisco

"Sustainable Farmed Fish" by Sophia Ferguson, RD

Monday April 25 at 3:00 in Friendship Hall

Sophia Ferguson, our Registered Dietician (RD) says: "The seafood industry generated \$16.6 billion in food retail sales in 2021. To keep up with the world's growing population and its appetite for seafood, we can't just rely on wild fish. We will be discussing how the seafood industry is transforming how fish are produced for our consumption - through the methods of sustainable farming."



Lecture by David Peritz, DPhil - via ZOOM

Thursday April 28 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.



Regular Programs

Entertainment

Current Events with David Peritz

Tuesdays at 3:00 on Channel 998

Daily Dose of Music

Airs daily at 3:00 on Channel 998 (except Tuesdays)

Full concerts on Sundays

Religious Services

Catholic Mass in the Chapel

Friday, April 1 at 10:00

Distribution of Communion Sundays at 10:00

Episcopal Service

Sundays at 9:30 in McGinley Room

Live stream from the National Cathedral, Washington DC

Emotional Support Group with Jeanne DeMeio

First & third Wednesdays at 2:00 in Stucky Library: April 6, 20

Saturday Shorts with Margaret Jacobs

Saturdays at 3:00 in McGinley Room

Painting Class with <u>Art with Elders</u> Instructor <u>Yvette Brown</u>

Thursdays at 10:00 in the Arts & Crafts Room

Tech Support with Tess Goldman

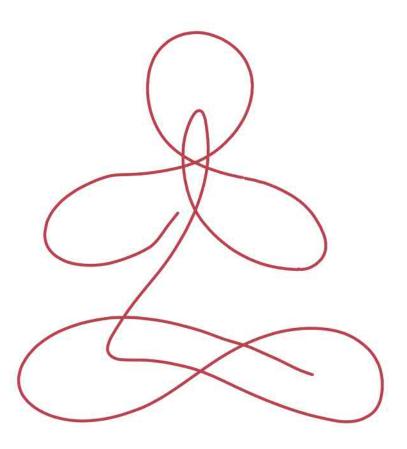
Thursdays at 1:30-5:00 in 3rd Floor Perry Sitting Room

Please sign up in the Dining Room

Tess is also available to provide support in your apartments

Exercise Classes

Strength Training Mondays, Wednesdays, Fridays 9:00 In Friendship Hall until the Fitness Center is complete	Yoga with Ilya Thursdays 10:30 In Friendship Hall until the Fitness Center is complete
Tai Chi with Bianca April 5 & 26 9:45 In Friendship Hall until the Fitness Center is complete	Balance Class Monday-Friday 11:45 Porter Hallway
Walking Group Wednesdays 1:00 Fresh Air Walking Group Meet in Porter Library	Meditation with Stephen Mondays and Thursdays 1:30 Cottage



Heritage Happenings is a monthly publication published by residents of Heritage on the Marina

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Jewelry Repair Service Returns to Heritage on the Marina!

Barbara from <u>Tigges Jewelers</u> will be back onsite starting on Monday, April 4th at 11:00. Barbara is scheduled to return every first Monday of each month thereafter.

Barbara has a new process as follows: Residents place their items in need of repair in a sealed envelope, with their name and contact number on the envelope exterior. The sealed envelope should be delivered to the Front Office on the scheduled Monday before 11:00.

Barbara will call residents directly regarding the repairs and cost. All payments will be handled directly between Barbara and residents. Barbara will not meet with residents in person at this time.

Volunteers Wanted

The Health Center has only one Life Enrichment (new name for Activities) staff person working Saturdays and Sundays. Jeanne DeMeio is alone on Saturdays; Irving Carrillo on Sundays. Anyone who can contribute one or two hours a day would be of great help. There are not many people in the Health Center right now but a little assistance is needed. Phone 415-202-0341.

White Elephant Sale Committee

Doris Howard volunteers to start sourcing the elephants. If you would like to help - or have a white elephant to sell - do get in touch with Doris!

Oleg Korsunsky ~ Childhood Memories



I emigrated with my parents, sister, one set of grandparents (my dad's mom and dad), and great grandmother in 1992. My great grandmother was born in 1896 in Czarist Ukraine, lived through multiple pogroms, the Socialist Revolutions, both World Wars, famines, and also the move to America. I never met my grandparents on my mother's side, as they passed before I was born.

I also want to mention that my family was already very small after WW2. Entire portions of both sides could not afford to relocate and were exterminated because they were Jews. Both of my grandfathers served in the Red Army. Both sets of grandmothers were evacuated farther East, or put in ghettos for

the duration of the Second World War. The fact that the four grandparents survived was a mathematical miracle.

My parents as children very distinctly remember the rebuilding of their family homes, and their cities being put back together after WW2: My father in Dnepropetrovsk, and my mom in a small city in the same region, Pavlograd. Both cities were destroyed as they were strategic centers and then rebuilt in the 50s and 60s.

My parents and I lived in Dnepropetrovsk, a two bedroom high rise apartment, just like the ones you see bombed out in many cities across Ukraine now (The lifts never worked, and we were always dealing with vermin of some sort).

We came over as sponsored religious refugees from Ukraine in 1992. My uncle, my dad's brother, who emigrated to San Francisco from Soviet Azerbaijan in 1988 sponsored us. I recall the process from 1991 to 1992, including a very vivid trip to Moscow to meet with consulate officials, the train trip there and back, and the stay with my Grandpa's cousin in Moscow. We saw multiple consulate officials and took lots of very official photos. I

also recall this is when my parents had to provide attestations that they were no longer part of the Communist party, and a lot of things a 7-year-old didn't understand at the time. This was also my first time seeing Red Square, and the markets all around.

My childhood was very insulated. I never felt like I wanted for anything. My parents kept us safe, happy, and content. I have many memories around the dinner table, as we celebrated all of our religious holidays at home, and never with anyone else Jewish. We always ate traditional Jewish foods. That is how the heritage was passed down, never through actual prayer. I didn't even know a synagogue existed until we were in the United States.

I recall family vacations to Soviet-era sanatoriums, where some families went during the summer. I didn't realize until much later that we only went because of family contacts and barter deals, but that didn't matter to me. We spent a few months during the summer in Crimea on the Black Sea and other resort locations in South Eastern Ukraine. These were my favorite memories, just playing on the beach and swimming in the Black Sea. These spaces were very much like big hostels with a central kitchen so the parents didn't need to cook, and there were activities for the kids. My sister and I watched dubbed American movies, and the classic Tom and Jerry really got us rolling. The area in Crimea has been under Russian control since the 2014 invasion, and will most likely never be Ukrainian soil again.

We moved from Ukraine directly to San Francisco. We were in my uncle's apartment on 22nd and California for a week or so, before we found one available down the street on California, between 22nd and 21st. We were there for 3 years before moving to an apartment provided by HUD in the Western Addition housing complex at Buchanan and Grove St.

Growing up in Little Russia was great for a kid that only knew brick high-rise apartments with no elevator, and the winters that seemed to last 5-6 months. I distinctly remember the shock of being able to have bananas whenever I wanted, as they were a once-a-year treat back in Ukraine. Walking to a playground and browsing garage sales with my grandparents are also warm memories for me.

Oleg Korsunsky ~ Article coordinated by Martha Nell Beatty



Meet Genevieve Plusa



Most Heritage residents have similar biographies. They were born and raised in the United States and had mostly safe and secure lives. Genevieve has a different story. Born in Nowogródek, Poland, the first ten years of her life were almost normal. (The exception was that her mother died in childbirth when Genevieve was eight years old.) Then Russia invaded Poland and normality vanished. Genevieve's father was arrested and was one of twenty-two thousand Polish officers massacred in the Katyn Forest. Soon after, Genevieve, two brothers and one sister, along with hundreds of other Polish women and

children, were deported to Siberia. The trip took two weeks by train plus three days on a sleigh. The train was not a comfortable passenger train but a roughly converted freight train. As Genevieve describes the train, it's similar to the train Dr Zhivago and his family took from Moscow to Varykino in the eponymous novel/movie. The settlement was close to the White Sea. The children lived in barracks made of logs and moss. Food and clothing were primitive, but there was a school staffed by Moscow-trained teachers.

After two years in Siberia, <u>Genevieve was sent to Iran</u>, to a Catholic convent school where she received good care and excellent schooling from the nuns. But her journey was not yet over. She remembers traveling on an American submarine which took her to Wellington, New Zealand. There she lived for twenty years. Because her brother was living in Canada at the time and her sister in North Carolina, Genevieve came to the United States. She first went to Las Vegas where she worked for a mortgage company, then came to San Francisco where she worked in accounting.

She joined <u>St Vincent de Paul</u> parish and learned of Heritage on the Marina from her friends there. Always willing to make new friends, Genevieve now lives in room 212P and can be reached at 415-926-5935.

Katherine Conley

Pam Fischer ~ Poland ~ 1964-8



In 1964, Pam and her husband, David, arrived in Warsaw. It was David's second posting with the Foreign Service. At the time, 25-year-old David was the youngest foreign service officer - having been accepted at age 22. They were sent for two years but chose to extend for two more. Both being fluent in Polish helped greatly in their ability to get along with the people.

The Fischers arrived in Warsaw at the height of the Communist era. Warsaw was emerging from the devastation that the Germans had imposed. At the end of WW2, the Russians had marched to the edge of Warsaw. The Polish resistance movement was very strong and the Polish people felt they were about to

be liberated. But the Nazis responded by blowing up the city block by block. Warsaw was decimated.

It was a repressive society with no free enterprise. The few stores that existed had limited supplies and the storekeepers weren't very interested in pleasing the customer. It was gray, as Communist cities usually were.

However, the people were lively and strongly resistant to Communism. Part of the resistance was because they were ardent Catholics. They were going to Mass in a Communist country.

The people were also wildly artistic and creative. As Pam said, "Even though the city was very gray, the art scene was lively." There were 26 theaters that produced drama, including Shakespeare. The Fischers' neighbor and first Polish friend was the leading translator of English into Polish and was one who translated Shakespeare. The American Ambassador John Moors Cabot's wife was a trustee at MoMA in New York and had a deep knowledge and love of contemporary art. She loved visiting local artists. Mrs Cabot was delighted to have a young, eager Embassy wife in Pam and would take her along. Any artist that Mrs Cabot wanted to buy, Pam would want to buy. Because the exchange rate with the Polish *lot* was so good, she could afford some works of art. Pam and her daughter still have some of these pieces.

The first year the Fischers were in Warsaw, David was in the Consular section, which meant he was issuing visas for Polish citizens. After one year he transferred to the Cultural Affairs Section. In this role he and Pam had opportunities to mingle with movie actors and film directors. At the time, the <u>US Information Agency</u> was able to bring American films to Poland. With a projector in their house, Pam and David would invite people in the film industry to view the newest American films.

In spite of the limitations of what was available in stores, the Polish women were always very chic and conscious of current styles. They would see photos of the latest Parisian fashions; buy what material they could find and have a dressmaker create an outfit. The ladies add a bit more spark to the drab city.

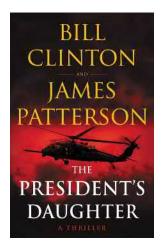
In 2005, Pam and David returned to Poland, where they found Warsaw a totally transformed city. They visited some of the city's museums, which mostly had "classical old stuff." It was Krakow's <u>museum of contemporary</u> art that they enjoyed and appealed to them. Pam was delighted to see some of the works that Mrs Cabot and she had admired in the 60's. "It was very affirming".

Warsaw stands out as one of the Fischers' most exciting posts!

Martha Nell Beattty

Library Corner

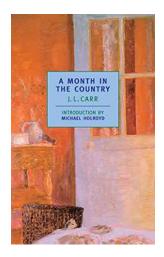
Four recent additions to the library:



The President's Daughter

By James Patterson and Bill Clinton

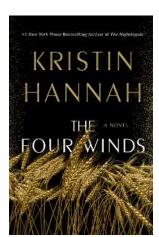
Matthew Keating, a one time Navy Seal and a past president, has always defended his family as staunchly as he has run the country. Now those defenses are under attack. A madman abducted Keating's daughter, turning every parent's deepest fear into a matter of national security. Keating embarks on a one man special ops mission that tests his strength as a leader, a warrior and a father.



A Month in the Country

By J. L. Carr

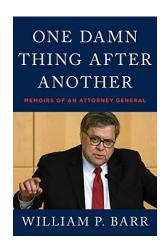
This is the story of Tim Birkin, a veteran of the great war and a broken marriage, who arrives in a remote Yorkshire village of Oxgodby to restore a recently discovered medieval mural in the local church. Throughout his search, Birkin finds that he himself has been restored to a new and hopeful life.



The Four Winds

By Kristin Hannah

The Four Winds is a rich, sweeping novel that stunningly brings to life the great depression and the people who lived through it - the harsh realities that divided a nation and the enduring battle between the haves and the have nots.



One Damn Thing After Another

By William P Barr

The former attorney general provides a vivid and forthright account of his historic tenures serving two vastly different presidents, George H W Bush and Donald J Trump. *One Damn Thing After Another* provides colorful portrayals of key players including presidents Bush and Trump; Robert Mueller, Rudy Giuliani, and James Comey, and is essential reading for understanding the Bush and Trump legacies.

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
- Eleanor Burke, eleanorgeorgeburke@gmail.com
- Pam Fischer, pamela.fischer@icloud.com
- Judith Goff, judith.goff@gmail.com
- Gene Graham, grahamgene@sbcglobal.net
- Margaret Johnson, marhiljoh@gmail.com
- Kay Narron, kay.narron@gmail.com

How to Make a Book?

One way to find out how to make a book is to visit the several book-related organizations in the San Francisco area.

An important event coming up soon is the book fair <u>CODEX VIII</u>, taking place on four days, April 10-13, 2022, in the Craneway Pavilion, 1414 Harbor Way, Richmond, CA.

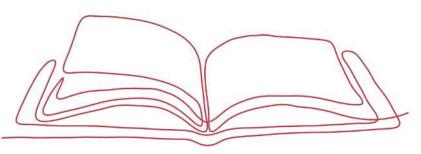
Over 200 book artists, fine press printers, illustrators, book binders, paper makers and decorators from around the world will be showing their work. This biennial exhibition has become, since its inception in 2007, one of the most important book events internationally. It is an amazing exhibition of beautiful work. Included are vendors of the materials used in making books: handmade paper, Japanese, decorated and marbled papers, fine leathers, special tools for the work. Lunch will be available. One-day ticket at the door is \$15.

Locally, and available all the time, are two venues for learning about books in San Francisco: the <u>San Francisco Center for the Book</u> (SFCB) at 375 Rhode Island Street and the <u>American Bookbinders Museum</u> (ABM) at 355 Clementina Street. Both venues have exhibitions of books and information about the making of books at all times.

SFCB is a learning center, holding classes, providing courses and weekend workshops to teach printing (it's always fun to set up, type and print your own broadside), and other courses on how to bind a book.

ABM has a collection of the large equipment used in printing and binding, now and in years past, in addition to exhibitions. Their present exhibit, on until August, <u>Making Their Mark</u>, focuses on decorating and finishing. The museum collection gives lectures on the history of bookbinding and bookmaking.

Margaret Johnson



Thoughts While Riding My Bike

Vladimir's drinking buddy, Boris, died not long ago, leaving him lonesome for company. He took it upon himself to teach a cockroach to drink vodka. The roach now comes crawling out of a crack in the wall every morning and Vladimir sets him up a little bowl with a few drops of Smirnoff's finest. The roach slurps down the booze, then staggers over to the windowsill, rolls on his back and takes a nap. Vladimir himself sighs contentedly as he empties his water glass of vodka, leans back in his chair, and following the roach's example, takes a snooze. I kid you not - it said so in the Chronicle.

Thinking about this story had me laughing out loud as I rode my bike across the Golden Gate Bridge at seven in the morning, glorying in the beauty of the empty sidewalk. Near the south tower I encountered one lone busybody jogger who took offense at my riding on the wrong sidewalk. She kept pointing to the opposite side and ultimately stepped right in front of me, forcing me to stop. Bikers are supposed to be on the west sidewalk on weekends, but alas, the view is better on the east side, so I cheat.

Instead of offering humble apologies and going into an explanation about wanting to see the view, or cursing at her for forcing me to stop, out of nowhere I blurted out, "I'm patrolling for Suicide Prevention, do you need any help?" What I really meant was, did she need any help going over the rail but kept that opinion to myself.

I was wearing a yellow, official-looking windbreaker. Apparently I looked official enough for the jogger to believe what I had said. She sputtered effusive apologies, which I magnanimously accepted before riding away. "Here's to Vladimir!" I muttered under my breath.

It did occur to me as I rode on, that there must be a couple of cogs loose in my brain, which make such perverse remarks come forth unbidden. Perhaps I was well taught by all the people to whom I listened while presiding in traffic court for years. So many of them had such wonderful comebacks.

On the other hand, the cogs may have been loosened by many nights of volunteering on the hotline at Suicide Prevention. I know the other volunteers there will forgive me for taking the organization's name in vain.

Aggie Hoff

Gallery



New Heritage on the Marina Banners





Doris and Sheila enjoying St Patrick's Day





Front entrance window before and after window washing



Out and About crew visits the Buena Vista Cafe

San Francisco Bay ~ February 17, 2015

Another beautiful sunrise on a clear blue sky day at Laguna Street and Bay.

It was 72 degrees
this Valentine weekend
bringing young couples,
kids and dogs
to the Great Meadow
overlooking the Bay.

Alcatraz,
Golden Gate Bridge
and sailboats add
to the postcard
world in which
I am trekking ~
dodging toddlers
on runaway skooters
and bicyclists
oblivious
to those of us
on foot.

Observing
the multitudes
at play,
a curious passerby asked:
"What is the event?"

I smiled.
"Just another splendid day in paradise."

Eleanor Bissell

Movie Programs

Life Enrichment Fridays at 2:00 in Friendship Hall

April 1 <u>Vanity Fair</u> (2004)

Reese Witherspoon, Romola Garai, James Purefoy. Becky defies her poverty and ascends the London social ladder alongside her best friend, Amelia.

April 8 King Richard (2021)

Will Smith, Aunjanue Ellis, Jon Bernthal. How tennis superstars Venus and Serena Williams became who they are - after the coaching from their father.

April 15 Guess Who's Coming to Dinner (1967)

Spencer Tracy, Sidney Poitier, Katharine Hepburn. A couple's attitudes are challenged when their daughter introduces them to African-American fiancé.

April 22 <u>The Biggest Little Farm</u> (2018)

John Chester, Molly Chester, Todd. Documentarian John Chester and his wife Molly develop a sustainable farm on 200 acres outside of Los Angeles.

April 29 Love is a Many Splendored Thing (1955)

William Holden, Jennifer Jones, Torin Thatcher. Widowed Chinese doctor falls in love with a married American correspondent in Hong Kong.

Movie Committee Sundays at 2:00 in McGinley Room

April 3 The 100-Year-Old Man Who Climbed Out the Window...(2000)

Robert Gustafsson, Iwar Wiklander, David Wiberg. Allan is stuck in nursing home. On 100th birthday, he leaps out window, begins unexpected journey

April 10 *Hachi: A Dog's Tale* (2009)

Richard Gere, Joan Allen, Cary-Hiroyuki Tagawa. A college professor bonds with an abandoned dog he takes into his home.

April 17 McFarland USA 2015

Kevin Costner, Maria Bello, Ramiro Rodriguez. Jim moves on after losing his job as football coach. At a new school he turns seven disappointing students into one of the best cross-country teams in the region.

April 24 Whisky Galore! 1949

Basil Radford, Joan Greenwood, Catherine Lacey. Scottish islanders try to plunder 50,000 cases of whisky from a stranded ship.

April Birthdays

4/01 Harry Copeland	4/08 Janet Bolles
4/02 Margaret Johnson	4/08 Bernie Burke
4/03 Henry Der	4/11 Zoe Brown
4/07 Monique Kaufman	4/29 Lucretia Way

The Birthday Dinner will be celebrated on Friday April 8



April Special Events Calendar

Fri	4/01	10:00	Chapel	Catholic Mass
Mon	4/04	3:00	Friendship Hall	Moonglow Trio
Fri	4/08	5:30	Dining Room	Birthday Dinner Celebration
Mon	4/11	3:00	Friendship Hall	"Oral Health" - Stephanie Gordillo
Tue	4/12	10:30	McGinley Room	Food Committee Meeting
Wed	4/13	3:00	Friendship Hall	"Zero Waste" - Casey Fritz
Thu	4/14	3:00	Morgan Hall	Zurich Beethoven Trio
Fri	4/15	10:30	Friendship Hall	Easter Crafts & Spring Floral Arranging
Sun	4/17	11:30	Dining Room	Easter Sunday Brunch
Tue	4/19	9:00	On the Bus!	Day Trip to San Juan Bautista
Thu	4/21	3:00	Porter Garden	Spring Tea - Harpist Kyoko Kimura.
Fri	4/22	10:30	Courtyard	Choral - Sloat Elementary Children
Mon	4/25	3:00	Friendship Hall	"Sustainable Fish" - Sophia Ferguson
Thu	4/28	3:00	Friendship Hall	Lecture - David Peritz
Fri	4/29	9:30	Dining Room	Residents Council Meeting