



**Elizabeth**

# Heritage Happenings



**La Marseillaise**

**August 2022**

## Special Events

### **Lei Making Class Workshop ~ Isha Mok, Hi'iaka Florist**

**Wednesday, August 3** at 3:00 in Friendship Hall

In anticipation for our Luau Party on August 4!

### **Hawaiian Luau Lunch**

**Thursday, August 4** at lunch time in the Dining Room

With a special Luau Dance performance by [Haopinaka dancers](#) at 12:30

### **Eleanor Burke ~ Celebration of Life**

**Tuesday, August 9** at 10:00 in Friendship Hall

Coffee, pastries and mimosas served. Bernie will show images of Eleanor

### **Spreckels Lake & Boat House, Golden Gate Park ~ Til Mossi**

**Tuesday, August 9** at 1:00 on Out & About van excursion

Tour the exquisite models exhibited at the [San Francisco Model Yacht Club](#). Then up to the lake for a sailing regatta manned by Til Mossi and his mates. See the Photo Gallery section below for images of the models!

### **Zoe Brown ~ Celebration of Life**

**Thursday, August 11** at 3:00 in the Courtyard (weather permitting)

### **Art Across Asia Masterpieces ~ Asian Art Museum**

**Monday, August 15** at 3:00 in Friendship Hall

What constitutes a "masterpiece"? Why are some objects considered masterworks while others are relegated to lesser positions? Linda Shen Lei explores the answers illustrated by the treasures of the Asian Art Museum. Via Zoom in Friendship Hall. Zoom link will be provided to residents.

## **Romantic works by Frederic Chopin ~ Ian Scarfe, Pianist**

**Thursday, August 18** at 3:00 in Morgan Parlor

Ian Scarfe returns for a concert of romantic works by the great Frederic Chopin. This program will explore Chopin's life and times through great works such as the *Preludes*, the *Nocturnes*, the *Fantasia-Impromptu*, and the *Barcarolle*.

## **Happy Healthy Minds ~ Vanessa Brown & Elizabeth Breen**

**Monday August 22** at 3:00 in Friendship Hall

Vanessa Brown, NP and Elizabeth Breen from [Pine Park Health](#) present an educational seminar on mental health

**Depression** - What is it? How is it measured? How is it linked to physical health? What can we do to help alleviate and treat depression?

**Anxiety/Stress** - How are anxiety and stress expressed in older adults? Causes? Treatments and interventions?

**Substance Abuse** - Isn't this more of a teenager/young adult issue? How can we help older adults who may be struggling with this?

**Dementia and Alzheimer's** - Definition. Signs and symptoms. Science and treatments.

## **Good Vibrations Social ~ Stephen Camarota at the Mike**

**Thursday, August 25** at 3:00 in Porter Garden (weather permitting)

Beach Boys music! Summer cocktails and bites!

## **Dilemmas of Democratic Repair ~ David Peritz In-Person!!**

**Monday, August 29** at 3:00 in Friendship Hall

The January 6 investigation in Congress and the Justice Department: Dilemmas of Democratic Repair in Post-Trump America

## **Nutrition & Wellness ~ Sophia Ferguson, RD**

**Tuesday, August 30** at 3:00 in Friendship Hall

Homeopathy: What is it? Should you consider it as a treatment?

## Regular Programs

### Religious Services

#### Catholic Mass in the Chapel

*Friday, June 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

### Activities

#### Coffee & Chat Hour

*Mondays and Wednesdays at 4:00  
in the Dining Room*

#### Emotional Support Group ~ Jeanne DeMeio

*First & third Wednesdays at 2:00 in  
Stucky Library*

#### Saturday Shorts ~ Margaret Jacobs

*Saturdays at 3:00 in McGinley  
Room*

### Come and Feather Your Nest!

The art class is planning a large project. Our instructor, Yvette Brown, has purchased 100 paper cut-out feathers to color. We invite every resident to color at least one for an elegant composition. Only six inches to color!

Thursday mornings at 9:30 am in the art studio or see Doris Howard.

### Painting Class ~ Instructor Yvette Brown



*Thursdays at  
10:00 in the Arts  
& Crafts Room*

We have a great  
[Art with Elders](#)  
teacher and a  
room full of

supplies. Come and create art!

### Tech Support ~ Tess Goldman

*Thursdays at 1:30-5:00 in Perry  
3rd floor sitting room except 7/28*



Please sign up in  
the Dining Room.  
Tess is also  
available to  
provide support in  
your apartments.



## Exercise & Relaxation Classes

<b>Strength Training with Bianca Lee</b> Mondays, Wednesdays & Fridays 9:00 Fitness Center	<b>Tai Chi with Bianca Lee</b> Mondays 9:45 Fitness Center
<b>Balance Class with Activity Staff</b> Monday to Friday 11:45 Porter Hallway	<b>Total Body Workout with Karina</b> Tuesdays 10:30 am Fitness Center
<b>Meditation with Irving</b> Mondays and Thursdays 1:00 Cottage	<b>Walking Group</b> Wednesdays 1:00 Meet in Porter Library
<b>Notes</b> Welcome to our new Teacher Claudia Bartsch! Karina on vacation 8/8-8/12 Activity Staff to cover Bianca on vacation 8/1-8/12 Activity Staff to cover	<b>Yoga with <u>Claudia Bartsch</u></b> Thursdays 10:30 Fitness Center

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

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## **Revised HotM Bylaws**

An *ad hoc* bylaws subcommittee has drafted a new set of bylaws for the Heritage on the Marina (HotM) Residents Council. Paula Cornyn, having volunteered to lead the effort, invited Kathy Kirkpatrick and Bernie Burke to help. They examined the charter drafted by Margaret Jacobs in 2014 (subsequently adopted) along with several other sets of bylaws from organizations similar to ours. The bylaws the subcommittee proposes are outstanding for their clarity, brevity and completeness. Given the ease at which the bylaws may be amended, it will be a good move for residents to accept these new good bylaws and put them into practice.

## **Touchtown**

Courtesy of Heritage marketing and the Touchtown organization, the Heritage cable channel 998 system is being thrust into the modern era. You can now view all the 998 screens - and much more on your phone, table or computer. For sure: it's tricky, it's incomplete and it even, gasp, has mistakes. But it's a great start. You can help make Touchtown even better. Please send your comments and suggestions to Janet Howell.

## **Budding Journalists?**

Scholars, journalists and ragamuffins! Heed the call: Writers of the world unite! You have nothing to lose but your TV sets. Put pencil to paper and be published. If it's written, painted, crafted or composed by you, we will publish it!

## Meet Susan Conn



When Susan Conn was facing 80, she felt she was ready to move into a new life as a resident of Heritage on the Marina. Susan was born in Pennsylvania and came to California after she graduated from college at the University of Pennsylvania. After finishing college, she left for Los Angeles and ended-up working as a social worker.

Over the years Susan has been fortunate to find a variety of jobs: as a substitute teacher and as a probation officer in Tahoe City while living in Squaw Valley. She even spent time as a waitress and as a bank teller.

Travel was also a big part of her life - especially to Europe and to various well-known ski resorts in the US. As you might expect, skiing was her major hobby, but when she reached age 60, she decided that skiing could no longer be her main sport. Now much of her time is spent reading.

Before coming to Heritage and for many years, Susan was a gardener at the Community Garden in San Francisco. Here at Heritage, she has joined Kay Narron in tending the plants in the Perry and the Morgan buildings.

Susan lives in Room 405 in the Perry Building and can be reached by phone at 415-531-0602 or by email at: [tud2773@aol.com](mailto:tud2773@aol.com).





## Otstott At Ascot: A Day At The Races



Do you recall the scene in *My Fair Lady* when the ladies and gentlemen (and Eliza Doolittle) watched the race at Ascot? On 16 June, I was able to live that scene myself—sort of. A dear friend invited my husband Dick and me to sit in the Royal Enclosure at Ascot 2022 in Berkshire, England. The races at Ascot are an overall five-day experience and some Brits attended all five days. We attended Thursday, Ladies' Day, which was very exciting indeed.



Were horses actually racing? Yes, however, the main event was people watching with visceral hat envy! My hat was created by a local milliner on Fillmore Street (SF Millinery) to match my dress. Dick rented a morning suit with a top hat so we both knew we were appropriately attired. The Royal Enclosure at Ascot has two beautiful young ladies standing at the entrance to check that you are in compliance with the very rigid dress code requirements. Hats (no fascinators) for ladies and morning suits\* with top

hats for gentlemen. A gentleman's top hat must remain **on his head all day** unless he is dining or unless the Queen is passing by.

When the horse-drawn coach arrives, everyone scrambles to see which member of the royal family is attending Ascot that day. On Ladies' Day, since the Queen was in some distress with her health, the Princess Royal, Anne, attended on behalf of Her Majesty. This was the first time in 70 years that HMQEII had not attended Ascot.

Her Majesty's horses ran in several races, but none were winners. Of all the names given to Her Majesty's horses, I just love the name *Discretion*.

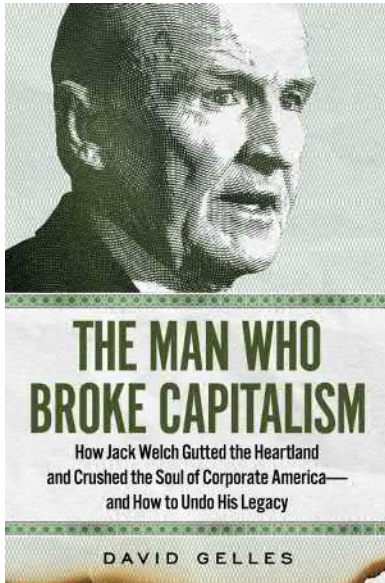
*\* Morning suits were worn by gentlemen in the nineteenth century for their morning horse rides. The cutaway coat was convenient for horse riding. The fashion is still in vogue today for special occasions around the UK and across the Commonwealth.*

***Trish Otstott, member Heritage on the Marina Board of Directors & Martha Nell***

# The Man Who Broke Capitalism (2022)

*How Jack Welch gutted the heartland and crushed the soul to corporate America - and how to undo his legacy*

by David Gelles



[The Man Who Broke Capitalism](#) discusses [Jack Welch's](#) role at [General Electric](#) (GE) and the fallout for America. He was elevated to CEO in 1980 when there was still a robust economy. When he retired in 2000, he left a wealthier upper class and impoverished lower class.

Welsh had three main objectives: downsizing, deal making and financialization. Welch disdained the idea that all company stakeholders, including employees and their communities deserved any consideration. All that was needed was to increase shareholder value.

Welsh set up a routine for firing the lowest producing 10% of workers annually. He increased earnings for senior corporate officials and lowered wages for ordinary employees.

In 1980 GE was one of the princes of US industry based on excellent engineering. It had a strong industrial market. Its products were in all American homes and over 400,000 employees with factories spread over many states. It was thought only the best were hired by GE and it was a given that you had lifetime employment with many fringe benefits. During Welch's tenure GE routinely fired thousands of employees, brought over a thousand unrelated companies, and sold over four hundred mostly at a loss. The largest acquisition was GE Capital, a bank lending money virtually everywhere - even when GE did not understand the borrower's business.

Within one year after Welch left, GE began a 16 year downslope featuring a disaster in 2008 with GE Capital. It was found that Welch's miraculous financial tenure had been furthered simply by cooking the books quarterly and giving out sparse information about the state of the company. He had thought it tedious to struggle with an industrial company with employees when so much more money could be made by trading and financing - with high fees and costs collected by GE. GE incurred many large losses and had to pay many fines including a \$1.5 billion fine to the government.



Fast forward to today. GE management has ordered a 2023 restructuring of GE into three separate companies. Government approval is needed and not assured. GE is still a large company but has been tossed out of the Dow 30. Welch believed all an employee was guaranteed was payment for yesterday's work. He saw correctly there was a coming reorganizing of industry with firing many employees, outsourcing work to local contractors or to other locations. He also became a master of shipping work overseas for lower wages. Average US wages have moved very little while corporate profits soared. (The federal minimum wage should now be three times higher if only to match inflation.)

Jo Ann's hometown of Freeport, IL is a good example. Fifty years ago the population was 28,000. Virtually all the local industries have disappeared. The population is now about 20,000. There are currently 700 homes listed for sale. Welch is not the source of all Freeport's problems but his thinking about shareholders vs stakeholders is emblematic of major issues.

For some years it was widely thought that any senior GE executive would be a fine acquisition for any company. It eventually became clear there was no magic pixie dust and one after another transplant failed in their new businesses.

One example is Home Depot. Their new CEO from GE never realized Home Depot was organized to give local control. Home Depot lost millions under home office control. Competitor Lowes smiled all the way to the bank. Home Depot now gives local control and is competitive again.

Engineering had been the basis of GE's long success. Then the "bean counters" exemplified by Welch took over. The same is true for Boeing, whose legendary engineering took a backseat to the bean counters who wanted no engineering delays for the 737 MAX 10. This caused two crashes, hundreds killed and the FAA grounding all planes. The Boeing 737 MAX has returned to service after more than a year's delay but deliveries are slower than Boeing hoped. The 787 MAX has been grounded now for over a year by the FAA. There are continuing engineering issues with the MAX, the current 787 and the new 777X. How many trillion dollars will Boeing lose?

On page 169 Gelles discusses and quotes Professor [Peter Cappelli](#), pointing out there has never been any proof for the long-held belief (including by Welch) that downsizing adds profits. There will be a short bump but loss of

employees eventually means less sales and less profit.

The new [Gig economy](#) distances workers from employers further, making workers more fungible, and interchangeable as parts of a machine. If employers give less loyalty to employees they can expect employees will have less loyalty.

On page 84 author Gilles gives credit to Welch for his good accomplishments. Welch was tireless and demanded unrelenting excellent work from employees. He reduced bureaucracy, speeding up decisions. He was brutally honest and had a knack for strategy and a keen sense of emerging trends.

What to do to fix this situation? Gilles discusses the success of the [Nordic model](#) where there is cooperation between workers and bosses. Gilles discusses each of his suggestions on pages 215-219. Space will not permit my review but others have suggested his generalizations need refinement.

Gilles recommendations include: Better Pay and Benefits - Share Profits and Equity - Upskill Workers - Put Workers on Boards - Think Long Term - Raise the Minimum Wage - Raise Taxes - Strengthen Antitrust Policies - Cap Executive Compensation.

Gilles is not the only one recommending such large scale fixes. World-renown French economist [Thomas Piketty](#) published a tome in 2020, [Capital and Ideology](#), Piketty advocates setting a national minimum wage, and giving everyone a 120,00 Euro bonus at age 25 to overcome the current financial benefit of inherited wealth. See [discussion with Piketty](#) in *The Harvard Gazette*, March 3, 2020.

***Fred Wentker***

## Obituaries

My friend Claire lived out the final eight years of her life at St Anne's Home for the Aged. Oh, how she hated that name inscribed over the front door of her residence. She was feisty until the day she died at eighty-one, and she never came to terms with being "aged." She locked horns with St Anne's administrators over dietary requirements, her ability to come and go as she wished, and numerous other concerns. Should Claire's obituary have read, "She never aged?"

Or how might I have captured the time she was summoned to a meeting with the nun in charge, Sister Peter Rose and her assistant, Sister James, which was a quintessential Claire moment? Claire called me late one afternoon, beseeching me to accompany her to what she termed the inquisition. "They want to throw me out of this dump," she said. No amount of cross-examination on my part gave me a clue as to the possible cause for Claire's threatened expulsion. I showed up for the meeting to lend my friend moral support.

"The State Accreditation people are coming to inspect St Anne's next week," Sr. Peter Rose informed us. "You must get rid of the newspapers before then," Sr. James added, looking expectantly at Claire.

Claire sat solemnly in an overstuffed chair, facing Sister Peter Rose's desk but said nothing. The chair just about swallowed up Claire's tiny frame, and her feet dangled a few inches above the floor.

"What's this about newspapers, Claire?" I asked, utterly mystified by the conversation.

"There are piles of Chronicles all over Claire's room," Sister James told me. "We couldn't get a gurney in there if it became necessary." "The rules are very strict about gurney access to residents' beds," Sister Peter Rose added.

"Why on earth are you saving all those Chronicles, Claire?" I laughed.

Claire, who had been fighting diabetes for sixty years, was tickled pink when someone younger than she predeceased her. She gave us an impish grin and replied, "I haven't had time to read the obits."

Would *schadenfreude* – the perfect word for one who delights in someone else's misery – have been an appropriate word to use in Claire's obit? I settled for her having "fought diabetes for sixty years," instead.

I suspect that most obituaries are composed by guilt-ridden folks, since no matter how they try to treat the nearly-departed with compassion, there's always something left undone at the time of someone's death.

Claire and I had a long-standing deal that she would call me when she felt her death to be imminent. She had fought the good fight against diabetes during all of her adult life, adhering to strict dietary requirements. It was her dream, before she died, to have a giant hot fudge sundae with nuts, whipped cream and not one, but three cherries on top.

She called me one evening around 8:30, and all she said was, "It's time for my hot fudge sundae."

"Do you want it right now, Claire?" I asked.

"No, I've got too much to do to enjoy it tonight. Bring it in the morning," she instructed.

The next morning, I was at Mitchell's Ice Cream at eleven on the dot, right when they opened. I ordered the sundae made with three scoops, one each of chocolate, coffee and vanilla, per Claire's instructions, not forgetting about the three cherries. The clerk gave me a quizzical look when he heard about the cherries, so I explained. "It's the last request of a dying eighty-one-year-old diabetic friend, who hasn't eaten ice cream in sixty years."

"It's on me," the clerk smiled. "There is no charge."

I drove across town to St Anne's as fast as I could, to keep the ice cream from melting. When I reached St Anne's and signed in at the front desk, writing Claire's name in the column marked "Person You Are Visiting," the nun manning Reception looked up and said quietly, "Claire passed away during the night, dear."

I hope those who read Claire's obituary smiled when they came to the line: "In lieu of flowers, please savor a hot fudge sundae with three cherries on top."



***Aggie Hoff***

## Library Corner

### Some New Acquisitions ~ not necessarily newly published!

Mary Higgins Clark, *Where Are You Now?* (2008) Large Print [813.54 LP]  
Amy Stewart, *Girl Waits with Gun* (2015) Large Print [813 LP]  
Sally Denton, *Faith and Betrayal* (2005) Large Print [978 LP]  
Leonard Maltin, *Leonard Maltin's 2015 Movie Guide* (2014) [016.79]  
Matt Haig, *The Midnight Library* (2021) [823.92]  
Barry W. Cunliffe, *Europe between the Oceans, 9000 BC to AD 1000* (2008) [940]  
Barack Obama, *A Promised Land* (2020) [973.92]  
Stephen Hawking, *Brief Answers to the Big Questions* (2018) [500]  
David McCullough, *1776* (2006) [973.44]  
Henry Kissinger, *Leadership: Six Studies in World Strategy* (2022) [920]  
Madeline Miller, *Circe* (2020) [813.6]  
Marie Benedict, *The Personal Librarian* (2021) Large Print [813.6 LP]  
Dervla McTiernan, *The Murder Rule* (2022) [813]  
Malcolm Gladwell, *The Bomber Mafia* (2021) [940.54]

### Some gentle reminders ~ Please:

- Sign out any books you want to take
- Sign in any books you return
- Put returned books in the designated box
- Do not reshelve books
- Put donated books in the designated donation box

### Suggestions? Questions? Contact a Library Committee member!

- Yvonne Benedict, [yvonne.benedict@sbcglobal.net](mailto:yvonne.benedict@sbcglobal.net)
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**Library Committee**



## Photo Gallery

### San Francisco Model Boat Yacht Club ~ We Visit August 9!!



Til's sailboat model Laser



Model tugboat

### Bastille Day



Duo Gadji perform



### Good old boys lunch at Perry's with placeholder for Gardner





## Birthday Dinner



## Proper English Tea Party







## Movie Programs

### Life Enrichment Fridays at 2:00 in Friendship Hall

**August 5 ~ A Summer Place ~ 1959 ~ romantic drama**

Richard Egan, Dorothy McGuire, Sandra Dee

**August 12 ~ Royal Wedding ~ 1951 ~ musical comedy**

Fred Astaire, Jane Powell, Peter Lawford

**August 19 ~ The Mouse that Roared ~ 1959 ~ comedy**

Peter Sellers, Jean Seberg, William Hartnell

**August 26 ~ Send me no Flowers ~ 1964 ~ romantic comedy**

Rock Hudson, Doris Day, Tony Randall

### Movie Committee Sundays at 2:00 in McGinley Room

**August 7 ~ To Sir With Love ~ 1967 ~ Drama**

Sidney Poitier, Judy Geeson, Christian Roberts

**August 14 ~ Leaning into the Wind ~ 2017 ~ Documentary**

Andy Goldsworthy, Holly Goldsworthy

**August 21 ~ Belfast ~ 2021 ~ drama biography**

Jude Hill, Lewis McAskie, Caitríona Balfe

**August 28 ~ The Year of the Dog ~ 2007 ~ comedy drama**

Molly Shannon, John C Reilly, Peter Sarsgaard

### Out and About~ Destinations for Tuesday Van Trips

August 2	August 9	August 16	August 23	August 30
9:00 Walgreens	9:00 Trader Joe's	9:00 Safeway	9:00 Target	9:00 Trader Joe's
10:15 Steps&Murals Scenic Drive	10:15 Half of 49 Mile Drive, Guided	10:15 Cable Car Museum	10:15 Battery Bluffs Park/Korean Memorial	10:15 Historic Churches in SF
1:00 Obama Portraits at De Young	1:00 Spreckels Lake & Boat House with Til Mossi	1:00 Mini Golf	1:00 SF Zoo	1:00 Scenic drive for Health Center residents

## August Birthdays

Til Mossi	8/08	Carm Arburua	8/12
Paula Cornyn	8/09	Marion Wake	8/15
Erika Coughlan	8/09	Liz Nolan	8/18
		Robert Segrin	8/23

The Birthday **\*Cocktail\*** and Dinner will be celebrated on Friday, August 12

## Emotional Support Group ~ Jeanne DeMeio

*Wednesday, August 10 & 24 at 2:00 in Stucky Library*

## Coffee & Chat Hour

*Mondays and Wednesdays at 4:00 in the Dining Room*

## Saturday Shorts ~ Margaret Jacobs

*Saturdays at 3:00 in McGinley Room*

## Movie Programs

Life Enrichment Fridays at 2:00 in Friendship Hall

Movie Committee Sundays at 2:00 in McGinley Room

## August Special Events Calendar

8/03	Wed	3:00	Friendship Hall	Lei Making Workshop ~ Isha Mok Florist
8/04	Thr	lunch	Dining Room	Hawaiian Luau Lunch ~ Haopinaka
8/09	Tue	10:00	Friendship Hall	Eleanor Burke ~ Celebration of Life
8/09	Tue	10:30	McGinley Room	Food Committee Meeting
8/09	Tue	1:00	Out & About	Spreckels Lake & Boat House ~ Til Mossi
8/11	Thr	3:00	Courtyard	Zoe Brown ~ Celebration of Life
8/15	Mon	3:00	Friendship Hall	Art Across Asia ~ Asian Art Museum
8/18	Thr	3:00	Morgan Parlor	Works by Chopin ~ Ian Scarfe Pianist
8/18	Thr	4:15	McGinley Room	<i>Heritage Happenings</i> Editorial Meeting
8/22	Mon	3:00	Friendship Hall	Happy Healthy Minds ~ Brown & Breen
8/25	Thr	3:00	Porter Garden	Good Vibrations Social ~ Stephen C
8/29	Mon	3:00	Friendship Hall	David Peritz Presents In-Person
8/30	Tue	3:00	Friendship Hall	Nutrition & Wellness ~ Sophia Ferguson