



Lion Tamer

Heritage Happenings

May 2022



Anne Morris

Special Events

Songbirds Return!

Tuesday May 3 at 2:30 in Morgan Parlor

The [Songbirds](#) is a part of [Children's Theater Association](#) of San Francisco (CTA) and serves as an outreach to our community.

The group was formed in

1994 from the CTA membership and is composed of ladies who volunteer their time to sing together in three- and four-part harmony. All music is memorized and professionally presented in our twice-a-year performances.



¡Feliz Cinco de Mayo con Mariachi Los Cachorros!

Thursday May 5 at noon in Dining Room & Friendship

Mariachi Los Cachorros originated in Jalisco and Michoacán, Mexico, migrated to San Francisco, California in 1990 and has been serving the entire Bay Area ever since. The nine-piece mariachi is composed of both men and women, which makes them quite unique - and the Bay Area's favorite mariachi band!

Come listen to music, drink margaritas and enjoy classic Mexican food - all in celebration of [Cinco de Mayo](#).



Meet & Greet with Pine Park Health Group

Monday May 9 at 3:00 in Friendship Hall

An opportunity to learn more about [Pine Park Health](#) and meet Dr Denise Yun and her staff in person. Dr Yun says "I've been practicing primary care for 19 years and continue to find great joy in the art and science of medicine. I believe my role as a physician is to not only diagnose and treat illness, but also to help patients understand their medical conditions and navigate the complexity of decision-making."



National Skilled Nursing Week

Sunday May 8 - Saturday May 14

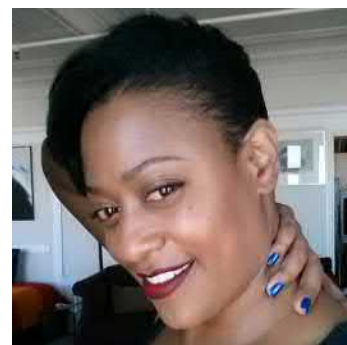


[National Skilled Nursing Care Week](#) (NSNCW) recognizes the essential role of skilled nursing care centers in caring for America's elderly and disabled. Established by the [American Health Care Association](#) in 1967, the week-long observance starts each year on Mother's Day and is celebrated through the following Saturday.

San Francisco Playhouse with Quensella Miller

Monday May 16 at 3:00 in Friendship Hall

Quensella Miller, Audience Development Manager, talks about the history of the [San Francisco Playhouse](#), a non-profit theater established in 2003, the upcoming nine plays and musicals - including world premieres, Broadway & Off-Broadway hits and thought-provoking works from playwrights around the world.



Karaoke Happy Hour with Staff and Residents!!!

Thursday May 19 at 3:00 in Friendship Hall

"Oral Health Hygiene" with Stephanie Gordillo, RDHAP

Monday May 23 at 3:00 in Friendship Hall

Stephanie has been practicing dental hygiene for more than 10 years. She founded the [SMYLE essentials](#) program with intent to give 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. Rescheduled from April.



Music Program with David Saliamonas, pianist

Wednesday May 25 at 3:00 pm in Morgan Parlor

"It seems that I have always been a pianist. I can't remember a time in my life before music. When I was four or five, my kindergarten teacher reported to my parents that I would accompany the class on the piano every morning when we sang."



More About Books with Margaret Johnson

Thursday May 26 at 3:00 in Friendship Hall

Is bookbinding an art or a craft? The discussion goes on - bookbinding is many things. With so many different styles of binding, there is room for both. Join me for a show & tell of my collection of styles of binding, from One-Signature to Tight Back and German Tube binding. You'll see Case & Bradel binding, Yapp & Limp Vellum Binding and Oriental binding. You'll see examples of Calligraphy, Marbling, and Paste Paper. I'll explain the difference between Fine Binding and Library binding and between rare and not-so rare books.



Nutrition Talks: Intuitive Eating with Sophia Ferguson RD

Tuesday May 31 at 3:00 in Friendship Hall

Learn how to trust your body to make food choices that feel good for you!

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, May 6 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: May 4 & 18

Saturday Shorts with Margaret Jacobs

Saturdays at 3:00 in McGinley Room

Painting Class with [Art with Elders](#) Instructor [Yvette Brown](#)

Thursdays at 10:00 in the Arts & Crafts Room

We have a great art teacher and a room and supplies. We need a few more students to come on a regular basis. Many residents have learned to draw and paint and have found it an exciting and rewarding experience. It does not matter how much you know beforehand. The experience of putting color on paper and seeing it become a work of art is thrilling. Come, try it.

Tech Support with Tess Goldman

Thursdays at 1:30-5:00 in Perry 3rd floor sitting room

Please sign up in the Dining Room

Tess is also available to provide support in your apartments

Exercise Classes

Strength Training with Bianca 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 Mondays 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 1:00 Cottage



Harry laughed at being 100!

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

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A Splendid Outing

On Tuesday April 14, 33 residents and staff boarded a bus for a day trip to San Juan Bautista. The trip down was disheartening: we drove through a heavy rainstorm. Our first stop was Mission San Juan Bautista. As we arrived the rains stopped and the sun showed through. Anne Morris, along with daughter Amy and Preservation Society supporters, guided us and provided snacks.

Jewel Gentry gave us an informed and articulate presentation on the history and the art of the Mission. Then on to Jardine de San Juan for a tasty Mexican meal - with prickly-pear Margaritas for some!

The main event took place at Anne's ranch high above the valley in fields of grasses and oaks. Anne's son Joe Morris gave a detailed talk on:

- Land management that maintains drought-resistant grasslands and greater species diversity
- Capturing cattle for treatments & birthing that are humane and less stressful than depicted at rodeos

Many thanks to Activities and Dining Services for great organization. Watch it all on Patrick Alexander's splendid video:

[**Escape to San Juan Bautista**](#)

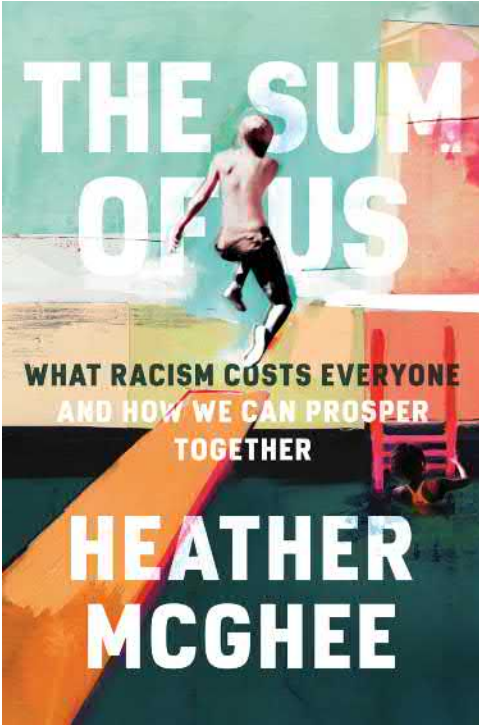
[**https://youtu.be/zEncnxNXGsA**](https://youtu.be/zEncnxNXGsA)

Art Exhibit of Your Truth: Bannered at Heritage

We ask residents to visit the art class on Thursday May 5 from 9:30 to 11:30 am to paint banners. We want proverbs, quotations, blessings, prayers - anything that fits. We have about fifty. Your banners will be exhibited in our gallery in the near future. We need more banners now!!!

Library Corner

Book review: [The Sum Of Us: What Racism Costs Everyone and How We Can Prosper Together](#)



By [Heather McGhee](#)

I recommend reading the [Washington Post review of March 12, 2022](#), by Paul Taylor, Chair of Philosophy Department, Vanderbilt University.

Author Heather McGhee is a young Black lawyer who in her brief career has studied racial oppression in the United States. She left her position for a one-year study of the issues, and wrote this book about her findings and their roots, and her suggested path for a solution. (287 pages and 101 pages of annotations of sources.)

McGhee states that much of the discord arises from the right-wing white politicians and their corporate sponsors, who espouse the idea that we are controlled by a false theory that there is a “zero sum” economy - that “one’s gain must result from someone else’s loss.”

This false theory has been advocated by politicians and their funders, major companies who do not want labor to organize. White groups have been told minority gains means an equal loss for whites. (Read Wikipedia, “[Zero Sum Thinking](#)” for an analysis which shows the error of this claim.)

McGhee describes a number of issues that illustrate avenues of oppression. America is not a democracy and never has been. Our constitution approved human enslavement and favored the white men in the South over Northerners because the South was allowed to count major portions of enslaved people for purposes of forming house districts, even though the enslaved people had no rights at all. Enslavement is long gone, but physical and economic mistreatment of Blacks continued for many years.

Our constitution is also unfair because now we have vastly different sized

states, and all have the right to two senators, giving the small states far more power than their voters warrant. For example, California has two senators for an almost 40,000,000 population. Wyoming has two senators for a population of 581,000. (There are many other changes advocated.)

There is a very recent Texas primary election where the polling judges disallowed three Republican mail-in ballots and disallowed just under 300 Democratic ballots. (This is current news. McGhee cites many other earlier actions.)

The mortgage breakdown in 2008 was principally a failure of subprime mortgages mostly sold to poor Blacks and whites who had regular mortgages and were not in default, but were talked into subprimes. There are many stories of the abuse. Wells Fargo Bank was a leader in selling these mortgages. The recitation of the Bank's campaign of active and knowing deceit is appalling. Blacks were the first to suffer from this fraud and lost their homes disproportionately to others.

McGhee reports that there has been real progress economically for Black families. But they are still at the level they were years ago with family assets still only 10% when compared to white families. Since home ownership is a bedrock of US family wealth, the disaster of the home ownership losses from the subprimes was a principal cause of a lack of Black progress.

In a sense the book is a catalog of our failures, but there are successes also. McGhee believes that poor whites, who far, far out-number poor Blacks, need to understand that by working together all will prosper. Some observers are less hopeful. McGhee acknowledges that there are whites who will never agree. Reviewer Paul Taylor also adds a cautionary note. He suggests the book will serve to inspire those who already believe and those who don't - won't read it.

The book can be obtained at our local city library.

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:

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At Least We Don't Have Snow

Looking back over the years I spent as a Court Commissioner, my fondest memories are of the people who streamed through traffic court. I've written before about some of them:

Mr Gold, the old gentleman from Belize, watched through his living-room window as his car was hooked up and towed from Evans Street, which turned into a tow-away zone before every ball game at Candlestick Park. Mr Gold was 75 years old, had bought his first car the week before and had forgotten that he owned one. He had already paid the towing and storage charges before he appeared in my court. I forgave him the fine on the ticket. He showed up the next week with a lamp he had made for me out of an apple juice bottle. That lamp is one of my most treasured possessions.

And then that bicycle messenger, who was stunned that for the first time in his life someone believed his excuse for making a right turn on a red light without stopping. He came back to court with an armload of gladioli, walked up to the podium and dumped them on my desk in the midst of another case being heard and, without saying a word, left.

Or the lady from Iowa, who came to San Francisco in search of her son and found him in a gay bar in the Castro. She had no more of a clue about her son than she did about being summoned for a street-cleaning citation.

Some of my favorite people - instead of coming to court or writing to the Traffic Division - took another route of protest, to the mayor or the Board of Supervisors aiming their anger at law enforcement higher. One such occasion prompted musings that were printed in The Chronicle back in 1984: "Wouldn't it be nice if, instead of calling the mayor (who then called the chief of police) to complain about the cops who were whiling away time rating women entering Moscone Center for a convention, on a scale of one to ten, if the female delegates had in turn begun rating the cops? Cop watching is a wonderful occupation - many of them are at least a seven, a few even a twelve." Then I received a clipping of the letter from the Court Liaison Officer, with a note attached: "A solid nine, yes, but hardly a twelve. Thanks anyway."

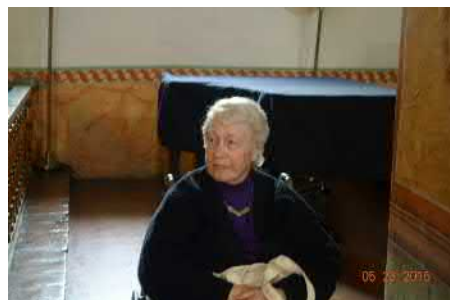
According to the Court of Appeal, I was not allowed to take personal knowledge of the location of a traffic violation into consideration when ruling on a case. However, my sense of justice made it impossible for me to accept a grainy photograph as evidence of confusing parking control regulations, purportedly depicting a San Francisco location. I hoped that even the Court of Appeal would recognize a **snow job** when they saw one!

Aggie Hoff

Outing to San Juan Bautista ~ April 19

Tour of Mission San Juan Bautista

Photos by Karina, Angie and Patrick



Lunch at Jardines de San Juan



At Morris Ranch with Joe Morris



Movie Programs

Life Enrichment Fridays at 2:00 in Friendship Hall

May 6 [Mermaids](#) ~ 1990

Cher, Bob Hoskins, Winona Ryder. An unconventional single mother relocates with her two daughters to a small Massachusetts town in 1963.

May 13 [West Side Story](#) ~ 2021

Ansel Elgort, Ariana DeBose, David Alvarez. West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

May 20 [Rebels With A Cause](#) ~ 2013

Frances McDormand, narrator. David and Goliath story for one of America's most visited, and arguably its most beautiful, urban national parks - Point Reyes National Seashore and Golden Gate National Recreation Area.

May 27 [It's a Mad Mad Mad World](#) ~ 1963

Spencer Tracy, Milton Berle, Sid Caesar. Group of motorists witnesses a car crash in the California desert. driver's dying words indicate the location of a treasure, they turn against each in a race across the state to get to it.

Movie Committee Sundays at 2:00 in McGinley Room

May 1 [The Terminal](#) ~ 2004

Tom Hanks, Catherine Zeta-Jones, and Stanley Tucci. Eastern European tourist is stranded at JFK airport; takes up temporary residence there.

May 8 [Agatha](#) ~ 1979

Vanessa Redgrave, Dustin Hoffman, and Timothy Dalton. Film focuses on crime writer Agatha Christie's famous 11-day disappearance in 1926.

May 15 [Stand and Deliver](#) ~ 1987

Edward James Olmos, Lou Diamond Phillips, Rosanna DeSoto. Jaime Escalante, a high school teacher, inspires dropout students to learn calculus.

May 22 [Impromptu](#) ~ 1991

Judy Davis, Hugh Grant. In 1830s France, composer Frédéric Chopin is pursued romantically by the determined woman named George Sand.

May 29 [Brief Encounter](#) ~ 1945

Celia Johnson, Trevor Howard, Stanley Holloway. Meeting a stranger in a railway station, a woman is tempted to cheat on her husband.

May Birthdays

Stela Voyles	5/01	Judith Goff	5/18
Patsy Hulting	5/04	Isabel Fletcher	5/28
Elizabeth Jordan	5/09	Marianna Pieck	5/28
Betty Dowell	5/12	Eleanor Burke	5/29
Shirley Ertola	5/18		

The Birthday Dinner will be celebrated on Friday May 13

May Special Events Calendar

5/03 Tue	2:30	Morgan Parlor	Songbirds Return
5/05 Thr	12:00	Dining Room	Cinco de Mayo/Mariachi Los Cachorros
5/06 Fri	10:00	Chapel	Catholic Mass
5/08 Sun	12:00	Dining Room	Happy Mother's Day Lunch
5/09 Mon	3:00	Friendship Hall	Meet & Greet/Pine Park Health Group
5/13 Fri	5:30	Dining Room	Birthday Dinner
5/16 Mon	3:00	Friendship Hall	SF Playhouse with Quensella Miller
5/19 Thr	3:00	Friendship Hall	Karaoke Happy Hour/Staff & Residents
5/23 Mon	3:00	Friendship Hall	Oral Health Hygiene/Stephanie Gordillo
5/25 Wed	3:00	Morgan Hall	David Saliamonas, pianist
5/26 Thr	3:00	Friendship Hall	More About Books/Margaret Johnson
5/27 Fri	9:30	Dining Room	Residents Council Meeting
5/30 Mon	12:00	Dining Room	Memorial Day BBQ
5/31 Tues	3:00	Friendship Hall	Intuitive Eating with Sophia Ferguson RD