



Heritage Happenings

AUGUST 2019

Mercedes Van Den Berg playing
the piano In Golden Gate Park

Another Art Show Opening

Wednesday, August 7, at 2:30 pm in the McGinley Room

This exhibition will feature Eleanor Burke's original sketches for her latest book, *Walking Manhattan's Neighborhoods*. Wine and cheese, of course.

Superfood Demo: Tomatoes! Fruit or Vegetable?

Thursday, August 8, at 2:30 pm in the Fitness Center

Join Chef Kevin and dietitian Christina for a special presentation on the health benefits of tomatoes, followed by a food demonstration.

De Young Museum Art Talks presents: *Early Rubens*

Thursday, August 15, at 3:00 pm in the Fitness Center

Join Gretchen Turner, community speaker from the De Young Museum on Peter Paul Rubens' (1577–1640) artistic journey. He was celebrated for his skillful handling of oil paint, his sensuous coloring, and his taut, action-packed depictions of dramatic narratives. *Early Rubens* focuses on what is arguably the artist's most innovative period of production, from 1608 until about 1620. It was during these years that Rubens rose to the highest ranks of European painting.

Happy National Senior Citizen Day!

Wednesday, August 21, at 2:30 pm in Morgan Hall



Let's celebrate! Join us for an afternoon with Bingo, friends, drinks, and prizes!



What is Hospice? What services does it provide?

Thursday, August 22, at 3:00 pm in the Fitness Center

Presented by Monique Erwin, Hospice on the Bay is contracted by CPMC for end-of-life services. Residents may choose between an outside Hospice service and the equivalent Comfort Care provided by The Heritage Health Center.

Beach Blanket Babylon Outing

Thursday, August 22, at the 8:00 pm show

Beach Blanket Babylon, San Francisco's hilarious political and pop culture musical revue celebrates nearly 17,000 performances seen by 6.5 million people from around the world at Club Fugazi in San Francisco's North Beach district. It has delighted audiences with its spectacular costumes and outrageously gigantic hats! For those who have signed up for this outing, please meet at the Porter Library to board the bus at 7pm.



How Do I Choose: Hospice or Comfort Care

Friday, August 23, at 3:00 pm in the Fitness Center

This workshop will focus on the services that you as a Heritage resident will receive in the last stage of life, and whether you wish to have an outside Hospice service or receive all of the needed services from the Health Center staff. The services are the same for both. What further considerations should inform your choice? What actions are called for now?



SPECIAL SOCK HOP LUNCH

Wednesday, August 28, at 12 noon in the Dining Room



Enjoy an afternoon filled with live music by Vintage Jukebox Orchestra, delicious lunch from the 50's and root beer floats! Come dressed to impress.

A SUCCESSFUL OUTREACH PROJECT

Nancy Stent is preparing to make her second delivery of donated eyeglasses to the Lions Club. Residents and Board member Trish Ostott responded promptly to the first request. Nancy reports that she now has two more shopping bags full. This is an ongoing outreach project that we can all help.

Most world blindness is unnecessary. Nearly 700 million people have avoidable blindness or impaired vision that could easily be helped with an eye exam and a pair of glasses. Instead, they have to live with functional blindness preventing the ability to do everyday tasks, like reading, writing, cooking and working.

Anne Morris – Cattle Driving Woman

Anne Morris was brought up on a cattle ranch, and, as with many young women, she became enamored with horses at an early age. But unlike many of the others who were passionate about horses, Anne not only rode them; she also took part in her family's annual cattle drives.

When Anne was a girl, her father raised beef cattle in San Benito County. Every year, in late Spring, members of Anne's family drove about a hundred head of Hereford cattle from a ranch in the eastern part of the county through the low coastal range mountains and down into the northwestern part of the county, where the cattle could fatten up for a few weeks on beet tops growing in fields that Anne's father leased for the purpose.

This journey was about seventy miles and took five days. Anne and her older brother went with their father and a couple of ranch hands, helping to keep the herd moving and chasing straying animals when necessary. They drove the herd over the hills, across streams, around orchards, and through towns. Crossing roads was a special challenge as they had to watch the traffic and part the herd to let cars through. At the end of each day, they would leave the cattle on friends' ranches along the way and return home for a big dinner and a good night's sleep. Then it was back in the saddle the next morning.

It was a lot of work, but Anne loved it and remembers the trips fondly. She also remembers how the work for her father and the ranch hands didn't end when they got the herds to the beet fields. The fields were supposed to be cleared of beets by the time the cattle arrived (the cattle ate just the greens), but inevitably some beets would be left on some greens and her father would get calls reporting that one or another of the cows had swallowed a beet and was at risk of choking. This happened so often, Anne's father made his own contraption to reach down into a cow's throat to remove the beet. She can still remember him getting calls right around the time the family was sitting down to dinner and her father racing off to save another cow!

NOTE: Anne Morris (*nee* Baumgartner) comes from a family of historic California cattle ranchers dating from the 1880s to the present. (Anne herself showed horses from the time she was five years old until she and Rich were married in 1959). The original ranch, extending up along the coast from Oceanside to San Clemente and beyond, was called Rancho Santa Margarita y Los Flores. During World War II the U.S. Navy took over the land for a Marine Corps base and it became Camp Pendleton. Anne has donated a book to the Stucky Library about the early days on the ranch: *Rancho Santa Margarita Remembered*, by Jerome W. Baumgartner.

Barbara Anderson

RICH MORRIS—SAILING ALONG

Before sailing, Rich enjoyed bicycling around his home town of Piedmont. The furthest he ever rode was to Alameda, about ten miles away. His most memorable experience was when he ran into a police car, flew over the car and came out on the other side unscathed. No ticket from the rattled policeman.

Rich was introduced to sailing in a big way when his father, who had been an aviator but never a sailor, bought a 45-foot, two-masted schooner, the *Zita*, from sailing legend William Holcomb. (Dr. Holcomb also happened to be an orthopedic surgeon who operated on Rich's broken arm once.) Ben Mitchell came along with the *Zita* and taught Mr. Morris all the challenges of sailing.

His father would take Rich and his seven siblings (five brothers and two sisters) out on the bay. They learned the fundamentals of sailing from their father and Ben Mitchell. Their mother, who didn't like sailing, was thrilled to have her house empty for a few hours while she prepared dinner. You can just imagine the scene when her family returned: eight wind-burned, hungry, chattering children eager for their mother's leg of lamb.

A memorable sail Rich made was to Catalina, where they docked next to Humphrey Bogart's boat.

Eventually the boat was donated to the Boy Scouts of Marin.

When Anne and Rich were married and living in San Francisco with eight children, Rich decided it was time to buy a boat. He had several J37s over the years—the *Bobo*, *Ancient Love* (from Shakespeare) and *Blue Ribbons*. With their family, he had enough crew, so Anne claimed the galley as her domain. His boats were kept close at hand in South Harbor. Rich loved sailing the Bay with its challenging currents and winds but also up the Sacramento River.

One of their most memorable days was when Rich and Anne took friends, who had been partying the night before, out for a day on the Bay. It was one of those rough days, and the wife was feeling a bit queasy. But there soon was a major distraction: someone sailed right into Rich's boat, somehow not ramming the boat but going up onto the hull. Rich and his friend were able to push the boat back into the water. They then sailed on under the Golden Gate Bridge. But after they returned to the Bay, more excitement awaited them; they came upon a mother and daughter whose boat had capsized. Rich and crew then rescued the two women. There can be big adventures just about any day on the Bay. And now the Morris' daughter, Molly, is carrying on the family's love of sailing.

Martha Nell Beatty



Anne and her father working in the heat of a 107 degree day, given a watermelon that they did not realize was full of rum.

Anne as a child participating in the cattle roundup



Richard's sailboat



We Love Our Staff

THE ANNUAL RAFFLE TO SUPPORT THE EMPLOYEES' APPRECIATION FUND

SUPPORT THE STAFF

DRAWING AT LUNCH ON AUGUST 30

DONATE RAFFLE PRIZES

For example - Wine, Candy, Gift Certificates

For donation pickup – leave a message for
Kris Skootsky (415) 409-6630

PURCHASE RAFFLE TICKETS

On sale at lunch and dinner beginning August 19

Tickets \$1.00 each,

DONATE PRIZES!

six tickets for \$5.00

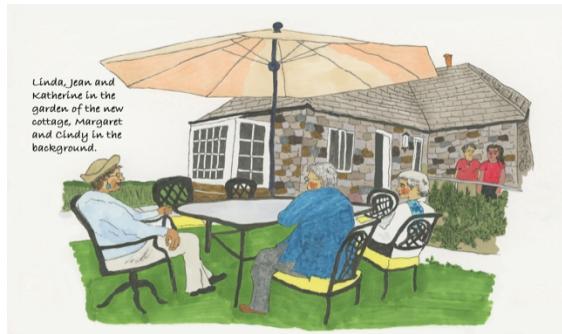
PURCHASE TICKETS!

twelve tickets for \$10

HAVE FUN!

NOTE CARD GIFTS

If you want to give a nice gift for any reason whatsoever, this might be the perfect fit: a package of 8 note cards - sketches by Eleanor Burke. They come 8 per package for \$30 (\$35 for a special order) and proceeds benefit the Employees' Appreciation Fund. The cards will be sold in the dining room most lunches and dinners until they are sold out. Below are 2 of the 8 designs:



Revisiting Heritage History

The July issue of *Happenings* carried an announcement of the new Heritage website, heritageonthemarina.org, which I quickly checked out. The first item is history—that always catches my eye, and has inspired me to elaborate a bit further about our first permanent home, pictured here and on the website.



Our founding families saw the need to care for women and children abandoned in the Gold Rush, and in 1853 created one of San Francisco's oldest charitable organizations to address that need. Initially the founders cared for these victims in their homes; in 1857 they rented space at 2nd and Tehama Streets for \$25 a month, and called it Hospitality House, but that is not the building pictured above, or on the new website. Read on!

In their effort to raise funds, the founders captured the interest of Horace Hawes, a prominent New Yorker who was sailing to the Sandwich Islands (Hawaii) to become American Consul there. Soon after docking in San Francisco, the ship sailed on—without Horace. He became district attorney in San Francisco, and a major philanthropist who in 1860 donated to the Society a lot on which to build their first permanent home. That lot was then sand dunes at the far west edge of town, bounded by what are now Van Ness, Geary, Franklin and Post Streets. He admonished the Society not to sell it for a very long time. Hawes is memorialized by his portrait on the Morgan front hall staircase.

In 1862-63 The Ladies' Society built a home for children, dubbed The Brown Ark (pictured above and on the website), on this sandy property. Wings were added over the years as the organization grew. In due course, the bustling City expanded around it, making it a less desirable area for child-ren. In the 1920s, after the Pan Pacific International Exhibition closed, the Society acquired a new block of land bounded by Laguna, Bay, Octavia and Francisco. They sold off more than half of the new property to hire Julia Morgan to design and build a new facility—but that is another story!

Meanwhile the Society did heed Hawes' admonition not to sell the Van Ness property "for a very long time"; they leased it to a Texas corporation who in due course built the Jack Tar *cum* Cathedral Hill Hotel. In 2004 the property was finally sold to the California Pacific Medical Foundation to build the newly opened mega-hospital on Van Ness Avenue!

Jean Fowler

MUNI Caper #38: Sweet Treat!

This trip is a chocolate lover's delight—and it does not even include San Francisco's best-known chocolate makers: Ghirardelli and See's. The first destination is *Chocolate Covered* at 4069 - 24th Street in Noe Valley, where chocolatier Jack Epstein established San Francisco's original chocolate boutique. This is a great place to learn about—and sample—premium chocolates from all over the world. Indulge to your delight, with the educated guidance of Jack, or whoever is manning the shop. It is easy to lose yourself in this chocolate heaven. When satiated, exit and turn right; amble east on 24th Street, one of the City's most delightful shopping streets. There is a Bi-Rite store, a small park created out of a former parking lot where you can watch neighborhood kids at play, and multiple eateries and shops to find things you didn't know you needed!



When you reach the MUNI streetcar tracks at 24th and Church Streets, cross tracks to wait at boarding area for J Church streetcar. Follow the route outlined below to *Dandelion Small Batch Chocolate Factory*. Take a factory tour, or simply indulge in all manner of chocolate treats—solid and liquid, hot and cold! My favorite take-home treat: Black Sesame Seed Toffee Brittle; that alone is worth the trip!

The Route:

Board **#43 Masonic** at Laguna & Chestnut; ride one stop to Lombard & Fillmore; debark, cross both streets to board **#22 Fillmore** at shelter, heading uphill; ride to Jackson & Fillmore; debark, cross Jackson to wait for **#24 Divisadero** at shelter; ride +/- 45 minutes (Divisadero becomes Castro at jog, after Waller) to Castro & 24th; debark, cross Castro and walk east on 24th for half a block to *Chocolate Covered* at 4069 - 24th. Continue walking on 24th for 3-1/2 blocks to **J Streetcar** stop at Church Street. Board **J** (toward downtown); ride along the side of Dolores Park; debark at bottom of hill at 18th & Church. Wait at bus shelter for **#33 Ashbury**, headed toward Mission. The **#33** will jog onto Mission for two blocks, then turn onto 16th Street. Debark at 16th & Harrison; walk one block up 16th to *Dandelion Factory* at 16th & Alabama for another chocolate indulgence.

To return: board **#22 Fillmore** at 16th & Harrison headed west to Bay & Fillmore; debark at Chestnut, transfer to **#30 Stockton**; ride two stops to Chestnut & Laguna.

Jean Fowler

WEEKLY ACTIVITIES

Art with Yvette	9:30am	M, Th	A&CR
Tai Chi	10:00 am	M	FC
Handcrafts Group	2:00 pm	M	MH
Chair Aerobics	9:15	M, F	FC
Second Friday	9:00 am		FC
Sit and Be Fit	9:15 am	W	FC
Balance Class	11:45 am	M, T, Th, F	1 Fl Perry
Walking for Health	1:30 pm	M	Porter Lib
Ann Rieger-Matthews Stretch	10:00 am	T	FC
Second Session	11:00 am	T	FC
OUT & ABOUT		T	Porter Lib
Yoga Basics	9:30 am	Th	FC
Chair Yoga	10:45 am	Th	FC
Meditation	1:00 pm	Th	Chapel
Tech Support with Tess	1:30 pm	Th	BCM
Chair Pilates	11:00 am	Sa	FC
Saturday Shorts	3:00 pm	Sa	BCM
Saturday Movies	7:15 pm	Sa	BCM
Coffee Time	3:00-4:00 pm	M-S	DR

RELIGIOUS SERVICES



Episcopal Service of Holy Communion is celebrated every Sunday at 10:30 am in the Cedar Room in the Health Center. Everyone is welcome.

The Rev. Terry Davis celebrates Roman Catholic Mass on the first Friday of every month in the chapel at 10:30 am.

HOSPICE OR COMFORT CARE?

You have an Advanced Directive.

You have a POLST.

You have discussed your end-of-life wishes with those who have the legal power to make medical decisions for you.

What else is needed?

Life Care residents at The Heritage need to consider one more issue: do you want an outside agency to provide formal hospice care or the equivalent comfort care provided by The Heritage Health Center? Both provide the same services. Whichever choice you make, the Health Center staff will continue to participate in your care.

When must the choice be made? When your physician says that no more curative treatment is merited, you (and/or your family) need to choose between an outside hospice service such as Kaiser Hospice or the equivalent comfort care provided by our own Health Center staff who are trained in caring for you in the last stage of life. Both offer the same services.

As with your other end-of-life wishes, this choice should be made *before the need arises*.

CPMC has a contract with the Hospice on the Bay. Kaiser has its own hospice program. As you note in the calendar, a hospice nurse will describe the Hospice on the Bay service on Thursday, August 22. The following day, Friday, August 23, there will be a workshop on The Heritage Comfort Care program and a discussion that will help you consider your choices.

HARD OF HEARING?

"Not me," you say! For those of us who aren't, it's hard to imagine what it's like to live in a world of distorted sound, or worse yet, silence.

Perhaps we could try an experiment one day. Pick up a pair of earplugs, available at the front desk, wear them to a meal, preferably sitting at the community table. We might learn how difficult it is for the many among us who have hearing difficulties to follow conversations.

Meanwhile, try to remember to have one conversation at a time, face the person who has difficulty hearing and enunciate your words.

Remember! You may be the one, sometime in the future, who is struggling to hear.

Nancy Stent

Awesome August Birthdays



Erika Coughlan	8/09	Joyce Frankenberg	8/21
Carmelita Arburua	8/12	Bart Rhoades	8/22
Marion Wake	8/15	Robert Segrin	8/23

This month's birthdays will be celebrated on Friday, August 9, at 5:15 pm in Morgan Hall. Sing-along around the piano begins at 5:30

MOVIES IN AUGUST

All movies are shown on Saturday at 7:15 pm in the McGinley Room

THE PIANO (1993)	Aug 3
A mute woman is sent to 1850s New Zealand along with her young daughter and prized piano for an arranged marriage to a wealthy landowner, but is soon lusted after by a local worker on the plantation. Stars: Holly Hunter, Harvey Keitel, Sam Neill	
FREEDOM WRITERS (2007)	Aug 10
A young teacher inspires her class of at-risk students to learn tolerance, apply themselves and pursue education beyond high school. Stars: Hilary Swank, Imelda Staunton, Patrick Dempsey	
A PASSAGE TO INDIA (1984)	Aug 17
Cultural mistrust and false accusations doom a friendship in British colonial India between an Indian doctor, an Englishwoman engaged to marry a city magistrate, and an English educator. Stars: Judy Davis, Victor Banerjee, Peggy Ashcroft	
Songcatcher (2001)	Aug 24
After being denied a promotion at the university where she teaches, Doctor Lily Penleric, a brilliant musicologist, impulsively visits her sister, who runs a struggling rural school in Appalachia. There she stumbles upon the discovery of her life - a treasure trove of ancient Scots-Irish ballads. Stars: Janet McTeer, Michael Harding, Michael Davis	
THE BIGGEST LITTLE FARM (2018)	Aug 31
Documentarian John Chester and his wife Molly work to develop a sustainable farm on 200 acres outside of Los Angeles. Stars: John Chester, Molly Chester, Matthew Pilachowski	

President's Corner

July has been another great month with many activities and three new residents and a dog joining our family. Was I ready to move into The Heritage - No; am I glad I did – Yes. The 4th of July BBQ was a great event, which included hot dogs and milk shakes. Setting a new record for consumption of milk shakes at one meal, Gisela Lloyd celebrated her birthday with three milk shakes. The lunch was followed by an outstanding performance by the brass quintet from the San Francisco Conservatory of Music. Sorry we missed the Sonoma outing, as we heard that residents had a great time. Next year. The Cottage Day Program has drawn raves from those who have attended one or more activities. You should check it out. We are looking forward to the organization and action from our new House Committee, originally called the Facilities Committee, headed by Bernie Burke. The addition of the two brass plates attached to our front fence, indicating what our building is about, brings additional class to our home. The signage now allows us to enjoy the return of the American flag to the pole.

The second Open Door in the Perry building was a huge success, thanks Katherine Conley.

This month, my second favorite place, Hawaii, celebrates her 60th anniversary, joining the Union on August 21, 1959, as our 50th state. The Sock Hop is coming in August. Ladies get out your Poodle skirts and gents your turned-up jeans. National Days of importance in August: Mahjong Day August 1st. This non-food day is followed by (get this Erin) National Days involving pies. Aug 1-Raspberry Cream pie; Aug 15-Lemon Meringue pie; Aug 18-Ice Cream pie; Aug 20th-Chocolate Pecan pie; Aug 24th-Peach pie followed by Aug 2-Ice Cream sandwich; August 6-Root Beer Float; Aug 10-S'Mores; and Aug 25th-Banana Split. Understand Miguel is a wiz at making them. I'm hungry.

Remember two things-GET an ADVOCATE and BECOME DEPENDENT on your PENDANT.

SAVE THE DATE: SEPTEMBER 20

The FRANCISCO STREET OPEN DOOR EVENT

We are excited about inviting you to the Francisco Street Open Door Event on September 20th from 2:00 to 4:00. Once again tickets will be \$10 and sold that day. We will also be having a reception in the Garden Conference Room, so plan to share a glass of wine and refreshments with us after your tour.

Look for more details in the September Heritage Happenings.

Patsy Hulting

A MOST SUCCESSFUL EVENT!

WOW! The Perry Open Door event cleared \$920.00. That's a fantastic and almost unbelievable amount. Obviously, we did not sell \$920.00 in tickets so there were numerous, generous donations. Heartfelt thanks to all of you who contributed to our success. Kudos, too, to the Perry Open Door Committee: Kay Narron, Carm Arburura, Joyce Frankenberg and Eleanor Bissell who planned this event.

Nineteen Perry residents opened their apartments for viewing plus there were three vacant units open. Viewing was followed by a reception arranged by Kay Narron and Barbara Clevenger, ably assisted on Friday by Martha Raymondos and Steve Swietlicki. Thanks to all of you who donated food, wine and supplies. There were no expenses, so all of the \$920.00 can be given to the Residents' Council Employees' Appreciation Fund.

Many Morgan and Francisco Apartment residents volunteered to assist. Linda and Tony Hanley, Anne and Richard Morris, and Katie Loo sold tickets, as did Betty Dy of Perry. Providing relief for residents showing their rooms were Gail Lindlow, Eleanor and Bernie Burke, Flora Zagorites, Jean Fowler and Marcia Forman. Eleanor Bissell handled the first floor. Thanks to all of you.

A special "thank you" to Jean Fowler who was imaginative enough to turn our curiosity about other residents' apartments into an entertaining and lucrative event. Jean then planned and organized the first event in Morgan, thereby setting a pattern which made it easy for us in Perry to organize our event. Great work, Jean, and thanks.

The third and final event will be held Friday, September 20, in the Francisco Apartments. The apartments present special challenges, but if we all work together as well as we did for the Morgan and Perry events, we can meet those challenges and make this event as successful as the first two. Let's do it!

Katherine Conley



A Tribute to Jean and to all who made this happen:

"First comes thought; then organization of that thought, into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination."

Napoleon Hill (an American self-help author)

STUCKY LIBRARY ADDITIONS

FICTION:

Our House (Louise Candlish)
The Saboteur (Andrew Gross)
Pompeii (Robert Harris – paperback)
The Wife Between Us (Greer Hendricks & Sarah Pekkanen - paperback)
Eleanor Oliphant Is Completely Fine (Gail Honeyman)
Fateless (Imre Kertesz - paperback)
The North Water (Ian McGwire - paperback)
Exit Strategy (Julie Finnigan Morris)
Warlight – a novel (Michael Ondaatje – paperback)
Blessings (Anna Quindlen)
Normal People (Sally Rooney - paperback)
Shanghai Girls (Lisa See – paperback)
Beneath a Scarlet Sky (Mark Sullivan)
The Bridge in the Jungle (B. Traven - paperback)
Dinner with Edward (Isabel Vincent)

NON-FICTION:

Complete Story of the San Francisco Horror by the Survivors and Rescuers)
Homes by Mail (Sears Roebuck catalog)
Stairway Walks in San Francisco (Adah Bakalinsky)
Rancho Santa Margarita Remembered (Jerome Baumgartner)
The Imperial Cruise - A Secret History of Empire & War (James Bradley)
The Indifferent Stars Above (Daniel James Brown)
The Wilderness Warrior – Theodore Roosevelt & the Crusade for America
(Douglas Brinkley)
Herb Caen's San Francisco 1976-1991 (Herb Caen)
Bad Blood (John Carreyrou)
Spanning the Gate (Stephen Cassaday)
The Wreck of the Whaleship Essex (Owen Chase)
The Epic and Forgotten Story of Hispanic North America (Carrie Gibson)
San Francisco Almanac (Gladys Hansen)
From Strength to Strength (Sara Henderson – paperback)
After the Ruins 1906 and 2006 (Mark Klett)
What Does It Mean To Be Well-Educated? (Kohn)
Endurance (Lansing)
Historic Ships of San Francisco (Steven Livingston)
Tell Me How It Ends (Valerie Luiselli)
The Book of General Ignorance (John Lloyd & John Mitchinson)
Bay Bridge: History & Design of a New Icon (MacDonald & Nadel)

Golden Gate Bridge: History & Design of an Icon (MacDonald & Nader)
The Ohlone Way (Malcolm Margolin)
American – Beyond Our Grandest Notions (Chris Matthews)
The Mueller Report (redacted)
Lazy B. (Sandra Day O'Connor – paperback)
The Library Book (Susan Orlean)
Uncommon Grounds – the History of Coffee and How It Transformed Our World (Pendergrast – paperback)
In the Heart of the Sea (Nathaniel Philbrick)
The Age of the Unthinkable (Joshua Cooper Ramo)
Comfort Me With Apples (Ruth Reichl - paperback)
Garlic and Sapphires (Ruth Reichl – paperback)
Al Zampa and the Bay Area Bridges (John Robinson)
The Tenderloin (Randy Shaw)
Golden Gate (Kevin Starr)
The Gate (John van der Zee)
Life and Death in Rikers Island (Venters)
San Francisco Architecture (Sally and John Woodbridge)
Victoria's Legacy (Sally Woodbridge and Julie Waldhorn)
San Francisco – Then and Now (Bill Yonne)

NOTES on LIBRARY MATTERS:

1. Before removing books from the library, please sign them out in the binder – your name, the name of the book, and the date checked out. It is discouraging to have books disappear from the library. Kamala Harris's book disappeared over a month ago, half a day after it was put in the library.
2. Many thanks to Mary Liz Harris, who donated an entire shelf of books about San Francisco history. Check out fascinating accounts of different parts of our history!
3. Currently we have \$789 in the Stucky Library account, the current balance from the sales of Eleanor's sketch book on San Francisco. We have spent \$145 on books in the past 3 months.
4. If you have a book recommendation that you think others here would enjoy and benefit from, I encourage you to give me the name of the book with a brief description and why we would like it.
5. Please help keep the library neat and orderly. If you have a book you would like to contribute, please write a note to that effect and leave it on the table for a member of the Library Committee to process.

Eleanor Burke

SPECIAL EVENTS IN AUGUST

Catholic Mass	Fri	Aug 2	10:30 am	Chapel
Book Club	Mon	Aug 5	11:00 am	Stucky Lib
Superfoods - Tomatoes	Thu	Aug 8	2:30 pm	Fitness Center
Art Opening	Wed	Aug 7	2:30 pm	McGinley Rm
Residents' Council	Fri	Aug 9	9:30 am	Dining Rm
Birthday Celebration	Fri	Aug 9	5:15 pm	Morgan Hall
Bridge Class	Wed	Aug 14	1:00 pm	Fitness Center
Sing-Along with Phil	Wed	Aug 14	3:00 pm	Morgan Hall
Docent: Early Rubens	Thu	Aug 15	3:00 pm	Fitness Center
Jason Myers	Tue	Aug 20	3:30 pm	Morgan Hall
Bingo Party	Wed	Aug 21	2:30 pm	Morgan Hall
Hospice on the Bay	Thu	Aug 22	3:00 pm	Fitness Center
Beach Blanket Babylon	Thu	Aug 22	7:00 pm	Porter Library
Comfort Care Workshp	Fri	Aug 23	3:00 pm	Fitness Center
Read Aloud	Sun	Aug 25	3:00 pm	McGinley Rm
Sock Hop Lunch	Wed	Aug 28	Noon	Dining Room
Bridge Class	Wed	Aug 28	1:00 pm	Fitness Center
Sing-Along with Phil	Wed	Aug 28	3:00 pm	Morgan Hall
Card Bingo	Thu	Aug 29	7:15 pm	Fitness Center

From Tolstoy's *Calendar of Wisdom*:

"Kindness is for your soul as health is for your body: you do not notice it when you have it."

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