



HERITAGE HAPPENINGS

April 2025

The monthly newsletter published by residents of
Heritage on the Marina, San Francisco CA, USA

Aloha! Hawaii: Country of the Month

Well, it was a country until 1893.

The masthead cameo depicts King Kalakaua blowing on a conch shell *pū*—created using AI. The masthead title is based on a regulation tiki bar font also created using AI. And instead of using the colors of the flag as we normally do, these are tiki bar colors.

Emergency Number

Ray Boudewyn, Heritage on the Marina Emergency Consultant wants to remind you: The phone for use when 911 goes down in San Francisco is: 415 553-8090.

Events of Interest

- Leadership Meeting 4/9
- Birthday Dinner 4/11
- Hawaiian Dinner 4/16
- Easter Dinner 4/20
- Residents Council 4/25

New Residents

Jennifer Arthur moved into 1530 Francisco. Noel Kirshenbaum now resides at 219 Perry. Their bios will be published at a later time.

Julia Morgan Building 100th Anniversary

The centenary commemoration for the Julia Morgan Building on March 27, 2025 was such a milestone with so many interesting aspects, your editors have committed to publishing a special edition of the *Heritage Happenings*.

The edition will cover:

- San Francisco Historic Landmark Designation
- Official San Francisco Heritage on the Marina Day
- A magnificent party with ice sculptures and photo cookies
- A significant fund-raising event
- And much more ;-)

March Madness Basketball Pool

There are still a few spots available. The finals are on April 7.

Learn Backgammon

You want to learn Backgammon? Well, you're in luck! Cooby Greenway, a person whose name sounds like it should be on a vintage board game, is a backgammon teacher. So, if you've always wanted to know why rolling dice and strategically moving little checkers is so darn captivating, resident Cooby can be your guru.

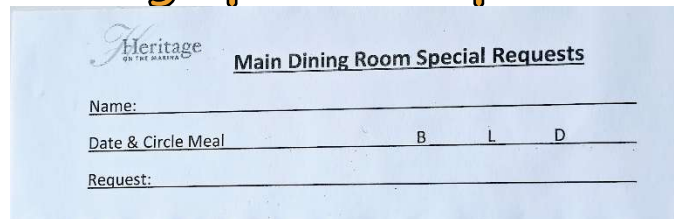
McGinley Movie News

Your Movie Committee has scheduled two Hawaii-themed films for April but sadly, neither one features Elvis. However, the McGinley Room is now rocking some new blackout curtains thanks to Hector and Sean. We hope this will enhance the viewing of low-light (in vogue these days) films like *Conclave*.

New Residents

This is to notify all residents that a lovely family of five from Hawaii is moving into the empty apartment on Francisco Street. Mom, pop and three kids. They will be bringing their own blow-up pool for the center courtyard. Please greet them when you see them.

Dining Special Requests



The form is titled "Main Dining Room Special Requests" and features the "Heritage on the Marina" logo. It includes fields for "Name:", "Date & Circle Meal" (with options B, L, D), and "Request:".

Residents are reminded of the Dining Room Special Requests Form. Please use this form to make sure the food is cooked just to your liking. Use the form to ask for low or no spices, medium or well-done, no sauce, steamed or stir-fried. Let the kitchen know how you enjoy your food, and they will do their best to please you! The form is on the table in the Dining Corridor.

What is Your Story?

There will be a writing workshop with Katie Morris—daughter of our Anne Morri—in Friendship Hall on April 7 at 10am. In these sessions, we will explore storytelling through writing and sharing. We will consider different genres and study elements of stories. Mostly we will have fun. No writing experience required.

Katie Morris is a San Francisco-based writer with over twenty years of writing and editing experience. She has a BA in US history from Columbia University and a master's in creative writing from Birkbeck College, University of London.

Heritage Happenings

The monthly publication published by residents of

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General Disclaimer

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The First Quarter

For Heritage team members it must have been a challenging quarter.

The 100th anniversary celebration of the Julia Morgan Building was such a tremendous success as a joint team and resident effort and as a fund-raiser that it merits its own *Heritage Happenings* special edition to explore it in depth.

In support of the Strategic Plan, the Environmental Impact Report is complete. The consultants are now moving to the next phase: seeking planning permission from San Francisco to demolish the Corridor and Health Center and replace them with two new buildings.

The new Yardi accounting system is becoming fully operational. More processes are shifting to digital, paperwork is being reduced, and the financial team is starting to compile figures to help residents, particularly those on the Type C contract, to understand the projected future wellness costs.

Fingers crossed: as the financial upgrade effort winds down, staff time should become available for IT projects that benefit residents. This might include enhanced support for mailing lists, dedicated server space for this newsletter, and improved communications.

Heritage on the Marina

The health topic for April:

Healthy Relationships

By Theo Armour

When I think of the seventy-five residents at Heritage on the Marina, I consider the many connections we share. Some are as close friends, some are as acquaintances, and some are as individuals we see in passing. Overall, I believe the great majority of residents enjoy as many relationships as they desire. What about our relationships with others?

Henderson Clinic Staff

Generally, interactions with team members are warm and friendly. One area for improvement is that residents sometimes do not realize that Henderson Clinic staff hold different roles and responsibilities. There are registered nurses (RN), licensed vocational nurses (LVN), and certified nursing assistants (CNA), each with distinct training and duties. Some work full-time while others are agency staff. It can be challenging to keep track of who is who and what they can do—especially for new residents, those with cognitive challenges, and family or friends unfamiliar with the staff.

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Take time to learn each staff member's role and capabilities and to be able to explain them to others. It's not easy but this understanding will benefit you, your fellow residents, and your family with better care.

Family and Friends

I make a concerted effort to introduce my daughters and friends to both residents and staff. I hope that, when the time comes to celebrate my life, you will all be there to share your memories of me. More immediately, as the challenges of aging gradually affect me, I trust that my family will be able to lean on you, my fellow residents, as a resource and a support network.

Neighbors in the Marina

We have so much fun here that we rarely get to know our neighbors in the Marina. I find this intriguing, as I often see many people in our age group around the neighborhood who appear to be kind and welcoming. I am slowly forging connections with Next Village, an organization that assists seniors in aging in place. They offer resources we lack, and we, in turn, can provide resources Next Village members may find useful.

Keep in touch!

The Population Bomb

By Fred Wentker

In 1968 this book was published by Professor Ehrlich. He promised that the world's unchecked population growth would eventually lead to overpopulation which, with food shortages, would cause massive uprisings and turmoil. Population growth did continue until the turn of the last century. Then something unexpected happened. Growth stalled and from then to now it has declined.

The reason is that the western nations have stopped having so many babies. China adopted the one child policy, then saw that was disastrous and recently adopted a payment of \$14,000 for each new child. This was reported to be a failure on the front page of the *Wall Street Journal* last Friday.

"The End of Children" in the March 3, 2025, *New Yorker* also reported extensively on the world's declining population in the years to come.

The accepted ratio is that every couple should have 2.1 children to maintain a stable population. South Korea currently has a ratio of 0.7. This means 100 adult Koreans will leave behind only twelve grandchildren.

What is the matter? Self-imposed solitude. Socially undeveloped childhood leads almost inexorably to socially stunted adulthood. Social disconnection helps explain progressives' stubborn inability to understand Donald Trump's appeal.

More and more single adults live alone and do not participate in community activities. We also now have AI, which separates us from real people.

Do you remember *Bowling Alone* about 20 years ago? In theory, author Putnam is arguing that a lone bowler does not experience any sense of fellowship or connection with his neighbors or the community.

The current USA ratio is 1.6 children per couple—yielding just 64 grandchildren per 100 adults. Some suggest the next measurements will be even lower. What can be done to raise the ratio? Immigration of families with children? More facilities for younger teenagers for sports activities? How to encourage more community activities for all ages? We are fortunate because living at Heritage on the Marina offers constant interaction with others.

Praveen Rattan ~ Executive Director of Human Resources ~ As a Science Fiction Writer

By Martha Nell Beatty



Praveen has always had a vivid imagination and vivid dreams. As a child, she would play imaginative games. As a young girl, she began writing poetry but then transitioned into storytelling. Praveen wouldn't have to read the entire book to know what it was about. She would put the story together based on various details.

Praveen graduated from San Francisco State University, where

she took creative writing classes, nurturing her passion for writing. After graduation, she decided to pursue her career in human resources. Her first position in HR was with Marriott International, and she later worked in a variety of industries, including high tech, financial, professional services, secondary & higher education, and senior living.

In between her jobs, Praveen stayed home with her young children. During that time, she decided to tackle a book of fiction, a science fiction one, no less. The characters came to her with their voices and their stories, even their names. Her main character is Naomi, a name she had no particular reason to choose. Her science fiction trilogy is named *Naomi's World*.

At one point, her husband, Richard, said Praveen would have to do a lot of research on the subject. Praveen's answer was, "I'm not doing any research. I can write anything I want. Who's to say what is going to happen in the future?"

After that, Praveen applied for a job in human resources at Lucasfilm LTD in the Presidio, which, at that time, she thought would be her dream job. It was a company she really, really wanted

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to work for. She was fascinated by Star Wars and also intrigued that Lucas encouraged all staff to write creatively. Lucasfilm LTD provided time for all staff to write and collaborate with other writers. She didn't get that job.

Currently, Praveen works at Heritage on the Marina. It's a role she feels is an honor and privilege, truly the best job she's ever had. She loves being part of our community and finds great fulfillment in her work.

Over ten years ago, Praveen put her novel on hold. With a full-time job and an hour's commute each way to her Pacifica home, she just couldn't fit work in with her writing. Praveen says she can't turn on and off her writing. She has compared the results when she forces her writing versus when she writes when she feels the creative spirit. When she forces her writing, "the results are terrible."

We look forward to someday reading what Praveen's imagination tells us about the future.

Praveen is excited to give us a sneak peak of her book, *Naomi's World*, with a snippet of the prologue, which she says is subject to change:

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"My name is Naomi. I am writing this story so that future generations can understand what happened here on my planet. If this helps just one person understand how one, small misunderstanding can lead to so much pain, then perhaps in some small way all of the bloodshed and innocence lost was not for nothing."



Lost and Found Again

At the recent Residents Council meeting, the lost & found box was on view. Joann W retrieved this antique Hamilton watch which belonged to departed resident Wade Acton. Proceeds from its sale will go to the Employee Appreciation Fund.



Lurline

By Tucker Ingham

It was a beautiful day for a joyful departure. From a crowded deck above, happy people tossed long serpentine ribbons down to friends and relatives. Handfuls of confetti drifted in billows to the decks swarming with smiling well-wishers below.



The luxury liner, Matson's *Lurline*, was presumably the preferred choice for those who could afford it. In the post-war days, a less expensive trip to the Hawaiian Isles was by a four-engine prop plane which would drone through the night sky, its exhaust manifolds an alarming hot orange, visible through the engine flaps. The trip would seem interminably boring compared with the celebrations aboard the *Lurline* where there were no "barf bags" needed.

William Matson's ships were enviably appointed with excellent food service. He had emigrated from Sweden and built a fine company and had a daughter who was named Lurline.

At a luncheon in San Francisco once one guest had asked if it weren't true that the magnificent ocean liner had been named after her. "Oh no", she remarked chuckling, "He named me after his boat." Apparently, he had sailed across to the States from Sweden in a previous *Lurline*.

Matson's steamship company had risen to prosperity on the heels of a predecessor, the owner of Spreckels Sugar Company, Adolph Spreckels, whose wife, Alma, sits decorously up atop the Union Square column and who financed the Legion of Honor Museum.

Sprinkles and Matson had succeeded symbiotically as a result of one legendary poker game between King Kalakaua and Adolf where, as the story goes, the King bet the farm and lost, losing acreage ideal for harvesting sugar cane.

Aloha Nui Loa

By Tony Hanley



Tony in 1998

This familiar beginning “Aloha” is a universal Hawaiian greeting meaning hello or goodbye. Adding *Nui Loa* means hello or goodbye with

much love. The 50th state of the union is blessed with beautiful mountains and valleys and sun-lit sandy beaches.



Butter Mochi

But the Hawaiian Islands are really people, music, and food. The population is a mixed culture, and it is exciting to learn and participate. One example is how my *Wahine* and I learned to pound *Mochi* at New Years. The people

are laid back and enjoy their music, hula and food. During the Easter season the Merrie Monarch Festival is held in Hilo, with many *Halaus* participating in hula competitions.

As a mainland *Haloe* (white person), it takes time to be accepted by the locals. But once accepted you can dive into the various cultures and enjoy their music and food.



Speaking of food, enjoy the *Loco Moco* (rice, topped with hamburger, gravy, and a fried egg) at Cafe 100 in Hilo. You drive up the coast to Tex’s Drive Inn to get *Malasadas* (Portuguese donuts) and on the way to play golf, I pick up three Spam *Musubis* (Spam on top of a rice cake wrapped with Nori-seaweed). It is a fact that Hawaiians consume more Spam per capita than any other state. All of this food is “Broke da Mouth”.

Aloha Nui Loa

First Trip to Hawaii

By Tom King

For our first-ever trip to Hawaii Val and I and our one- or two-year-old first son flew to Hilo and rented an old camper truck. We took about a week to drive all around the Big Island (this was before the lava flows cut off the southern part of the route) and camped on beaches. The camper was perfect for our toddler because it had a bathroom, a shower, a bed, and a kitchen – and it was always right on a beach. The only imperfection in the plan surfaced one morning when the truck refused to start. After spending a morning rebuilding the carburetor of that old Ford V-8 we resumed our frugal journey, ending successfully back in Hilo.

King Kalakaua in Chicago

By Theo Armour

In January 1875, my great-grandfather had just been elected President of the Chicago Board of Trade. One of his first duties was to preside over a banquet in honor of the visit of King Kalakaua of Hawaii, stopping in Chicago on his way to Washington DC. It was a difficult visit. During the dinner, some members of the Board started to sing loudly a song titled, “The King of the Cannibals”.

An Unforgettable Hawaiian Adventure

As we all know, the pineapple harvest in Hawaii is a vital aspect of the culinary life of not only all Hawaiians, but for tropical fruit lovers worldwide.

While on vacation in Maui, Charmly and Tucker Ingham were fortunate enough to participate in this incredible seasonal harvest event.

The harvest must take place when the pineapple is at its peak condition. The Inghams happened upon the fruit harvest at the pinnacle of the process while the pineapples were in their prime for picking. They gamely joined in with the locals for this important work. The traditional garb for the plucky pluckers is the obligatory grass skirt. It was commented that Tucker’s toiling torso did cut a rather dashing figure.

Fresh pineapple was served for dinner later that evening at a traditional luau celebration. Tucker won the prize for the most enthusiastic dancing, but it turned out that Tucker was mostly in the process of distancing himself from the scorpion that had taken to riding on his lei.

To Mom and Dad

By Eleanor Bissell

April is National Poetry Month.



Mom was born February 28, 1908.
I think of her on her birthday and
buy yellow roses, her favorite.



Dad was born March 11, 1910. He
gave me early lessons on economy
and let me know "what builds
character".

Mom and Dad

I was raised on a small farm
in Massachusetts
In the midst of eleven children.
I emulated Mom
who always had her eyes
on the care and feeding
of her family,
never losing sight of us.
She treated us all equally
and was proud of us as individuals.
She was kind and generous
at home
and in the neighborhood.
She sparkled with
that saving grace ~ humor.
I was in awe of Dad
Who worked long hours
At several jobs.
He knew farm animals,
Could take apart automobiles
And repair engines.
He managed a grocery store
And built houses.
He taught tangible skills
And intangible values:
Respect for the dignity of elders,
The wisdom of children,
The preciousness of all.
They taught us respect for the land
and natural resources.

Heritage on the Marina

View from the Garden

Garden Committee report by
Margaret Missiaen

The Garden Committee seeks volunteers to help with watering potted plants on a weekly basis,

Pride of Madeira



The shrubs flowering along the waterfront by Marina Green are Pride of Madeira (*Echium candicans*), named after its native area, the island of Madeira in the Canary Islands. This flowering shrub is well-loved for its colorful panicles of flowers, ranging from pink to purple to blue. These drought-tolerant plants have woody stems and slender grey-

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green leaves that appear in early spring. Growing eight feet tall and ten feet wide, it makes a dramatic landscape addition.

Pride of Madeira is an introduced species that is highly adaptable to salty air, wind, and bright sun and grows rapidly, even in rocky and low-nutrient soil. It tends to re-seed, and in some regions, it is considered invasive due to its rapid growth and ability to outcompete with native plants. It is invasive in coastal regions, especially in southern California.

Daffodils

Pam
potting
pretty
plants
perfectly



Library Corner
New Acquisitions
March 2025

By Martha Nell Beatty

The Perfect Couple F 2019

Elin Hildebrand

In Nantucket a body washes on shore just before a wedding. The entire wedding party become suspects. Became a Netflix series.

The Bad Ass Librarians of Timbuktu: And the Race to Save the World's Most Precious Manuscripts F 2017

Joshua Hammer

A group of librarians pull off a heist in the 1980s to save ancient Arabic texts from Al Queda and get them to safety in Mali.

Why The Dreyfus Affair Matters (Why X Matters Series) NF 2010

Louis Begley

The book covers a complex legal case in 1894 France regarding a military officer. The issue is anti-Semitism.

Wisdom Stories of Tibet: Tales of Magic, Adventure and Bravery F 2025

Laura Burges

Buddhist Stories for Kids: Jataka Tales of Kindness, Friendship&Forgiveness F 2022

Laura Burges

Wisdom Stories of Tibet

Report by Val Szigeti

Wisdom Stories of Tibet contains fourteen beautifully illustrated folk tales for children, and here is a summary of one of those stories:

Once upon a time there were two friends living in Tibet. One day the first friend had to go on a trip. He gave the second friend three bags of gold for safekeeping. When he returned his friend greeted him warmly but informed him that while he was away the gold had unfortunately and mysteriously turned into sand. The returning friend was disappointed but seemed to accept the bad news.

Sometime later the second friend had to go on a trip and asked the first friend to take care of his three children. The first friend readily agreed but bought three monkeys and taught them to respond to the names of the children. When the second friend returned, the first friend sent the children upstairs. When the second friend arrived the first friend informed him that unfortunately and mysteriously his children had turned into monkeys. The friend was devastated and, not believing, called out the names of his children one by one; and one by one a different monkey came to him in response to each name.

Needless to say, the first friend got his gold back and the second friend was happily reunited with his children.

Angie's Well-Designed Menus

By Patrick Alexander

At Heritage on the Marina we are lucky to celebrate festive days with beautifully colored menus. These menus are the work of Angie. She composes each one individually. They are like a small poster giving an insight into the wonderful dinners we all enjoy. Collecting them brings back memories of happy times.

