

Sixty Plus at San Francisco State University

Highlights

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SIXTY PLUS

A Program for Lifelong Learning

November, 2012

MEETING – MONDAY, NOVEMBER 26

John Rothman, Radio Talk Show Host, Author, and Political Consultant

Sixty Plus is pleased to bring back one of our favorite speakers for an overview of the recent election results and what the results mean for the country, state, and San Francisco. John will also include any new current events occurring both at home and abroad — and bring us up to date on what he has been doing since “leaving” KGO-Radio last year.

He has been involved in a variety of political campaigns dating back to the 1968 Richard Nixon campaign as well as in the 1976 Democratic campaign of Senator Frank Church. In 1982 he was one of the founders and served as the first president of the Raoul Wallenberg Jewish Democratic Club. A frequent lecturer on American politics and the Presidency, he has been called by author Richard Norton Smith, “a scholar of modern Republicanism,” for his unique insights. He is the co-author of a forthcoming book on Harold E. Stassen and the co-author of Icon of Evil: Hitler’s Mufti and the Rise of Radical Islam.



The meeting will be held in the Rosa Parks Room of the SFSU Student Center at 1:00 p.m. Social time will follow.

The hospitality hostess for this meeting is **Cecile Neuebaumer**. Sixty Plus members whose last names begin with the letters **Da – Do** are requested to bring refreshments for this meeting.

Shuttle Bus Times: Pick-up time for the meeting will be at 12:15 p.m. at the Lake Merced parking lot at the foot of Sunset Blvd. A second bus will be available if necessary. The return trip will be at 3:15 p.m. from in front of the Creative Arts Building on Holloway Avenue.

HOSPITALITY COMMITTEE 2012 – 2013

Hospitality Schedule 2012 – 2013

Members are asked to provide refreshments such as cookies, fruit, or other finger food for general membership meetings according to alphabetical order. Please make a note of your turn and bring refreshments on your assigned day. In case you cannot attend your assigned meeting, please exchange with someone in another alphabetical group.

Nov. 26	Da – Do	Jan. 14	Fu – Go	Feb. 11	Hap – Ho
Dec. 10	Dr – Fr	Jan 28	Gr – Han	Feb. 25	Hy – Ka

Margaret Grant: mjngant@sbcglobal.net

President's Message – October, 2012

I just returned from a visit to Cuba, and I was glad to walk out of the San Francisco Airport and feel our wonderful, cool bay air.



It was a great trip and I have many memories of a lovely if somewhat shabby country, of raddled buildings with crumbling plaster and mold alongside refurbished beauties with fresh pastel paint and newly painted wrought iron.

I spent time in Havana, some at the famous Hotel Nacional de Cuba where everyone who was anyone stayed from the 1920s until the 1950s, plus the grand Saratoga Hotel near the State House, resplendent with wood paneling, ornate tile work, and chandeliers.

I also visited the smaller cities of Cienfuegos and Trinidad, staying in smaller hotels, refurbished for tourists. Cienfuegos was founded by French settlers from New Orleans and Bordeaux, France, with wide streets, pastel houses and long vistas in the French style. Called "the town where time stood still," Trinidad is a smaller city of 50,000, a World Heritage Site in the old Spanish Colonial style. Its houses are painted many colors — a little like our own Painted Ladies — and narrow, cobbled streets, and rooftop terraces overlook red-tiled roofs. All the cities we visited are lush and green with many trees and parks everywhere — on small corners, in little gaps between large buildings, and all along the ocean front.

People are out and about until the small hours of the morning — probably because it is hot and humid and difficult to sleep in small houses that are not air-conditioned. Those who know me also know I do not handle hot weather well, and it was the only thing that I won't miss!

Artists are honored in Cuba and operate with a great deal of freedom and respect. Like most people we interacted with they are outspoken about the difficulties in their country. After the fall of the Soviet Union, all imported supplies stopped suddenly and the populace faced unprecedented shortages of basics like soap and toothpaste as well as oil and spare parts to repair equipment. Those we spoke to feel a great kinship with the United States and are hoping for detente and dialog to reestablish relationships with our country. The people are warm, open and friendly and unbelievably innovative and inventive with severely limited resources.

The level of musicianship even in small towns and relatively isolated mountain areas was astonishing. I bought a lot of CD's and will enjoy recalling warm memories of Cuba and its people when I listen to their distinctive music.

After dinner on our final evening we were treated to a long drive along the Havana waterfront in an array of "Yank Tanks," beautifully painted and restored American convertibles from the 1950s now functioning as taxis. With '50s music blaring, punctuated by an 'aroga, arooga ' horn, we waved at the people sitting on the sea wall — what a trip!

I'm glad to be back in the cool of Northern California and looking forward to continued fun with Sixty Plus.

Shelagh N. Ross, President: shelaghx@yahoo.com

Tours

COMPUTER HISTORY MUSEUM, MOUNTAIN VIEW & WINCHESTER MYSTERY HOUSE—SAN JOSE Friday, November 9, 2012

First stop will be a docent-led tour at the Computer History Museum. We will find out why computer history is 2,000 years old and discover the roots of today's internet and mobile devices. We will see some of the very first computers from the 1940s and '50s.

After lunch at Chili's on Santana Row, we will venture across the street to the Winchester Mystery House for another docent-led tour and, while touring many of the rooms there, will learn why Sarah Winchester kept carpenters busy 24 hours a day for 38 years to dispel the evil spirits of those killed by the famous Winchester Rifle. No one has been able to explain the mysteries that exist within the Winchester Manor.

\$65.00 (Price includes two docent-led tours, lunch, bus, and tips). No refunds after November 5 unless replacement is found.

Leave 9:00 a.m. from Lake Merced parking lot or 9:15 a.m. from 19th & Holloway.
Return approx. 4- 4:30 PM.

Send checks to:

Helen & Irv Jarkovsky: hjmoviefan@gmail.com or Joy and Jerry Pate: jerjoypate@att.net

HAPPENINGS AROUND TOWN By Bob Wrisley

Veterans Day Parade. on Veterans Day, Sunday, Nov. 11 at 11:00 a.m.
Starts at 2nd St., proceeds down Market St. and ends near reviewing stand at City Hall.



Disney Family Museum, S.F. Presidio. Snow White and the Seven Dwarfs at 11 a.m. and 1:30 p.m.
from Nov 1 to Nov 30. (Closed on Tuesdays)

San Francisco Senior Center, 481 O'Farrell/Taylor/Jones. Daily low cost lunches, computer lab.
Open Mon-Fri, 9 a.m. to 3:30, and Sat-Sun, 10 a.m. to 2:00 p.m. <http://www.sfsenior.com/> Call 771-7950

Marrakech Magic Theater, 419 O'Farrell St./Taylor. With owner/magician Peter Morrison,
every Sat/Sun at 6:30 p.m. Tickets: call 1-800-838-3006.

Pier 39 Theater Magic Show, with magician Tim Noonan. 2:00 p.m. Sat/Sun, Nov 10, 11, 17, 18
and 3:30 p.m. Sat/Sun, Nov 3, 4, 24, 25. Tickets: 623-5333. <http://www.pier39magic.com/>

WHERE IT ALL BEGAN: A HISTORY OF SIXTY PLUS

by Richard Lewis and Christine Malfatti

In the spring of 1975 Sixty Plus was a gleam in the eye of Dr. Lloyd O'Connor, in charge of the summer session program at SF State University. He felt a need to recognize the contribution to society and to public institutions made by older citizens. He proposed that people aged sixty and over should be permitted to attend summer courses at a reduced fee.

Dr. Shepard Insel, then Dean of Continuing Education, enthusiastically embraced the idea. A stumbling block arose when it was discovered that California law prohibited the waiving of fees at state colleges. It was proposed, however, that in addition to attending the summer sessions, people over sixty would form a club to meet on campus to take part in lectures or discussions of interest to them.

After publicity in neighborhood newspapers an organizational meeting was held on May 8, 1975. The response was larger than expected, and it soon became clear that the small group which had been envisioned would in reality be quite large. Little did any of them realize how large!

Dr. Insel suggested that the club be a permanent organization and contract with the university to become a bona fide student body, with a constitution and bylaws. As such it could negotiate with the university on reduced fees and obtain other benefits. In September a formal business meeting was held, the name Sixty Plus of San Francisco State University was adopted, officers were elected, and dues of \$25 a year were set. Thus a unique organization came into being.

At this time a bill pending in the legislature would allow people over sixty to enroll for credit and work towards a degree at any of the California state universities at a substantially reduced fee. Sixty Plus founder and second president Adrian Greenberg spent the next several years practically commuting to Sacramento to lobby for its passage — and eventually was successful.

Sixty Plus enjoyed great popularity, and, nine years later, with a membership of 250 and a waiting list of over 300, steps were taken to form a second chapter. Some of the people on the waiting list had been waiting three to four years for a chance to join! Accordingly, on September 10, 1984, some 150 would-be members met in Knuth Hall and were asked whether they wished to join a second chapter, to be called Beta, or remain on the list for the original chapter, hence to be called Alpha. Beta's first organizational meeting was addressed by Dr Anabel Pelham, Faculty Adviser for Sixty Plus, among others. By the end of 1985 Beta had a membership of 204.

Within a few years the formation of a third chapter, Gamma, also went ahead. All three chapters were then flourishing. Still, in recent years we have seen a retrenchment, and recently members of Beta and Gamma voted to merge. As we all appreciate, this has proved to be a successful move and has given Sixty Plus a boost for the new century.



Other Events

Health Lectures for Seniors

How to Talk to Your Doctor

Robin Myers, Care for Seniors
Friday, November 9, 1:00 – 2:00
Jewish Community Center of SF
3200 California St., SF, CA 415-292-1262

Planning your Future (in Cantonese)

Suzanne Mak, Medicine
Lisa Wong-Nguyen, RN, Medicine
Friday, November 16, 10:30 – 11:30
Sunset Church
3635 Lawton St., SF, CA 415-662-3332

Can You Hear Me?

Robert Miley, Au.D., Audiology
Thursday, November 15, 10:30 – 11:30
Kaiser Permanente French Campus
4141 Geary Blvd., SF, CA 415-833-3450

Happy Healthy Heart (in Spanish)

Sofia Arellano Padilla, MPH, Medicine
Wednesday, November 21; 10:00 – 11:00
30th Street Senior Center
225 – 30th Street, SF, CA 415-2230

NOT-QUITE-GOURMET-DINING

Pasion Restaurant

737 Irving Street (near 9th Ave.)

Tuesday, November 27th 11:30 a.m.

Chef Jose Calvo-Perez, son of the founder of Fresca restaurants, has created his own space in the Inner Sunset with urban flair, colorful murals, and mirrors aplenty. The cuisine is modern Latino with flavors from the Caribbean and South and Central America – ceviches in 7 styles, empanadas, albondigas -- but also oysters on the half shell. And you'll also find familiar favorites like Cobb or Caesar salads, burgers, shrimp po'boy sandwiches – all created with a Latin flair. Desserts are seductive. And prices won't detonate your holiday budget!

RSVP: Marian Anderson (415) 282-8334 or marianra@comcast.net



ARTS AND ENTERTAINMENT

For up-to-date information on local cultural events, see our website at sixtyplussf.org. You can also contact Eileen at the Sixty Plus office, 415-412-4684 or Erwin Kelly at 552-9435.

CALENDAR OF COMING EVENTS

Note different dates for meetings!

We have only one meeting in November — **November 26** — at 1:00 p.m.
The Board will not meet in November.

November 9	Friday	9:00 a.m.	Tour: Tech Museum and Winchester House
November 26	Monday	10:30 a.m. 1:00 p.m.	Tour committee Meeting, Rosa Parks, Room TBA Program Meeting, Rosa Parks Room
November 27	Tuesday	11:30 a.m.	Not-Quite-Gourmet Dining, <i>Pasion</i> , Irving St.

SIXTY PLUS 2012 – 2013

Officers

President	Shelagh Ross
1 st Vice President	Margo Moor
2 nd Vice President	Karen Gretch
Co-Treasurer	Paul Rosenberg
Co-Treasurer	Terry Kirchoff
Co-Recording Secretary	Alice Keenan
Co-Recording Secretary	Beverly Flaherty
Corresponding Secretary	Barbara Graham
Ex-Officio	Margaret Grant
Past President	Ray Sarakaitis

Committee Chairs

Arts & Entertainment	Erwin Kelly
Education — Co-chair	Richard Chackerian
Education — Co-chair	Richard Soward
Hospitality	Margaret Grant
Mailing	John Johns
Membership	Christine Malfatti
Newsletter — Editor	Jeanne Glennon
Newsletter — Asst. Editor	Maleta Boatman
Programs	Maleta Boatman
Publicity — Co-chair	Richard Lewis
Publicity — Co-chair	Christine Malfatti
Special Events	Peggy Pol
Sunshine	Karen Grech
Tours — Co-chair	Joy Pate
Tours — Co-chair	Sheila Birmingham

Holiday Buffet Luncheon

Friday, December 14th, 2012
Noon to 3:00 P.M.
\$32.00 prepaid (guests welcome)
Seven Hills Conference Center, SFSU

Happy Hour Lunch Entertainment Prizes

Menu

Spinach salad with candied walnuts and cranberries.

Choice of:

Grilled chicken breast topped with warm smoked bacon,
caramelized onions, and melted Gouda.

or

Grilled skirt steak with braised onions and wild mushrooms.

or

Vegetarian dish upon request.

Vegetables, starch, rolls, butter, wine, and coffee.

Seasonal fruit crisp with strawberry puree.

Shuttle bus from lake Merced parking lot at 11:45 A.M.; return at 3:15 P.M.

Sign up at a meeting or send a check made out (for \$32.00 per person) to: Sixty Plus,
indicating choice of entrée and name(s) of guests.
Reservation and refund deadline: December 7th.

Grilled Chicken _____ Name(s) _____
Grilled Skirt Steak _____ Name(s) _____
Vegetarian _____ Name(s) _____

Give or send your check to: Peggy Pol, 2479 42nd Avenue, San Francisco, CA 94116
Questions: Call Peggy at 415-566-8492

Sixty Plus at San Francisco State University
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Sixty Plus Highlights

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Items for the **December *Highlights*** should be submitted by **November 12**

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