

Sixty Plus at San Francisco State University

Highlights

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SIXTY PLUS

A Program for Lifelong Learning

February, 2014

MONDAY, FEBRUARY 10:

“Let Sharks Live” - David McGuire, Director, Sea Stewards

David McGuire is a marine mammal scientist for the California Academy of Sciences and also directs Sea Stewards, an organization to advocate for sharks. They oppose the cutting off of shark fins for soup (each year up to 73 million sharks are killed for this purpose) and they protect the environment for sharks. David talks on sharks, their ecological role as apex predators in the ocean, how human impacts are threatening both this role and also the balance and health of marine ecosystems. He suggests solutions including altering perspectives and creating shark sanctuaries. He also explains the importance of protecting and conserving because they play a critical role in the health of our oceans.



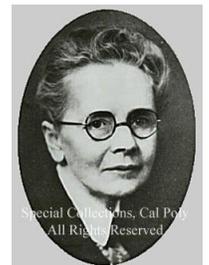
The research done by Sea Stewards includes tagging, tracking, and studying shark populations as well as leading catch and release programs and ecosystem education for a healthy San Francisco Bay and ocean.

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 host and hostess for this meeting are **Helen and Irv Jarkowsky**. Sixty Plus members whose last names begin with the letters **Hy - Jow** are requested to bring refreshments for this meeting.

MONDAY, FEBRUARY 24:

“A Conversation with Julia Morgan” – assisted by Betty Martin

Julia Morgan, renowned Bay Architect of the first half of the twentieth century, has become a California icon for her distinctive Craftsman and Mediterranean designs, her social conscience, and her early success in a male-dominated profession. Julia Morgan was born in San Francisco in 1872 and educated at the University of California at Berkeley and L'École des Beaux-Arts in Paris. In 1904, Morgan became the first woman licensed to practice architecture in California. Her trailblazing career helped open the field of architecture to women in the United States.



When she visits with us, “Miss Morgan” will reminisce about her struggle to become an architect, her colorful clients and her lifelong involvement with philanthropic organizations.

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 **Alice Keenan**. Sixty Plus members whose last names begin with the letters **Ka - Kn** 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.



President's Message – February, 2014

Happy New Year to all of you.

I am loving this extended summer, but it also feels all wrong — the one or two days we had of grey clouds and drizzle, while not pretty, were more normal. Still enjoy while you can; it is lovely weather for walking and, when you see the chaos in the Midwest and on the East Coast, you can remember why you live in California and give thanks.

As you know, postage rates are going up again — this is a good time to stock up on "Forever" stamps as we have done in the Sixty Plus office. As postage is one of our biggest expenses the Board has reluctantly voted to add a \$5 mailing charge to the membership fee starting in September. I emphasize that the \$5 is only for receiving your copy of *Highlights* via USPS and those already receiving it via email will not be charged. So if you don't have a computer but know someone who does and who would be able to print out a copy for you, you can avoid the charge. \$5 is not a great deal of money, but it will cover most of the mailing costs for the academic year. We have discussed this for some time and voted "No," but the latest postage increase tipped the scale.



On a more pleasant note, it was my distinct pleasure to share a table at the very successful Holiday luncheon, not only with our beloved Dr. Pelham but also Dr. Leslie Wong, President of SFSU, and his charming wife Phyllis. Dr. Wong shared some great ideas for increasing our visibility and involvement on the campus, such as having a link to our website on the SFSU official website. This would be a wonderful way to get our message out to potential new members and also a way to let students know that we are an interested and interesting group of people available for panel discussions, mentoring, volunteering as subjects for research projects, not only in gerontology but psychology, sociology, design, and a lot of other areas. We thank Dr. and Mrs. Wong for taking time from their busy schedules to attend our luncheon and hope to see both of them again at our spring get together.

We also discussed having more participation in the Fine Arts department. We will start by building a list of members who are interested in attending performances of regularly scheduled events and also senior and graduate recitals, play rehearsals, and so forth. We will contact interested parties as soon as we have information on times, dates, etc. This will be done *only* by email — it will not be possible to get this information out by phone in a timely manner. So be sure we have your contact address if you have one. If you prefer not to have this address listed in the Sixty Plus roster, we can arrange that. If you live near members who do have a computer and email, perhaps you could form a phone tree to pass on information. This e-mail list will also enable me to get out information from the San Francisco Conservatory of Music, which always comes in the week of the concert or recital and too late for our newsletter. We could use a few people to keep in touch with the Fine Arts Department and send out the information, but for the time being Eileen will start to collect the names and emails of those who are interested. So let us know.

Sincerely yours,

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

p.s. Don't forget to check our website: sixtyplussf.org

Hospitality Committee

The following is the hospitality schedule for the next three months:

Feb. 10	Hy – Jow	Mar. 10	Ku – Lin	Apr. 14	Mo – Ol
Feb. 24	Ka – Kn	Mar. 24	Lo – Mil	Apr. 28	Or – Pol

Members are asked to provide refreshments such as cookies, fruit, or other finger food for general membership meetings according to this 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.

We will have a designated host from each alphabetical group for each meeting. The host is to bring the tablecloth, some paper plates for contributions, napkins and any decorations desired; help with set-up and clean-up; thank members who bring the treats; socialize; and be sure that all leftovers are removed.

Heartfelt thanks to all hosts and contributors.

Phyllis Abad, pabad@earthlink.net

HAPPENINGS AROUND TOWN

By Bob Wrisley

Tulip Mania, Pier 39, Sat., Feb. 15 to Sun., Feb. 23. Free landscape walking tours to see thousands of tulips throughout Pier 39 All tours depart 10:00 a.m. from main entrance of Pier 39. www.pier39.com

New Sea Lion Center, Pier 39, open daily from 10:00 a.m. to 5:00 p.m. Displays and videos. <http://www.sealioncenter.org/>

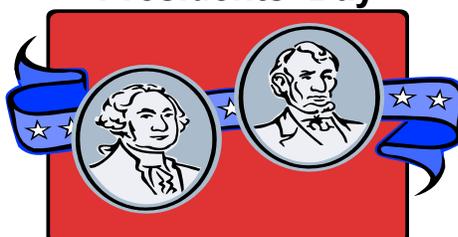
Conservatory of Flowers, Golden Gate Park, butterfly exhibit, through March 16. Open Tues. through Sun. 9:00 a.m. to 4:00 p.m. 20 species of butterflies. www.conservatoryofflowers.org

Birding in February, Birding at SF Botanical Garden. Sat., Feb. 1. Birding at Crissy Field, Sat., Feb. 15. Birding at Heron's Head Park, Sat., Feb. 22. Call Nancy DeStefanis, 387-9160. <http://www.sfnature.org/>

Pacific Orchid Exposition, Fort Mason, Fri/Sat/Sun Feb. 21/22/23, 10:00 a.m. to 5:00 p.m. Seniors \$10.00. Lectures and Seminars. Phone 665-2468. <http://www.orchidssf.org/>

Russian Festival, Russian Center, 2450 Sutter at Divisadero. Russian-American Celebration of Food and Dance, Sat., Feb. 22, 11:00 a.m. to 10:00 p.m. Sun., Feb 23., 11:00 a.m. to 7:00 p.m. Entertainment, music, dancing and food. Seniors \$6.00. <http://www.russiancentersf.com/>

Presidents' Day



NOT — QUITE — GOURMET DINING

**Trattoria Da Vittorio
150 West Portal (near Vicente)
Tuesday, February 25th, 11:30 a.m.**

This warm, inviting restaurant pays homage to the Calabrian cuisine that nourished owner Vittorio D’Urzo in Southern Italy. Caprese salad with burrata heads the list of salads, plus house-made bruschetta. Pizzas too — eight varieties — panini as well. Specialties include pastas, pollo Milanese with eggplant parmigiana, and petrale sole.

Irresistible desserts, of course!

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



NEW MEMBERS, 2013 — 2014

A warm welcome to our new members from all of us continuing members! Please feel free to approach any of us at any meeting, and we’ll be delighted to make your acquaintance. We hope your membership is productive of new friendships, fun, and adventures. We’ll be looking out for you and hope to welcome you personally.



**New Members: *Suzi Keyte*
*Christina Beh***

Arts and Entertainment

Planning Travel with Erwin Kelly

New Sixty Plus course offerings are planned for two sessions following the regular meetings in February. You are encouraged to attend both sessions. The class uses a Q & A format.

Session one emphasizes tour companies and their programs, costs, itineraries, special features, differences from each other. We discuss most major companies as well as the different travel options: independent travel, small groups, family — also land, riverboat, and small ship tours. Unfortunately, I don’t do cruise ship tours, but we’ll have plenty of information from classmates.

The second session is devoted to destinations covering the great and most popular attractions: London, Rome, Paris, Tokyo, Beijing, New Delhi, Colombo, Sydney, Rio de Janeiro, Cape Town, Casablanca, and more. We can also discuss some of the world’s great attractions: the Taj Mahal, Phuket, the Great Barrier Reef, Iguazu Falls — whatever you want to cover.

A shuttle bus will be available following the sessions.



Getting to Know You

Walter Berger

By Richard Lewis

Walter Berger was born in Ohio in 1938 and moved to Long Island in 1945, attending Garden City High School, where he was president and treasurer of the Student Council. He enjoyed many sports, including football, wrestling and lacrosse, and was a good student.

Dr Berger received his B.S.E. in engineering and M.D. degrees from Princeton University and Columbia respectively. At Princeton, he was president of the Engineering Council. Following his Navy R.O.T.C. activity, he had three happy years in the Navy as an officer in an aircraft carrier, spending time on the bridge and enjoying recreation on the beaches of Pensacola, Florida.



After considering his future options he applied to medical school and won a place at Columbia. He met his wife Nancy, who had come down from Smith College, at an Arthur Rubinstein concert at Carnegie Hall. They were married in 1967, and in the same year came to San Francisco. Walter had toured the country previously and fallen in love with the city. He completed his internship and residency and was Chief Medical Resident at University of California. His cardiology fellowship was at the California Pacific Medical Center.

He retired after 25 years as Chief of Cardiology at Kaiser Hospital in Redwood City. He has taught medical students since 1973 and is an Associate Clinical Professor of Medicine. Dr Berger did clinical research on risk stratification and early return to work for patients, and helped design a Kaiser program called Mister Fit.



He was accepted in the Masters program in ecology at Stanford. To “liberalize” his engineering and naval education he switched to art and classic subject. He enjoyed riding around campus on a bike and taking tennis and golf lessons at age 60. Currently he studies at SF State in “fun” subjects such as Greek mythology and the history of California, which is where he became aware of Sixty Plus.

The main source of entertainment for him and his wife are their five West Highland White Terriers – Westies. They have shown them in conformation twice at the Westminster Dog Show. Walter has been all over the world to pursue his hobby of bird-watching.

Every year he takes Nancy to Paris to celebrate her birthday. Some years ago they both completed the San Francisco marathon, and they kept a horse for riding in Golden Gate Park. These days Walter usually plays golf once a week.

Apart from the lectures, he enjoys the refreshments at Sixty Plus!



Tours

Valentine's Day Luncheon and Tour

S.F. State Library reference curator Meredith Eliassen leads Sixty Plus members on a campus garden tour, Friday, February 14. Meet in front of the J.P. Leonard library at 10:15 a.m. Lunch at the student-staffed Vista Room follows. Last year's luncheon received high praise from attendees.

Cost per person: \$18.00. See Maryann Swazo at Sixty Plus meetings or call and/or send checks by mail.

Cantor Arts Center

On Wednesday, February 26, 2014, join us for a day at the Cantor Arts Center at Stanford University. We'll have an early lunch at the museum's café, split up to view the museum's latest exhibits of the visual arts at our own pace, then re-group to join our docent-led tour of the Rodin Sculpture Garden on the grounds.

The café does not take individual or group reservations. Therefore, lunch at the café is not included in the cost. The menu prices are reasonable and the menu is available on-line.

We will leave from the parking lot on Lake Merced Boulevard at 9:45 a.m. and plan to return around 4:00 p.m. Space on the bus is limited to 20 passengers. The cost is \$35 per person. Contact Doug Roberts at (415) 681-8845 and leave a message. Make the check payable to Sixty Plus and mail to Doug Roberts.

Oregon Shakespeare Tour

The trip to the Oregon Shakespeare Festival is scheduled for October 14 to 17, 2014. The tour includes round-trip motor coach transportation, three nights' accommodations at the Plaza Inn & Suites, five theater performances, pre-performance seminars, three breakfasts, one dinner, taxes and gratuities for included meals, hotel, and driver.

Cost is \$965 per person/double occupancy; \$1210/single occupancy, based on a minimum of 20 and maximum of 30 participants. Call the Sixty Plus office to receive a detailed itinerary and application form.

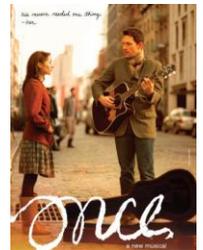
Special Events

BEST OF BROADWAY

"Once, the Musical"

This winner of 2012 Tony Awards including Best Musical is emotionally captivating and theatrically breathtaking, "Once" draws you in from the very first note and never lets go. It's an unforgettable story about going for your dreams — and the power of music to connect us all.

We will attend on Wednesday, July 9 at 2:00 p.m., at the Curran Theatre, 445 Geary St., SF, CA. www.curran.theatresanfrancisco.com. Ticket Pricing: \$65, mezzanine; no orchestra seats available. Please send your check made out to Sixty Plus to the office and include a self-addressed, stamped envelope. Payment due by May 1, 2014. **Only 20 seats are available.**



Note: There is no elevator in this theater. Use 38 Geary bus or any Muni to Market and Taylor and then walk uphill to Geary. Parking at Union Square or O'Farrell Street garages.

CALENDAR OF COMING EVENTS

February 10	Monday	10:30 a.m. 1:00 p.m.	Executive Board & Committee Chairs, Rosa Parks Room D General Program Meeting, Rosa Parks Room Planning Travel with Erwin Kelly Cesar Chavez Student Center, SFSU
February 14	Friday	10:15 a.m.	Lunch and tour of campus gardens, S.F. State University
February 24	Monday	11:00 a.m. 11:00 a.m. 1:00 p.m.	Tour Committee meeting, Rosa Parks Room D Program Committee meeting, Rosa Parks Room D General Program Meeting, Rosa Parks Room Planning Travel with Erwin Kelly Cesar Chavez Student Center, SFSU
February 25	Tuesday	11:30 a.m.	Not — Quite — Gourmet Dining
February 26	Wednesday	9:45 a.m.	Cantor Art Center tour, Stanford University

SIXTY PLUS 2013 - 2014

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Note: New e-mail for Margaret Grant: mgtgrant@att.net



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Items for the **March Highlights** should be submitted by **February 14** to: Jeanne Glennon: jfglennon@comcast.net

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