

Sixty Plus at San Francisco State University

Highlights

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SIXTY PLUS

A Program for Lifelong Learning

March, 2013

MONDAY, MARCH 11

“The Politics of Food” – Doris Bloch

Doris Bloch, L.A.’s First Lady of Hunger Relief, will be speaking about the fight against hunger and poverty. She will speak as the CEO of the Los Angeles Regional Food Bank, the second largest private feeding organization in the US between 1982 and 2000. “There were ten of us and one truck,” she says of her first year. Still, that year, the truck distributed 5.6 million pounds of food to 65 charities. Today, it distributes 40 million pounds of food a year to 965 charities.

Ms. Bloch will also speak about her observations in current-day San Francisco. She also will reflect about the 14 acre urban garden that she established right after the Rodney King riots.



Doris Bloch has held a variety of professional and volunteer positions including Chief Executive Officer of the Los Angeles Regional Food Bank, Board of Directors of the Interfaith Hunger Coalition, and organizer of the Los Angeles Literacy Project. She moved to San Francisco eight years ago and could not be paid to live anywhere else.

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 **Blanche Kerrigan**. Sixty Plus members whose last names begin with the letters **Kem - Lee** are requested to bring refreshments for this meeting.

MONDAY, MARCH 25

“River Otters: Back on the Bay Area Map” – Robyn Aston

River otters are charismatic carnivores, who make wonderful ambassadors for wetland restoration and conservation efforts. Yet little is known about their population, range, and seasonal habits in the Bay Area. The River Otter Ecology Project has taken on the challenge of discovering and documenting their ecological niche with the goal of providing information for land use decision and preserving habitat for these lively aquatic mammals.



Robyn is a volunteer with the Project and part of its Field Crew. He is a retired paramedic and a photographer, primarily of landscapes. Many years ago he was an instructor at the Catalina Island Marine Institute.

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 **Janet MacCormack**. Sixty Plus members whose last names begin with the letters **Lef – Maf** 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 – March, 2013

A teacher once told me, when I was lamenting how far away Christmas was, that as we get older time goes faster. How right she was. It feels as though Christmas was only a couple of weeks ago and yet we have had a New Year, Martin Luther King Day, Chinese New Year, Lincoln's and Washington's birthdays, President's Day, and Ash Wednesday - with Daylight Saving Time, Saint Patrick's Day, the first day of spring, Palm Sunday, Good Friday and Easter all following close behind. Ah, well, at this rate it won't be long until Christmas and I love Christmas!

Our website will be expanding, with more pages describing our various activities and with information on upcoming events. I urge all of you who have access to check it out at sixtyplussf.org once a week, or at least before each scheduled meeting. Eventually, we will be putting last-minute announcements onto the site and you might miss something important. Further expansions are in the planning stages and we will keep you posted on developments.

I would like to send a special and personal thank-you on behalf of all of the members to Bob Wrisley who is regrettably unable to attend our meetings at this time but who continues to send us each month a wealth of information about events in our wonderful city. Thank you, Bob.

May I wish you all a wonderful start to Spring and a very happy Easter Season.

Cheers, everyone!

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

HOSPITALITY COMMITTEE Hospitality Schedule 2012 – 2013

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

Mar. — 11	Kem — Lee	Apr. 8	Mag -- Mi	May 13	Nos -- Pi
Mar. — 25	Lef — Maf	Apr. 22	Mo -- Nor		

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.

Margaret Grant: mjngrant@sbcglobal.net

SPECIAL EVENTS COMMITTEE

Potluck Luncheon

Monday, March 18, from 11:00 a.m. to 2:00 p.m., St. Francis Episcopal Church
299 San Fernando Way at Ocean Avenue

Bring one of your favorite dishes to share with all.
We will also collect nonperishable food donations for poor women and children.

Deadline for sign up is March 15. Sign up with Peggy Pol at meetings or call 415-566-8492.

Hope to see you there!

Peggy Pol <mrpol@sbcglobal.net>

Tours

BLACKHAWK MUSEUM IN DANVILLE

Wednesday, March 13, 2013

The Blackhawk Museum was established to ensure that significant automotive treasures blending art, technology, culture, and history would be exhibited for public enjoyment and educational enrichment. This nearly 70,000-square-foot museum displays more than 80 historically significant and artistically-inspired automobiles dating from the early 1900s.

We will have a docent-led tour of the museum followed by lunch at Prickly Pear.
Cost: \$50.00; no refunds after March 8th unless a replacement is found.

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

GRACE CATHEDRAL
Friday, April 19, 2013

We will have a wonderful docent-led tour of the beautiful Grace Cathedral, the cathedral church of the Episcopal Diocese of California, located at 1100 California Street, on Nob Hill.

We will meet at 10:15 a.m. on the front stairs. After the tour, lunch is on your own - Nob Hill Café and the Fairmont Hotel are suggested.

The #1 California, #27 Bryant and the California Street cable car are possible forms of transportation.

ANNUAL TRIP TO OREGON SHAKESPEARE FESTIVAL
October 15 – 18, 2013

This fabulous tour includes round-trip motor coach transportation from San Francisco to Ashland, three nights' accommodations, five theater performances, breakfasts daily plus one dinner, and pre-performance seminars. The price also covers taxes & gratuities for included meals, hotel, and driver.

Call the Sixty Plus office at 415-412-4684 for full itinerary and pricing.

CHINESE NEW YEAR'S BANQUET March 4th, Monday, 5:30 p.m.

The year of the snake will slither in on Feb. 10th, 2013. By tradition, Sixty Plus will have our annual Chinese New year banquet this year on March 4th, Monday, 5:30 p.m. at the Hong Kong Lounge Restaurant, 5322 Geary Blvd. (between 17th and 18th Ave.). Our usual ten-course menu is as follows:

1. Appetizer - BBQ meat platter
2. Dried scallop bisque
3. Sauteed scallop and tender greens
4. Vietnamese style giant prawns
5. Sauteed beef cubes in Maggie Sauce
6. Soy sauce chicken
7. Fresh mushrooms and mustard green in oyster sauce
8. Steamed fresh fish
9. Braised egg noodles
10. Dessert of the day

The cost for each person is \$34, including 15% tips, 8-1/2% sales tax and 4% Special SF Health tax. Please mail your checks, payable to Sixty Plus, to Aida Hom at 842 - 44th Ave. San Francisco, Ca. 94121.

Street parking is fairly easy at or around 5 p.m.. The 38 Geary local bus stops at 17th Ave. The entrance to the parking garage on top of the Ross store, between 16th and 17th Ave. on Geary, is on 17th Ave.

Your check is your reservation. None will be cashed until the week before the banquet. Questions? Call Aida or office.

HAPPENINGS AROUND TOWN

By Bob Wrisley

St. Patrick's Day Parade, From Second St. and Market St. to Civic Center, Sat., March 16, 11:30 a.m. Also, free Civic Center Celebration, with food, music, arts and crafts, from 10:00 a.m. to 5:00 p.m.

Lunch at the Irish Cultural Center (UICC), 45th Ave at Sloat Thurs. and Fri. from 11:30 a.m. to 2:00 p.m. Sunday Brunch 10:00 a.m. to 2:00 p.m. (Book Sale Sun., March 17 from 11 a.m. to 4 p.m.)

www.irishcentersf.org

Irish Library, Ground floor of Irish Cultural Center (UICC), 2700 - 45th Ave., 1:30 to 4:30 p.m. Thur, Fri, Sat. Explore Ireland with 3000 titles, including books in the Irish language. www.irishcentersf.org

Bouquets to Art, De Young Museum, with 140 flower displays that pay tribute to art. Tues., March 19 to Sat., March 23, 9:30 a.m. to 5:00 p.m. www.famsf.org

Ikebana Flower Show, Sat/Sun March 16/17 from 10 to 4 p.m. At the County Fair Building, 9th/Lincoln. Admission \$10.00. More than 100 displays and arrangements, <http://www.ikebana.org/>

Ocean Film Festival, Pier 39 Bay Theater, at entrance to Pier 39. Sat./Sun., March 9/10. Programs at 10:00 a.m. 1:00 p.m. and 4:00 p.m. Seniors \$10.00. Many films - including Exploring Corals, Sea Birds, and Oceanariums. <http://www.oceanfilmfes.org/>

NOT - QUITE - GOURMET DINING

Grand Café
501 Geary St. at Taylor
Tuesday, March 26th, 11:30 a.m.

Located in an architecturally restored turn-of-the-century ballroom, the Grand Café, with its soaring ceilings, fanciful art nouveau-inspired paintings, and whimsical Beatrix Potter-style animal statues, is a stunning Parisian-style brasserie. Executive chef Alicia Jenish brings a Northern California touch to classic French dishes – including French onion soup, of course. A contemporary black kale salad includes leeks, apples, candied walnuts, and breast of chicken. Tuna Nicoise salad, steamed mussels, pan-roasted rainbow trout, Grand burger, Croque monsieur, lamb tartine, and more. A prix fixe lunch at \$15 includes a chicory salad, savory bread pudding with chicken breast, and your choice of dessert or glass of rosé. Fabulous Parisian desserts, plus cheese selections.

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

COME TO THE MAY BUFFET
Lunch – Wine – Entertainment – Prizes

Friday, May 10, 2013, 12:00 to 3:00 p.m.
Price: \$32.00 prepaid (guests welcome)
Seven Hills Conference Center, SFSU

Reservation and refund deadline: May 3

Main Dish -- Choice of:

- Polenta-crusted Chicken Breast topped with Basil Pesto and Tomato Onion Relish
- Prime Rib of Beef with Au Jus and Horseradish Cream Sauce
- Vegetarian dish upon request

Shuttle bus from Lake Merced parking lot at 11:45 A.M.; return at 3:00 P.M.

Sign up at meetings or send a check made out to Sixty Plus (for \$32.00 per person) to: Peggy Pol, 2479 42nd Avenue, S.F., 94116. Please don't forget to indicate your choice of entrée(s) and names of guests. Questions? Call 415-566-8492

Peggy Pol <mrpol@sbcglobal.net>



A warm welcome to our new members:

Doreen Aguirre	Caron Anderson	Faye Campbell
Ralph Jacobson	Judy Jacobson	Michael Johnson
Jan Rhoades		

And to our renewing members:

Priscilla Allen	JoAnne Imperial
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CALENDAR OF COMING EVENTS

The Board will meet on **Monday, January 14, at 10:30 a.m.** in the Rosa Parks Room. The general meeting will start on that date at 1:00 p.m.

March 4	Monday	5:30 p.m.	Chinese New Year Banquet, Hong Kong Lounge Restaurant. 5322 Geary Blvd. (between 17th and 18th Ave.)
March 11	Monday	10:30 a.m. 1:00 p.m.	Executive Board & Committee Chairs, Rosa Parks Room D General Program Meeting, Rosa Parks Room, SFSU
March 18	Monday	11:00 a.m.	Potluck Picnic,
March 25	Monday	10:30 a.m. 11:00 a.m. 1:00 p.m.	Tour Committee meeting Program Committee meeting General Program Meeting, Rosa Parks Room, SFSU
March 26	Tuesday	11:30 p.m.	Not-Quite-Gourmet Dining, Grand Café, 501 Geary St. at Taylor
March 13	Wednesday		Blackhawk Museum tour and lunch, Danville
		9:15 a.m.	Leave from Lake Merced parking lot
		9:30 a.m.	Leave from 19 th & Holloway
		4:00 p.m.	Return (approximately)
April 19	Friday	10:15 a.m.	Grace Cathedral tour, 1000 California Street, SF

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 Kirchhoff
Recording Secretary	Alice Keenan
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
Communications	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

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Sixty Plus Highlights

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Items for the **April Highlights should be submitted by March 15**

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