

Sixty Plus at San Francisco State University

Highlights

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SIXTY PLUS

A Program for Lifelong Learning

March, 2014

MONDAY, MARCH 10: Will Durst

Will Durst, called “the thinking man’s comic” will visit us with excerpts from his current one-man show, “BoomeRage” which is a humorous tribute to the joys, achievements, frustrations and looming doom of the Baby Boomer Generation.

Acknowledged by peers and press alike as one of the premier satirists in the country, Will Durst has patched together an incomparable quilt of a career in comedy, weaving together columns, books, radio and television, acting, voice-overs and stand-up comedy. The New York Times called him “quite possibly the best political comedian working in the country today.”



Will Durst’s performances are made possible by the First Amendment.

This meeting will be held in the Jack Adams room in the Cesar Chavez Student Center. The meeting will be held at 1:00 p.m. Social time will follow.

The hospitality hostess for this meeting is **Carol Laker**. Sixty Plus members whose last names begin with the letters **Ku - Lin** are requested to bring refreshments for this meeting.

MONDAY, MARCH 24: “THE BLUE HERON”

Nancy DeStefanis, San Francisco Nature Education, Founder and Director

Nancy is an environmental educator, field ornithologist, and lecturer. She discovered the first documented nesting of great blue herons in San Francisco in 1993 and monitored the colony for the San Francisco Bay Bird Observatory. A firm believer in educating children to love nature, she created environmental education programs for kindergarten through fifth grade in San Francisco schools starting in 2000.

Her fascinating slide presentation on the blue heron will focus on the birds in Golden Gate Park. In her latest newsletter, she announced that at least four great blue herons have been spotted at Stow Lake and two of them have settled in the middle nest on Heron Island. During March, females lay eggs and then take turns with the males incubating eggs for about 30 days. In April, the first chicks hatch and emerge from the bottom of the nest.



This meeting will be held in the Jack Adams room in the Cesar Chavez Student Center. The meeting will be held at 1:00 p.m. Social time will follow.

The hospitality hostess for this meeting is **Rose Miller**. Sixty Plus members whose last names begin with the letters **Lo - Mil** 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, 2014

Wow, it has been quite a hectic couple of weeks! As you know the SFSU Science Building has been closed indefinitely until they solve the asbestos problem in the building. This has meant a gigantic displacement of classes into any and all available rooms around the campus. Unfortunately, our standing reservation in the Rosa Parks Room in the SFSU Student Center was one of the first casualties. As you can imagine it has been a mad scramble to find alternative venues.

We have been fortunate thus far to have access to the Jack Adams Room on the top floor of the same building, and will be there for our March meetings. After, that we will once again be on a meeting-by-meeting arrangement, often with last minute announcements about locations.

The best way to receive immediate information is by email, and those of you who have shared your computer address are receiving updates via email. Board members and others have volunteered to call those who do not have computer access and we will definitely try to reach everyone. If you don't have an answering machine on your home phone, please call the office or contact friends who do have computer access to check on the latest update. Those of you who have computer access and are receiving the emails, please contact your computerless friends and pass on the information. If we all work together we can continue to have our wonderful program meetings and even share coffee and goodies!



Thanks for your patience and cooperation.

Sincerely yours,

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

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

Important Message

Everyone has heard by now about the meeting-room crisis at S.F. State. We will obtain future room assignments on a date-by-date basis. We will let members know of assignments as soon as we have the information. We will e-mail the information, add it to the voice-mail message from the office, and post it on our website www.sixtyplussf.org. Also we have formed a phone tree to contact members without e-mail addresses. We hope these approaches keep everyone informed. If you need further information, please call the office at 415-412-4684. We hope this situation will resolve itself soon; meanwhile we are doing everything we can to keep members informed.

Hospitality Committee

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

Mar. 10	Ku – Lin	Apr. 14	Mo – Ol	May 12	Pru – Rose
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

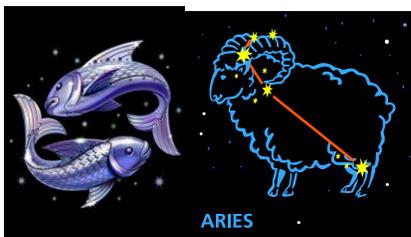
SF Zoo Senior Stroll (a docent-guided walking tour), Thurs., March 13, 9:00 a.m. to 10:15 a.m. Meet at Main Entrance. www.seniorstroll@sfzoo.org.

St. Patrick’s Day Parade and Festival, Parade Sat., March 15, starts 11:30 a.m. from 2nd and Market Streets, then down Market to Civic Center. Floats and marching bands. Civic Center Festival, 10:00 a.m. to 5:00 p.m. Music, dancing, and food. <http://uissf.org/events>

Conservatory of Flowers, Golden Gate Park. Butterfly Exhibit, with 20 species of butterflies; through March 16, 10:00 a.m. to 4:00 p.m. Closed on Mondays. www.conservatoryofflowers.org.

SF Randall Museum, 199 Museum Way. Tues. through Sat., 10:00 a.m. to 5:00 p.m.. Live animals including an owl, raven, and pelican. <http://www.randallmuseum.org>.

Tal-Y-Tara Tea Shoppe, 6439 California St. between 26th and 27th Ave., 9:00 a.m. to 6:00 p.m. Closed Sundays. Scones and 50 varieties of tea. (The Shoppe sponsors equestrian programs for the James S. Brady Therapeutic Riding Program for children with Special Needs. Brady was Ronald Reagan's press secretary; shot in 1981, he helped pass the anti-handgun Brady Bill. <http://www.horsesincalifornia>). <http://www.talytara.com>.



NOT — QUITE — GOURMET DINING

Mission Rock Resort Restaurant

817 Terry Francois Blvd.

Tuesday, March 25th 11:30 a.m.

No fuss, great food, right alongside the Bay — a San Francisco legend. The seafood-focused menu features a raw bar with fresh oysters, plus citrus-poached Gulf prawns, littleneck clams, Dungeness crab, and Pacific rock cod ceviche. Or start with a roasted golden beet salad, baked oysters or oysters Rockefeller, barbecued oysters or clam chowder. Also from the sea: fish and chips, local ling cod, crab and shrimp Louie, and chili-spiced fish tacos. Don't care for seafood? Experience the renowned Rock Burger with all the bells and whistles or baked mac & cheese. Yummy desserts, of course.

Take the Third Street light rail (T-car) to the Mission Rock (Mariposa) stop, and walk east a short distance.

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

Arts and Entertainment

SYMPHONY PARNASSUS

April 13, 2014, 3:00 p.m.; Jewish Community Center of San Francisco, 3200 California St., SF, CA

Mendelssohn: Hebrides Overture (“Fingal’s Cave”)

Bloch: Schelomo – Hebrew Rhapsody for Cello and Orchestra

Beethoven: Symphony No. 5

June 8, 2014, 3:00 p.m.; San Francisco Conservatory of Music, 50 Oak St., SF, CA 94102

Debussy: Afternoon of a Faun

Martin: Violin concerto

Stravinsky: Firebird Suite

Tickets \$21; group sales: \$10 per person, minimum ten people

For further information, contact Peggy Pol, 415-566-8492

Special Events

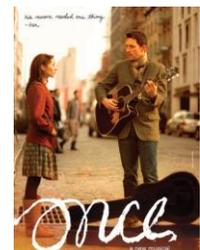
BEST OF BROADWAY

“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.



Tours

Gold Country Trip – Saturday and Sunday, June 7 – 8

A two-day/one-night trip is planned to visit the Gold Country. The tour includes motor coach transportation to Sutter Creek, one night at the Days Inn Sutter Creek, a group dinner, a two-hour guided tour of the area, as well as a chance to enjoy the annual Italian Parade in downtown Sutter Creek. Please call the Sixty Plus office to receive a full itinerary.

Cost is approximately \$250 per person/double occupancy and \$325 per person for single occupancy. Full payment is due no later than April 11. The cost is based on a minimum of 20 participants with a maximum of 30.

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.

SERVED SPRING LUNCHEON

Monday, May 19, 2014 – 12:00 to 3:00 p.m.

\$33.00 prepaid (guests welcome)

Seven Hills Conference Center, SFSU

HAPPY HOUR

SIT-DOWN LUNCH

ENTERTAINMENT

PRIZES

MENU:

Caesar Salad

Choice of:

Grilled Chicken Breast

Topped with smoked bacon, caramelized onions and melted Gouda – *or*

Sliced Tri Tip of Beef

With braised onions and wild mushrooms –*or*

Vegetarian dish upon request

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

Dessert: Traditional New York Cheesecake with fruit compote

Shuttle bus from Lake Merced parking lot at 11:45 a.m., return at 3:00 p.m.

Sign up at a meeting or send a check made out to Sixty Plus to:

Peggy Pol, 2479 42nd Avenue, SF, CA 94116-2120

Indicating choice of entrée and name(s) of guest(s)

Reservation and refund deadline: May 13th

Chicken _____ Name(s) _____
Beef _____ Name(s) _____
Vegetarian _____ Name(s) _____

NEW: Cart shuttle from bus or garage available upon reservation with Peggy

Getting to Know You

Joyce Stephens Cassells

Joyce Stephens Cassells grew up in Michigan, where her parents moved from Gadsden, Alabama right after World War II when she was 2 years of age. She is the second-born and first daughter of four siblings. When she was six, her parents moved into a new house in a new subdivision surrounded on three sides by corn fields, located in the countryside midway between Ann Arbor, Michigan and Detroit.



Always good at school, Joyce was high school valedictorian, in the honor society, on the debating team, and in the chorus. As a high schooler, Joyce's first jobs were tutoring math and algebra and after-school babysitting.

Joyce decided she was going to the University of Michigan (U of M) when she was 4 years old and entered the honors college of the university at age 17, with high scores on standardized tests that continued with her graduate school entrance tests. Joyce has a B.A. in Sociology and a Master of Public Policy from the U of M and a PhD (dissertation in sociological psychology) from the California Institute of Integral Studies (CIIS) in San Francisco. She also earned a certificate in nonprofit management from CalState-East Bay.

Joyce was married from 1967 to 1977 to Norman Cassells. They lived in Michigan, then in Berkeley, CA, and finally for two years on Saint Thomas in the U.S. Virgin Islands (USVI). Her now-deceased ex-spouse joined the Peace Corps after graduating from U of M (B.A. in cultural anthropology) and served two years in Brazil. He earned a Master's Degree in City and Regional Planning from UC Berkeley.

Joyce returned to California, to San Francisco this time, about 26 years ago, in March, 1988. She has lived in the same flat in the Inner Sunset area for the last 18 years.

Joyce has 12 years' experience working in social science research and teaching. She has 17 years' experience working as a grant writer and consultant to nonprofit organizations.



Recently, Joyce was treated by her younger sister, Jean, to a trip to her home in Evanston, Illinois to celebrate Joyce's 70th birthday. Her two brothers, Charles and Walter, traveled from Michigan for the occasion — which was the best birthday of her life. Their parents each died in the last 10 years but were able to live at home until the end, cared for by her two brothers who lived nearby. All four siblings are now 60-plus and enjoying life after 60. Three of them have long marriages, grown children and young grandchildren; one sibling is a great grandparent. Joyce has no children.

Though she joined only a few months ago, Joyce has known about Sixty Plus for some years, from an ad in the Sunset Beacon and from visiting the SFSU website. In the recent past, Joyce was active with the Institute of Noetic Sciences (Petaluma) and attended lectures at the Jung Institute (San Francisco). Joyce would love to help start a small book club within Sixty Plus' membership.



CALENDAR OF COMING EVENTS

March 10	Monday	10:30 a.m. 1:00 p.m.	Executive Board & Committee Chairs General Program Meeting Jack Adams Room, Cesar Chavez Student Center
March 24	Monday	11:00 a.m. 11:00 a.m. 1:00 p.m.	Tour Committee meeting Program Committee meeting General Program Meeting Jack Adams Room, Cesar Chavez Student Center
March 25	Tuesday	11:30 a.m.	Not - Quite - Gourmet Dining
May 19	Monday	12:00 p.m.	Spring Luncheon
June 7 – 8	Sat. – Sun	tbd	Trip to gold Country
Oct. 14 – 17	Tues. – Fri.	tbd	Oregon Shakespeare Festival

SIXTY PLUS 2013 – 2014

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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
Past President	Ray Sarakaitis
Ex officio	Margaret Grant

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Arts & Entertainment	Erwin Kelly
Education — Co-chair	Richard Chackerian
Education — Co-chair	Richard Soward
Hospitality — Co-chair	Phyllis Abad
Hospitality — Co-chair	Margaret Grant
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Programs	Alice Keenan
Publicity — Co-chair	Richard Lewis
Publicity — Co-chair	Christine Malfatti
Special Events	Peggy Pol
Sunshine	Karen Gretch
Tours	Sheila Birmingham

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



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Sixty Plus Highlights

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Items for the **April Highlights** should be submitted by **March 17** to: Jeanne Glennon: jfglennon@comcast.net

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