

Sixty Plus at San Francisco State University

Highlights

■ News ■ Programs ■ Classes ■ The Arts ■ Tours ■ Community

SIXTY PLUS

A Program for Lifelong Learning

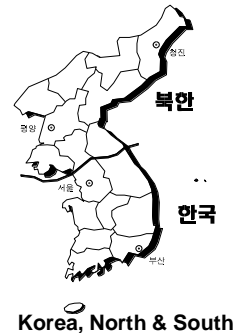
April, 2013

MONDAY, APRIL 8

“North Korea” Lynn Faust

This timely talk on North Korea includes the history and geography of the country and the philosophy of Kim Il-Sung, all of which have shaped the northern half of Korea we know today. The pictures will show what North Korea looks like today. The scenes depicted illustrate what the North Koreans want us Westerners to see. Our speaker submits the arguments pro and con unification of the two Koreas, why the North Koreans are as belligerent as they seem to be, and how dangerous they may be.

Lynne Faust has traveled extensively and also has lived abroad. She has been interested in history and travel from a very young age. She taught history, government, and civics in the Bay Area and later spent four years living in London and touring Western Europe, Scandinavia, and Great Britain. While working in Telecommunications Management she was sent to Poland, Hungary, Czechoslovakia, Singapore, Sydney, and Hong Kong. She is an active member of a current events group and she is proud to be a Richmond District Judge Advocate within the Neighborhood Court system.



Korea, North & South

The meeting will start 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 **Ann McGuire**. Sixty Plus members whose last names begin with the letters **Mag - Mi** are requested to bring refreshments for this meeting.

MONDAY, APRIL 22

“Climate Change”

Professors and Students from the SF State Climate Change Scholars Program

On this Earth Day, we will be joining students from the Climate Change Scholars Program to discuss how our SFSU students are making strides in the world of climate change science on campus and in our community. Learn about how little changes can make the difference in mitigating the effects of climate change.

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 **Myrle Norman**. Sixty Plus members whose last names begin with the letters **Mo - Nor** 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 – April, 2013

Hope you all recovered from the move to daylight saving time. For some reason my body clock goes into revolt and it takes me a while to get back to normal. I hate getting up in the dark but I do like the light filled evenings and it is good to welcome Spring.

In 1845, Robert Browning wrote “Oh to be in England now that April's there....” It can be a beautiful time when bare trees gradually gain a wash of green as they start to bud, bulbs bloom, and the sky is more blue than gray. That is, if you are lucky! It actually snowed in London last week so I am hoping Browning's vision holds up for me and my youngest daughter as we visit our home country this month.

If you receive a call from a member of the Nominating Committee, please consider running for one of the open offices. Nothing brings you into contact with potential friends and gives you a sense of having contributed to our group more than working with others to keep Sixty Plus up and running. Thanks again to the volunteers who bring us so much that is fun and interesting.



In the meantime, remember to check out our website: sixtyplussf.org.

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

HOSPITALITY COMMITTEE Hospitality Schedule 2012 – 2013

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

Apr. 8	Mag -- Mi	May 13	Nos -- Pi	June 10	Po -- Roo
Apr. 22	Mo -- Nor			June 24	Rop -- Sa

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

COMMUNICATIONS

Just to clarify: We now have three different versions of *Highlights*:

- The traditional paper copy that is distributed to everyone on Eileen's mailing list (less those who want to receive it via e-mail *only*)
- The e-mail copy that goes to those have e-mail addresses
- The website version, which is available to anyone who accesses our website

Personal information will not be on the website version, for members' protection. However, organizers of tours, luncheons, etc., may give permission to print their telephone number or address for a specific event.

Always open to input: Jeanne Glennon, Newsletter Editor, jfglennon@comcast.net.

Tours

For information on tours contact *Sixty Plus* at 415-412-4684 or *Sheila Birmingham*, Sheilab507@hotmail.com.

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.

Tour coordinator: Carol Laker; see roster for contact information.

MUIR WOODS IN SPRINGTIME Wednesday, May 8

Plan on spending part of the day out of the city. Take a leisurely walk through some of the world's tallest trees. Springtime is a good time to reflect on the year ahead. Those less inclined to walk can bring some good reading with them, or a portable music device. (Due to recent budget cuts, docent tours are not available.) We travel via chartered bus. Cost per passenger: \$45. **NOTE** – Payment must be received by the Monday meeting, April 29.

Departure Time: 9:00 a.m. at Lake Merced parking lot
9:15 a.m. at Holloway and 19th Ave. via charter bus

Lunch will be at 12:30 p.m. at *Marin Joe's* in Corte Madera. Return to SF State at approximately 2:00 p.m.

Tour coordinator: Douglas Roberts; see roster for contact information.

OTHER EVENTS

Nesting Herons on Stow Lake, Stow Lake Boathouse, Saturdays, Apr. 13, 20, 27, May 4, 11, 18.

Interpreters at observation deck show herons and chicks; 10:00 a.m. – 1:00 p.m.; free. Naturalist-led walk from observation site; 10:30 a.m. – 12:00 noon; Adults \$10, young adults and children free; no one turned away due to lack of funds. San Francisco Nature Education, 415-387-9160; www.sfnature.org

Art of Aging Gracefully, Stimulating Lectures and a Resource Fair with representatives from health services, lifestyle companies, nutrition services, and more. San Francisco Jewish Community Center, 3200 California St., SF, CA, Thursday, April 25; 9:30 a.m. – 2:45 p.m.; free; www.jccsf.org

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.

Arts and Entertainment

HEY, LET'S TRAVEL TOGETHER

Two groups of SixtyPlus-ers are getting set for a couple of great travel adventures. The first is a tour of Ireland, leaving for the north July 30. Decide quickly as the Ireland trips fill up fast. Call Erwin Kelly for full details after April 10.

The second tour date has not been set yet by the company, but plans call for a late March Date to visit Japan. This date will coincide with cherry blossom time – one of the most colorful times to visit this intriguing land. Big parties, including all family members, are held in virtually every Japanese park. Much fun!

HAPPENINGS AROUND TOWN

By Bob Wrisley

Mallwalkers Group, every Thursday 9:00 a.m. Meet at Stonestown Center Court. Free Call 750-5800

Cherry Blossom Festival, , Sat/Sun April 13/14 and 20/21; exhibits, food booths, and entertainment at Post and Buchanan. Parade, Sun April 21, 1:00 p.m. From City Hall on Post St. to Fillmore 415-563-2313; www.sfcherryblossom.org

Union Street Easter Parade, Sun March 31, 2:00 p.m. Union St. from Gough to Steiner. Wacky 45 units, with art cars and mini floats. All day celebration from 10:00 a.m. to 5:00 p.m. Easter Bonnet Contest 11 a.m. to 1:00 p.m. www.sresproductions.com

Square Dance Classes, The Caper Cutters Square Dance Club is having open house .Classes for beginners on April 1 and 5 at 7:00 p.m. to 9:30 p.m. Meet at St. Paul's Church Hall, 1399 43rd Ave. at Judah. For information call Dave or Barbara Styles, 751-3105. www.sfsquaredancing.org/

Peter Morrison Magic Show, 419 O'Farrell St. at Taylor. www.morrisonmagic.com/

Timothy Noonan Magic Show, at the Pier 39 Bay Theater. www.sanfranciscomagicshow.com

California Mille, Sunday April 28. 150 cars in front of the Fairmont Hotel, 11:00 a.m. to 6:00 p.m. The Mille Miglia race departs Monday April 29 and ends May 2; www.californiamille.com

NOT - QUITE - GOURMET DINING

Dixie Restaurant Dixie is just inside the Presidio Gate off Lyon. Muni buses 41, 45, 30, 43 and 28; also self-parking garage

1 Letterman Drive (Chestnut @ Lyon)*

Tuesday, April 30th 5:30 p. m

Contemporary cuisine created with a Southern soul, in a serene Presidio setting. Chef Joseph Humphrey, native of the deep South, has earned Michelin stars at two other Bay Area restaurants, and has transplanted such Dixie favorites as cheddar-scallion hush-puppies, smoked cod beignets, and oysters - raw, fried, or smoked as appetizers. Entrees include gulf shrimp, chicken-fried quail, sturgeon, acorn grits, and heritage pork. But save room for salted caramel pecan pie or hummingbird cake, among other temptations.

RSVP: Marian Anderson, (415) 282-8334 or marianra@comcast.net or the Sixty Plus office: 415-412-4684.

Come to the May Buffet

Friday, May 10, 2013, Noon to 3 P.M.
Seven Hills Conference Center, SFSU

Lunch - Wine - Entertainment - Prizes

Menu

Arugula Salad, Pears and Crumbled Goat Cheese with a Tarragon Vinaigrette

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

Seasonal vegetables, starch, rolls with butter

Traditional New York Style Cheesecake with Fruit Compote

Coffee and tea

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 to Sixty Plus (\$32.00 per person) to:
Peggy Pol, 2479 42nd Avenue, S.F., 94116*

Questions? Call Peggy at 415-566-8492

Reservation and refund deadline: May 3

Please fill in, tear off, and submit with your check

Name _____

Phone Number _____

Names of Guests _____

Choice of Entrée _____

Amount Enclosed _____

CALENDAR OF COMING EVENTS

April 8	Monday	10:30 a.m. 1:00 p.m.	Executive Board & Committee Chairs, Rosa Parks Room D General Program Meeting, Rosa Parks Room, SFSU
April 19	Friday	10:15 a.m.	Grace Cathedral tour, 1000 California Street, SF, CA
April 22	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
April 25	Thursday	9:30 a.m.	Art of Aging Gracefully, San Francisco Jewish Community Center, 3200 California St, SF, CA
April 30	Tuesday	5:30 p.m.	Not-Quite-Gourmet Dining, Dixie, 1 Letterman Drive, SF Presidio
May 8	Wednesday	9:00 a.m. 9:15 a.m. 2:00 p.m.	Muir Woods in Springtime Lake Merced Parking Lot Holloway at 19 th Avenue Return (approximately)
May 10	Friday	12:00 noon	May Buffet, Seven Hills Conference Center, SFSU

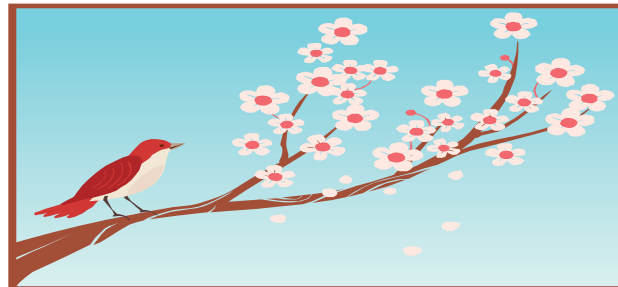
SIXTY PLUS 2012 - 2013

Officers

President	Shelagh Ross
1 st Vice President	Margo Moor
2 nd Vice President	Karen Gretch
Co-Treasurer	Paul Rosenberg
Co-Treasurer	Terry Kirchoff
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 —	Sheila Birmingham (pro tem)



Sixty Plus at San Francisco State University
Gerontology/Sixty Plus – HSS-242, 1600 Holloway Avenue, San Francisco, CA 94132
Website: www.sixtyplussf.org * Telephone: 415-412-4684 * email: sixty@sfsu.edu

Sixty Plus Highlights

Editor: Jeanne Glennon; * **Assistant Editor:** Maleta Boatman; * **Contributors:**, Barbara Anderson, Marian Anderson, Sheila Birmingham, Maleta Boatman, Margaret Grant, Irv & Helen Jarkovsky, Christine Malfatti, , Peggy Pol, Doug Roberts, Shelagh Ross, Ray Sarakaitis, Eileen Ward; Bob Wrisley

Distribution Manager: John Johns * **Managing Editor:** Eileen Ward

Items for the *May Highlights* should be submitted by April 12 to: Jeanne Glennon: jfglennon@comcast.net



SIXTY-PLUS at SAN FRANCISCO STATE UNIVERSITY
Gerontology/Sixty Plus – HSS-242
1600 Holloway Avenue
San Francisco, CA 94132
Web: www.sixtyplussf.org