

# Sixty Plus at San Francisco State University

## Highlights

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SIXTY PLUS

*A Program for Lifelong Learning*

April, 2014

### BREAKING NEWS!

***Due to the room crisis at SF State, our meeting schedule has to change. Just this once, In April we are changing our meeting date from the fourth Monday, April 28, to the third Monday, April 21. Our new dates are listed here:***

Monday, April 14: Jack Adams Room, 1:00 p.m.  
Monday, April 21: **New Date:** Jack Adams Room, 1:00 p.m.  
Monday, April 28: **NO Meeting**

Monday, May 12: Location TBD, 1:00 p.m.  
Monday, May 28: **NO Meeting** – Memorial Day holiday

Monday, June 9: Little Theater, Creative Arts Building, 1:00 p.m.  
Monday, June 23: Little theater, Creative Arts Building, 1:00 p.m.

### **MONDAY, APRIL 14 - John Rothmann** **Jack Adams Room, Student Center**

One of the most popular speakers at Sixty Plus, John Rothmann, returns with another informative, entertaining, and stimulating program.

John Rothmann is a radio talk show host, political analyst and consultant, author, lecturer. One of his personal loves is his 15,000 volume library – one of the finest private libraries in the country – specializing in political history and political biographies.



As always, he will discuss current political happenings both here and abroad as well as look ahead to the elections in California and the country.

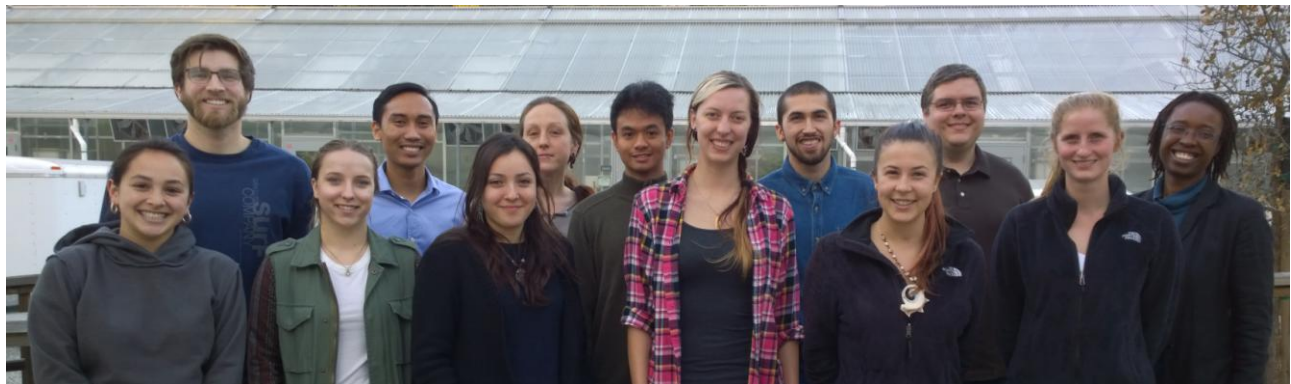
**This meeting will be held in the Jack Adams room in the Cesar Chavez Student Center.** The meeting will be held at 1:00 p.m. Social time will follow.

The hospitality hostess for this meeting is **Peggy Pol**. Sixty Plus members whose last names begin with the letters **Mo – Ol** 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.**

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**MONDAY, APRIL 21: Climate Change Scholars Program  
Jack Adams Room, Student Center**



These students are participating in a highly successful opportunity for undergraduates to engage in meaningful research on climate change. The program aims to provide a supportive community for students not only to excel in science, technology, engineering and math, but to pursue graduate studies in these fields. This year the students are working on a number of research topics and present their findings at conferences and in peer journals.

These students receive a full or partial scholarship in exchange for four to eight hours per week of climate change research – the program provides these scholars with opportunities to do meaningful research that is changing their lives and the world.

**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 **Cecile Neubaumer** Sixty Plus members whose last names begin with the letters **Mo - OI** 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.

**MONDAY, APRIL 28: NO MEETING**

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**Hospitality Committee**

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

<b>Apr. 14</b>	<b>Mo – OI</b>	<b>May 12</b>	<b>Pru – Rose</b>	<b>June 9</b>	<b>Ross – Smi</b>
<b>Apr. 21</b>	<b>Or – Pol</b>	<b>May 26</b>	<b>NO Meeting-</b>	<b>June 23</b>	<b>Smo – Th-</b>
<b>Apr. 28</b>	<b>NO Meeting</b>				

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. Heartfelt thanks to all hosts and contributors.

**Phyllis Abad, pabad@earthlink.net**

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## President's Message – April, 2014

I want to start by thanking everyone for their patience during the meeting room merry-go-round. Eileen has been amazing in tracking down space and Mark has been very kind to us given that we are a pretty low priority in the race for room space. Thank you to the telephone volunteers who have kept everyone informed and to those of you who have provided email addresses so we can contact you quickly. We are not out of the woods yet, but thanks to those, especially Margaret Grant, who have offered suggestions for alternate venues, I believe we will be able to continue presenting our fantastic programs.

A five-member Nominating Committee has been formed to find candidates for the Board for the upcoming two years. President, and First and Second Vice President positions will be termed out (the Vice Presidents are eligible to move up a notch) and new members will need to be voted in. If you are interested in any of the Board positions, or in joining a Committee, please contact a member of the Nominating Committee and let them know. If you have suggestions for any office pass on that information also, after you have ascertained that your nominee is willing to serve. Acting as a Board member is one way to really get to know the workings of the organization and get to know new people. I have thoroughly enjoyed my term of office even though it has been a bit hectic lately. We have a lot of lovely, generous, helpful members and it has been a pleasure to work with all of them.



Wishing you all a very Happy Easter.

**Shelagh N. Ross, President: [shelaghx@yahoo.com](mailto:shelaghx@yahoo.com)**

P.S. Don't forget to check the website: [sixtyplussf.org](http://sixtyplussf.org) or call the office 415-412-4684 for information.

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### NOT-QUITE-GOURMET DINING

#### Fog City

**1300 Battery (at the Embarcadero)**

**Tuesday, April 29th 5:30 p.m.**

We won't have the Fog City Diner to kick around anymore - in its place is the sleek, new Fog City, site of our first DST dinner of the year. Three sides overlook the Embarcadero and Battery Street, the fourth overlooks the open kitchen with a 7-foot custom grill. The oven brings forth Alder-planked trout, rib-eye, lamb skewers, pork cheeks, and of course, the Fog City Burger. Veggies include grilled kale salad, roasted pumpkin minestrone, and king oyster mushroom stew. Desserts include some of the most beautiful crullers ever among other temptations.

The old F streetcars on Market Street will get you from Castro to Battery Street.

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

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# HAPPENINGS AROUND TOWN

By Bob Wrisley

**Marine Mammal Center**, 2000 Bunker Road, Fort Cronkhite, Sausalito. Daily 10:00 a.m. to 5:00 pm. Free. Docent-led tours March 29 to April 20, daily, 1:00 p.m. and 3:00 pm.; 11:00 am Sat/Sun. Seniors \$5.00.

**Heron Watch at Stow Lake**, Golden Gate Park. Saturdays, April 12 to May 17, 10:30 am. Meet at Stow Lake boathouse. See the Great Blue Herons with Nancy DeStefanis.

**Ruth Bancroft Garden**, 1550 Bancroft Road, Walnut Creek. Tues. thru Sat. 10:00 a.m. to 4:00 p.m. Seniors \$7.00. Two thousand plants from around the world. At age 103 Ruth works with three gardeners.

**Cherry Blossom Festival**, Japan Town, SF. Sat/Sun April 12/13, 19/20, 12:00 to 4:00 p.m. Festival and parade with hundreds of performers from California and Japan. Parade Sun., April 20 1:00 p.m. from City Hall, then on Post to Fillmore. Festival at Post and Buchanan with food booths, exhibits, and entertainment.

**Easter Parade and Festival**, Union Street, SF. Sunday, April 20. Parade 2:00 p.m. on Union St. from Gough to Fillmore with 45 wacky units. Celebration from 10:00 a.m. to 5:00 p.m.

**Easter Sunrise Service**, Mt. Davidson, SF. Sunday, April 20, 7:00 a.m. Muni free shuttle service, over and back, from Forest Hill Station from 4:45 a.m., runs every 15 minutes.

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## 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 42<sup>nd</sup> Avenue, SF, CA 94116-2120

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

Reservation and refund deadline: May 13<sup>th</sup>

Chicken \_\_\_\_\_

Name(s) \_\_\_\_\_

Beef \_\_\_\_\_

Name(s) \_\_\_\_\_

Vegetarian \_\_\_\_\_

Name(s) \_\_\_\_\_

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

## Tours

### Three- Course Lunch and Tour of Juana Briones Exhibition

**Wednesday, April 9th**

Lunch will be at the Educated Palate (downtown City College Culinary Academy) at 11:15 a.m. at 88 -4<sup>th</sup> Street (near Mission Street). The docent-led tour after lunch is at the California Historical Museum, 678 Mission Street, SF, walking distance from the restaurant.

*Who was Juana Briones?* Juana Briones was a Mexican American pioneer born in 1802. She was a businesswoman, healer and landowner. She was one of the first residents of San Francisco, then named Yerba Buena. She is an unheralded founder of modern-day San Francisco and the bay area.

Take the 30 Stockton bus or any bus down Market or Mission Street to 4<sup>th</sup> Street. For those who do not want to take public transportation, parking is available at Fifth and Mission/Yerba Buena Parking Lot.

**Information:** Sheila Birmingham: [Sheilab507@hotmail.com](mailto:Sheilab507@hotmail.com) or telephone number in roster.

### 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 lunch and dinner on Saturday; breakfast on Sunday, guided tour, gratuities. Please call the office or check the website for detailed itinerary.

The price is \$265 per person, double; \$330 per person, single occupancy. Deposit: \$100, due by April 11; final due by May 15. No refunds unless a replacement is found. Please make out your check to Sixty Plus Tours and mail to the office. Indicate whether you have a roommate or want a single room.

### 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. Deposit of \$100 is due by April 11, final payment by May 15. Call the Sixty Plus office to receive a detailed itinerary and application form.

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## 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

Peggy Pol, <[mrpol@sbcglobal.net](mailto:mrpol@sbcglobal.net)>415-566-8492





## Special Events

### BEST OF BROADWAY

#### **“Once, the Musical” – Last Chance! Only 5 seats are available.**

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. Tickets: \$65, mezzanine; no orchestra seats available. **Note:** There is no elevator in this theater.

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. 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.

## Getting to Know You

### Phyllis Abad

By Richard Lewis

Phyllis Abad is a native San Franciscan and a member of Sixty Plus for many years, originally with Gamma. She received her B.A from San Francisco College for Women (Lone Mountain) and an M.A. from USF.

She enjoyed almost 36 years with the S.F.U.S.D. She served as an elementary teacher, curriculum assistant, resource teacher, summer school administrator, and finally “a wonderful stint” as a Gifted and Talented (GATE) teacher. She is a past president of the local division of the California Retired Teachers Association (800 members), the San Francisco Breakfast Club, and Catholic Professional Women. Currently she is the corresponding secretary of the San Francisco Breakfast Club, Golden Gate Collectors, and Good Shepherd Guild, and recording secretary for CLIR (Center for Learning in Retirement).



Phyllis loves to travel, and has hiked the Cotswolds, the Dorset Coast, the Scottish borders, the Lake Como region, the pilgrimage trail to Santiago de Compostella, Bhutan’s Tiger’s Nest Lookout, the Loire Valley, and the Engadine Valley. She rode a balloon over the Masai, a horse into Petra, a bike rickshaw in Delhi, a camel in the Gobi, a donkey cart in Killarney, a motorbike in Hanoi, a tuk-tuk in Bangkok, a speedboat in Iguassu Falls, a helicopter over Victoria Falls, Rovos Rail in South Africa, and a glass-bottomed boat at the Great Barrier Reef. She has spent time in all fifty states – and Kansas was the 50th visited. To anyone who is impressed by her wide range of activities, she quips: “Been overground, underground, and all-around. Always in appropriate clothing - especially in Iran!”

She added: “Around town, you might spot me at Zumba at the Y, the information desk at the de Young, guiding children through the Conservatory of Flowers or the Haas Lilienthal House, serving as a North Beach City Guide, or presenting an SFMOMA Art Express lesson in a classroom. I also enjoy performances at Davies Symphony Hall, ACT, Berkeley Repertory Theater, Magic Theater, SF Playhouse, SF Opera, 42nd St. Moon, Aurora, or Cal Performances at Zellerbach.”



“In fact, you may receive a call from me to act as a host for a Sixty Plus meeting. Yes, I am Hospitality Co-chair with Margaret Grant. See you around!”

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## CALENDAR OF COMING EVENTS

April 9	Wednesday	11:15 a.m.	Lunch at Educated Palate and tour of Juana Briones exhibit 88 -4 <sup>th</sup> Street (near Mission Street)
April 13	Sunday	3:00 p.m.	Symphony Parnassus Jewish Community Center of San Francisco, 3200 California St
April 14	Monday	10:30 a.m. 1:00 p.m.	Executive Board & Committee Chairs General Program Meeting Jack Adams Room, Cesar Chavez Student Center
April 21 ( <i>Note new date</i> )	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
April 28	Monday.	<b>NO meeting</b>	
May 19	Monday	12:00 p.m.	Spring Luncheon
June 7 – 8	Sat. – Sun	9:00 a.m.	Trip to Gold Country
Oct. 14 – 17	Tues. – Fri.	tbd	Oregon Shakespeare Festival

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## SIXTY PLUS 2013 – 2014

### Officers

President	Shelagh Ross
1 <sup>st</sup> Vice President	Margo Moor
2 <sup>nd</sup> 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

### Committee Chairs

Arts & Entertainment	Erwin Kelly
Education — Co-chair	Richard Chackerian
Education — Co-chair	Richard Soward
Hospitality — Co-chair	Phyllis Abad
Hospitality — Co-chair	Margaret Grant
Mailing	John Johns
Membership	Christine Malfatti
Communications	Jeanne Glennon
Newsletter — Asst. Editor	Maleta Boatman
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](mailto:mgtgrant@att.net)

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

**Sixty Plus Highlights**

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Items for the **May Highlights** should be submitted by **April 21** to: Jeanne Glennon: [jfglennon@comcast.net](mailto:jfglennon@comcast.net)

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