

Sixty Plus at San Francisco State University

Highlights

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SIXTY PLUS

A Program for Lifelong Learning

May, 2014

MONDAY, MAY 12:

No Meeting Due to Room Shortage

We deeply regret that we must cancel our General Meeting on Monday, May 12. The room crisis on campus has precluded our finding a suitable room for that date. We hope that our presenter, David LaRico will reschedule his presentation on senior fraud, as this is a topic of concern to our members.

MONDAY, MAY 19:

Spring Luncheon 12:00 to 3:00 p.m. – Our only meeting in May

SERVED SPRING LUNCHEON			
\$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 – <i>or</i>			
Sliced Tri Tip of Beef			
With braised onions and wild mushrooms – <i>or</i>			
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 nd Avenue, SF, CA 94116-2120			
Indicating choice of entrée and name(s) of guest(s)			
Reservation and refund deadline: May 13 th			
Chicken	_____	Name(s)	
Beef	_____	Name(s)	
Vegetarian	_____	Name(s)	
NEW: Cart shuttle from bus or garage available upon reservation with Peggy			

MONDAY, MAY 26:

No Meeting! Happy Memorial Day

President's Message – May, 2014

Hope you all had a very lovely solstice and were able to celebrate in your own fashion whether with bunnies who leave eggs (never did figure that one out) or a wonderful feast of traditional food. Our glorious Northern California weather coupled with longer daylight hours has encouraged us to get outdoors and we have even had a few needed showers. What a blessing!

Those of you who attended our last program meeting heard Myrle Norman read a letter from the children of a dear friend, Florein Trager, who was a long-time member of Sixty Plus before ill health made attendance impossible.



You probably are aware but I am writing to tell you of the passing of my mom, Florein. Mom LOVED your organization and all of the friends that she had made by joining. During her good health she couldn't wait for her monthly calendar of events to arrive and make plans for what lecture to attend or new restaurant you were going to try out that month. She LOVED the bus system that you provided and was "giddy" about being on the university campus. She was so proud that our dad was a SFS alumni and that she was on the campus that he had attended more than 80 years ago. As mom's health declined this fall she stopped attending your meetings but still held on to the possibility that she would return. One day about two months ago we took a "practice run" to see if the hallways and elevator would be "wheelchair friendly." I had her convinced that we would get to a meeting after the winter holidays. We were almost ready to join you when she passed on February 28th. I wanted so much for her to come and see all of you one last time. It just wasn't in the cards.

Please know how much your organization means to so many. Keep up the great work of providing a place for folks to learn, socialize and feel alive. Our family thanks you for bringing much joy to our mom and wishes you all well.

Fondly (Florein's children),
Tami Trager
Jeffrey Trager
Bari Nelson

If you ever wonder what our organization means to a lot of folks and why people put in many hours each month to keep us running, this letter will let you know. I was touched that Florein's family took time from grieving the loss of their mother to write and thank Sixty Plus for keeping her active and happy. Please keep their heartfelt sentiments in mind as you consider volunteering to run for office next month.

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:

May 12	Pru – Rose	June 9	Ross – Smi	July 14	Ti – We
		June 23	Smo – Th-	July 28	Wh – Ag

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

Sunset Magazine Celebration, 80 Willow Road, Menlo Park, Sat/Sun May 31 and June 1, 10:00 a.m. to 5:00 p.m. Exhibits. (also see a very tiny house) Seniors \$18.00. <http://www.sunset.com/>

Conservatory of Flowers, Golden Gate Park, Tues. thru Sun., 10:00 a.m. to 4:00 p.m. Seniors \$5.00. An exhibit called CHOMP, from April 11 to Oct 19 shows carnivorous plants, including the Venus Flytrap. www.conservatoryofflowers.org

Bay to Breakers, from Howard and Beale to the Great Highway, Sun., May 18, 8:00 a.m. Adult registration \$59.00. <http://www.baytobreakers.com/>

Federal Reserve Bank, 101 Market St., free 90-minute tours, Mon. thru Thurs. at 1:30 p.m. Call 800-227-4133 or www.frbsf.org

Carnaval Parade, from 24th and Bryant, then Mission St. to 17th and Harrison. Festival area on Harrison from 22nd to 17th Live Salsa music on 2 stages on Harrison at 17th and 22nd. Sun., May 25, 10:00 a.m. to 2:00 p.m. <http://www.carnavalsanfrancisco.org/>

Hunters Point Shipyard Artists, open studios, Sat./Sun., May 3 and 4, 11:00 a.m. to 4:00 p.m. Islais Creek Art Studios at #1 Rankin also open 11 a.m. to 4:00 p.m. Preview party crawl: 6-10 p.m. Fri., May 2. (RSVP at rsvp@shipyardartists.com required) Over 250 artists - the largest artists' community in the USA. Take Evans St. to Innes St. Free admission and free parking. <http://www.shipyardtrust.org>

Guide Dogs for the Blind, San Rafael, across from Marin County Civic Building. Tours Mon. – Sat., 10:30 a.m. and 2:00 p.m. Meet the trainers and volunteers. One-hour tours depart from Volunteer Center. All services free. No reservations necessary. www.guidedogs.com

WORDSMITHS SOUGHT

If you're a free-lance writer, editor, or researcher, let's start a support group. People retired from these and related professions (such as journalism, marketing, and communications) would also be welcome. Advice and networking would be appreciated. Let's meet after the general meeting on June 9 to explore interest and what people could gain from such a group.

Contact Joyce Cassells at joyce991@sbglobal.net

NOMINATING COMMITTEE

The Nominating Committee is presenting the following candidates for the 2014 - 2015 term. We'll open the nominations to the general membership at the June 9th meeting for any offerings from the floor, with installations at the last meeting in July — the July 28th meeting.

Candidates for Office:

- President – Margo Moor
- 1st Vice President -- pending
- 2nd Vice President – pending
- Co-Treasurer -- Terry Kirchhoff
- Co-Treasurer -- pending
- Co-Recording Secretary -- Alice Keenan
- Co-Recording Secretary – Fen Fen Chen
- Co-Corresponding Secretary - Barbara Graham
- Co-Corresponding Secretary- Joyce Cassells

If you have any questions before the June 9th meeting, please contact Richard Soward richarddsoward@yahoo.com.

GREAT BLUE HERON CHICKS IN GOLDEN GATE PARK

Heron Watch: At Stow Lake, Saturdays through May 17, from 10:00 a.m. to 1:00 p.m. Use spotting scopes to find adults and chicks. Follow the sign at the Stow Lake boathouse to the program observation site. Free.

Volunteer-led Nature Tours: around Stow Lake and Strawberry Island to observe nesting herons and chicks. 10:30 a.m. to 12:00 noon, Saturdays through May 17. Gentle, flat walk. Adults, \$10.00; children: free.

Heron Cam: The San Francisco Nature Education Heron Cam is the first in California. With SF Recreation and Parks, Stow Lake boathouse, and ERM Corp, SF Nature Education provides an up-close and personal view of a heron nest. www.sfnature.org

NEW MEMBERS, 2013 — 2014

A warm welcome to our new member 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 Member: Carol Breslin

NOT — QUITE — GOURMET DINING

Baker Street Bistro
2953 Baker St. (between Lombard & Greenwich)
Wednesday, May 28th, 5:30 p.m.
(Note: a different day this month!)

Tucked away in a hidden corner of Cow Hollow, a block from the Presidio, this cozy charmer serves up classic Parisian cuisine, from escargot in garlic butter and onion soup, to mussels Provencale to duck a l'orange to lamb stew. There are tempting daily specials as well. And perhaps the best bargain in town, a 4-course prix fixe dinner for \$18.50. And not-to-be-missed Gallic desserts.

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

Tours

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

Two rooms remain for the two-day/one-night trip 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.

Cost is approximately \$265 per person, double occupancy, and \$325 per person for single occupancy. Please call the Sixty Plus at **415-412-4684** office to receive a full itinerary.

Oregon Shakespeare Tour, Oct. 14 - 17

The trip to the Oregon Shakespeare Festival is scheduled for October 14 to 17, 2014. The tour price 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 the 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.

Getting to Know You

Caron Anderson

By Richard Lewis

A member of Sixty Plus who joined us recently, Caron Anderson has been a runner since 1968. She is walking more than running these days, but hopes to do more half-marathons again.

Caron was born in Seattle in 1941 and grew up on a small farm in rural Puyallup, WA. She attended Pacific Lutheran University in Tacoma for two years. In 1965 she moved to Santa Rosa in the Bay Area.

In 1971-72 and 1975-76 she lived in Kathmandu, Nepal. In 1975-76 she taught English as a foreign language at the American Library in Kathmandu. In 1980-81 she resided in Davao City, Philippines, and the next year in Jaipur, India - each time being with her husband and two children. In the summer of 1974 she was in Northern India. Her husband taught at universities in Indian cities.



She did several treks in Nepal and India. “The highlight was in April, 1972, when I trekked to Mount Everest base camp and reached 18,200 feet,” she recalled. To celebrate her 70th birthday she visited Nepal again in 2011.



She graduated from Sonoma State University in 1978, and gained a B.A. in Indian Studies from Empire College School of Law at the age of 50 in 1991. From then until 2006 she worked as a workers’ compensation attorney in Santa Rosa and Salinas.

From 1982-85 she coached women cross-country and distance runners in track at Sonoma State.

Caron has one son and family in Santa Rosa, who she visits weekly or more, and another son and family in San Francisco, who she lives with. She has five grandchildren. Apart from a regular “granny schedule” she belongs to the Dolphin South End Runners, and volunteers at the USO. Her passion down the years apart from family has been the running events – she ran 20 marathons between 1974 and 1991.

She joined Sixty Plus after making her own enquiries. “I enjoy it and I want to get more involved,” she said.



CALENDAR OF COMING EVENTS

May 12	Monday		NO Meeting
May 19	Monday	12:00 p.m.	Spring Luncheon
May 26	Monday		NO Meeting
May 28	Wednesday	5:30 p.m.	Not - Quite - Gourmet Dining
June 7 – 8	Sat. – Sun	9:00 a.m.	Trip to Gold Country
June 8	Sunday	3:00 p.m.	Symphony Parnassus San Francisco Conservatory of Music, 50 Oak St., SF
June 26	Thursday	10:45 a.m.	Columbarium tour
July 9	Wednesday	2:00 p.m.	“Once – the Musical”
Oct. 14 – 17	Tues. – Fri.	tbd	Oregon Shakespeare Festival

SIXTY PLUS 2013 – 2014

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
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 address for Margaret Grant: mgtgrant@att.net

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Sixty Plus Highlights

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Items for the **June Highlights** should be submitted by **May 23** to: Jeanne Glennon: jfglennon@comcast.net

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