



St. Paul's Towers

A COVIA LIFE PLAN COMMUNITY

Tower Talk

100 Bay Place, Oakland, California 94610 • Phone 510-835-4700 • Fax 510-891-8110

Vol. 51, No. 10 • October 2019



Music at the Towers
Mondays in October
7:15 p.m.
In the Residents' Center

**Sponsored by the Music Committee
and the Residents' Council**

October 7

Thea Becker, Classical Pianist

Thea Becker recently participated in the San Francisco Botanical Garden's piano program. She will be playing *Fabulous Favorites Not Often Performed* from Mozart, Schubert and Chopin. Her program will include Schubert *Impromptus, Op. 90* and *142*; Mozart's *Rondo in A minor* and *Fantasia in C minor*; and Chopin's *Nocturnes Op. 27, #1 (C# minor)* and *#2 (Db major)*, *Op. 72 E minor*, *Op. 9 #1 (Bb minor)* and *#2 (Eb major)*; *Etude: Op. 10, #3 (E major)*.

She was immersed in a combination of Eastern and Western cultural and philosophical influences, which is reflected in her music and art. She is also a painter, muralist, print maker and sculptor with work shone in various galleries and in numerous private collections in Europe, the United States and Israel.

October 14

Paganini Trio

Joseph Gold, Violin

Debbie Dare, Viola

Jaume Torrent, Guitar

The Paganini Trio, is composed of Joseph Gold, violinist; Debbie Dare, violist; and Jaume Torrent, guitarist and composer as well as special guest Raphael Gold. They have played concerts in countless venues from ancient castles and elegant concert halls to universities and international music festivals. Their repertoire is vast and innovative. It includes the music of established masters as well as music composed expressly for the Trio.

Jaume Torrent is considered by many to be the most important guitarist-composer in the world. Many of his pieces were written for and premiered by the trio. Naturally, the Paganini Trio also performs music composed by its namesake Niccolò Paganini.

October 21

Best of Bluegrass

Avram Siegel & Friends

Bluegrass Music isn't exactly "country" and not altogether "hillbilly". The people who migrated to America in the 1600s from

Ireland, Scotland and England brought with them the basic styles of music that are generally considered to be the roots of bluegrass music as it is known today. The new arrivals wrote songs about day-to-day life in the new land. Since most lived in remote areas, the songs reflected life on the farm or in the hills. Their music was referred to as country or mountain music. The invention of the phonograph and the onset of radio in the early 1900s brought this music out of the mountains and into the homes of people all over the United States.

Avram Siegel, the group organizer, plays both guitar and mandolin and always brings very skilled performers with him.

October 28
Mariano Barreiro Tango Trio
Mariano Barreiro, Piano
Charles Gorczynski, Bandoneon
Ishtar Hernandez, Violin

The internationally acclaimed Mariano Barreiro Tango Trio has been making waves in the San Francisco Bay Area tango and creative music communities with their hard-hitting and innovative interpretations of classic Argentine tango repertory. The trio has toured North America and Europe performing for a variety of venues and festivals, and is committed to presenting nuanced, dynamic takes on the music of Astor Piazzolla, Osvaldo Pugliese, Anibal Troilo and other luminary composers from the profound history of tango music. Tango has developed as a truly individual music style.

Bandoneon player Charles Gorczynski, a fundamental member of the trio, and violinist Ishtar Hernandez promise another exciting program.

Marilyn Kosinski

Getting to Know You



**Dick and Rita
 Hammer**
Apartment 1910
Phone 8326



Dick and Rita Hammer joined us this summer. Rita, because of a bad fall that requires physical therapy, has been staying on 22, while

Dick has moved into their new apartment. They came to St. Paul's from Merrill Gardens so that Rita could get the skilled nursing she needed.

Rita grew up in New York City. She went to Queen's College where she majored in Political Science. In 1948, she moved with her new husband to California, settling in Oakland. In 1949 Rita had daughter Addie. In the mid-1950s Rita and her family moved to Hayward where she and her husband had purchased a new home. Shortly after their move Rita's husband was diagnosed with Hodgkin's Lymphoma and passed away in 1957. Rita was left with an eight-year-old daughter, a new home and no job.

As a child, she had vowed never to be a teacher like her father, because he seemed to work all the time, summers and evening included (it was during the Depression). Nevertheless, she ended up following her father's example, picking up the courses she needed for a teaching credential at San Jose State. Upon completing her requirements she applied, and was hired for a teaching position in the township of Irvington, now a part of Fremont.

Dick was born in Oklahoma, but soon moved to Oakland with his mother, stepfather and older brother Bill. He grew up in North Oakland and South Berkeley, attending Berkeley High School. Graduating at the age of 17, he joined the Navy for two years. Then, with help from the GI Bill, he attended San Jose State. He thought about becoming a physical education teacher but ended up majoring in social science and taking the courses required for a teaching credential. Through the father of a friend, he got a job teaching in Irvington in 1953. At the time that Rita began teaching in Irvington, Dick was waiting for a new school to open and was temporarily assigned to the same school where she taught. Both agree that their coworkers “pushed” the young widow and the bachelor to get together. Their first date was attending an evening talk by Adlai Stevenson, reflecting Rita’s life-long interest in Democratic politics.

Rita and Dick married in June of 1959. Dick sold his home in Fremont and moved into Rita’s house in Hayward, where they spent almost sixty years. As two more children arrived, daughter Lori and son Stephen, they kept enlarging the house. Rita took a few years off to care for small children, but then returned to teaching in elementary school. Dick, meanwhile, moved to a middle school where he taught seventh graders. Both loved teaching. Dick considered going into administration, but realized that he preferred working in the classroom. Having summers free to travel was a major incentive.

Rita retired in 1987 and Dick followed shortly after in 1988. After retiring they both began volunteering for a number of

charitable organizations. They joined a local retired teachers’ group in Hayward, where Rita played a major role in raising money for student scholarships to college. Dick volunteered with Friends of the Hayward Library, as well as at the county courthouse in Hayward and with a neighborhood clean-up group. In addition, he served as a docent on FDR’s yacht, the Potomac, which is moored off Jack London Square.

Rita and Dick kept up their love for travel. When their children were young, they had taken a nine-week trip around Europe, inspiring a deep love of travel in their son. Once retired, they took several more trips, some alone and some with Elderhostel (now Road Scholar). They even began hosting Elderhostel in Bay Area sites such as Burlingame, Tiburon and Napa. Their task was to see that the week-long programs ran smoothly.

Dick and Rita’s three children all moved to the east coast for a variety of reasons. Their eldest daughter recently retired and moved back west to Oregon. They have five grandchildren, having tragically lost a sixth this summer. Their grandchildren, too, are spread across the country. Most of the family, however, did manage to get together in June to celebrate Dick and Rita’s sixtieth wedding anniversary – right here in the dining room at St. Paul’s.

They spend their time visiting each other, playing chair volley ball and enjoy sharing meals with new friends. Dick also pursues his forty-year interest in genealogy, enjoys audiobooks and walks on the roof. We welcome Dick and Rita to our community and are glad they have joined us.

Jane Collier



Arthur Weil
Apartment 1911
Phone 8490

Arthur Weil actually moved into St. Paul's April 17.

However, four days after arriving, he broke his hip while playing ping-pong and spent three months recovering in bed on 22. Arthur was born in Hanover, Germany and grew up in a Jewish family under Hitler. He was saved in 1938 by the American Kindertransport (which evacuated 1,000 children from 1934 to 1944) and landed in Chicago living with several foster families. In 1939 his mother managed to come to the United States and lived near him for a year. Art attended elementary and high school in North Chicago but left his host family to live in a boarding house. He worked at a defense factory while still attending high school, and at age 16, joined the US Army. He was assigned to the Combat Engineers training in Fort Smith, Arkansas. One day he was summoned to a government building, asked to raise his hand and told "Congratulations! You are now a US citizen and can go fight the Germans!"

After training for the Rhine crossing, Arthur's unit was sent to London during the blitz to clean up after the nightly bombings. Apart from the devastation, those months in London attending theaters and going to evening dances were the highlight of his 19-year-old life! His unit was then stationed in Liege, Belgium where Art was eventually put in charge of hundreds of POWs because of his fluent German. Back in Ft. Perry, Ohio in early 1946 he was put in charge of the democratic re-education of 4,000 German POWs, teaching them American and German history before his honorable discharge in May, 1946.

Upon returning to Chicago, Art entered Roosevelt College on the GI Bill and received a Bachelors degree in history, German and political science. He worked for several years as a substitute teacher and received his Masters in Education from DePaul University, Magna Cum Laude. It was during this time that he met Lillian at a social dance. They courted for a year and married in 1953. They moved to Northern California and settled in San Lorenzo, finally buying a house and opening a hobby shop, while Art taught history and German. He also went to UC Berkeley for his doctorate in history/US Civil War, but did not finish his thesis. During this period their son Jeff was born.

Lillian had previously had a bookkeeping business and eventually took her CPA exam, passing with flying colors, continuing her parallel successful career. Arthur dabbled in real estate buying and selling houses and taking courses, eventually starting Art Realty which he ran for thirty years. It was located across from the Grand Lake Theater. Their second child, Judy was born. Soon the family moved near Lakeshore in Oakland and eventually in 1969 to Piedmont. Both Jeff and Judy graduated from Piedmont High and went to UC Berkeley.

For the last fifty years Arthur has been a theater-lover, attending many local venues – San Francisco Opera, Oakland Symphony Berkeley Rep, Leshner Theater for the Arts, Best of Broadway etc. He has travelled extensively in Europe and Asia. When he was seventy, he started writing light poetry and has self-published twenty-two 100-page books. He says that it is no surprise that he chose to move to St. Paul's because he lived in the neighborhood for fifty years. He knows which senior living facility is the best!

Pat Meeken

Library News



Checking Out Books from the Library

Even though the 18th floor main library has instituted a new computerized library management system (Libib), there has been **no change in the way residents check out and return books**. You will still check out a book using the logbook on the desk in the library. Just write the author's name, book title, your name, phone, apartment number, and when you checked the book out in the logbook. If it is a large print book, please be sure and check the "LP" column at the end. Also, write in the date you checked out the book on the slip on the page facing the inside cover. Even if we institute self-check-out with the computer in the future, you can always still use the logbook. **You will not have to use the computer to check out books**. Nothing has changed in that way. Please do not let the untrue rumor of having to use the computer to check out a book deter you from using our fine library.

Evan Custer

Book Giveaway

The 18th Floor Library will be holding its annual Book Giveaway on Thursday, October 24 from 8:30 a.m. to 2:00 p.m. The tables will be set up in the middle section of the 2nd floor lounge. Like last year, all of the books will be on display from the beginning of the Giveaway, so come early and make your selections.

For the first time, residents are also invited to bring books they want to get rid of to the Giveaway. There will be a special section for these donations.

The Giveaway is open to all residents and staff of St. Paul's Towers. It is a great place to find gently used books and a terrific place to find gifts for the readers in your circles of friends and family.

New Arrivals

A Terrible Country, by Keith Gessen, a novel about a young, literary, professionally thwarted and recently jilted Russian-American man who returns to his birth city of Moscow to find himself.

Lady in the Lake, by Laura Lippman, a murder mystery set in an era on the cusp of change.

Say, Say, Say, by Lila Savage, a novel about learning to find oneself while caring for others.

A Prayer for Travelers, by Ruchika Tomar, a novel of the traditional missing woman genre is told from the perspective of a young girl searching for her best friend.

Priestdaddy, by Patricia Lockwood, this memoir weaves the story of her family, including her Roman-Catholic priest father, with the crisis that led her and her husband to live temporarily under her parents' rectory roof.

Heavy, by Kiese Laymon, details the author's childhood in Mississippi in the 1980s, a book full of devotion and betrayal, euphoria and anguish.

The Nickel Boys, by Colson Whitehead, a novel depicting a real-life house of horrors, inspired by the stark and historical pillars of racism.

Maggie Brown and Others, by Peter Orner, a book of short stories about blue-collar men and women and lives that didn't quite pan out.

The Pioneers, by David McCullough, the heroic story of the settlers who brought the American ideal west.

Donated Book

My Dear Hamilton, by Stephanie Dray, a historical novel about Eliza Hamilton, wife, widow and warrior in Alexander Hamilton's quest for a more perfect Union.

Book Review

Monday, October 28

10:15 a.m. – Residents' Center

Reviewer, Angelica Forti-Lewis

Masks, Librettos and Libertines: The Don Juan Myth in European Theater



Hamlet, Faust, Carmen... Don Juan: these are some of the literary creations that continue to puzzle and fascinate us to this day. Don Juan, however, unlike the other characters, is a literary chameleon, able to change and evolve both geographically and through the centuries.

I have found the Don Juan myth's evolution to be fascinating and have dedicated several years of my life to writing a book on this subject. It was published in 1992 by the Rome University Press, Bulzoni, and written, unfortunately... in Italian. The book turned out to be quite successful and was used as a graduate textbook in several

universities like Stanford, the University of Wisconsin, the State University of New York, and others.

From the original play dedicated to our hero (are we allowed to call him hero?), which is Tirso De Molina's *The Trickster of Seville*, written in the middle of the seventeenth century, the famous Spanish golden century, all the way up to contemporary feminist plays, this literary myth seems to absorb the psychology of the various eras and countries that continue to give birth to its theatrical versions. From trickster and classical villain to nineteenth century romantic lover, up to the decadent aristocrat of our days, Don Juan plays are never copies of one another. They are original, authentic creations by writers who have found themselves seduced by this perennial archetype.

My lecture will be devoted to a brief study of some pivotal Don Juan plays, in particular Tirso De Molina, the Commedia dell'Arte, Moliere and Shaw. And, of course, we will begin by enjoying together the aria of *The Seduction of Zerlina* in a beautiful DVD production of Mozart's *Don Giovanni*.

Our library has purchased two copies of Oscar Mandel's *The Theater of Don Juan* for those of you who would like to read or reread some famous Don Juan plays in a good English translation. But you really don't have to read anything at all. Just come and let yourselves be entertained by the evolution of this wonderful myth, which is as meaningful and unsettling today as it was five centuries ago.

Angelica Forti-Lewis

Employee Appreciation Gift Fund

October is the month for kicking off the Employee Appreciation Gift Fund drive. This is one of our community's most meaningful undertakings, both for residents and staff.

Residents are not allowed to tip the staff for the services they perform for us. Instead, we have the opportunity to contribute to a gift fund that is distributed to staff at their annual Holiday Party in December. The total number of hours that an employee worked determines the amount of his or her check. So, once the Residents' Council kicks off the fund drive in early October, we will have about a month and a half to express our thanks and appreciation for all the staff does for us during the year. A red thermometer depicted on a poster set up by Kay's desk will chart the growth of this fund.

Residents should expect information about the fund drive in our mailroom boxes during the first week of October. The fund will close on November 18.

George Collier, Council Treasurer

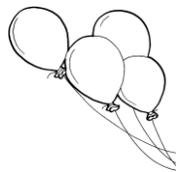
Arts and Crafts Fair

This year's Arts and Crafts Fair is scheduled for Friday, November 1 and Saturday, November 2 from 10:00 a.m. to 3:00 p.m.

If you want to showcase your talents a sign-up sheet will be available on the 2nd floor. Please indicate your preferred table size and whether you are signing up for just one day or both. Eva Bunce (8474) will try to answer your questions.

Eva Bunce

October Birthdays



1	Patrick O'Halloran
3	Wanda Weber
7	Margaret Pillsbury
8	Mary Ellen Doyle
8	Peter Fuss
8	Sandra Hesse
8	Carolyn Young
10	Kathleen Damron
10	Claudia Lee
11	Tonia Macneil
14	Jean Levin
14	Nancy Sweetland
15	Margaret Hasselman
15	Daisy Yim
16	Miriam Goodley
17	Haru Baba
18	Ed DeLaney
19	Lee Morgan
19	Guddy Petersen
20	Grace Lai
20	Dan Rosen
21	Sadako McInerney
22	Ruth Berger
22	Dympna Nurre
24	Evan Custer
28	Agnes Allison
31	Anne Curran

Beginning November Birthdays

2	Marilyn Levinson
3	Bonnie Killip
3	Jerry Phelan
3	Mary Wissenbach

Directory Additions



Name	Apt.	Phone
Helen Sause	2006	8412

See You at the Movies
Thursdays, 7:15 p.m.
Residents' Center



October 3 – *The Children Act* (2018) In this absorbing drama, British High Court judge Fiona Maye faces two daunting issues: At home, her marriage is crumbling, while in court she must decide whether a young man's parents are entitled to deny him a lifesaving blood transfusion.

Starring: Emma Thompson and Stanley Tucci. Directed by Richard Eyre. Rated R – sexual reference. 1 hour, 45 minutes.

October 10 – *The Biggest Little Farm* (2019) The film chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chesters unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination. Casted and directed by John Chester. Rated PG – mild thematic elements. 1 hour, 31 minutes.

October 17 – *On the Basis of Sex* (2018) Inspired by the powerful true story of a young Ruth Bader Ginsburg, the film depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. When Ruth takes on a groundbreaking case, she knows the outcome could alter the courts' view of gender discrimination. Stronger together, Ruth teams up with her husband, Martin Ginsburg, to fight the case that catapults her into one of the most important public figures of our time. Starring: Felicity

Jones, Armie Hammer and Justin Theroux. Directed by Mimi Leder. Rated PG-13 – some language and suggestive content. 2 hours.

October 24 – *Queen of the Desert* (2017) Helmed by Werner Herzog, this historical drama charts the life of the remarkable Gertrude Bell, a British adventurer, archaeologist, spy and political attaché who played a key role in reshaping the Middle East after World War I. Starring: Nicole Kidman and James Franco. Directed by Werner Herzog. Rated PG-13 – brief nudity and some thematic elements. 2 hours, 8 minutes.

October 31 (Halloween Movie) – *Young Frankenstein* (1974) A laugh riot from beginning to end, this classic parody from director Mel Brooks stars Gene Wilder as Frederick Frankenstein, who detests his family history but ultimately can't resist the temptation to follow in his infamous grandfather's footsteps. Adding to the fun is a brilliant supporting cast that includes Marty Feldman as bug-eyed assistant Igor, Madeline Kahn as Frankenstein's frosty fiancée and Peter Boyle as the zipper-necked monster. Starring: Gene Wilder and Peter Boyle. Directed by Mel Brooks. Rated PG. 1 hour, 46 minutes.

Green Action information

Newspapers good for compost collection

More news from Dan Neumann's Waste Management talk here in August: Dan advised that using newspaper to collect compost is better than the so-called "compostable" bags, even though identified as BPI. So several of us line the kitchen

compost bucket (available from Kay) with newspaper for collecting food scraps, banana peels, egg shells, etc. I keep my bucket in the refrigerator. Did you know you can also put food scraps and plant debris directly into the green compost collection bins in trash rooms (on floors 7, 10, 14, 17 and 20)? Some residents, for example, save them in a refrigerated container and empty it directly into the green bin, then rinse out the container and collect again.

Recycling remains important

Yes, we felt discouraged by Dan's updated information that only empty, clean plastics with recycling triangles #1 and #2 (and #5, if at least as big as one's hand) can be recycled into new materials. That means those with other numbers must go to the landfill. However, he also reminded us that recycling even these, in addition to glass containers, cans, and all clean paper, is a big help to the environment. All will be made into new products. In addition, of course, composting also reuses valuable organic nutrients in agriculture. Composting, furthermore, reduces the methane produced by rotting organics in landfill dumps. Methane gas is worse than carbon dioxide in global warming. Every little bit each of us does helps.

Mary Strauss

Food for Thought

Some things...arrive on their own mysterious hour, on their own terms and not yours, to be seized or relinquished forever.

Gail Godwin, American Writer

Bridge at the Towers



Chicago Bridge

Results of the September 14 bridge games using Chicago scoring were Rose Ann Kase, first place with 3000 points, Angelica Forti-Lewis, second place with 2840 points and David Collop in third place with 2480 points.

Congratulations to the winners, and thank you to all for participating. The next Chicago bridge game will be on Saturday, October 5 at 1:30 p.m. in Solarium 21.

Libby Clark.

Bridge Anyone?

Results of the Bridge Anyone? competition on Saturday, September 21 are as follows:

1. David Collop and Angelica Forti-Lewis
179 points a hand
2. Dale Koepp and Jean Levin 142 points a hand
3. Barbara Bream and Dick Dillingham
116 points a hand

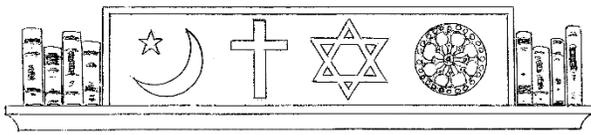
Congratulations to all the winners. Our next competition will be on October 19.

David Collop and Angelica Forti-Lewis

We Remember

Fran Costa
8/24/2019

Rose Lee
8/29/2019



Chaplain's Log

Tips for Visiting the Sick...

For some unfathomable (at least to me) reason, I've been bumping upon lessons about visiting the sick, and so I thought I'd share some of them. These are all suggestions, invitations and ideas to make the visits more enjoyable and useful for both you and the friend you are visiting.

One comes from Letty Cottin Pogrebin, one of the founders of *Ms. Magazine*, in one of her books, *Getting Over Getting Older*. She describes a center with concentric circles. In the center is the sick person. That person should feel free to complain or vent to her heart's content, while everyone visiting her listens, and controls themselves and does not express worry at or to the person... Save it for other people. The first ring, closest to the center/patient, is for immediate family—spouse, children, siblings... They are still encouraged not to complain or otherwise express their worries to their loved one in the center, but they are encouraged to share their concerns with everyone in the outer circles. Then the next circle would likely be the friends, then acquaintances. The point is, the healthy people are there to support the sick: listen, bring flowers and treats, listen.

Another source comes from the Talmud, the compendium of Jewish wisdom compiled in the 6th century CE. It provides a whole list of do's and don'ts. Some of my favorites include—limit your visit time to somewhere between 10-20 minutes. Be sensitive to the patient's wishes. Listen. Have a seat so that you are at eye level, not standing over or looking down on someone. Check that this is

a good time for a visit, and watch for cues if they are getting tired. Most people appreciate touch, so hand holding is often welcomed, but ask first!

And then, Parker Palmer, the Quaker theologian/teacher, gave an interview with Krista Tippett. He told of a friend who had just been diagnosed with terminal cancer and who had sent an email to his friends and family, telling them the prognosis and that he was at peace. He was inundated with calls of suggestions of second opinions, meditations, herbs, complementary treatments, and by the time Palmer spoke to him, his peace had been mightily disturbed. (I got anxious just listening to it.) The friend mentioned that one person came and massaged his feet, without saying much, and that was wonderful. So Palmer came and sat with the friend, and listened, and listened and asked questions that showed he was listening, and the friend's shoulders relaxed and some of his peace was restored.

So do go up to 22 and visit your friends. Be interested. Be quick. Listen. Remember to check in about whether this is a good time. If your friend is sleeping, let her sleep. Bring a smile and, if you are really anxious about it, come to me. I'm on the outer rings of the circle of caring and I'm happy to listen to your concerns for your friends.

Just a few reminders—our widow/widowers group meets the first, third and fifth Tuesdays of the month at 3:30 p.m. You can come for a check-in, if a grief issue has arisen—weeks or months or year(s) later. The Jewish Christian discussion of the book *Jesus: First Century Rabbi* has been interesting—the book is available in Solarium 17. We meet Wednesdays at 1:30. Our Wise Aging group is getting into *Kitchen Table Wisdom*—the stories are sparking fascinating stories from the people gathered at our “kitchen table”.

That's Tuesdays at 11:15 a.m. -12:30 p.m.
You are all welcome. And we have Catholic
Communion every Tuesday at 1:15 p.m., and
Catholic Mass on the 3rd Thursdays at 10:15
a.m.

Our annual Memorial Service will be on
Monday, November 4, at 12:45 p.m. in the
Residents' Center, as close to the Day of the
Dead/Dia de los Muertos as we could.

Meredith Cahn

An Invitation to Meet the Newcomers

Almost every one of us has been the grateful
recipient of hosted meals during the first two
weeks of our residence at St Paul's Towers
with members of the Welcoming Committee.
Did it help you to get comfortable here?

Since it takes a little know-how and
experience of life at St. Paul's Towers to
answer all the questions a newcomer might
have, the Welcoming Committee is made up
of people who have been here a year or
longer. Those of you who joined the rest of
us in 2018 or before are now almost all
eligible for hosting new residents.

If you would like to join the ranks and want
to pass on the favor extended to you in the
past **and** get a chance to be first to maybe
meet your new best friend, let Sabine
McCarthy (8295) know and she'll put you on
the list of eager hosts. You'll receive notice
of new arrivals and you get a chance to sign
up for the day and meal of your choice to
host the new resident/s. (It does not cost a
thing!)

Just give me a call at 8295 or e-mail
sabinesean@comcast.net.

Sabine McCarthy,
Chair, Welcoming Committee.

The Talk & Walk Committee presents:

With Thanks to Gutenberg!

The San Francisco Center for the Book
takes center-stage in our October program,
organized by St. Paul's Towers resident
Anne Smith, former Executive Director and
SFCB Board of Directors officer. This
center of inspiration for the book arts world
features hands-on opportunities to practice
the art and craft of letterpress printing,
bookbinding and artists bookmaking.
Located in the Potrero District of
San Francisco, it offers more than 300
workshops annually.

On Wednesday, October 16 at 7:15 in the
Residents' Center, Chad Johnson, Studio
Director and Resident Instructor at the
Center for the Book will talk about the
history of the book as an object, the
programs at places like SFCB (only a few
in the USA) and show video of some events
there. Chad has an MFA in Book
Arts/Printmaking from the University of the
Arts in Philadelphia. He has extensive
experience conserving historic books,
analyzing collections of rare books and
printing professionally on many different
letterpress machines.

We will visit the Center for the Book on
Wednesday, October 30 for a tour with
Chad and will have the opportunity to try
our hands at making a simple booklet.
Anne promises us a visit that will take us to
a "magical place where the wider
community can discover book arts." Fee
for the experience is \$10. We will leave the
Towers at 9:30 am and expect to depart
from the museum at noon.

Environmental Speaker East Bay Peace Action

Pennie Opal Plant, indigenous environmentalist, will keynote the Annual Gathering of East Bay Peace Action in the Residents' Center on Sunday, October 13, at 2:00 p.m. She will weave together the interrelationship of peace, social justice and environmental justice. Ms. Plant was in the indigenous delegation to the 2015 UN Climate Talks in Paris and part of the pipeline resistance in Louisiana in 2018. During the Standing Rock mid-west protests against tar sands oil, she organized San Francisco actions at the Federal Building and the Army Corps of Engineers. She also leads Non-Violent Direct Action trainings throughout the Bay Area and has personally given up airplane travel because of its terrible contribution to climate pollution.

Each year St. Paul's Towers is fortunate to host this meeting of East Bay Peace Action in our Residents' Center. We hope to see many residents at the meeting.

Bonnie Killip and Mary Strauss

The End of Life Planning Committee Presents:

PAPERWORK!

What will your survivors need from you?

St. Paul's Towers' residents and family members are invited to a presentation by estate organizer Tina Cole Kreitz on Sunday, October 27, at 2:00 p.m. in the Residents' Center.

Author of the handbook *The Last Gift Box: A Present to Those Who Follow Me*, Tina will talk about how to organize paperwork for our survivors such as wills and revocable trusts, safety deposit boxes, passwords, insurance papers, account numbers, credit cards, stocks and bonds, ownership titles, tax information, death wishes, who to contact, family records, what to do with our "stuff," and more!

The book is available on www.lastgiftbox.com (\$45 complete, or \$25 for forms only) and for purchase at the event. Tina also offers individual and group workshops.

Ruth Dixon-Mueller



St. Paul's Short Walk

**Walk at the Former Berkeley Dump
César Chavez Park at the Berkeley Marina
Friday, October 18, 9:30 a.m.**

Returning to St Paul's Towers for lunch.

Come for a brief stroll or a two-mile flat walk at the former Berkeley Dump. In the attempted restoration you can mount the elevation of the million and one-half tons of residue in search of the 125 varieties of plants and many birds, California ground squirrels and dogs, as leashed dogs are allowed. But keep them leashed as the burrowing owls are expected to return in October, and you just might spot them. The residue is no longer accompanied by the odor you might remember from years past.

Be sure to bring layered clothing, water, and cover as shade is hard to find. Many of the trails are paved, so walkers are definitely an option and restrooms are available,

Greg Antipa



Saturday Night Movies

October 5 – *My Fair Lady* (1964) Starring: Audrey Hepburn and Rex Harrison. Directed by George Cukor. Rated G. 2 hours, 52 minutes.

October 12 – *Thirty Seconds Over Tokyo* (1944) Starring: Van Johnson and Robert Walker. Directed by Mervyn LeRoy. Not Rated. 2 hours, 18 minutes.

October 19 – *On the Waterfront* (1954) Starring: Marlon Brando and Karl Malden. Directed by Elia Kazan. Not Rated. 1 hour, 48 minutes.

October 26 – *East of Eden* (1955) Starring: Julie Harris and James Dean. Directed by Elia Kazan. Rated PG. 1 hour, 55 minutes.

Wheelchair Escort Service

Need help?
Call a wheelchair escort.

Going to the Dining Room?
The easy way
In a wheelchair
Friendly, free, fast and fun.

Can't walk to the Dining Room?
Call a wheelchair escort
Special, splendid, speedy and secure.

Tired of Boring Trays
In your apartment?
Call a wheelchair escort
Comfortable, competent, clean and cheap.

Call Liz Schaaf, Coordinator, 8227

Connie's Corner



Welcome to October! Just because autumn has arrived does not mean we are slowing down. Our dedicated Wellness Coordinator, Esteban Sahade has prepared a full schedule of events for you in honor of Active Aging Week from September 30 to October 4! For those who are unfamiliar, Active Aging Week is an initiative from the International Council on Active Aging that celebrates aging and the benefits of active living at any age. Esteban's active aging campaign will focus on a variety of different activities ranging from a walk across the Golden Gate Bridge to different fitness classes, body composition screening, gym orientation and more!

For the last few years we were fortunate to have Deacon Dave Young join us every month for Catholic Mass. As of August, Deacon Dave has been reassigned to a different church and Father Brandon Macadaeg will be joining us every 3rd Thursday at 10:15 a.m. for Mass – please note new start time.

Rabbi Meredith Cahn will be hosting a special Rosh Hashanah service on October 3 followed by a special dinner in the dining room. If you are interested in participating please sign up in the lounge and indicate your entrée preference.

After retiring, our former Chaplain Pamela Cranston got busy and wrote a book! Pamela will give us a glimpse into her book, *Searching for Nova Albion*, on October 17 at 11:00 a.m. For those interested in a copy after the program, please bring cash or your checkbook.

Last but not least, we are officially in flu season. We will be sure to communicate with all of you when vaccines will be available for the St. Paul's Towers and Kaiser flu clinics. Please remember to wash your hands often, and, if you are not feeling well, call Resident Health Services so they can provide a wellness check and better assist you.

Upcoming Programs

(All programs in the Residents' Center unless otherwise specified)

Active Aging Week

September 30 – October 4

A special schedule will be posted regarding activities.

Berkeley Rep Docent Lecture

The Great Wave

Wednesday, October 2, 1:30 p.m.,
Solarium 21

Strokes of Genius

Musical Lecture with Robyn Carmichael

Wednesday, October 2, 7:15 p.m.

Rosh Hashanah Service

followed by Dinner

Thursday, October 3, 4:00 p.m.

Oktoberfest Happy Hour

Tuesday, October 8, 4:45 p.m., Lounge

Poets of Broadway with Bonnie Weiss

Thursday, October 10, 11:00 a.m.

CoviaGreen Presentation

Thursday, October 10, 1:30 p.m.

Bay Area Peace Action

Sunday, October 13, 2:00 p.m.

Berkeley Rep Docent Lecture

White Noise

Tuesday, October 15, 11:00 a.m.

San Francisco Center for the Book Presentation

Wednesday, October 16, 7:15 p.m.

Book Presentation and Signing

Searching for Nova Albion

with Pamela Cranston

Thursday, October 17, 11:00 a.m.

Welcoming Shabbat with

Rabbi Meredith

Friday, October 18, 4:15 p.m.

Music History with John Kendall Bailey

Friday, October 18, 7:15 p.m.

Library Book Giveaway

Thursday, October 24, 9:00 a.m., Lounge

End of Life Planning Presentation

Sunday, October 27, 2:00 p.m.

Halloween Fireside Chat and

Staff Costume Contest

Thursday, October 31, 1:30 p.m.

Halloween Happy Hour

Thursday, October 31, 4:45 p.m.

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