Monday, July 8: “Waves of Beans: Coffee’s Journey to the Bay Area”
Monika Trobits, Author and Historian

Coffee hopscotched across four continents and two oceans before landing on the Pacific Coast of North America. Fueled by the gold rush, ship after ship sailed through the Golden Gate filled with cargo of all kinds including countless sacks of green coffee beans. San Francisco soon became the third largest coffee port in the United States. This led to the “big three” coffee roasters, the emergence of specialty coffee roasteries and the current renaissance of artisan coffee. From the 19th century to the 21st, the San Francisco Bay Area has attracted waves of coffee entrepreneurs, innovators and drinkers.

Monika Trobits, a native New Yorker, has lived in San Francisco for 37 years and has studied local history since the mid-1980s. She has been a docent/tour guide for more than 25 years and currently teaches walking history classes for OLLI. Her second book, *Bay Area Coffee: A Stimulating History* was published in February 2019.

The meeting will be held in Room 587 in the Humanities Building at 1:00 p.m. Social time will follow.

Josué Rojas, Artist and Muralist

Josué Rojas talks about his art – the process and inspiration as well as his role as an arts leader in the Mission where he works with the Mission murals. Josué is a practicing visual creator and educator who relishes learning and teaching through his art. He is a Salvadoran-born American citizen whose work is informed by his bicultural and bilingual experience. “Part of a continuum, my work and personal creative vision contribute to a visual heritage of creative critical consciousness.”

Investigations of identity, immigration, culture and community weave themselves through his creative process. Artist Diego Rivera once wrote, “An artist must be the conscience of his age.” Josué shares this view and adds that the artist can spur a critical conscience into the public imagination.

The meeting will be held in Room 587 in the Humanities Building at 1:00 p.m. Social time will follow.

The shuttle I is NOT AVAILABLE during June and July – but parking is readily available both on the street and in the lots as very few students are on campus during the summer months.
President’s Message — July, 2019

It’s hard to believe that our 2018-2019 membership year is coming to a close. In spite of our dwindling membership, 120 members (give or take a few) Sixty Plus is still going strong. We continue to have 40-50 members attending our twice-monthly meetings. Our speakers have been very interesting and always bring us unusual topics to explore.

Our meeting on June 10th brought us Max Lopez and Andre Nigoghossian playing Creole-Cajun music for the group. Everyone who braved the heat (92 degrees) was treated to an hour of toe-tapping music. Between songs, each musician provided information on the various instruments, the history of the music, and their individual interests in this musical genre. Everyone seemed to enjoy the afternoon and members kept the musicians after the program to ask questions and soak up the details of this unusual (for us at least) and lively music. Max and Andre were quite appreciative of the audience and expressed an interest in coming again to perform for Sixty Plus.

Our membership renewal is included in this Highlights. Please send your renewal dues as soon as possible. We need to keep our membership numbers up and to know what the organization can plan in terms of its budget. Thank you in advance for your continued support of this wonderful organization.

I am coming to the end of my third term as president of Sixty Plus. I am so happy the organization is still going strong. I have let the board know that I wish to hand the reins over to another leader, as I feel that I need a break from the year-round responsibility. This message will get to you after the June 24 meeting when this will come up for discussion at the general meeting. I believe the leadership question will be resolved by the time you read this. I love being president and have enjoyed the support of the membership. My hope is that we can grow Sixty Plus with our OLLI partnership and remain a vibrant group on the SFSU campus.

My very best to all,

Chris Malfatti, President, Sixty Plus — OLLI at SFSU: 415-585-4811; cmalfatti@sbcglobal.net

Membership

We are looking forward to the 44th year of Sixty Plus on the San Francisco State Campus. A number of excellent speakers have been booked for the upcoming year – as well as more day trips, group tickets to theater and musical performances, and other social events.

Remember that your Sixty Plus membership fee also includes the Basic Membership in OLLI and you are invited to take part in a number of its activities for no extra charge. Additionally, OLLI offers a wide variety of classes; these are priced individually in addition to the membership fee.

So be sure to fill in your membership/renewal form included in this issue of Highlights and send it to Sixty Plus/OLLI, San Francisco State University, 1600 Holloway Avenue, CA 251, San Francisco, CA 94132
Hospitality – July, 2019

We have exhausted the list of names of people to bring snacks post-meetings. If you missed your turn for some reason, please bring your contribution to the meeting on July 8. If anyone else cares to contribute - that is appreciated.

We hope that the Board will bring the refreshments for the July 22 meeting. Many thanks!

Anne McGuire, Hospitality Chair, anniem681@icloud.com

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Tours

OVERLAND TO CALIFORNIA - A Trip across the North American Continent

Wednesday, August 14th, 11:15 a.m.

California Historical Society - 678 Mission St., S.F. (3rd. and Mission)

Commencing with the 150th Anniversary of the completion of the Transcontinental Railroad, the California Historical Society has an exhibition.

We have a docent tour August 14. Price is $5.00. Please make checks out to S.F. State/U. Corp.

Lunch after is optional.

MUNI: Any bus to Third St. and Mission or Market; BART to Montgomery St. Station

If interested, please contact Sheila.

Sheila Birmingham at sheilah8491@outlook.com or 415-564-4133

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See you in September!
All mini-courses are $35.00 except Poems as Pathways at $45.00. All classes are open to non-members.

Classes are held at the SF State Downtown Campus, 836 Market St., SF, CA.

**Mini Course: All Your Favorite Music Is (Probably) Black**

*July 22, 2019 - 1:30 p.m. to 4:00 p.m.*

All Your Favorite Music is (Probably) Black is a humorous, highly immersive, and historically accurate course that uncovers the African-American roots of popular music genres that appear to be free of African-Americans. Utilizing a rich audiovisual presentation, Mark Montgomery French reveals the sonic secrets behind African-Americans’ cultural invisibility within the musical categories they helped define.

San Francisco native Mark Montgomery French is an award-winning film composer with the group Spiky Blimp. He is an award-winning Creative Director with 20+ years of presentation experience, and a music culture writer noted for *Upity Music—Your Guide to Unsung Black Departure Albums* and the series 28 Days, 28 Black Music Documentaries. He was formerly the co-leader of the 90s progressive funk band Endangered Species.

**Mini Course: Protest Politics Before and After the Networked Public Sphere**

*July 22, 2019 - 10:00 a.m. to 12:30 p.m.*

Digital media have fundamentally restructured the public spheres of democracies worldwide. Social movements through which citizens organize themselves to make their own spontaneous demands—often pushing back against the routine understandings of political parties and other actors within and around the state—rely on public spheres to attract attention to their claims, to upturn politics as usual, and ultimately to change the terms of political discourse. How have digital and especially social media transformed public spheres and with them the nature of social movements; i.e. the ways in which protesters engage with the public spheres of democratic societies?

David Peritz has a Doctor of Philosophy in Politics from Oxford University. He is Co-Chair of the Politics Department at Sarah Lawrence College, and a regular visiting faculty member at Dartmouth. He has also taught at UC Berkeley, Harvard, Cornell and Deep Springs, and was a visiting scholar at Erasmus University in Rotterdam and the London School of Economics. His research specialization is modern and contemporary political philosophy, especially contemporary theories of democracy and justice and their relations to issues of diversity and inequality.

**Mini Course: Beyond the Headlines: Iran and Iranian Culture**

*July 23, 2019 - 10:00 a.m. to 12:30 p.m.*

This course introduces some basic aspects of Iran and Iranian culture to help better understand what is at stake in the current standoff between the US and Iran. What aspects of Iranian culture are being occluded by the headlines and current hostility? What is the historical background to the current situation? What are the aspirations and interests of Iranian people vs. those of its government? This workshop explores a more richly nuanced understanding of Iranian people and culture, to challenge the notion that Iran is "evil," and instead looks more closely at what we are missing.

Persis Karim is the Neda Nobari Endowed Chair and Director of the Center for Iranian Diaspora Studies at San Francisco State University, where she also teaches in the Department of Comparative and World Literature. She holds a PhD in Comparative Literature and an M.A. in Middle Eastern Studies from the University of Texas at Austin.
Mini Course: Bob Marley - Reggae's Greatest Hit

July 23, 2019 - 1:30 p.m. to 4:00 p.m.

With his group the Wailers and then as a solo artist, Bob Marley did more than any other musician to popularize reggae music throughout the world. With film clips and recordings from throughout his career, Bob Marley: Reggae's Greatest Hit illustrates his rise from Jamaican poverty to global superstardom in the 1970s. Instructor Richie Unterberger is the author of the recent book Bob Marley & the Wailers: The Ultimate Illustrated History.

Richie Unterberger is the author of a dozen rock history books, including volumes on the Beatles, The Who, the Velvet Underground, Jimi Hendrix, Bob Marley, Fleetwood Mac, and a two-part history of 1960s folk-rock, Turn! Turn! Turn!/Eight Miles High. He teaches rock history courses at the Fromm Institute, OLLI at Dominican University, and the College of Marin.

Mini Course: Poems as Pathways

July 24, 2019 - 1:30 p.m. to 4:00 p.m.

A poem takes the reader—but, first, the writer—on a journey intellectually and emotionally. These journeys tend to grow richer and deeper with age. Join poet and professor Kathleen McClung for an afternoon devoted to reading and discussing poems by three accomplished contemporary poets, each over 70: Barbara Crooker, Robert Eastwood, and Grace Marie Grafton. Limited to 15 participants, the workshop is open to readers/writers at all levels of experience. Bring a notebook or a laptop computer for brief writing exercises.

Kathleen McClung, M.A., M.A. is the author of two collections of poetry, The Typists Play Monopoly (2018) and Almost the Rowboat (2013). She publishes widely in journals and anthologies; she teaches writing and literature courses at The Writing Salon and Skyline College, where she has directed the annual Women on Writing conference for ten years. In 2018-2019 she is a writer-in-residence at Friends of the San Francisco Public Library. www.kathleenmcclung.com

Mini Course: Getting Real About American 'Democracy': Political Realism and Idealism in Dialogue

July 24, 2019 - 10:00 a.m. to 12:30 p.m.

The last few years have not been kind to democracy in the United States or the rest of the world. Here a populist upstart president, with a minority of the popular support but a steadfast following from partisan loyalists, has upended so much of politics as usual that it appears American politics may be unsettled for generations after Trump. Circumstances like these seem to test Jane Addams’ maxim that “the cure for the ills of democracy is more democracy.” A growing body of political scientists and theorists, self-styled realists, maintain that these recent democratic dysfunctions are the product of the intrinsic tendencies of democracy itself. The cure for the ills of democracy, they counsel, is not more but less democracy.

David Peritz: See above.
Not-quite-gourmet Dining....

Paprika
3324 24th St. (near Mission St.)

Tuesday, July 30, 5:30 p.m.

Ahoj! Hankering for some good Eastern European comfort food? If so, this cozy little spot in the Mish has you covered. Its modest menu consists of standard Hungarian and Czech fare, featuring sausages and pork goulashes. The sausages come perfectly seared and split, and the goulashes come with chunks of meat swimming in a sauce redolent of the deep, bold, earthy flavor imparted by the restaurant's namesake spice. Among the options the standouts are the pork goulash and the chicken paprikash. Entrees are accompanied by chunky mashed potatoes or gnocchi. Yes, these toothsome little dumplings and their variants are ubiquitous in cuisines throughout Europe. To wash down all this good food, an excellent selection of wine and Czech and German beers is available at affordable prices. For heartier imbibers, there is Das Boot.

Cash only. No credit cards

Muni: 14, 14R, 49; BART: to 24th St. & Mission

RSVP Required: Cecilia Lim, cec639sf@att.net, or 415-957-1602

Applause: Creole and Cajun Music

On June 10 Max Lopez and Andre Nigoghossian presented music of Southwestern Louisiana. The overwhelming heat that day provided the perfect backdrop to the lively, toe-tapping sounds. Using guitar, harmonium and some violin, they produced blues-y Creole and lively Cajun waltzes and two-step tunes.

The Creoles, they explained, were natives of Louisiana, mostly of African, Spanish, and Caribbean background. The Cajuns were largely self-contained communities in the bayou areas of southern Louisiana, formed by descendants of French Canadians deported by the British from Acadia in Canada, speaking an archaic form of French.

Everybody enjoyed the fine music, tapping toes and clapping the rhythms. Though nobody danced, many were seen afterwards skipping down the hall to the beat. It was a real lift in the oppressive heat.
Calendar of Coming Events

July 8  Monday  10:30 a.m.  Executive Board & Committee Chairs, location TBD
            1:00 p.m.  General Program Meeting, Room 587, Humanities Building
                      No shuttle is available for this meeting.

July 22 Monday  11:00 a.m.  Tour Committee meeting, location TBD
            11:00 a.m.  Program Committee meeting, location TBD
            1:00 p.m.  General Program Meeting, Room 587, Humanities Building
                      No shuttle is available for this meeting.

July 22 Monday  10:00 a.m.  OLLI Mini-course: Protest Politics Before and After the
                             Networked Public Sphere
            1:30 p.m.  OLLI Mini-course: All Your Favorite Music Is (Probably) Black

July 23 Tuesday  10:00 a.m.  OLLI Mini-course: Beyond the Headlines: Iran and Iranian Culture
            1:30 p.m.  OLLI Mini-course: Bob Marley - Reggae's Greatest Hit

July 24 Wednesday  10:00 a.m.  OLLI Mini Course: Getting Real About American 'Democracy'
            1:30 p.m.  OLLI Mini-course: Poems as Pathways

July 30 Tuesday  5:30 p.m.  Not-quite-gourmet Dining: Paprika
                           3324 – 24th Street, (near Mission St.)

August 14 Wednesday  11:15 a.m.  California Historical Society - 678 Mission St., S.F. (3rd. and Mission

Oct. 16 – 20 Tuesday  TBD  Oregon Shakespeare Festival, Ashland, Oregon

SIXTY PLUS 2017 – 2018

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Sixty Plus – OLLI at San Francisco State University

Sixty Plus – OLLI, CA 251, 1600 Holloway Avenue, San Francisco, CA 94132
Website: www.sixtyplussf.org  Telephone: 415-405-0489  email: sixty@sfsu.edu

Sixty Plus Highlights

Editor: Jeanne Glennon;
Contributors: Sheila Birmingham, Cecilia Lim, Chris Malfatti, Anne McGuire, Eileen Ward

Distribution Manager: John Johns  Managing Editor: Eileen Ward

Items for the September Highlights should be submitted by August 15 to: Jeanne Glennon:jfglennon@comcast.net

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SIXTY-PLUS at SAN FRANCISCO STATE UNIVERSITY
Creative Arts 251
1600 Holloway Avenue
San Francisco, CA 94132
Web: www.sixtyplussf.org