

(Staff Notes cont. from p1)

**Disaster Kit Items:**

- Drinking water
- First aid supplies
- Emergency lighting
- A hand-cranked or battery-operated radio (and spare batteries)
- Canned and packaged food and cooking utensils (don't forget the can opener)
- Special items for infants and elderly or disabled family members
- Items to protect you from the elements – warm clothing, sturdy shoes, extra socks, blankets etc.
- Heavy duty plastic bags for garbage and to serve other uses, such as tarps or rain ponchos
- Work gloves and protective goggles
- Pet food if you have pet and pet restraints
- Emergency cash in small bills

**Special Note - Earthquake Preparation Tips For Seniors – (These are only some of the issues or items one must address, your circumstances may require more specific plans)**

Seniors often have special needs and require individual care. The following are some ideas put forward to help seniors develop a plan that may be more specific to their needs.

**Create A Senior Disaster Plan:**

- Involve family, neighbors and givers in your plan. Have them help you make your home safer and put together your emergency supplies
- Find a "buddy", someone you call every day at a specific time just to "check in" and let them know you're alright
- Decide who will check on you after an earthquake, give each other contact information
- Tell your buddy your special needs. Show them how to operate any equipment you use, where your supplies are; give them a spare key
- Plan and practice the best escape route from your unit
- Prepare for an evacuation – have a bag with medicines (or prescriptions) clothing and valuables you need to take with you
- Prepare a SIGN to put in your window if necessary that states "IM OKAY" or "I NEED HELP"
- Make plans for your pet - shelters accept only working animals like seeing eye dogs. See if a neighbor can look after your pet.

I hope the ideas shared with you in this edition will either supplement your current Earthquake preparation plan or assist you in starting one.

Best to you all, Richard

**Have you met...?** 49th in a series about people who live or work at Telegraph Landing.

**Florence Schwartz Harlan** writes "I guess I was always destined to be an artist. My third grade teacher in Chicago, where I was born and raised, complained that I drew

pictures on my arithmetic papers. There were many detours however before I got there. After getting a degree in Art Education, I taught 6th grade and realized that was not my forte so I changed directions and went back school for a degree in higher education. In 1961, I came to San Francisco and, because I couldn't type - I still can't-- literally stumbled into a "one year" temporary administrative assignment at San Francisco State University. Twenty-nine years later, I retired early in order to paint full time and travel with my husband.



I now have a studio in the artist's colony at Hunters Point, have participated in many group exhibits including one at the De Young Museum and have had several one woman shows in Northern California. My future plans include more painting and more learning. Incidentally I am now a sophomore at City College in San Francisco.



Telegraph Landing has been my home since 1976 when it was first completed. Believe it or not they had to lower the prices to sell, as people did not want to live in this part of town.

**On the Move:**

**IN:**

3/4 Francois Lopitiaux & Klara Kristianova to 1-303

**OUT:**

3/25 Fred & Elaine Park from 2-609

**Board Meetings**

All homeowners are invited to attend the monthly Telegraph Landing Board of Directors Meetings, held in the Club Room from 7:00 p.m. to 9:00 p.m. usually on the **4<sup>th</sup> Tuesday of each month**. Homeowner input is taken at both the beginning and end of each meeting on items not listed on the agenda. On agenda items, homeowners may comment etc. during the meeting at the time each item is being discussed/considered.

To put an item on the agenda, address a note to the Board and management. Leave your note at the Front Desk to be distributed at least by the Wednesday before the Board Meeting.

**Next Bd. Mtg. & Annual Mtg.: Tues., April 26**

**Telegraph Landing Board Members**

Kathi Barnes, President

[kathlab@comcast.net](mailto:kathlab@comcast.net)

Karen Hartquist, Vice President

[Karen\\_hartquist@yahoo.com](mailto:Karen_hartquist@yahoo.com)

Jasper Schad, Secretary

[mjschad@sbcglobal.net](mailto:mjschad@sbcglobal.net)

Pat Johnson Treasurer

[PJohnson@jonesschiller.com](mailto:PJohnson@jonesschiller.com)

William Halprin, Assistant Treasurer

[whalprin@whalprin.com](mailto:whalprin@whalprin.com)



## Management Contacts:

### Portfolio Manager:

**Mark Moreno**  
415 401 2059

[mmoreno@citiscapesf.com](mailto:mmoreno@citiscapesf.com)



### On-site Property Manager:

Richard Price  
415 772-9136

[rprice@citiscapesf.com](mailto:rprice@citiscapesf.com)



### Assistant Property Manager:

Mark Brunig  
415 772-9136

[mbrunig@citiscapesf.com](mailto:mbrunig@citiscapesf.com)



### Financial Manager:

CitiScape Property Management Group, LLC  
Property Accountant, Jose Cruz

[jcruz@citiscapesf.com](mailto:jcruz@citiscapesf.com) or

415-401-2000



## TL Team Members

### Facilities:

Terri Quile, Facilities Director  
Bill "Raz" Razvaliaeff, Facilities Mtce.  
Engineer



### Janitorial Service:

Marvin Menendez, Supv.  
Juan Recinos  
José Cuellas  
Raul Reyes (wkends)



### Security: (415 788-1319)

Victor Zacca  
Dave Fulcher Valentin Misoston  
Abdel Assal Sanel Kuduzovic



### Landscape Services:

Gardeners' Guild



## End Note:

Third in a series of recipes from the great chefs of Telegraph Landing.

### Quinoa Salad with Dried Apricots & Baby Spinach

4 servings | Active Time: 30 minutes | Total Time: 45 minutes



### Ingredients:

- 1 cup quinoa, (see Ingredient note)
- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1/2 cup dried apricots, coarsely chopped
- 2 cups water
- 1/4 teaspoon salt
- 2/3 cup Moroccan-Spiced Lemon Dressing, (recipe follows), divided
- 1 cup cherry tomatoes, or grape tomatoes, halved
- 1 small red onion, chopped
- 8 cups baby spinach
- 1/4 cup sliced almonds, toasted (see Tip)

Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins

to crackle, about 5 minutes. Transfer to a fine sieve and rinse thoroughly.

Heat oil in a medium saucepan over medium heat. Add garlic and cook, stirring constantly, until golden, about 1 minute. Add apricots and the quinoa; continue cooking, stirring often, until the quinoa has dried out and turned light golden, 3 to 4 minutes. Add water and salt; bring to a boil. Reduce heat to medium-low and simmer, uncovered, until the quinoa is tender and the liquid is absorbed, 15 to 18 minutes.

Meanwhile, make Moroccan-Spiced Lemon Dressing. Transfer the quinoa to a medium bowl and toss with 1/3 cup of the dressing. Let cool for 10 minutes.

Just before serving, add tomatoes and onion to the quinoa; toss to coat. Toss spinach with the remaining 1/3 cup dressing in a large bowl. Divide the spinach among 4 plates. Mound the quinoa salad on the spinach and sprinkle with almonds.

**Per serving** : 325 Calories;

### Tips & Notes:

**Make Ahead Tip:** Prepare through Step 3. Cover and refrigerate the quinoa and dressing separately for up to 2 days.

**Ingredient note:** Quinoa is available in most natural-foods stores and the natural-foods sections of many supermarkets. Toasting this grain before simmering enhances its flavor.

**To toast nuts:** Heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes. Transfer to a bowl to cool.

### Moroccan-Spiced Lemon Dressing

This dressing is inspired by the flavors of North Africa and is good drizzled on mixed green salads as well as grain salads. **About 2/3 cup** | **Active Time:** 10 minutes | **Total Time:** 10 minutes

### Ingredients:

- 1/4 cup lemon juice
- 2 tablespoons nonfat plain yogurt
- 1 1/2 teaspoons honey
- 1/4 teaspoon each: ground cumin, ground cinnamon, ground ginger, teaspoon salt
- 1/4 cup extra-virgin olive oil
- Freshly ground pepper, to taste

Whisk lemon juice, yogurt, honey, cumin, cinnamon and ginger in a small bowl until blended. Slowly whisk in oil so that the dressing becomes smooth and emulsified. Season with salt and pepper.

**Per tablespoon** : 54 Calories

**Make Ahead Tip:** Cover and refrigerate for up to 2 days

- Maralyn Schad, Bldg. 1

**Do you have a favorite recipe?** Please leave a copy at the front desk or email to me, [bev\\_sutton@yahoo.com](mailto:bev_sutton@yahoo.com) . If I get enough, I'll make a booklet.

- Bev