

# nha

July 12, 2016



Dear Members, Neighbors and Friends,

I hope you all had a great 4th! We watched the fireworks through the fog with a few folks in our building! It was beautiful and cold!

Congratulations to all of our members and friends that successfully completed the NERT (Neighborhood Emergency Response Training) sessions on Nob Hill. We are lucky to have so many trained neighbors among us! Bravo and thanks to the San Francisco Fire Department for putting it on.

Remember--Wind Down with Wine, Bourbon & a Movie at the Top of the Mark! Tuesday evenings from June 7 through August 30 join with friends at the Top of the Mark for wine and bourbon tasting and a movie. Bourbon tasting starts at 5:30 and the movies start at 7:00. Thanks, again, to Maarten Drenth and our friends at the InterContinental Mark Hopkins for these fun summer evening gatherings!

Mark your calendars for September 18 for Rosé in the Park, Nov. 13, the Il Divo Concert at the Masonic, and Nov. 28 for the Annual Tree Lighting. More to come.

Be sure to try the new Bamboo Massage at the Nob Hill Spa—it sounds amazing!

Check out the new Grace Cathedral phone App—details on p. 3. It sounds fun... and learn from a fellow NHA member about a great volunteer opportunity (p.2). Have a great summer. All the best to you and safe travels!

Barbara Mount

Coming Soon:

7/30 Walking Tour (Sold out) Get on wait list: [HUDSON@FERNHILLTOURS.COM](mailto:HUDSON@FERNHILLTOURS.COM)

Tuesdays through August 30.

Wind Down with Wine, Bourbon and a Movie. Top of the Mark! Tasting 5:30. Movie starts at 7:00.

8/3 Jazz Night at the Univ. Club 6:30, RSVP [415-800-7502](tel:415-800-7502) (direct) [dan@uclubsf.org](mailto:dan@uclubsf.org)

9/18 BBQ in the Park

11/13 Il Divo

11/28 Annual Tree Lighting n Huntington Park

Ace Parking Management  
Bay Area Cabaret  
Comstock Apartment Corp.  
The Fairmont Hotel  
Falcon Associates, Inc.  
The Fine Mousse  
Flour & Co.

Grosvenor Americas  
Hill Investment Company  
InterContinental Mark Hopkins SF  
Joel L. Goodrich  
Le Beau's Nob Hill Market  
Lefkowitz & Co.  
Live Nation  
Mark Hopkins Rental Condos

Muratore Construction Co.  
Nob Hill Café  
Nob Hill Condominium Assoc.  
Nob Hill Masonic Center  
Nob Hill Spa  
Osso Steakhouse  
Pacific Union Club  
Recharge Medical Day Spa

Robin Woolard Precious Jewels  
Scarlet Huntington Hotel  
Stanford Court Hotel  
Stokey's Club Moderne  
Swan Oyster Depot  
University Club San Francisco  
Vendetta  
Venticello

Support your NHA Business Members!

## New Treatment in the Nob Hill Spa called the Bamboo Massage Treatment!

In Asian culture stalks of bamboo symbolize life energy, eternal youth, prosperity, fertility and strength. Nob Hill Spa's Bamboo Massage Treatment uses this renewable and sustainable resource as well as reconnects us to ancient approaches, reminding us of what it means to be connected and interconnected -- respecting our needs and those of the natural world that support those needs.

The warmth of the Bamboo Tools combined with the specialized techniques create an exceptionally therapeutic massage, expediting the melting away of ischemic tissues. Bamboo Therapy increases relaxation, decreases muscular contraction, reduces trigger point formation and helps restore proper posture.

Stimulation of the tissue by the bamboo sticks relieves our "sluggish state," by dissipating the accumulation of toxins and poor circulation, much the same as what would occur through deep-tissue work or acupuncture.

(50 Minutes: \$155    80 Minutes: \$205)



## Volunteer Opportunity

As a Nob Hill resident, a Nob Hill Association member, and a retiree, I want to tell my neighbors about a volunteer opportunity that has been incredibly rewarding. I have been tutoring at Redding Elementary School, close by at Pine and Larkin. It's a K-5 school filled with active, lovely children, fifty percent of whom are reading below grade level. Studies have shown that children who don't read at grade level by the end of third grade are 4 times more likely to drop out of school.

My commitment takes only one hour a week. I meet with three children individually during that time. My training came through the Jewish Coalition on Literacy. A single afternoon of training helped me to prepare, as did a well-developed binder full of ideas.

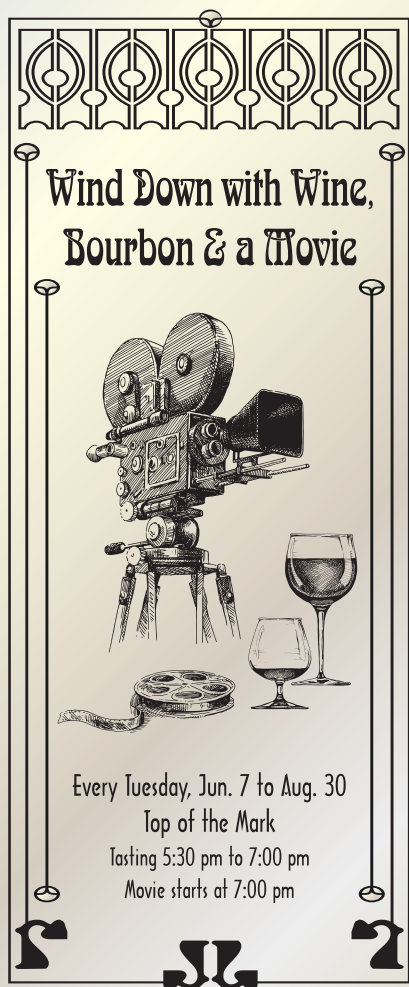
More information and training session signup can be found online at

<http://www.jclread.org/>

Get involved, help our community, help our children.

Meta Pasternak





Tuesdays at the Top of  
the Mark!  
5:30 Drinks  
7:00 Movies

Movies and Bourbon  
tastings continue on  
Tuesdays through August  
30.

As part of the birthday  
festivities, the Mark is  
offering Throwback  
Sundays and Mondays  
through 8/29 with  
discounts on selected  
drinks and appetizers.



# EXPLORE Grace Cathedral

With Your Smart Phone and Our App

## GraceGuide — Tours of Grace Cathedral

Free, fun and full of  
fascinating stories

Narrated by Anna Deavere Smith  
with introductions by the  
Bishop of California and  
the Dean of Grace Cathedral



Search "GraceGuide"  
Connect using  
GraceWifi

Visit [gracecathedral.org/GraceGuide](http://gracecathedral.org/GraceGuide)  
for more information



## Explore Grace Cathedral With Your Smart Phone!

Download Grace's new app, GraceGuide — Tours of Grace Cathedral San Francisco. These tours are free, fun and full of fascinating stories. You can choose from:

- Bishop's Welcome: A greeting from the Bishop of California
- Explore Grace: Cathedral highlights: art, architecture and history, narrated by Anna Deavere Smith
- Cathedral Quest: A treasure hunt for families, narrated by Anna Deavere Smith
- Music for Reflection: Meditative music to enhance your visit, with an introduction by the dean of Grace Cathedral.

Download the app by searching for GraceGuide—Tours of Grace Cathedral San Francisco on iTunes or Google Play.

# JOIN THE NOB HILL ASSOCIATION



Please fill out the information, and mail to:

The Nob Hill Association, 235 Montgomery Street, Ste. 870, San Francisco, CA 94109

☐ I am paying by check

For Dues please make your check payable to the Nob Hill Association

Name \_\_\_\_\_

Second Name \_\_\_\_\_

for Family Membership

Address \_\_\_\_\_

City, State and Zip Code \_\_\_\_\_

Telephone No. \_\_\_\_\_

Email \_\_\_\_\_

☐ I am paying by credit card. Please complete the following information: Card Type:

☐ Visa \_\_\_\_Security Code (back of card)      ☐ Mastercard \_\_\_\_Security Code (back of card)

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

**THANK YOU!**

☐ \$40 Adult age 40 and under

☐ \$60 Individual

☐ \$75 Family

☐ \$80 Business

☐ \$\_\_\_\_\_ Tax Deductible Donation  
to the Nob Hill Foundation

For more information visit: [www.nobhillassociation.org](http://www.nobhillassociation.org)

**Remember to Renew and invite friends to join us!**

**Visit [www.nobhillassociation.org/join/](http://www.nobhillassociation.org/join/) or fill out**

**the form above and send in to our offices. We**

**need you!**