



San Francisco Trip Notes July 13-20, 2013

From Marie: *Francisco was my favorite part of this entire trip. We saw so many things in San Francisco and walked the Golden Gate Bridge and stayed in a beautiful apartment. I wish we could've stayed longer.*

Overview: Marie was with us for a month. I'm not so sure that had been her choice to stay so long but she missed her opportunity to complain by not reading emails (smile). We departed to Washington D.C. the day after she arrived in New Jersey. The following week she had a CAD/Engineering Camp at the local college, followed by a drive to the Berkshires of Massachusetts to my endearing Kripalu Yoga Retreat in Lenox where I indulged in the R&R program and Marie was gutty enough to do a week long *Boot Camp for Teen Goddesses in Training*. We came home on a Friday night late and with four hours sleep heading out for a week in San Francisco. Despite being busy I think she missed her family and her flute and I'm not sure in which order. By the level of texting I suppose it was the family and in many ways that is good.

Tourist: We did most of the basic tour sites, all of which were repeats many times over for Tom and me but always interesting to see a sight through the eyes of a teen. We ate well, enjoyed our lovely Nob Hill apartment, dined with two successful women friends, and spent a day at Stanford University.



At Boudin Bread Factory and Restaurant, taking pictures of bread for Bread-Loving-Friend Judy, and then on the Pier with a chunk of Boudin Bread shaped like a Turtle. Marie fixed the challenging Miele coffee maker and fixed us cappuccino each morning. On our first night she cooked dinner of French Croque Madames that she learned in Paris during spring break (that's the French cheese and meat sandwich fried and with an added egg on top.)

We managed a day's bus tour as an overview, a bay cruise, walking Fisherman's Wharf, and riding the only moving historical monuments – the street cars. We walked up the cliff to Coit Towers and then up the steep steps to the top, and also into Chinatown for a tour, bubble tea and the oldest fortune cookie factory where we bought plenty. Chinatown was first, and Japan town plus a meal there was the last. Walking took us through Nob Hill near our apartment and by the Grace Cathedral where the famous Florence doors were removed for renovation, and also through those famous hotels the Fairmount and the Intercontinental Mark Hopkins. We drove over, through the parks, then walked the Golden Gate Bridge. We cased the joint where Tom had once lived on the Presidio in view of the Bridge. We ate at the Bodin Bread factory and the Cliff House as tourist attractions if not the best of food. We consumed samples and bought chocolates at Giardelli Square.

One day we ventured across the bridge to walk and eat in Sausalito to the best views of San Francisco. That was after trying to get into Muir Woods but the crowds made it impossible so we drove the famous high mountains and went to and through the tiny Stinson Beach that seems to be left from the early century. The houses perched on the hillside reminded us of the Italian coast. Well, sort of.

Twice we went to the Legion of Honor and admired the view while finding the darned museum closed. It looks down on the Golden Gate Bridge and over to the hills and park where we drove up and froze taking pictures. We twice walked much of the Embarcadero and saw the views of the 'other' bridge and ventured to and through the Ferry Building where there's always food and more food to admire. We continued on through the museum area and into the park but the Martin Luther King huge waterfall memorial was not running and MOMA was closed but all was not lost as we ate at my favorite "The Grove" over on Market and Third. On the way we looked in at the glorious Palace Hotel and also Tom's antique shop where he has purchased art work before. We shopped a little bit but we knew our suitcases were full so we only window shopped and also at SFO's own Gumps.

One day we spent in the Golden Gate Park, walking through it, into the oldest Japanese Gardens in the country and eating in their tea house before going up to the top of the art museum for a glorious view of the park plus onward over the entire city. The art museum afforded us a decent tour plus a meal sitting outside the sculpture garden. We could see the living roof top of the Academy of Sciences.

Not many teens enjoy museums but we believe Marie does as evidenced by spending still another entire day in the Asian Museum, and long enough to need two meals and time enough to take two decent tours. It was outside the Asian Museum that we ate in the outdoor food market one day.

Biggest event was the day at Stanford University about an hour south where Marie didn't get put off by their low 7-8% rate of acceptance. After a walking tour, we bought her a red Stanford sweatshirt as well as a grey with red Stanford emblem t-shirt for her and her friend Peyton. Keep the idea going! She slept in the sweatshirt many nights on.

The evening prior Tracy, Stanford grad who lives outside Stanford, came in for a dinner as it was Tracy who started this whole Stanford idea and she was bold and tough on Marie about requirements to entry. Nothing dissuaded Marie. The night of the Stanford tour we joined Sonya for dinner just outside of Stanford in a colorful Cuban restaurant. Two very successful and sharp ladies who bonded nicely with Marie.

Photos: Tom will soon have a photo show at www.TomsKoi.com. I will save you from my pictures!

Apartment: See San Francisco apartment pictures and description within the itinerary below.

Shopping: Tom enjoys dressing his 'girls' and here are some of the shopping results – Marie needed a black suit for her concerts. Plus a small piano keyboard that hooks to her iPad. (No, we didn't get the iPad; I don't even have one.) Most of what Tom picked out before Marie arrived worked.



Washington D.C.: Our first endeavor, before Brookdale CAD Engineering Camp, was a second visit to Washington DC – see itinerary at the end. We were there about three years ago for the Fourth of July celebration.

From Marie: *DC - although I have been there before was excited to return again. We didn't have enough time to see everything I wanted to see but that just calls for another trip back.*

Marie is growing up – she shared her Starbucks gift card with me and another morning went out in the rain to acquire and purchase our breakfast from her 'allowance' monies. Next up: learning to save part of her funds. Then here's a picture taken inside one of the noted restaurants we would frequent: Old Ebbits which is one of the oldest in D.C.

Kripalu Yoga Retreat was on the third week's agenda. Diana engaged in R&R while Marie's took a week's program called "Boot Camp for Teen Goddesses in Training."

From Marie: *Kripalu was an amazing place. I loved the food, the people our room, and my program. I learned through my program, Boot Camp for Goddesses, many things that will help me later in life.*

From Kripalu: *Boot Camp for Goddesses® - Goddess in Training: Teens 13-17 Mission: To acquaint teenage girls with the value of being a woman and learn how to embrace, embody and celebrate that wonderful gift. Boot Camp for Goddesses® will empower teenage girls of all physical fitness levels to embrace, embody and own the power of their inner Goddess Warrior – to build self-confidence, self-esteem and self-worth from the inside out. This workshop helps teens break through to new levels of fitness – physically, emotionally, mentally and spiritually.*



Despite all the progress we've made since the days when women couldn't vote or own property, we still teach our daughters to look pretty, be nice, and not take up too much space. If you don't believe that girls are taught to diminish themselves, look around the next time you see a group of teens—how many of them have their arms folded over their stomachs, their legs crossed, their chests shrunken, as if to take up less space. Yet as tempting as it may be to blame society, the media, religion, or family, the fact is that we teach our daughters to be accomplices in their own disempowerment which leads them to distract themselves with drama, addiction, and bad habits. This workshop will teach your daughter to put her female spirit into action, to claim her space, and to be true to her authentic self. It is imperative for teens to claim their right to define beauty, power and fitness for their future.

Teens are at the doorway of their rite of passage where they can choose to evolve into a more enlightened state or succumb to the pressures and negative opinions of others. This is why some teens are drawn into peer groups that will stunt their emotional growth and prevent them from actualizing their true potential. The time has come for them to put their female spirit into action, and become victorious and courageous, not victimized and compromised. This is where fluff meets tough. Boot Camp for Goddesses® awakens the female spirit - the magnificent combination of Goddess and Warrior - which is:

- Flexible but firm.
- Graceful yet strong.
- Receptive yet protected.
- Observant yet focused.
- Compassionate and powerful.
- Emotional and intellectual.
- Peaceful yet fierce.

A Goddess Warrior creates her own destiny rather than allowing her environment to shape her. Her energy comes from a place of centeredness and balance. She is in touch with her intuition and brave enough to follow its guidance. When a teen has mastered this natural state of being, she has found her true authentic self.

Summary: Boot Camp for Goddesses® Teens recognizes that wisdom is ageless and that during the teenage years, girls are at their most intuitive, powerful and receptive. This workshop will educate teens on how to become healthy, whole and holy women of power who will lead the next generations in creating balance and harmony within and equilibrium without. Your legacy - that of your generation - will be to rejuvenate and protect the most powerful female essence, Mother Earth.



This picture was taken after the final ceremony where parents were invited -- and I was too! That's Sierra Bender just as Marie broke the plank board with her foot strike.

Hopefully this is Not the End

Observation from a special friend: "You are at a different point in your life. It is a joy for you to spend time with such youthful energy, as Marie certainly has. If one is able to view life through a young person's eyes, one can experience things anew and feel young again."

Marie and Tom got along very well and even better while shopping. Marie and I seemed to have gotten into the mommy/teen mode which wasn't the best but probably inevitable. Do all teens stay glued to texting and are all teens certain that anything you think is black they think is white? Time will tell but we hold high hopes for her.

Old picture but one I liked from Amalfi Coast trip and sent later by a friend so here it is:



Itinerary

Sat Jul 13 – Day 1

7:59am Depart Newark EWR via UA#207

11:00am Arrive San Francisco SFO

Rental car

Ideas: Settle in, walk Nob Hill, hotels, Chinatown, Trolley ride, grocery shop

Apartment “The Penthouse” on Nob Hill – www.vrbo.com/70371
1030 Bush Street, #6, San Francisco, CA 94109 Tele 415 236 1194







Website description: *The Penthouse is five blocks from Union Square, Nob Hill, Chinatown and all cable car lines. It's luxurious, comfortable and close to many of the city's points of interest. The third-floor Penthouse is within walking distance to many of the city's attractions and accessible to many more via the famed San Francisco cable cars that traverse the area. The Penthouse is located within a walker's paradise with a Walk Score of 98 out of 100 <http://www.walkscore.com/score/1030-bush-st-san-francisco-ca-94109/>*

If you're looking to take in a play, the Curran Theater, American Conservatory Theater and Marines Memorial Theater are located just off of Union Square. If it's shopping that interests you, choices abound, from multi-level stores like Neiman Marcus and Gumps to smaller signature stores like Tiffanys and Gucci. And then there's dining. San Francisco is known for its fine restaurants and many of them are in the Union Square and Nob Hill areas. Just four blocks from the Penthouse (on Bush Street near Jones Street) in another direction is Nob Hill, where you can have a drink at the Top of the Mark (Mark Hopkins Hotel) or grab one of the fabled cable cars for a ride to North Beach, Fisherman's Wharf or the Embarcadero. And while the Penthouse's proximity to many points of interest is a plus, the Penthouse itself is remarkable. Located in a lovely, vintage building, the Penthouse is beautifully decorated. The living and dining area, which seats 10 people, is richly appointed. It features a real wood burning fireplace. Two of the bedrooms have a queen-size bed and one bedroom has a king-size bed with deluxe down bedding and fourth story views over Bush Street from the balconies. There are TVs, DVDs and stereos in two of the three bedrooms and the living room. All new custom and designer furniture throughout this unit makes for a most comfortable retreat. A washer and dryer are located in the garage for your shared use. If staying in appeals to you, there is the gourmet kitchen with top of the line appliances, including wine refrigerator and built-in Miele coffee/espresso machine. Or there's always the rooftop, where you can grill with a view and dine with the pleasure of gas heaters. And if none of those sound good, you can call Waiters On Wheels, which delivers food from a variety of restaurants, including Wolfgang Puck's and Steps of Rome. And last but not least – especially in San Francisco – the Penthouse has a one-car garage.

Sun Jul 14 – Day 2

Ideas: SFO Basic tour – needs booked thru a hotel on Saturday

Mon Jul 15 – Day 3

Ideas: Drive Golden Gate Park, Museums, Cliff House and shore line, visit Legion of Honor if open on Monday?

Tue Jul 16 – Day 4

Ideas: Fisherman's Wharf, famous Bodin's bread factory, Coit Tower, Giardelli Square

Wed Jul 17 – Day 5

Drive to Stanford; tour at visitor's center, meal with Tracy and/or Sonya, see Palo Alto and coast line
1:00pm Student Forum at Visitors Center to 1:45pm; Q&A for students and NOT parents
2:00pm Discover Stanford Tour including walking tour to 4:15pm
Sign in 10-minutes prior at Visitor Center, 295 Galvez Street, Stanford CA 94305

Park in Lot L-95 on Galvez Street between Nelson Road and Campus Drive near the Stanford Stadium

Thu Jul 18 – Day 6

Ideas: Walk SFO city, Embarcadero, museums, parks, Japan Town

Fri Jul 19 – Day 7

Ideas: Drive over Golden Gate Bridge to Sausalito, onto to Muir Woods for walk, to Point Reyes and lighthouse with cliffs, and by Stinson Beach Village

Sat Jul 20 – Day 8

11:00 am Check out of apartment

Ideas: Market at ferry building

4:25pm Depart San Francisco SFO via UA#477

12:57am+1 Arrive Newark EWR

Marie to NJ
June 25-July 24, 2013

Tue Jun 25

5:11pm Depart Kansas City MCI via UA#4181
8:58pm Arrive Newark EWR - Meet outside gate area as usual

Note that Kathy's three boys arrive same evening

Wed Jun 26

Option Swimming coach Teresa in the morning? Requested per Marie
Or prefer to catch up with Tom and any shopping instead?
Diana to The Club for noon appointment with Jeff

Afternoon: Check out Brookdale campus and where to go on Monday morning
Verify sufficient hot weather clothing for DC trip plus jacket

Thu Jun 27

10:09am Depart Metro Park via Amtrak #141 Northeast Regional – reserved seating
1:00pm Arrive Washington DC

Hotel Washington Marriott at Metro Center – 3 nights
775 12th Street NW, Washington, District of Columbia 20005 Tele 202 737 2200

Sun Jun 30

4:25pm Depart Washington DC via Amtrak #126 Northeast Regional – reserved seating
7:11pm Arrive Metro Park NJ

Mon Jul 1 - week

9:00am Engineering Design CAD camp – 4 days (minus July 4th)
Location: TBA

3:00pm End of day – arrange where to pick up after plus an hour for cafeteria/social/bookstore?

Note to arrange SFO clothing purchases during the week. Include any necessities from Target and any school clothing needed.

Sat Jul 6

Open - Prepack for both Kripalu and SFO trip

Sun Jul 7

Depart mid-morning to Lenox, Mass for Kripalu Camp for Goddesses
See separate file for Kripalu. Program begins early evening Sunday and ends Friday afternoon

Take sarong or cotton skirt, hiking shoes, 3- and 5-pound free weights (dumbbells), a journal.

Fri Jul 12

Noon to 1pm Ending Session

2-3pm Depart after lunch - On the road for a 4 hour plus drive home depending on traffic

Evening Unpack and repack for SFO trip

Sat Jul 13

5:30am Depart home for 7:50am flight Newark EWR to San Francisco - See separate itinerary

Sat Jul 20

4:25pm Depart San Francisco to Newark arriving to NJ 12:26+1am

Sun Jul 21

Open

Mon Jul 22

Swim Coaching session

Tue Jul 23

Open

Wed Jul 24

2:15pm Depart home

4:42pm Depart Newark EWR via UA#4397

6:47pm Arrive Kansas City MCI \