



Web Site: <http://www.owlsf.org>

January - February 2011

Email: [owlsanfran@juno.com](mailto:owlsanfran@juno.com)

OWL is the ONLY national membership organization to focus exclusively on critical issues facing women as they age. We work together to improve the status and quality of life for midlife and older women through national, state and local networks.

**OWL SF Planning Meeting for 2011**  
**Saturday, January 22<sup>nd</sup>**  
**10:00am to 2:30pm**  
**Mechanics Institute, 57 Post Street, 4th Floor**  
**(1/3 block from Market & Montgomery BART/MUNI)**

**Lunch provided**

**RSVP Necessary: call OWL office to leave message 989-4422**

The annual planning meeting will assist the OWL Board in determining the types of programs, activities, and political advocacy issues which are of most interest to the entire membership.

This meeting will also be used to better define and strengthen the committee structure, review the national and state OWL structure, and brainstorm other things OWL San Francisco could do. See page 3 for a detailed program description of discussion topics.

Coffee will be available in the morning and a catered lunch will be provided. All members are urged to actively participate. Come with unique ideas.

We need your input! Please RSVP to the OWL office (989-4422) in order to ensure there is lunch for everyone.

**Older Women's League \* 870 Market Street, #905, San Francisco, Ca. 94102**  
**Phone 415-989-4422 \* Web site: [www.owlsf.org](http://www.owlsf.org)**

## **PRESIDENT'S MESSAGE**

There are two things I want to discuss in this end-of-year letter: 1) how much progress we as a chapter have made this past year, and 2) how much work we have to do next year to preserve progress we have made in the larger arena, as women who are aging. Actually progressing is but a dream in most areas.

The chapter is coming together in the most organized fashion I have seen in my roughly eight years with OWL SF. At the planning meeting, we discuss where we have been and where we want to go. This year is the first where we developed a working committee structure and program to directly support our goals. We tried before, but I feel this was a breakthrough year in making it happen.

Committees have taken the goals set at the planning meeting, and met regularly to implement them. The Board members have worked together to coordinate all of it. Elsewhere in this newsletter and/or at the planning meeting for this year, the specifics of the operation will be discussed, however I want to commend us all for developing and implementing a system that works. And it is a good thing we have this structure in place, because the assault on things we care about and need is the most critical in my lifetime. We need to marshal our energies to meet these attacks, rather than focusing on getting organized internally.

A special paragraph is devoted to Social Security: for decades, Social Security has been under attack, but this year political and fiscal realities are coming together in dangerous ways, to enable serious deterioration of the program. I have discussed at length in past newsletters how critical the Social Security program is to women in general, and aging women in particular. In the current political climate changes could well lead to the unraveling of this program. We have been active in the past with education programs, coalitions, letters, legislative visits, etc. -- and OWL has been a leader for preserving Social Security, but this year all of us will have to step up our efforts. This is not an idle threat; Social Security is in real danger.

In addition we will need to address other issues chipping away at our quality of life, including attacks on health care reform measures and Medicare. And then there is the destruction of services in the reduced state budget and the need to support universal health care in California. Locally, we must continue to work on issues that will enable us to stay in the city, such as housing, transportation, health care, and pedestrian safety.

Finally, I urge you to come to the planning meeting on January 22<sup>nd</sup>. It is here that we set our agenda for the next year. I think the reason the chapter is so effective is that we have so much member input. We have big issues to face – many of them, alas, to preserve gains made in the past. I am glad we have a structure in place that allows us to devote our energies to addressing them. And our feisty, outspoken, friendly members are great company, so join us!

—*Kathie Piccagli*

## **WELCOME NEW MEMBERS**

**Sybil Cohn  
Catherine J. Dodd  
Jeanne P. Fisher**

**Maxine Anderson  
Melanie Grossman  
Amy Hittner  
Glenda Hope  
Carole Isaacs  
Jonee Levy  
Margaret Lew  
Nan McGuire**

**Sheila Malkind  
Kathie Piccagli  
Judi Sahagen  
Ruth Strassner  
Allyson Washburn**

Newsletter  
Margaret Lew, Editor  
Carole Isaacs, Assistant Editor

**SF OWL Board meetings:** first  
Monday of the month, 3:30-5:30 pm,  
870 Market St.  
**Phone:** (415) 989-4422  
**Email:** [owlsanfran@juno.com](mailto:owlsanfran@juno.com)  
**Web:** [www.owlsf.org](http://www.owlsf.org)  
**Mail:** 870 Market St., Room 905,  
San Francisco, CA 94102

## News from OWL National and OWL California

In mid-October OWL National and OWL California had overlapping board meetings in Sacramento. The two groups met separately, but had a day of meeting together, providing us the opportunity to share some presentations and most importantly, to get to know each other.

There has been a lot going on at OWL National. At the end of August OWL got a lot of publicity with our many efforts to preserve Social Security (especially after Alan Simpson's email to OWL Executive Director Ashley Carson, in which he referred to Social Security being like "a milk cow with 310 million tits." He was also insulting to women, older women, and advocates for them. See <http://www.owlca.org> for a summary.)

Second, OWL National has in place a whole new staff. In our November-December newsletter there was information about the new Executive Director, Bobbie Brinegar. Working with her half-time are Patricia Whitelaw-Hill, Development Manager, and Dianne W. Hawkins, Executive Assistant for Programs and Membership. There is an exciting feeling of enthusiasm

at the National level. A new board has been elected for the new year, and there will be new officers.

I am leaving the Board of OWL National, and I feel both good and bad about leaving at such an exciting time. Another member of our chapter, Catherine Pinkas, will be Member at Large for 2011-2013.

OWL CA had arranged a great lineup of speakers for our day together, including Bruce Chernof, MD, from the SCAN Foundation, Anthony Wright from Health Access, and Congresswoman Jackie Speier. The Golden OWL award for outstanding OWL California member was presented to Shirley Harlan, San Bernardino. There was a large gala celebrating the contributions of Betty Perry, who has been the beloved "face" of OWL in the State Capitol for many years.

They say a picture is worth a thousand words, so check out the website <http://www.owlca.org> for lots of photos of these events as well as a summary of the OWL CA meeting, including a video of Jackie Speier's speech. I also want to note here that our new Southwest representative to the OWL National board is Margie Metzger from the Sacramento chapter, the terrific webmaster for the Owl California website.

—*Kathie Piccagli*



## January Planning Meeting

The annual planning meeting will be held on Saturday, January 22, 2011 from 10:00 am to 2:30pm at the Mechanics Institute, 57 Post Street, 4th Floor. This important meeting will assist the OWL Board in determining the types of programs, activities, and political advocacy issues which are of most interest to the entire membership. This meeting will also be used to better define and strengthen the committee structure, review the national and state OWL structure, and brainstorm other things OWL San Francisco could do. All members are urged to actively participate. Come with unique ideas. We need your input! Please RSVP to the OWL office (989-4422) in order to ensure there is lunch for everyone.

### Discussion topics for the day:

**Theme** - OWL SF theme for 2010 will be reviewed and determined if it is still relevant for 2011.

**Programs** – The 2010 programs will be reviewed to determine if they met expectations. We will then brainstorm if the 2010 program groupings are correct for 2011, and what programs are of most interest to you in the coming year. Your input is essential to keeping OWL relevant to you.

**Peer groups** – peer groups have been very successful to date. Current status of peer groups will be reviewed and an open discussion of how to make them more successful.

**Committees** – current committee structure will be reviewed and revised if needed. The chairperson will provide a committee report and members solicited. Discussion will focus on the priorities for each committee.

**Structure of OWL** – the current structure of OWL at the national, state, and local levels will be reviewed. Discussion will focus on the value received from each level of OWL.

**Membership growth** – how do we make OWL SF grow? What are some things we could do to reach more folks, particularly if we had more money? This discussion should be as far reaching as you can imagine!

Please plan on attending. We want your company and your good ideas!

—*Judi Sahagen*

## Marcia Soffer: WOW!

One of our most respected and loved OWL members just celebrated her 84th birthday.

I first got to know Marcia when she invited me to a film program at UCSF, knowing how involved I am with film, and to a light dinner at her house beforehand. Now that I know her better, I realize what a gift that was, as I don't think she touches the stove much anymore, other than to heat up a cup of soup or toast a bagel. Her new m.o. is to eat out with friends and family so often that she saves half her meal for her next meal at home.

That is her way, though, always making new friends, and always ready to do something thoughtful for friends and family. The woman has a date book that is encyclopedic: part of one day she could be driving a 95-year-old friend for a haircut, or driving another needy friend for groceries, and then coming home and playing scrabble with another friend, and *then* going to meet a friend or relative for dinner, or on to another program. She has a standing date every Tuesday, volunteering at the Jewish Library. She plays Mah Jong every Friday afternoon. She is a member of Fromm, and attends classes several days a week, and also attends a theater class taught by the redoubtable Toni Maester. She contributes her time to the OWL SF Advocacy committee, and was the person who volunteered to monitor court cases related to Elder

Law. As a matter of fact, she was a lawyer (way back), but found her true vocation as a social worker.

After she heard about The Transition Network's peer groups, she conceived two peer groups for Owl, so that members could meet other members and socialize in between our monthly meetings. She obtained a huge map of San Francisco, and plotted out with a pin where every OWL SF member lived, and divided the members into two major geographical groups, based on their zip codes. How long did that take, I wonder. Now she is the program chair for one of the peer groups, emailing suggestions for movies or other activities for the group, which meets once a month. New members welcome! (see page 7).

Also inspiring are her great sense of humor – she's so much fun to be with – and her physical appearance: she is trim, well-groomed, and always dressed fashionably and beautifully, with a special pin, or pretty scarf.

I have only known Marcia for perhaps five years, and am glad I am a friend of someone so energetic and lovable. Someone who knows her longer or better could probably fill a book about her. She is a role model to all who know her, and now that she is leaving the OWL board, we hope she will stay active as a member. We can loudly declare her as a WONDERFUL OWL WOMAN! WOW!

—*Sheila Malkind*



## OWL SF – Committees

Members have asked for information about our OWL committees. There may be changes after our annual planning meeting and review by the board so watch for a revised listing of dates and contacts for 2011.

**Development Committee:** contact Nan McGuire.

**Membership Committee:** new chair to be chosen. Date and time for meetings to be determined.

**Political Action Committee:** our most active committee, meets on the 4th Thursday of the month, 2-4 p.m. Contact Melanie Grossman, committee chair at: [melaniegrossman@sbcglobal.net](mailto:melaniegrossman@sbcglobal.net)

**Communications Committee:** meets as needed during the year. Contact Margaret Lew at [mclew@pacbell.net](mailto:mclew@pacbell.net)

**Program Committee:** co-chaired by Jonee Levy and Amy Hittner, will meet in early February. Contact Amy Hittner at [ahittner@sfsu.edu](mailto:ahittner@sfsu.edu) if you would like to participate.

Members are encouraged to participate in one of our committees — it is an excellent way to get to know other members and to contribute to the success of the organization.

—*Nan McGuire*

### Dear Friends of SF OWL:

#### **We Need Your Help to Replace OWL's Computer.**

After 5 years of service SF OWL's office computer has come to the end of its life. Melanie Grossman is looking into the acquisition of a used computer from a group that recycles donated computers to non-profit organizations. If this is not a viable solution, a new computer with monitor will cost approximately \$500. Please consider a special Tax Deductible donation to OWL, earmarked for the purchase of a new computer for the OWL office. Make your check payable to Older Women's League San Francisco and mail to the OWL office (see front cover for address).

Thank you for your continued support of OWL San Francisco!

**Do you have something to say?** Write to the editors at: [mclew@pacbell.net](mailto:mclew@pacbell.net), [callingcarole@gmail.com](mailto:callingcarole@gmail.com) or c/o the OWL office, 870 Market Street #805, San Francisco, CA 94102.

## Lorraine Honig: WOW

When I think of Lorraine I think of someone with tireless energy, razor sharp instincts and a willingness to persevere for whatever cause she is championing. Fortunately for OWL SF she has been an active member of our board for the past four years. I met Lorraine about eight years ago when we were both fighting to save our wonderful outdoor swimming facility from demise at the hands of a developer. Both she and her husband, Victor, have been strong supporters in that ongoing battle. Later serving on the board of OWL and a member of the nominating committee I discovered she was an OWL member too and asked her if she would have time to serve on our Board, and happily for us, she said yes!

For those of you who do not know her, allow me to introduce her. She is a graduate of Stanford University with a master's in social work from Columbia University. She met her husband Victor on a blind date at a May Day parade in New York City, and they have been partners in advocacy for over 61 years. When they moved to San Francisco, like many women of the day, she stayed home at first to raise their children. In the 70's she went to work at Woodrow Wilson High School (now Phillip and Sala Burton High School) in the Bayview as a social worker. There she met Amy Hittner, a school counselor, and they have been friends ever since. Lorraine tutored students in the Bayview once a week for many years and served on the ACLU Board for several years and on the Board of Coleman Advocates for Children for over 10 years.

In 1977 Lorraine and Victor left their home and animals in Amy's hands and toured the US in a Toyota Chinook Camper. They concluded that "year off" by

touring Europe. When they returned they opened their home to friends of Amy and her husband-to-be, Harry, for their marriage. There is probably material here for a 70's sequel to *Travels with Charley*.

As Chair of the Membership Committee she has composed our yearly appeal letters which have helped us greatly to move the organization forward. And, even more important than that, I think, was her suggestion at the end of an envelope stuffing and stamping session, that we needed to expand our activist role beyond the postcards to legislators that members fill out at our monthly meetings. This led to many meetings with our two Senators and Congressperson, often arranged by Lorraine. She is always willing to offer her advice when asked and her departure from the Board will leave quite a void.

Lorraine and Victor have recently moved to the San Francisco Towers from their lovely condo at Golden Gateway Commons. When they moved much of her time was spent with Victor in the skilled nursing facility. However, ever the activist, she wanted to help her friend, Margaret Brodtkin, with her campaign for School Board. She volunteered to send out a personal letter to friends urging them to vote for Margaret and helping with addressing and stuffing envelopes, I discovered that 38 out of 100 people on the list were folks living at the Towers. It was then that I realized the transition would probably be smoother for them than for most. And I can not think of two more deserving people for a smooth transition. We will miss you, Lorraine, and we hope you will stay active on the committee of your choice.

—*Nan McGuire*

## CALENDAR

For a complete and current listing see the OWL web site: [www.owlsf.org](http://www.owlsf.org) (click Calendar)

January 3 Monday — **OWL Board Meeting**, 870 Market (*check OWL office for room*), 3:30-5:30pm

January 22 Saturday — **OWL Annual Planning Meeting**, Mechanics Library, 57 Post, 10:00am-2:30pm  
(*see cover page for program details*) **RSVP to OWL office necessary**

February 7 Monday — **OWL Board Meeting**, 870 Market, (*check OWL Office for Room*) 3:30-5:30pm

February 18 Friday — **Elder Economic Security Forum**, Unitarian Universalist Conference Center,  
1187 Franklin, 8:30am-1:00pm

February 26 Saturday — **OWL General Meeting**, 10:00am-Noon, (*see page 7 for program details*)

## The Fatigue Prescription: Four Steps to Renewing Your Energy, Health and Life

Tired? Grumpy?  
Overworking? Overreaching?  
On November 15, OWL  
SF in partnership with The  
Transition Network, San  
Francisco Village, and the  
Women's Health Resource  
Center, sponsored a lively  
and informative talk by Linda  
Hawes Clever, MD, Clinical  
Professor of Medicine at UCSF.



Dr. Linda Hawes Clever.  
Photo by Sheila Malkind

Dr. Clever told us that she realized that after a number of personal events had overwhelmed her, she needed to heal herself! So based on her own experiences, plus research at workshops listening to people, she came up with The Fatigue Prescription, a practical book with tools to increase vitality and take control of one's life.

The four steps to engage you in finding your own remedies to your 'over-whelm' and 'under-joy', as she calls it, are: Awareness, Reflection, Conversation, and Plan-and-Act.

*Awareness:* How you define your own fatigue.

*Reflection:* Assess the resources you have and ones you can deploy, such as values, people, dreams.

*Conversation:* Have conversations with loved ones and colleagues to test your and their observations about you.

*Plan-and-Act:* Clarify what ultimately is important in your life – the meaning in your life.

Personal note: As I was writing this article, I reached Step 1: *Awareness*. I realized how fatigued I was, writing all day, sitting at my computer, trying to get so much work done. I usually walk outside, in the fresh air, every day, for about an hour. Did not do that today! But I reflected (Step 2: *Reflection*) that I need to take better care of ME! Step 3: *Conversation*: So please do not ask me to do anything *for* you. Only *with* you. Step 4: *Plan-and-Act*: Will do the walk (and maybe even smell the roses) and exercise first thing in the morning. And will start to de-clutter my desk, which might lead to de-cluttering my mind!

—Sheila Malkind

**I shall not grow conservative with age.**

—Elizabeth Cady Stanton

It is 1 a.m. or 2 a.m.  
or 3 a.m. or 4 a.m. my  
Pilot light is burning.  
Quiet even sirens are asleep.  
Every cell in me is alive  
and humming  
Ready to create-to write.  
Something so very juicy  
about very early morning  
when I wake.

by Sally Love Saunders

## OWL Hypothesizes on The Origins of Life

I have a new hypothesis for the origin of life. I think life might have originated between mica sheets. *The Journal of Theoretical Biology* published my hypothesis in September, 2009, which was exciting. Here's an entertaining story I wrote about the hypothesis for "Strange Science" a couple years ago: Granny Says Life Evolved between the Mica Sheets <http://www.livescience.com/strangenews/080314-bts-hansma.html> Or, you can find it by googling 'granny mica.'

I made a little youtube video about my Mica Hypothesis for the American Society of Cell Biology's 50th annual meeting. They invited us to make 55-sec videos answering questions such as, "What was your favorite ASCB meeting?" You can find my video by searching youtube.com for: micamom2006

I will tell you more about my Mica Hypothesis for the origin of life in a later newsletter.

—Helen Hansma

## Long Time OWL Member Suffers a Stroke

I'm sure many of you know Phyl Smith, a longtime member of OWL SF. She suffered a stroke last summer and moved to Seattle this fall to be near her son Mark. After a few changes in residence she has found a place that she likes. The Ballard Landmark (<http://www.ballardlandmark.com>) has animals, lots of activities, a bistro, a gym and a pool. I am sure she would appreciate cards or a call from those of you who know her.

—Nan McGuire

Phyllis Smith  
Ballard Landmark, room 221  
5433 Leary Ave NW  
Seattle, WA 98107  
Direct phone line: 206-462-6880

## PEER GROUPS

### Central Peer Group:

Central Peer Group celebrated women at our “Movie and a Meal” December get-together. “Made in Dagenham” at the Opera Plaza is a knockout labor drama in which women at a London Ford Plant go on strike for equal pay and a little respect. Over lunch at Max’s deli, we (10 OWLS) discussed the movie and everything else. It was delightful. Next get-together will be 3<sup>rd</sup> (or 4<sup>th</sup>) Sunday in January. Happy New Year!

—*Marcia Soffer*

Any other OWL members and their friends are always welcome to join our outings. For further information contact Marcia Soffer at 661-8019. [mksoffer@sbcglobal.net](mailto:mksoffer@sbcglobal.net)

### Northeast Quadrant Peer Group:

The Northeast Peer Group met at Nan McGuire’s house on November 22<sup>nd</sup>. The meeting took a new direction, Nan suggested we talk about the format of the group and how it might be changed to appeal to more people. We have had as many as 12 people attend, but due to health issues and time conflicts some of our members dropped out. Six attended our November meeting.

Nan suggested two possible courses for our group to take. First to have our group plan outings once a month and second, if people were inclined, to have a support group as well. A lively discussion followed and it was decided that there was room for both in a peer group.

Group members agreed to be responsible for the planning of one activity next year. Current members and anyone who would like to join the group should come to the January meeting with an idea for an activity in hand. At the January meeting there will also be a discussion about forming a support group that meets separately.

The next Northeast Peer Group meeting will take place the third Monday of January at 4:00 PM at Melanie Grossman’s house. Please email her if you would like to attend. [melaniegrossman@sbcglobal.net](mailto:melaniegrossman@sbcglobal.net)

—*Carole Isaacs*

## SAVE THE DATE Saturday February 26<sup>th</sup> 10 am - Noon

Inge Horton, author of *Early Women Architects of the San Francisco Bay Area - The Lives and Work of Fifty Professionals, 1890-1951*, will be our first guest lecturer in 2011. Join us for a look at women’s roles in building San Francisco in the early to mid 20<sup>th</sup> Century. Look in the mail for OWL’s bright yellow postcard reminder in early February.

## In My Opinion

On May 31, 2009, Dr. George Tiller, who performed late term abortions, was murdered in Wichita Kansas. His patients were women who discovered late in pregnancy that their fetuses had severe or fatal birth defects, or were victims of rape or incest. A recent story on the Frontline TV program about Dr. Tiller took me back to my work helping pregnant women make knowledgeable choices about terminating a pregnancy.

From 1979 to 1982, I was the staff therapist for a Family Planning and Abortion Clinic in Silver Spring Maryland that terminated first tri-mester pregnancies. I would like to revisit my experiences helping teens to over 40 year olds choose whether to give birth or not. It is certainly not a “form of birth control” anti-abortion groups declare. It is one of the very few, very private and difficult decisions some women must make in life—if done – can never be undone.

### The Process

**Inside the facility**, intake nurses would ask me to meet with women who seemed unsure about ending the pregnancy. Most of the time, they were reluctant due to outside pressure from the partner or parent. After talking for a time, I asked them to go home and think about what terminating of a “potential for life” (not a baby) for 1 day at least. Usually, they did not return. I also did short-term follow-up counseling with some patients and referred others for longer-term therapy. My subsequent research found that many post-termination women continue to “commemorate the anniversaries” have conceiving, having the abortion, and/or the date of birth of the child, had it been born. Still others, especially teens who were my counselees at the high school 10 years later, desired to replace the “potential-for-life” fetus immediately, to prove they could conceive.

**Outside the facility**, groups of anti-abortion activists picketed the facility every day and on the weekends guards had to escort patients inside. Banners called us baby-killers and the most offensive was an almost life sized picture of a 12 week fetus which was actually about the size of a thumbnail. A woman came in for an abortion and said she had been pro-life advocate and a protester at another clinic. She said, “I never knew how women could even think of terminating an unwanted pregnancy. . . until it happened to me.” Finally, over the years, some women are haunted by the belief the abortion was a great mistake. I believe that if she now looks back and sees her termination was a wrong decision—I will tell her to now look forward with the words. . . “It was the right decision at the time”.

—*Amy Hittner*

## OWL's December Holiday Celebration

Featured at our annual December meeting were: Good cheer, delightful poetry and yummy food. Especially popular were the Rum Cake and the Enchilada Casserole and here are the recipes for you to try.

### Rum Cake

Cake:

1 cup chopped pecans or walnuts  
1 18 ½ oz. package yellow cake mix  
1 ¾ oz. package instant vanilla pudding mix  
4 eggs  
½ cup cold water  
½ cup corn or canola oil  
½ cup dark rum

Glaze:

1 and ½ stick butter  
6 tablespoons water  
1 and ½ cup sugar  
¾ cup dark rum

Preheat oven to 325. Grease and flour 12 cup Bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together and pour over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top and sides with a toothpick. Wash and dry pan.

For glaze, melt butter in saucepan. Stir in water and sugar and boil 5 minutes, stirring constantly. Remove from heat and stir in rum. Pour half the mixture into Bundt pan. Carefully lift cake and place, pricked side down, back in pan. Prick top of cake. Pour remaining glaze over top. When glaze is completely absorbed, invert onto serving plate.

—*Melanie Grossman*



Above: Eunice Rosenberg and Sheila Malkind, Right: Nan, McGuire, Sally Saunders, Glenda Hope, Eunice Rosenberg, Helen Hansma, Josie Phillips and Maxine Anderson. Photos by M. Lew

### Enchilada Casserole a la Kay Hansma

The ingredients:

–cooked chicken, cut into small pieces [I used thighs]  
–corn tortillas, toasted briefly over a stove burner  
–grated “Mexican Four Cheese” cheese  
–Las Palmas Green Chile Enchilada Sauce  
–Las Palmas Enchilada Sauce [red]

The procedure:

–Mix half the chicken with red enchilada sauce and half the chicken with green enchilada sauce in 2 saucepans and heat.  
–Pour a little enchilada sauce into the casserole.  
–Put a tortilla on it.  
–Put a little layer of chicken-enchilada sauce mix on the tortilla and a little cheese.  
–Put a tortilla on top, and a layer of chicken in the other color of enchilada sauce, and a little cheese.  
–Repeat until the casserole is as large as you want.  
–Put a generous layer of cheese on top, and enchilada sauce of one or both colors – but keep the sauces separate, so the colors don’t mix.  
–Microwave or bake in a moderate oven until hot

The quantities:

Here’s what I used for the OWL casserole:

–12 oz chicken [no bones]  
–12 oz corn tortillas = 11 King Size tortillas  
–8 oz grated cheeses [approx]  
–8 oz Green Enchilada Sauce [approx]  
–8 oz Red Enchilada Sauce [approx]

I added a cup of cooked brown rice to one of the saucepans of chicken + enchilada sauce, but I don’t plan to do that next time. So it might be a bit spicier and a bit more moist than the OWL version, if you make it according to the recipe above.

—*Helen Hansma*



## OWL's Fall Prevention Workshop

Get on Your Feet and Stay There! A unique falls prevention workshop by that name was presented by OWL SF on Nov. 20 at the First Unitarian Church on Franklin Street. Dr. Christian Thompson and OWL member Melanie Grossman, Ph.D. spoke about the importance of physical activity and exercise in preventing falls.



Amy Hittner and Dr. Christian Thompson.  
Photo by Sheila Malkind.

Melanie, who recently experienced a fall, spoke about how being physically fit facilitated her recovery process. Using a walker or cane and participating in physical therapy can be less challenging if one maintains strength and flexibility with age. Recovering quickly and regaining full range of use and motion after an injury can be greatly enhanced by being in good shape before one experiences a fall.

Dr. Thompson, who is a well-known exercise physiologist in the Department of Exercise and Sport Science at the University of San Francisco, gave a Power Point presentation on fall prevention after Melanie spoke. He then led the group in a series of fall prevention exercises. Simple ankle and knee exercises or practicing standing on one leg can go a long way in maintaining balance and preventing falls.

Dr. Christian Thompson offers a fall prevention course at USF. He also consults and helps train teachers for the city-wide exercise program, Always Active. For more information about Dr. Thompson and his falls prevention work and classes go to [www.usfca.edu/facultydetails.aspx?id=4294969516](http://www.usfca.edu/facultydetails.aspx?id=4294969516)

—Melanie Grossman

### Free Older Adult Classes City College of San Francisco

The Spring 2010 Class Schedule is available both in hard copy and online.

Older Adult Classes offered range from Arts and Crafts, to Exercise, both Mental and Physical (Tai Chi), as well as Senior Adventure. Registration is going on now until January 15<sup>th</sup>. Easy online Registration: [www.ccsf.edu](http://www.ccsf.edu)

We all know the benefit, and the necessity to keep moving. Remember these classes are FREE!

## Clipper Card Replaces MUNI Fast Pass

As of January, 2011 the paper MUNI Fast Pass will no longer be issued. The Fast Pass will be replaced by the Regional Transit Connection (RTC) Clipper Card which can be used to pay fares on several Bay Area transit systems MUNI, BART, AC Transit, Caltrain, Golden Gate Transit and Ferry, and Dumbarton Express.

Seniors, disabled, and youth, who are all eligible for a discounted Clipper card must apply in person (bring ID) for their discounted Clipper card at the RTC office, One South Van Ness, 6th floor. You will receive the card by mail, and you should register the card by calling 877-878-8883 to make it easier to manage your account and to replace a lost or damaged card.

**Now you have the card.** You need to deposit money to your account to cover the fares. You can set up a general account that will pay for riding on any transit system that accepts the card. If you want to use it only for MUNI you can pay \$20 each month, the way you do now for a Fast Pass: specify that it is for unlimited rides for that month. If you then want to take BART, you would need add money to your account to cover that fare. Because you have a discount card, you will be charged the discount fee, not regular fares.

You can deposit money from home either online at <http://www.clippercard.com>, or by phone. You may use Autoload to avoid waiting in line for a new pass or sticker. Autoload links your card to a credit card or bank account, and a preset value or pass will be loaded whenever your cash balance falls below \$10 or your pass expires. In addition you can add value at Clipper retailers (Walgreens), at a transit agency ticket office, or a Clipper Add Value Machine.

**Lost or damaged card.** First, call Clipper to put a hold on your card. Then apply for a replacement RTC Clipper card, either in person at the transit agency ticket office that issued the card or through the mail. For information on reporting your RTC Clipper card lost or stolen, please call your transit agency for assistance (registered cards: 877-878-8883).

If you are riding MUNI, you can still pay cash and forget about the Clipper Card. A personal note: I have had the card for several months, and find it extremely convenient.

—Sheila Malkind

(Information from newsletter of Gray Panthers of San Francisco, November, 2010 and "RTC Clipper, How to use the Clipper Features of your Card," <http://www.clipper.com>).

YES! I WANT TO JOIN OWL!

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_  
City State ZIP

TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Annual dues of \$50 are recommended: half this amount goes to OWL-National, \$10 goes to OWL-CA, and \$15 are retained by the chapter. When you pay dues to the San Francisco Chapter, you automatically become a member at all levels –National, California and San Francisco. (If you are unable to pay the recommended amount, OWL has established a sliding fee scale from \$50 –\$5.) Members receive SF OWL bimonthly, OWL CA quarterly and National OWL Observer quarterly newsletters.

Make a check out to and mail to:  
OWL, SF Chapter  
870 Market Street, Room 905  
San Francisco, CA 94102

OWL  
San Francisco Chapter  
870 Market Street, #905  
San Francisco, CA 94102

## The Founding of OWL

OWL was born in 1980 in Des Moines, Iowa, during one of the pre-conferences held around the county in preparation for the third White House Conference on Aging, which was held in 1981 in Washington, DC. At the pre-conference in Des Moines, TISH SOMMERS noted that little attention was being paid to the ways in which aging was different for women. She called for a special “ad hoc” meeting to discuss this concern. OWL has been a voice for the special concerns of midlife and older women ever since.

Comments or questions? Please contact the SF OWL Office at (415) 989-4422; FAX: (415) 989-4050; e-mail: [owlsanfran@juno.com](mailto:owlsanfran@juno.com)  
Office hours: Monday 12:00 noon to 2:30 p.m.

The date on your mailing label is the date your membership expires.