



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

November - December 2010

Email: 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 Presents:

GET ON YOUR FEET...AND STAY THERE: EXERCISE FOR FALLS PREVENTION

We are delighted to welcome two accomplished professionals who will guide us through exercises and other movements that will teach us to enjoy walking more and help avoiding falls.

Dr. Melanie Grossman, a longtime gerontological social worker, is presently Research Associate with the Institute for Health and Aging at the University of California, San Francisco. Her current project, **Live Well, Be Well** is a physical activity and nutrition program designed to prevent diabetes in minority and high-risk neighborhoods in Berkeley and Oakland.

Dr. Christian Thompson is a well known Exercise Physiologist and Chairman of the Department of Exercise and Sport Science at the University of San Francisco. He is engaged in numerous research and community projects which investigate exercise programs for older adults, including the study of the effectiveness of progressive falls prevention exercise classes. (Dr. Thompson will request permission to photograph during the exercise practice program.)

When: Saturday November 20, 2010 10 AM — Noon

Where: First Unitarian Church, 1187 Franklin St (at Geary)

Public Transit Muni lines #47, 49, Van Ness Avenue; #38, Geary Blvd.

Guests Welcome!

Wear comfortable clothing to join in the fun of the exercise activities

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

PRESIDENT'S MESSAGE

Recently I have written about issues that particularly affect women. Yet another issue with special significance for women, and particularly women as they age, is Alzheimer's disease. This is true for three reasons: First, this is a disease whose incidence increases with age. Second, more women than men get Alzheimer's – 65% of people who are diagnosed with the disease are women. Third, women are the primary caregivers for a majority of people who have Alzheimer's.

To put this into real numbers:

1. Only 5-10% of Alzheimer's cases occur before age 60, and most cases begin after age 70; the incidence steadily increases thereafter. This is particularly significant since women live longer than men on average.
2. Approximately 5.3 million people in the US have Alzheimer's, and almost 3.5 million of them are women.
3. Women are caregivers for over 60% of people with Alzheimer's. Often they are unpaid, and often they are caring for children at the same time they are caring for Alzheimer's patients.

To back up a little, according to the Mayo Clinic, Alzheimer's is "the most common cause of dementia — the loss of intellectual and social abilities severe enough to interfere with daily functioning. In Alzheimer's disease, healthy brain tissue degenerates, causing a steady decline in memory and mental abilities." Alzheimer's can only be diagnosed definitively after death, when a brain autopsy shows the familiar plaques and tangles. However new uses of MRI's, spinal taps, and other tests are now aiding with earlier diagnosis. Often the beginnings of Alzheimer's occur long before the patient has any symptoms. Early diagnosis is important, since early treatment can help slow progression of the disease.

We are all thinking of ways to avoid getting Alzheimer's, but actually that is very difficult. Genetic causes have been identified in some cases. We used to think doing puzzles and brain exercise was preventive, but now we know that doing crossword puzzles just makes you better at crossword puzzles. At the same time many of the same practices recommended for general good health are advised to lower the risk of Alzheimer's – exercise, social bonds, active mind, diet, and general preventive care.

We need to look at Alzheimer's as a problem we personally want to avoid, but in addition, **we need to see it as a special problem for women in general, both for the greater number of women who have Alzheimer's, and for the many women who are caregivers.** Maria Shriver just came out with a great new report, "A Woman's Nation Takes on Alzheimer's" about both patients and caregivers. Ironically, the very things so greatly needed, such as in-home support services, adult day care and other services for seniors, were among the cuts her husband made in the State budget that just passed. I see it as not only dismissing older people, but as an attack on women.

The incidence of Alzheimer's will continue to increase, and we, as women, have special reasons to be concerned. We must be involved and vigi□

—*Kathie Piccagli*

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: I am sorry to report that Meryl Glass, my excellent Co-Editor, is leaving her post on the OWL newsletter and :
: the OWL SF Board. Join me in thanking her for the time and talent that she has given us so freely! Carole :
: Isaacs joins me as Assistant Editor. Please read her article on page 8; I know you too will be looking forward :
: to more of her writing! :
: —*Margaret Lew* :
:

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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
Web: www.owlsf.org
Mail: 870 Market St., Room 905,
San Francisco, CA 94102

California Alliance for Retired Americans 7th Annual Convention

The 7th Annual Convention of the California Alliance for Retired Americans (CARA) was held October 12th and 13th in Oakland. The theme was *Social Security: Protect It, Preserve It, Pass It On*. It was, of course, fantastic. Eventually CARA will have to stop topping every convention that went before, but this was deemed “the best ever” by many.

All the speakers – from local politicians to labor representatives – and the workshops were great. My favorite parts were the two panels, one on protecting Social Security, and the second on health care reform. Each panel of three consisted of a diverse group.

Discussing saving Social Security were Nancy Altman from Social Security Works, probably the best known new organization dealing with the basics (and fighting “the catfood commission”); Dr. Carroll Estes, from the University of California, San Francisco, who is a Social Security expert and has devoted a lifetime to that and other aging issues; and Tom Rankin, an expert on workers’ compensation.

The health care panel included Norm Soloman, well-known social justice advocate, Michael Lighty, well-informed firebrand from the California Nurses Association; and our own Senator Mark Leno, author of SB810.

The convention ended with a trip by all attendees to Laney College to educate and rally with students. We want to preserve Social Security so we can “pass it on,” and we need to engage young people to know that Social Security will be there for them if they “stand up, fight back” (in the words from a chant to save Social Security).

—*Kathie Piccagli*

OWL Members Protest Pete Peterson Social Security Wrecking Crew in San Francisco



Nan McGuire and Marcia Soffer with the OWL banner outside the Commonwealth club.

On September 23rd, OWL members Nan McGuire, Marty Maricle, Ann West and Marcia Soffer joined members of CARA and The Gray Panthers outside the Commonwealth Club carrying signs, distributing leaflets and raising their voices in protest of the threats against Social Security, Medicare and Medicaid. The Peter G. Peterson Foundation and Concord Coalition, right-wing think tanks have railed against Social Security, Medicare and Medicaid programs for years as a solution to our fiscal problems. These are being rejected instead of higher taxes on the rich, single-payer healthcare and huge military cuts. **Hands Off Social Security, Medicare and Medicaid!!!!** See the Social Security picket at the Commonwealth Club at the CARA Web page: <http://www.indybay.org/newsitems/2010/09/26/18659957.php>

—*Marcia Soffer*

Rideshare anyone?

We know that some OWL members would like to attend our monthly programs but do not want to drive or use MUNI to attend. We wonder if you would participate in our very own RIDESHARE program where a few OWL members would provide transportation to members in their neighborhood to attend our programs. Please call the office or email if you are interested. (989-4422 or owlsanfran@juno.com)

—*Amy Hittner*

Senior Action Network Celebrates 20th Anniversary

On October 14th at the Unitarian Church, the Senior Action Network (SAN) celebrated its 20th Anniversary with a day-long meeting of its members and representatives of various member organizations. OWL SF is a member of the SAN network and we supported them with an ad in the day's program. I attended the morning session. It was a gloriously sunny day and organizations who tabled were able to set up in the Church courtyard.

Seniors in San Francisco have a lot to thank SAN for. They have been behind many accommodations for the senior community. They are responsible for many transportation changes such as the signs at the front of the bus requiring others to vacate seats for seniors and persons with disabilities. In addition they forced translation of the signs into languages other than English. The lift on the front stairs of MUNI vehicles which allows one to exit very close to street level was another of their accomplishments. Other efforts included working on the establishment of the IHHS program which provides in-home care for seniors; and improving staffing, working conditions and response times at the 911 office which led to the formation of the unified emergency services department and a new building to house the department.

The theme of this anniversary meeting was *Seniors and Youth Saving Social Security*. An excellent video, recorded especially for this meeting by Congressman Dennis Kucinich from Ohio, focused on the need to fight the changes that are likely to be recommended by President Obama's National Commission on Fiscal Responsibility. The President has said everything is on the table and we, as seniors, must make sure that Social Security and Medicare, as we know them, are not diminished by their proposals. We must actively research on the Internet and in the newspaper and join in OWL and SAN efforts in this regard from now until the end of the year when the Commission's report is due. We *can* make a difference just as SAN has done over these past twenty years!

—*Nan McGuire*

Factoids

Congress: House of Representatives, 357 men, 78 women; Senate: 82 men, 18 women. There have been, or are now 37 female governors.

Elder Economic Security Leadership Forum, Putting Elder Economic Security on the Agenda

On October 8th, several members of San Francisco OWL attended the Elder Economic Security Leadership Forum. This event was the 3rd in a series of gatherings of social service agencies and organizations serving older populations. The Women's Economic Agenda Project (WEAP) and the Family Service Agency's Community Living Campaign co-sponsored this meeting.

The purpose of the Forum was to educate participants about the economic status of San Francisco's older population, to foster collaboration between the numerous agencies and organizations representing or serving older people, and to discuss how government policies and priorities might be shifted to better help older citizens of San Francisco to "make ends meet."

The Forum began with a presentation about the Elder Economic Security Standard Index (Elder Index), a method of accurately quantifying how much income is necessary for older people to live in their particular location. The Elder Index is a county-specific measure of the minimum income needed to cover all of an older person's basic expenses – housing, food, medical care and transportation. Use of the Elder Index reveals that hundreds of thousands of older adults who are not "poor" as defined by the Federal Poverty Guidelines (FPL) still do not have enough income to meet their most basic needs.

The FPL is currently used to determine eligibility for public programs and for state and local funding. It is not an accurate income measure because it is based on the cost of a bare-bones diet and does not account for local housing, transportation, and most importantly, medical costs. In 2007, 1.76 million older people in California (47%) survived on incomes below the Elder Index. According to the UCLA Center for Health Policy Research, the official poverty measure identified only 8% of older California as poor. The 39% (1.46 million) not considered needy, were unable to access many critical supports.

The presentation on the Elder Index was followed by a panel discussion titled "Money, how seniors can earn it, save it and protect it!" Later, three break-out sessions focused on what participants could do to put elder economic security 'on the agenda,' both personally and politically. A networking lunch offered opportunities to meet others and learn about resources offered by many of the supporters and sponsors of the Forum.

—*Melanie Grossman*

Save the Date November 15th A Prescription for Renewing Your Energy, Health, and Life

After experiencing her own fatigue melt-down, Dr. Linda H. Clever, Clinical Professor of Medicine at UCSF, discovered a remedy that she and thousands of others have used to refresh, renew, and begin creating whole, healthy lives. In this presentation, Dr. Clever offers vital tips, self-assessment guides, and practical pointers on how to live the kind of life you want.

The program will be held at UCSF Women's Health Resource Center, 2356 Sutter Street, 1st Floor (Ida's Cafe) on Monday, November 15th from 6:00 to 8:00 PM.

Cost: \$10 cash only will be collected at the door; credit cards will not be accepted. Light refreshments will be served following the presentation.

RSVP to the OWL SF office: 415.989.4422. Pre-registration is required and a list will of OWL attendees will be taken to the event.

OWL SF is co-sponsoring the event with the University of California San Francisco National Center of Excellence in Women's Health, the Transition Network and San Francisco Village.

—*Sheila Malkind*

Nominees Selected for OWL SF Board

Election of the new board members will take place at the December OWL SF general meeting and Holiday party to be held at the Flood Building, Room 975. Nominations will also be accepted from the floor.

Board Nominee Bios

The nominees have written brief bios to help you get acquainted with them.

Maxine Anderson

Maxine was born and raised in Chicago, Illinois and moved to San Francisco in 1978. She graduated with a BA degree from the University of Illinois and has worked in the insurance industry as well as in local governments. In 2003, Maxine decided that complaining about the situation in our country was not working and that she needed to become an active participant to make democracy work. She became involved with the League of Women Voters SF, where she sits on the Board, and has participated in the creation of another non-partisan organization, San Francisco for Democracy.

Rev. Glenda Hope

Glenda founded Network Ministries www.sfnetworkministries.org, which has served the people of the Tenderloin for 38 years, and is still Director. She is well known by neighborhood people, elected officials, academics, social justice activists and others in San Francisco and beyond. Glenda currently serves as a member of the OWL Advocacy Committee.

Nan McGuire

Nan is a former OWL Board member and currently Chair of the Development Committee. Before retiring, she worked as an administrator of Head Start and federally funded Day Care programs in Boston, Massachusetts. She also administered the Flexible Hours and Part Time Employment programs for state workers in MA. She moved to San Francisco in 1980 to work for the non-profit New Ways to Work where she was Employer Programs Manager. She has been involved in numerous volunteer activities since her retirement.

Ruth Strassner

Ruth is a former OWL board member and very active in the League of Women Voters. A member when living in Massachusetts, where she became accustomed to working with intelligent, thinking women. After returning to San Francisco with her three children she earned a teaching credential and taught elementary school for a short time. With six others she managed and taught at a ceramics studio, Pottery Seven, for twenty six years. Presently a volunteer assistant at the Sharon Art studio, she again enjoys teaching ceramics and working in the studio, and she is looking forward to working with thinking, caring and active women on causes important to us all.



Save the date December 11th
OWL HOLIDAY FESTIVITIES

and

Election of New OWL Board Members

Bring a pot luck dish for 6 and Good Cheer!
Optional wrapped gift for the grab bag to share
with an OWL sister.

When: Saturday, December 11th, 11am - 1:30pm
Where: Flood Building, Room 975
RSVP- OWL Office 415-989-4422

November Election Madness—A Lively Exchange of Ideas

The September 25th meeting, co-sponsored by Senior Action Network, was lively and well attended by OWL and SAN members and others who came to learn about the propositions on November’s ballot. In the audience were many union members.

The propositions presented were chosen by the OWL Political Advocacy Committee as having the most impact on the lives of seniors, and included: The Adachi Smart Reform Pension Measure, Proposition B, which would amend San Francisco City and County employee retirement and health care contributions; the Elsbernd Muni Charter Amendment, Proposition G, which seeks changes in Muni Operator wages and work rules; the Sit/Lie and Community Foot Patrol Initiatives, L and M and two State propositions regarding Redistricting, Propositions 20 and 27.

Public Defender Jeff Adachi presented his pension reform measure Proposition B, and Tom O’Connor of the Firefighters Union Local 798 presented the opposition. Gillian Gillet from SPUR presented arguments in favor of Proposition G, Supervisor Sean Elsbernd’s MUNI charter amendment, and Vic Grayson, a veteran MUNI driver, presented the opposition. Paul Reeberg of Supervisor Mirkarimi’s office presented the arguments for Proposition M, the community policing initiative, Andy Blue of the *No on L Campaign* presented opposition to the Sit/Lie initiative with Justin Buell, a Haight Ashbury resident, presenting arguments pro Proposition L and con Proposition M. Finally, Helen Greco of Common Cause presented the California State redistricting Propositions, arguing in favor of Proposition 20 and against Proposition 27.

After arguments for each proposition there was a period for questions from the audience and a straw poll was conducted among OWL members to gather opinions on the issues. When one member of the audience heard only OWL members could participate in the straw poll he decided to join on the spot to be able to vote. We welcome Michael Lyon to our ranks. The results of the straw poll are given below and do not in any way represent recommendations of OWL SF.

Proposition	Yes	No	Undecided
B	6	12	2
G	11	4	2
L	10	5	2
M	6	9	2
20	6	4	4
27	0	12	2

—*Nan McGuire, Judi Sahagan and Margaret Lew contributed to this report.*



Photos above by Alex Woo, see more at: http://woo.smugmug.com/Journalism/100925-SitLieForum/13922320_sac8j#1022021636_2s7Wy



Photos above by Margaret Lew

PEER GROUPS

Central Peer Group Report:

On Sunday, September 12th, seven OWLs and one guest took a sunny ferryboat ride on the Bay to Sausalito. They shared a tasty lunch at a local cafe and sang a spirited "Happy Birthday" to Sheila Malkind whose birthday it happened to be. They then took a leisurely stroll along the downtown waterfront before returning home.

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

Northeast Quadrant Peer Group:

Due to vacation and other travel of several members, our group had to cancel its October meeting. In September a small group met at Allyson Washburn's home. A major focus of our discussion was what kind of planning and support is available to women who live alone and don't have relatives nearby. This can be challenging to folks in that situation and I suspect there will be more discussion along these lines at future meetings. We will meet in November on Monday, November 15th at Nan McGuire's. Contact Nan at 673-7074 if you are interested in attending.

For anyone wanting to join us in September contact either Nan McGuire (nanmc@jimstevens.com) or Jonee Levy (jonee.levy@gmail.com). We usually meet on the third Monday of the month from 4 to 6 pm.

WELCOME NEW MEMBERS

**Bette Landis
Michael Lyon
Donald Nemeyer
Helen Nichols
Maureen Roche**

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

OWLs in PRINT

New Books by Leda Sanford and Inga Schaefer Horton

Pure Moxie —First Female Publisher of a National Magazine Tells All

OWL member Leda Sanford fascinated a lot of us when she spoke to us about her life and career as a woman in the tough world of publishing last year at an OWL general meeting. Now her book *Pure Moxie* has been published. See the the book website for more information: www.puremoxiebook.com

—*Kathie Piccagli*

Early Women Architects of the San Francisco Bay Area, The Lives and Work of Fifty Professionals, 1890-1951

Being interested in local history, architecture and stories of women breaking through barriers to live their dreams, reading Inge Schaefer Horton's latest book has given me a lot of pleasure. *Early Women Architects of the San Francisco Bay Area, The Lives and Work of Fifty Professionals, 1890-1951* covers an incredible amount of information on the lives and work of these women in the traditionally male enclave of architecture. Early chapters cover the world of these early modern women, the life they experienced as daughters, wives and mothers at home, students in school and as pioneers in the workplace. In Part II "The Design Legacy of Pioneer Women Architects" the wide range of their work is covered from residential architecture to industrial buildings. Each architect mentioned in these chapters is covered in a short but detailed biography in Part III of the book which includes lists of their projects. The book is illustrated with many drawings and photographs, some acquired from family archives, others by the author.

It is wonderful to discover projects in our everyday life that are the work of these women. We are all familiar with the work of Julia Morgan, but do you know of Roslyn Ittelson Lindheim, the designer of the On Lok Senior Day Care and Health Facility, a nationally recognized model of well-managed, long term care? She is only one of the exceptional women included in these pages. This is a scholarly work, the research of many years, and complete with bibliography and index. It is also full of interesting details that bring to life these women who found ways of doing the work they loved in a world not always ready to welcome them.

—*Margaret Lew*

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San Francisco City Living

Having a sense of community is always important, but as people grow older it is often a challenge to stay connected to the world. As a realtor I deal with people as they make major life transitions and I am acutely aware of how much effort is involved in staying connected to the community or establishing connections in your new neighborhood. Being involved with neighborhood groups or making a small personal contribution to your neighborhood is a great way to feel good about life and living in the city.

My story here is about graffiti. My battle with graffiti has a long history. It began over 30 years ago when a 12 year old girl on my block of Chattanooga Street in Noe Valley took to autographing bus stops and light poles from Noe Valley to North Beach, and just about anywhere else I went in San Francisco. I saw her name everywhere and wondered if she had a cult following that helped her blanket the city with her name.

It is a constant battle to stay ahead of the curve on cleaning up graffiti. Now my personal graffiti clean-up project is my favorite bench in Fort Mason.

A few months ago I went for a late afternoon walk in Fort Mason and found my favorite bench covered with graffiti. My anger sent me to the hardware store to buy something to remove the graffiti. First, I used a product called *Graffiti and Spray Paint Remover*. With a lot of scrubbing I had limited success. Rethinking my plan, I called Fort Mason to report the graffiti. The person I spoke to said he would send out a maintenance crew to handle the job. It took about a month, but for the most part, the crew cleaned the bench. In the meantime, I purchased a more expensive product: *Goof Off the Miracle Remover*. I figured there would be an opportunity to use it and I could write a review comparing the two products. It didn't take long.

This week the bench had new graffiti. I came better prepared with scrubbing pads, a stiff brush and rubber gloves. I am not sure if it was the newness of the graffiti, but **I was able to remove it**. My comparison was hardly scientific, but I concluded that *Goof Off* is the better product. While you may have different results, I do know that I learned one thing when it comes to graffiti removal: **You need serious elbow grease!**

So what does this have to do with feeling a sense of Community? While I worked I chatted with people passing by who were all thankful for my efforts. There is something about human interaction that is important to a sense of well-being. By the time I finished my clean-up my anger was gone and I felt good about my work and good to be living in a fabulous city like San Francisco.

If you would like to volunteer at Fort Mason look online at: <http://www.parksconservancy.org> or call: 415 561-3000; to find volunteer opportunities see the Bay Area Volunteer Information Center: <http://www.volunteerinfo.org>/or call 1-800-CARE-123.

Please consider sharing your experiences in the next Owl Newsletter. I have found writing is good for the mind, body and soul. Email me at: callingcarole@gmail.com.

—*Carole Isaacs*

Follow Carole's San Francisco City Living on facebook: www.facebook.com/sanfranciscocityliving

CALENDAR

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

November 1 Monday — **OWL Board Meeting**, 870 Market (*check OWL office for room*), 3:30-5:30pm

November 15 Monday — **A Prescription for Renewing Your Energy, Health, and Life**, UCSF Women's Health Resource Center, 2356 Sutter, 6:00-8:00pm (*see page 5 for details*)

November 20 Saturday — **OWL General Meeting**, First Unitarian Church, 1187 Franklin 10:00am-Noon (*see cover for program details*)

December 6 Monday — **OWL Board Meeting**, 870 Market, (*check OWL Office for Room*) 3:30-5:30pm

December 11 Saturday — **OWL Holiday Party & Election of Board members**, 870 Market, Room 975 11am-1:30pm (*see page 5 for details*)

Computer Safety

Did you know that your email address book with the addresses of your family, friends and contacts could be stolen and used by bad guys? Why would they want to do this? Because they can send spam and fictitious phishing emails to the names in your address book – to infect more computers.

Address books are hacked typically as a result of the PC owner/user visiting an infected website or file, which downloads a small Trojan horse virus onto the PC. With this virus, the bad guys can steal user passwords and address books. Examples of files that might or could be infected include any videos with sex or promise of sexual content (including some on Youtube), popular movies or trailers, MP3 music files, popular free downloadable games, or files from any infected website. Many viruses hide in executable files. If your web browser warns that “this file could damage your computer” it is serious -- close that web site and do not trust the file. Among others, executables are *.exe files and javascripts.

Examples of phishing emails are those that seem to come from banks, online payment sites, online auction sites, or messages asking you to respond to either “you won” or “I’m your friend and I just got mugged/robbed overseas and send me money.”

Never add your name, address, phone, or email address to “Send this petition to (White House / your Senator etc.)” Be suspicious, make certain that the mail sent for you to forward is actually from your friend or your club.

There are Safeguards:

Never go online without a firewall. For most home computers firewalls are in the form of software programs.

Never go online without an anti virus program. Update the anti virus program regularly, some can be set to do this automatically.

Run an anti-adware or anti-malware program. Malawarebytes is free, as is Spybot Search and Destroy, or avasoft. These find and destroy small spy programs installed by advertisers. Adware and malware can slow down your computer at the least.

Set up a “junk” email address. Give it to your friends to use for jokes and pictures. Your VIP email address should only be for important mail, like important messages from family, your online banking, etc.

Web sites to explore for more information on security:

<http://www.snopes.com/snopes.asp> *The Urban Legends Reference* page This is a place for reliable information. For fun check this site for “What’s New” in new urban legends going around.

<http://www.pcmagazine.com> *PCMagazine* has reviews of security software for computers.

<http://www.grc.com> *Gibson Research*. See “Services” to run free security checks on your computer. This is to check the vulnerability of your pc, not an antivirus check.

—*Margaret Lew*

OWL National Welcomes New Executive Director Bobbie Brinegar

OWL National has named Bobbie Ann Brinegar incoming Executive Director. Bobbie brings to OWL a strong background in membership organizations, including faith-based groups, political campaigns and in the health care and mental health arena. She is an experienced issues advocate who led efforts to reform voting systems and improve election procedures for a leading national voting integrity organization, and has extensive experience working with the US Senate, US House and executive branch.



“Brinegar’s skills in membership and program development, fundraising and with campaigns will be an asset for OWL. Her creativity and practical approach will help OWL continue to expand,” stated Donna L. Wagner, OWL Board President. “Bobbie is dedicated to working at the local level to achieve federal policy goals, which is an important principle to OWL and its members.”

Source: National OWL Web page <http://www.owl-national.org/Press.html>

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
Office hours: Monday 12:00 noon to 2:30 p.m.

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