



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

September - October 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:

NOVEMBER ELECTION MADNESS:

Learn More about Initiatives and Charter Amendments

**Adachi Smart Reform Pension Measure
Elsbernd Muni Charter Amendment
Sit Lie/Community Policing Initiatives
State Propositions re Redistricting**

Speakers confirmed:

Jeff Adachi, Public Defender City and County of San Francisco

Sean Elsbernd, San Francisco Supervisor

Vic Grayson, long-time Muni driver

For each of the four issues there will be two speakers, pro and con, followed with a Q&A period. These initiatives and amendments were chosen by the political advocacy committee as being most relevant to the concerns of midlife and older women.

When: Saturday, September 25, 10 AM – Noon

Where: San Francisco Main Public Library, Hispanic Room, lower level

ALL WELCOME

Donations Gratefully Accepted

Co-sponsored by SAN (Senior Action Network)

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

PRESIDENT'S MESSAGE

In the last newsletter, I wrote about the importance of Social Security to retirees. In this newsletter I want to focus on the importance of Social Security to older WOMEN. I am coming increasingly to see the attack on Social Security as an attack on women. Instead of recognizing the financial restrictions women have faced and valuing the countless unpaid contributions to society made by women, the Debt Reduction Commission is expected to try to cut back on the program that enables women, particularly, to survive.

Women reach Social Security age with fewer resources than men. There are a number of reasons this is true. First, they make less than men for comparable work. It is estimated that over a lifetime, the wage disparity adds up to approximately \$400,000. Second, they have often taken time out of the workforce to raise families and to care for parents and other relatives. Women are usually the ones who provide unpaid supports for families, and this time out of the workforce has consequences in terms of pay, advancement, and even the kinds of jobs they can get. Third, they, more frequently than men, do not have pensions because of their jobs in working years.

So women enter "retirement" with fewer resources. As OWL says, "you can't save what you didn't earn." Women have fewer other resources, and, thus, are more dependent on Social Security. The three-legged stool concept of retirement income (Social Security, pensions, savings) is particularly unrealistic for women. As they age (and women live longer than men), meager resources, such as savings, are depleted. At 62, women are 57% of Social Security beneficiaries. By 85, they make up 69% of beneficiaries.

Even though women have fewer other resources, they receive less Social Security than men. On average, women get \$2000 less annually than men. The average annual payout for men is somewhere around \$13,500; the average payout for women is around \$11,500. Women have fewer other financial supports, and lower Social Security payments at the same time.

It is imperative for women that Social Security be continued and strengthened. Women over 65 depend on Social Security for almost half their income. Over 85, that figure increases substantially. Half of women recipients are kept out of poverty by Social Security.

We MUST keep hammering this point home. Women need Social Security. The Social Security program may not compensate for years of unequal pay or years out of the workforce for care-giving, but it enables most women to survive. Social Security is some small recognition of the value women have contributed. A just society needs to look more at how the system can be strengthened in light of women's circumstances. Women need progress, not regression.

(In August I talked about these issues on KPFA radio: <http://kpfa.org/archive/id/63157> Check it out!)

—*Kathie Piccagli*

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*

Kathie Piccagli, President
E-mail: kpiccagli@gmail.com
Amy Hittner, VP
Jonee Levy, VP
Jane Swinerton, Secretary
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Lorraine Honig

Carole Isaacs
Margaret Carlson Lew
Sheila Malkind
Judi Sahagen
Marcia Soffer
Allyson Washburn

Newsletter – Co-Editors:
Margaret Lew
Meryl Glass

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

TWO OCTOBER EVENTS!

California Alliance for Retired Americans Convention, October 12th and 13th - “Taking Back the State in 2010”

The California Alliance for Retired Americans (CARA) convention this year will be in Oakland, on October 12th and 13th. Every CARA convention I’ve gone to has been spectacular, and this one is also shaping up to be an incredible event. In addition to an extraordinary line-up of speakers, there will be panels addressing Social Security, the State budget, and State legislation. You can register by going to <http://californiaalliance.org>.
and

OWL-CA Council Meeting and Annual Meeting, October 15th, 16th, and 17th

I feel like I am going to be rushing from interesting convention to interesting convention in mid-October. The OWL-CA council meeting and convention takes place in Sacramento on October 15th through 17th.

The OWL-National board will also be meeting in Sacramento at about the same time, and the two boards and other members from all over the state will get together for joint programs on Saturday, Oct. 16th. At lunch, the Golden OWL award will be presented to an OWL-CA member. That afternoon there will be programs on Social Security, as well as diabetes. That evening promises to be very special -- a dinner honoring Betty Perry will likely be attended by a lot of legislators and other “movers and shakers” in Sacramento.

Registration materials were in the Summer 2010 issue of the OWL-CA newsletter. If you would like to attend all three days — we are looking for an OWL-CA representative from our Chapter. If you can only go for a day, Saturday will feature interesting programs and a chance to meet State and National Board members. The program is at the Sheraton Grand Hotel, which was designed by Julia Morgan. If you need registration materials, email kpiccagli@gmail.com)

—*Kathie Piccagli*

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

Save the Date! October 12th

An OWL SF Special Meeting on October 12th will be devoted to Compassion&Choices End-of-Life Discussion from 2 to 4 pm at the home of Marcia Soffer, 222 Parnassus, Apartment B (car and Bus #6 or #43.)

Most, if not all of us have, at one or more times in our lives, faced the dying of a family member or dear friend. It is a difficult time for the terminally ill patients and for those of us who love them. Compassion & Choices offers a consultation program dedicated to expanding choice and improving care at the end of life. Our guest speaker, Carole Van Aelstyn, BSN, is the California Coordinator for C&C’s End of Life Consultation Program. She will lead the discussion about the program’s mission and process with clients and their families, advanced directives and end-of-life questions.

RSVP to Marcia Soffer at 415-661-8019 or

mksoffer@sbcglobal.net

—*Amy Hittner*

Save the Date! October 23rd Membership Meeting -- Getting On the Web

The OWL SF monthly membership meeting on Saturday, October 23rd will feature David Casuto, founder of Senior Surf, who will demonstrate aspects of computer use that may be new to you including social media on the Web and Picasa for digital photography.

Computer education may mitigate loneliness, isolation and depression; and stimulate cognitive development. In addition using the computer can broaden and ease access to community resources. David Casuto founded Senior Surf Computer Education with the hopes of bringing accessible and affordable computer education to the Bay Area’s older adult community. In addition to his work with Senior Surf <http://www.senior-surf.org/services/index.php>, he is a technology instructor for University of California, Berkeley <http://olli.berkeley.edu/>, San Francisco State University’s OLLI program for older adults. <http://www.cel.sfsu.edu/olli/>, and teaches digital photography, web design and graphic design to students from all levels, K-8 through corporate. David has a Master’s Degree in Instructional Technology.

Please note that the program committee will be sending you a survey focusing on questions about education and training programs in 2011.

—*Amy Hittner & Jonee Levy,*
Program Co-Chairs

Happy Birthday, Social Security!

August 14th was the 75th birthday of Social Security, and a celebration was held at the Federal Building at 7th and Mission. It was sponsored by The California Alliance for Retired Americans and co-sponsored by the Gray Panthers, Senior Action Network, and OWL, and attended by at least seven members of our chapter, as well as several from the East Bay OWL chapter. There were balloons and cake, and speakers reminded us of the great success of this program, with facts included below.



Here are 10 key facts you should know

- Social Security has a surplus of \$2.6 trillion - this is money left over after benefits are fully paid out. The surplus is then invested in U.S. Treasury Bonds until it is needed.
- Social Security did not cause the federal deficit and cutting benefits will not reduce the deficit.
- Older Americans and disabled workers, and their families, rely heavily on Social Security today and are likely to continue to rely on it as the financial crisis has weakened other sources of economic security.
- Social Security is fully funded for nearly 30 years; thereafter it has sufficient funds to pay 75% of promised benefits. The 25% shortfall can easily be fixed over a long period of time. There is no crisis.
- Social Security's retirement age, already scheduled to increase from 66 to 67, should not be raised further. Raising the retirement age is a benefit cut that places the greatest hardship on older Americans who are in physically demanding jobs or who are otherwise unable to find or keep employment.
- Social Security, whose average benefit is \$15,856 for a man and \$11,972 for a woman, provides vital protections against the loss of wages as the result of disability, death, or old age.
- Social Security's benefits should be increased for those who are most disadvantaged, such as single women, persons with disabilities, lower-wage workers, and neglected minorities.
- If seniors had to rely on only their income other than Social Security, nearly half would be poor.

- 6.5 million children younger than 18 receive Social Security benefits as dependents of deceased, disabled, or retired workers.
- Older minority women are among those who rely most upon Social Security to stay out of poverty.

Source: Social Security Matters at:
<http://www.socialsecuritymatters.org>

Unnatural Causes of Health

The film “Unnatural Causes: In Sickness and in Wealth” was startling. It brought home two major points: 1) The major determinant of good health is neighborhood, which is determined by education and income. While education and income levels, per se, may not be the determinants, one’s level of control figures prominently. Going down the income-education scale, one has less and less control -- and poorer health outcome. 2) Major health disparities are related to stress levels. Groups which have been systematically discriminated against, such as African Americans, have poorer health outcomes, a fact which appears to be related to biological results of living with discrimination and stress.

This fascinating documentary was shown by the San Francisco League of Women Voters on August 17th, to a full house! It was co-sponsored by KQED, SF Women’s Policy Commission, and OWL SF. The documentary was followed by a discussion led by Ellen Shaffer, Co-Director of the Center for Policy Analysis.

—*Kathie Piccagli*

Free Mental Aerobics Class in SF

Hope Levy, Instructor, Older Adults Department at City College is offering free Mental Aerobics Classes, which will be held this fall at two convenient locations in San Francisco. Last semester’s class at the San Francisco Public Library was so popular that a second section is being added this Fall at The Sequoias-San Francisco.

No homework and no tests; free and open to all.
When: August 16 December 13, 2010, register onsite, join us any time.

San Francisco Main Public Library
100 Larkin Street
Mondays from 1:30-3:30 pm
and

The Sequoias-San Francisco
1400 Geary Street
Mondays: 10:00-12:00 Noon

PEER GROUPS

Central Peer Group Report:

Movie and a meal took on a new challenge... no consensus as to which of the two movies recommended we should see on August 15th. So, we agreed on a third, "The Extra Man," a comedy with Kevin Kline, an old favorite. Unfortunately, some of us were disappointed, but there was a lively discussion over the meal at Fazio's and a recommendation that we plan a new adventure for September 12th, second Sunday of the month. We'll investigate the possibility of a boat trip on the Bay with lunch at our destination. What do you think? —Marcia

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:

The Peer Group took an August Summer break. 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 MEMBER

Janice Lox

OWL Friends Visit Phyl Smith

I'm sure many of you know Phyl Smith who has been a longtime member of OWL SF. Phyl suffered a stroke about three weeks ago and she is now in a residential care facility in Daly City. I am sure she would appreciate cards or a visit from those of you who know her. Her daughter, who lives in South Carolina, informs me that at the end of September, she will move to Seattle where her son lives.

OWL friends have visited her over the past few weeks. She did carry on conversations with us and likes the fact that her new location will have a south facing window.

Phyl's address and telephone for the facility are:

Phyl Smith
Villa Residential Care
130 Vale Street
Daly City, CA. 94014
tel: 650-755-0411

—Nan McGuire

MID-YEAR APPEAL SUCCESS!

The annual Mid-Year Appeal was extremely successful this year. We collected over \$3,240 from 41 generous donors. This represents over \$450 more than last year.

Our grateful thanks to all who contributed:

Maxine Anderson	Phyllis A. Lyon
Eva Auchincloss	Sandra Mack
Natalie Berg	Sheila Malkind
Els Boesten	Marjorie Miller
Lucia Brandon	Channa Orner
Muriel Brotsky	Helene Peckerman
Victoria DeGoff	Mitzi C. Raas***
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Nancy Hackworth	Susan E. Sunderland
Lorraine Honig	Allyson Washburn
Frances M. Johns**	Marilyn Yalom
Frances Lana	Mary R. Zlokovich
Evelyn Levin	

And a special thank you to the following who each contributed over \$100:

Shirley Costello	Nan Carole McGuire
Amy Hittner	Kathie Piccagli

** In honor of Amy Hittner and Lorraine Honig

*** In memory of Marian Branch

OWL National Executive Director Leaves for Post at US Senate

Ashley B. Carson will be leaving her post as Executive Director of OWL and reporting to the Senate Special Committee on Aging on September 7th as Senior Policy Counsel. There she will be taking on issues under the leadership of Chairman, Senator Herbert Kohl. Her primary responsibilities will be Social Security and the issues that affect older women. "Although this is farewell to OWL in my current capacity," Ashley writes, "it is not goodbye. I sincerely hope to always work with OWL and further our unique and increasingly important agenda. There is so much work to be done." She urges OWL members to stay in touch with her. Our best wishes go with Ashley as she assumes her new position!

OWL Listserv: Sign up to receive news on local and state issues

A new OWL SF service is available to Chapter members. OWL advocates for health, economic security and quality of life for midlife and older women, but local media are often short on information about State and local issues relating to our agenda.

Therefore, as a pilot project, the Political Advocacy Committee plans to set up a listserv for members who would like more information about state and local issues. Members of the listserv will share information with others on the listserv.

Here's how it will work: Initially, members will send notices, announcements and articles relating to state and local issues to the listserv moderator. The moderator will send on information relevant to OWL's mission to members who have signed up for the listserv.

To sign up for this new OWL SF service send an e-mail to Melanie Grossman: melaniegrossman@sbcglobal.net Please cc Kathie Piccagli: kpiccagli@gmail.com so that we have a double check on our list. Once you are signed up you will receive instructions on how to submit articles or information. You will also receive information on how to remove your name from the listserv if you do not wish to continue receiving notices.

Let's make this happen!

—*Melanie Grossman and the
OWL Political Advocacy Committee*

Call for New Board Nominating Committee

The recommended slate for new OWL SF board members for 2011 will be developed over the next several months by the nominating committee. The slate will be presented in December at the annual meeting. Nominations will also be accepted from the floor. The committee will be looking for nominees committed to the future of OWL SF who have an interest and willingness to work with other board members to develop the programs and policies of the organization. Allyson Washburn has agreed to chair this committee. Call or e-mail the OWL office if you have suggestions, an interest in being on the nominating committee, or have an interest in running for the board.

Editors' Note on Blogs

The topic of blogging has come up several times in recent OWL discussions. This article is a response to the desire of some of us to blog with other OWLs, or merely to see what it's all about. Future contributions very welcome!

—*Margaret Lew and Meryl Glass*

What is a Blog, Anyway?

Originally, the word was made from "web log." It is a web site developed as a log or journal, based on a topic or an individual. In addition, a dialog can be created when visitors to the web site post blog entries to share their thoughts and ideas with others who visit the web site.

An example of a blog around a specific topic is the OWL blog: <http://www.owlnational.blogspot.com/> On this blog many OWLs have posted journal entries or ruminations about topics of interest to OWL. There are blog posts about Social Security, treatment of old people in other countries, the word "older," and many topics like these. If you are interested in posting to the OWL blog, send your post by e-mail to: owl@owlnational.org

Other blogs are maintained by individuals. An example is the blog run by OWL SF chapter member, Fran Johns. Boomers and Beyond is the name of the delightful blog where she deals with a myriad of topics from taking care of parents to health issues. Visit Boomers and Beyond at: <http://trueslant.com/franjohns/>

Some large news websites, host blogs covering the news and topics of popular interest. Here you will find posts from many contributors including Ashley Carson, OWL's departing Executive Director, who has posted often on the Huffington Post <http://www.huffingtonpost.com/>, and the Daily Kos <http://www.dailykos.com/>

In future issues, I hope we talk more about blogs and share our favorite blog sites. Blogging can be fun to do and is certainly interesting to follow.

Boomers and Beyond: <http://trueslant.com/franjohns/>
Daily KOS: <http://www.dailykos.com/>
Huffington Post: <http://www.huffingtonpost.com/>
OWL blog: <http://www.owlnational.blogspot.com/>

In My Opinion – Revisited

On October 12th, OWL SF will host a special meeting to talk about end-of-life issues (see announcement on page 3 of this Newsletter). Below is an excerpt from an article I wrote about Compassion and Choices in the May-June Issue.

I just saw the play *Vigil* at A.C.T. ostensibly about a man who left his dreary bank job upon receipt of a letter from his aunt urging him to come to her deathbed, after 30 years of separation. The play brought up my own thinking about illness and death. How many of us choose not to look too closely at these thoughts and feelings about death and dying. . . except perhaps, in the therapist's office? I experienced living with illness and death at an early age. From the ages of 9 to 21 (12 years), I lived in a "house of dying and death" -

- first of my father, of cancer, when I was 13, my grandfather a year later, and my grandmother when I was just finishing college. All had prolonged and painful final years. A few months later, my mother slipped on some ice and broke her wrist. It was to me, a warning. . .

Issues of dying and death were never talked about in my growing-up world though we were surrounded by it. So when I heard Fran Johns, then Board Chair of Compassion and Choices-SF (C&C), speak at an OWL meeting 2 years ago, I finally found a "home." C&C provides a bit of personal control for the terminally ill and their loved ones, through counseling, help preparing advance directives and other services, including hospice. Come join Marcia Soffer and me on October 12th.

—*Amy Hittner*



Excerpts from Hard Thoughts to Think, on Aging

One of our OWL members, Glenda Hope, has written on loss and aging with attendant negative emotions including grief and fury, previously published in the Network Journal. We would like to share some excerpts from them with thanks to Glenda.

"By the time you read this, I will have turned 74. I am not getting old. I am old. These are hard thoughts to think. Don't invite that aforementioned punch in the face, by throwing some platitude at me or any other old person, such as 'you're only as old as you think' (nice idea but my body has its own say in this); or 'this is just a part of life' (don't insult me); or '70 is the new 50' (someone under 60 started that one); or 'these are the golden years' (what the heck does that mean, especially if you don't have any gold?); or, 'you haven't changed a bit' (Don't patronize me. I have a mirror). Don't point to some 90 year old 'who is still going strong,' 'still sharp as a tack'. What do you really know of them and, in any case, what is this supposed to mean to me? People don't get old in a group. They get old one by one."

"We must all recognize again and again that we are different, experience life differently, turn our hands to different things in the work of justice, peace and compassion. We age differently. Some of us who are old like to bake and garden. Some don't. Some scale mountains and ride bikes for miles. Some don't. Some have nearby and caring families. Some don't. Some are financially well off; some are comfortable; some live in genteel simplicity; some are desperately poor.

Some are highly and outwardly emotional; some aren't. Feelings are not positive or negative; they are just real. It is what we do with them and because of them that matters. But we do have a hard time letting one another be angry, let alone furious.

We really are a society that holds an abiding prejudice against old age. Old people scare us. I think it is important – and freeing – for us to recognize that. On a personal level, I have been a member of the Older Women's League (check it out on the Web) for a long time but never active. Recently, I have connected with the San Francisco chapter and discovered a whole group of women who are lively, funny, competent, politically astute and active, and altogether wonderful. I am kicking myself that I did not get involved with OWL sooner, and I know it was the very name of the organization – and all the distance-creating prejudice – that held me back. I didn't want to 'be surrounded by all that white hair' and I didn't even know I felt that way.

Ah, well. We keep on learning. My dance coach often told us: 'If you forget the steps, don't freeze. Keep moving to the music and something will come to you'. We live a spectrum of feelings and states of being, sometimes dominated by this one or that one. They are all real and exist together in a full life:

Gratitude, goodness and grief. Love, loss, laughter, lament. Fun, fury, faith. Serenity, struggle, surrender. Peace, prayer, pouts, purpose. Altruism, awe, anticipation, anxiety. Wonder, worry, wackiness. Passion encompasses them all. "

—*With our deep appreciation, the editors*

Getting Your Newsletter Online?

For the past year your OWL SF Newsletter has been available to you in an e-mail and online version. We chose the widely used Adobe Acrobat pdf file format for distribution for its user-friendly features. Adobe Acrobat Reader software is free and can be used on any computer, including Apple and Unix systems. This software is usually included with your new computer's software, but can be downloaded from the Adobe web site: <http://www.adobe.com/>, and requires nothing else from you to be ready for use.

The Adobe Acrobat pdf file lets us send a Newsletter in the same format and appearance to all computer users and you can do things on your computer that may make it easier to read than a normal size printed copy.

Enlarging the type for easier reading

There is a good range of choices to either enlarge or reduce the size of the page on your screen.

On the menu line at the top of your monitor, choose:

View, Zoom

These choices will enlarge the type for easier reading. The type will remain clear and sharp.

Actual Size: will be the actual size of the paper version, 8-1/2 by 11 inches (100%)

Fit Width: will expand the page to fit the width of your monitor (133%)

Fit Visible: will expand the printed portion of the page to fit the width of your monitor (147%).

Finding a name, word or phrase

It is easy to skip through the online newsletter to find a

special name or phrase.

From the menu choose **Edit, Find**

A small box will open on the menu line; type in the word you want to find and press **Enter** on your keyboard.

The word, if found, will be highlighted where it first appears on the page. To find the next instance, press **Enter** again. A message box will appear to tell you when the last instance of the word is found.

You may also find a phrase this way.

It is also possible to find words and phrases by using **Edit, Search**. A panel will appear on the left of the screen. Choose In the current document and enter the word you want to find. Press **Enter**. A list of the instances of the word will appear in a box of **Results**. Use your mouse to choose the one you want from the list.

Making a printed copy

Make sure your printer is turned on and paper is loaded. To print the entire Newsletter you may choose the little printer symbol on the menu. Just click on it with your mouse. To print just one page, use **File, Print** on the menu and select the page number(s) of the page(s) you want to print. Of course you can print the entire Newsletter from **File, Print**, too.

Good luck and have fun!

—Margaret Lew

We've come a long way or have we . . .

Following is a passage from a three-volume treatise on old maids: an oration delivered by an imagined speaker at an imagined banquet. From William Hayley, *A Philosophical, Historical and Moral Essay on Old Maids*, 3 vols, London, 1785, 3: 176-196.

“I will conclude by conjuring every gentleman, who may happen to hesitate between a Widow and an Old Maid, to remember that... the man who marries a Widow has great cause to apprehend unreasonable expectations, unpleasant comparisons, and variable affection; while he, who marries an Old Maid, may with confidence prepare to meet unexacting tenderness, increasing gratitude, and perpetual endearments.”

—*Found and submitted by Sheila Malkind* (SM: 3 volumes!?)

Editors' Query

Does anyone want to respond to this? Are you proud of being an Old Maid, feel honored or acknowledged when called a Widow or a Wife? What about other labels? Mother-in-law? Stepmother? Crone? Cougar? Panther? Feminist! Somebody, please go for it!

Growing Greener Schoolyards

Have any of you as a Mom, Grandma, teacher, volunteer or community neighbor, looked with a critical eye at any one of our city's schoolyards? They tend to be paved-over, fall-unfriendly surfaces that don't welcome the joy of children's free play and running! In fact, running is forbidden in many of our schoolyards. Can you imagine that? Additionally, wouldn't it be wonderful if our city's children had the ability to work in and benefit from the rewards of a garden!

This September 24th and 25th, the San Francisco Green Schoolyard Alliance will host the fourth Growing Greener School Grounds Conference. This will be a workshop-style event, bringing together over 300 teachers and community members from around the Bay area to learn more about creating, using and sustaining ecological schoolyards. Topics will include raised bed and container gardening, organic gardening and control of insects and other pests, cooking with garden produce, and raising chickens! Techniques will be introduced for incorporating art, other subjects, and a deeper understanding of ecology into the existing curriculum.

If you have time and an interest in more involvement, visit the website at www.sfgreenschools.org. To register for the conference or to contact the SFGSA, contact Rachel Pringle at rachel@sfgreenschools.org, or at 415-355-6979 ext. 1566.

—*Nan McGuire and Meryl Glass*

Mini-Conference on Creativity and Aging

This September 11th OLLI (the Osher Lifelong Learning Institute at SF State) will present a Mini-Conference entitled "Creativity: The Arts and Your Gray Matter" from 1 to 5 p.m. at San Francisco State University School of Creative Arts, 1600 Holloway Avenue. This half day event will address how to reap the physical and mental benefits of creative engagement throughout our lives.

Until recently, declining mental capacity as we age was believed to be inevitable. To the contrary, new findings in neuroscience tell us that creative pursuits can continue to strengthen and sharpen mental capacity throughout our lives.

This workshop-focused event will explore learning through creativity and creative pursuits. A special feature will be a music-based interactive demonstration with octogenarian drummer Jimmy Cobb and saxophonist Andrew Speight with the multigenerational Generations Jazz Band.

You can register online at <http://creativearts.sfsu.edu/olli> or call 415-405-2849 for further information. The \$50.00 registration fee includes a one year OLLI membership. OLLI members can register for \$25.00.

OWL is a cosponsor of this event.

—*Meryl Glass*

CALENDAR

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

Sept 8 Wednesday — **OWL Board Meeting**, 870 Market (*check OWL Office for Room*), 3:00-5:00 pm

Sept 11 Saturday — **Mini Conference on Creativity & Aging**, SF State University, 1:00-5:00 pm
(*see article, page 9*)

Sept 25 Saturday — **OWL General Meeting** SFPublic Library, 10am–Noon (*see cover*)

Oct 4 Monday — **OWL Board Meeting**, 870 Market, (*check OWL Office for Room*) 3:30–5:30 pm

Oct 12 Tuesday — **OWL Special Meeting**, Compassion&Choices End-of-Life Discussion, 2:00-4:00 pm
(*see article page 3 for further information*)

Oct 12,13 Tuesday,Wednesday — **CARA Convention** (*see page 3 for further information*)

Oct 15, 15,17 Friday, Saturday, Sunday — **OWL-CA Council Meeting and Annual Meeting**,
(*see article page 3 for further information*)

Oct 23 Saturday — **OWL General Meeting** (*see article page 3 and OWL web site www.owlssf.org for further information*)

Nov 9 Tuesday — **San Francisco Commission on Status of Women, Older Women in the Work Force**,
Roundtable discussion, 9:00 am - Noon, (*venue and speakers to be announced*)
Co-sponsored by OWL SF

YES! I WANT TO JOIN OWL!

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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

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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.