



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

April - June 2017

Email: owlsf@owlsf.org

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

Women's Health Two Important Topics

Update on Planned Parenthood

Presenter: **Meriam Gerace**

Communications and Marketing Director for Planned Parenthood in Northern California

What is happening now at Planned Parenthood?

Proposed cuts in ACA and their effect on services.

How can we advocate to protect women's right to choose?

Women's Breast Cancer Resources

Presenter: **Leah Hellerstein, LCSW**

UCSF Hellen Diller Comprehensive Cancer Center

What's out there to support women with breast cancer?

How can women access these resources?

Saturday April 22

10am to Noon

Community Room, Northern Police Station

1125 Fillmore Street at Turk Street

(no parking in police parking lot)

MUNI #5, 22, 31 & 38 (4 block walk)

Wheelchair Accessible

OWL SF * 870 Market Street, #905, San Francisco, Ca. 94102

Phone 415-712-1695 * Web site: www.owlsf.org

What is this OWL Alert in my computer inbox?

Following our January planning meeting, when so many of us were worried about what we could do about all the political changes that were threatened; the OWL SF Board decided to try an experiment called OWL Alerts. We are aware that it is easy to become immobilized and confused by the sheer volume of issues raining on us and we are trying to help us all focus our efforts better.



Here is a brief description of OWL Alerts:

Each Board member takes a turn at being “the filter of the month.”

Members of the Board and of the Political Advocacy Committee, and OWL members will send the filter information about actions that could be taken which fall into one of the 4 major issue areas selected as primary concerns for OWL: immigration, women’s health, environmental protection, and Social Security/Medicare/Medicaid/Affordable Care Act.

The filter will select one action per week, write a brief description of the issue, and a one or two sentence suggestion of what to do.

The Alerts will include names and contact information, both addresses and phone numbers, of elected or appointed public officials who are in a position to affect policy. OWL members are urged to send a postcard as the Alert suggests, as well as to make phone calls.

In addition and very important, they are urged to forward OWL Alerts to friends across the country with directions for them to locate their own members of Congress and press them on the issue of focus.

Every member of OWL is encouraged to submit suggested OWL Alerts for consideration by the filter of the month. Send yours to: Sy Russell info@owlsf.org and she will direct it to the right person.

Of course, none of us is limited to the suggested actions in OWL Alerts. Keep up the work: Don’t Agonize. Organize.

—*Glenda Hope*

WELCOME NEW MEMBER!

Rita Wang

Board Members
Maxine Anderson
Joan Downey, Treasurer
Melanie Grossman
Amy Hittner
Glenda Hope, President
Margaret Lew
Sheila Malkind
Nan McGuire
Sy Russell
Betty Traynor, Secretary

Newsletter
Margaret Lew, Editor

Membership
Nan McGuire

Political Advocacy Committee
Glenda Hope
Melanie Grossman
Co-Chairwomen

OWL SF Board meetings: first Monday of the month, 4:00-6:00 pm, 870 Market St.
Phone: (415) 712-1695
Email: owlsf@owlsf.org
Web: www.owlsf.org
Mail: 870 Market St., Room 905, San Francisco, CA 94102

CARA Update

For California Alliance for Retired Americans (CARA), major issues have come up with a vengeance in the first few months of this year. Donald Trump's presidency has brought major threats to health care, including the Affordable Care Act (ACA), Medicaid, and Medicare, to name but a few. He has also brought threats to housing, food security, and basic services for seniors. We expect Social Security to be in the crosshairs shortly.

CARA and its national organization, the Alliance for Retired Americans (ARA), have actively opposed these threats with daily phone calls, demonstrations, lobbying, etc. My favorite recent big activity in California was the demonstration in Bakersfield at Representative Kevin McCarthy's office. McCarthy is one of the leaders of the House Republicans trying to demolish the ACA even though over 50% of his constituents are on Medicaid, Medicare, or both. There were speakers, chants, and marches, all being met with locked doors. We left hundreds of messages about why "I love Medicare" on the big glass office windows.

There has also been lots of local action. California is trying to counter some of the terrible impacts of national policy. Legislation is now gearing up, as all new bills had to be in by February, 17th. CARA's priority bills include SB 562 which will provide for single payer health care in California.

These are trying times. Stick with CARA to provide leadership on the political front.

Sign up to receive CARA's (not too frequent) action alerts and things you can do. Join us for local meetings of the CARA Community Action Team—second Thursday every month, 1:00-3:00 pm, 1188 Franklin (right across the street from the Unitarian Universalist church)

—*Kathie Piccagli*

CARA Alerts

You will no longer get automatic alerts from CARA. Prior to this, alerts were forwarded to our email list. Now, you must sign up to get these alerts direct from CARA.

Sign up by calling Kathrin at the CARA office: 510-550-0828. Or email ksmith.cara@gmail.com, giving your email address and asking to be added to the newsletter/alert email list



Why Postcards?

Send postcards to elected officials to register your opinion on an issue. Address only one thing on each card and state clearly what it is (see OWL Alerts), and your proposed action. Give your name and address.



OWL SF members writing postcards at the March membership meeting.

Hint: you and your friends can gather a bunch of cards and mail them to friends in less friendly states, asking them to forward the cards to their legislators. In that case, give only your name so it looks like your cards are coming from, for example, Iowa, Wisconsin, Georgia.

Why postcards?

Because letters are diverted to some black hole where they wait (a long time) to be examined for germs or explosives. Postcards go right to the target person.

Postcards (with postage) will be available to complete at all of our membership meetings, where an OWL Alert will be posted. Packets of 5 blank postcards (with postage) will be offered for sale at meetings and available from OWL SF for \$2. If you cannot come to a meeting to purchase them, contact OWL SF to have them sent to you: owlsf@owlsf.org

—*Glenda Hope*

Generations

Sometimes we wonder
What legacy we will leave.
What song joke, advice or story
will be passed along.
We can now be of great influence.
Older women have passion,
time, guts, and experience.
Some say when the grandmothers
speak the earth will be healed.
Look seven generations ahead.

*Author unknown
submitted by Glenda Hope*

Environment Issues Update: A Major Outrage

Environment issues are of major importance, even in the best of times. Climate and the environment are in crisis. These are not the best of times, and I am concerned that outrage over environmental concerns in this administration has not matched the high priority warranted. Already President Trump has dramatically reduced the Environmental Protection Agency and funding for many science-based agencies and projects. He has removed constraints on the unfettered growth of coal, oil, and gas. Gone are concerns met in the Clean Power Plan, as well as many regulations dealing with the effect of chemicals and pollutants on the air we breathe and the water we drink.

The hopeful part is that the State of California is shoring up against some of these changes. Governor Jerry Brown has spoken defiantly about how California will continue on its way to addressing environmental and climate issues. The Senate President Pro Tem has also spoken strongly and acted to continue California's leadership on the environment. This is being done through both regulation and legislation. Judicial action may follow. Senator De Leon introduced three major pieces of legislation to serve as in-state backstops to rollbacks by the Federal government. Perhaps most important in the steps to move forward is SB 584, which says that California will get 100% of energy from renewable sources by 2045. I hope we Californians keep demanding environmental progress from our state.

—*Kathie Piccagli*

Property Tax Postponement Program

The State of California has reinstated this program for lower income seniors who are paying property taxes on a single family home, condo or co-op. Eligibility includes those who are at least 62, blind or disabled, own and live in their home as their primary residence, have a total household income of \$35,500 or less, and have at least 40% equity in the property. Repayment with interest (7% per year) becomes due when the homeowner moves or sells the property, transfers title, defaults on a senior lien, refinances, obtains a reverse mortgage, or dies.

The applications for 2017-2018 property taxes will be available in September 2017. More information is available at the State Controller's Office, (800) 952-5661 or at postponement@sco.ca.gov or www.sco.ca.gov and click on "Public Services."

—*Betty Traynor*

Save the Date The Immigration Debate

**What is true?
What is false?
What is mixed information?**

The OWL SF membership meeting on May 27th will open up these questions for us. We are fortunate to have Reverend Deborah Lee to lead our thinking.



Reverend Deborah Lee

Rev. Lee has been involved with immigration concerns for decades. She has taken part in producing and directing documentary films and is a published author on this hot topic.

Join OWL SF in the Community Room at the Northern Police Station, Turk at Fillmore, May 27, 10am - Noon to hear more about what is true, what is false and what is mixed information about immigration.

—*Glenda Hope*

Peace Talks With Local Women Authors

The local branches of the Women's International League for Peace and Freedom (WILPF) are sponsoring a series of four Sunday afternoon (3 pm to 5 pm) conversations with local women authors on the theme of peace and justice. They will speak about their lives, their writing, and their activism. All are interviewed by Kate Raphael, author and producer of Women's Magazine on KPFA, and will include Q&A. Poet and performer **Aya de Leon** led off the series on March 19th in San Francisco.

The next author in the Peace Talks series is **Susan Griffin** on Sunday, May 21st at the Ed Roberts Campus, 3075 Adeline Street, Berkeley, right at the Ashby BART station (just take the elevator up from the station). Susan Griffin is a celebrated author and Pulitzer Prize finalist, a poet and an Emmy award winning playwright. Her foundational work *Woman and Nature* paired ecology and gender, while in *A Chorus of Stones* she wrote about war and gender in the era of the atomic bomb, and reflected on violence in *Transforming Violence: Remembering the Soul of the World*. Her reflections are as relevant today as when they were written.

On Sunday, July 16th, Native American scholar and writer **Roxanne Dunbar-Ortiz** will be interviewed at the Eric Quesada Center, 518 Valencia St. at 16th Street in San Francisco, and finally on September 17th, **Maxine Hong Kingston** will appear at the Ed Roberts Campus. All the Peace Talks are free with light refreshments. WILPF-SF and East Bay invite OWL members to attend these stimulating conversations with some of our best local women writers.

—*Betty Traynor*

Medicare and Medi-Cal Under Attack And Social Security is Next



David Grant presents the dangers facing our country's healthcare safety net. photo by Joan Downey

David Grant of the California Alliance of Retired Americans shared the CARA Education Fund's power point presentation on the dangers facing Medicare, Medi-Cal and Social Security to a well-attended OWL SF membership meeting held on March 25th in the Community Room of the Northern Police Station.

The move to "replace Obamacare," recently stalled in the GOP controlled House, is not the last that will be heard on this topic and we need to know the facts about the costs and consequences of plans for healthcare in America. The time to learn and act is now as the House and Senate will be proposing budget changes that will endanger Medicare, Medi-Cal and Social Security throughout the Spring and Summer of 2017.

We are urged to reach out to friends and neighbors now, as research shows most people are unaware of the proposed changes, and that when they do hear, more than 67% are opposed. Educate them! Copies of the CARA presentation are that we saw at the meeting are available: contact CARA for information that you can share with your senior building, your church, your union, your neighborhood group and friends. (see p.3 for contact info.)

After the presentation OWLs and their guests enjoyed snacks, chatted and filled out postcards to send to Congressman McCarthy urging him to vote no on any proposal that would undermine the country's healthcare safety net for seniors, people with disabilities and families. Packets of USPS postcards were available for purchase to give us a headstart on responding to OWL Alerts.

—Margaret Lew

OWL SF has a new telephone number:
(415) 712 - 1695

Home Match SF— Help Finding a Roomie

This is a new joint program of Northern California Presbyterian Homes and Service and Episcopal Senior Communities to connect homeowners and home seekers. If you have an extra bedroom and would like a roommate and extra income, Home Match can help you find the right person for you. It provides interviews, background screening, help with a housing agreement and more. Parties are matched based on compatible living styles and have an opportunity to describe their ideal home arrangement, personal characteristics, and other factors regarding living with another person. Homeowners will have an additional source of income and companionship. And the service is free of charge. For information call 415-351-1000 or info@homematchsf.org or check out their website at www.homematchsf.org.

—Betty Traynor

OWL SF Office Space Available to Share

Small non-profit located in Flood Building has an office in the historic Flood Building to share (renter has exclusive use of space the majority of the time).

Our clean and bright 9th floor office space is ~200 sq ft. with space for up to five workstations. Tables, chairs, and storage space provided. Utilities and janitorial service are included.

This well-maintained doorman building has 24/7 access. The office is steps away from the Powell BART and MUNI stations and a parking garage.

Available May 1. Month-to-month rental. Security deposit of \$1000 and liability insurance required.



What Are You Reading?

Novel, mystery, self-help, history, politics, inspirational? Send a brief review or recommendation to the OWL SF Newsletter to share with your OWL sisters!

Have you visited the OWL SF website lately? Checking it takes only a few minutes and is a good habit to form, especially in these days when we want and need to form even stronger connections with each other.

Anyone with a computer or a phone or a snail mail box is besieged by exhortations to do something and/or to send money. The OWL SF website lists a few organizations with which OWLs are familiar and which have stood the test of time. You can check with them for reliable facts as well as guidance for potential actions.

Our website also contains information about upcoming meetings of special interest to OWLs. The current Issue of our excellent Newsletter plus others as far back as January, 2012 can also be found there.

—*Glenda Hope*

New Opportunity for Seniors Become a ReServist

If you are 60+ or have a disability, with skills and generosity of spirit, then...energize a cause with your experience and receive a stipend too. You can be retired, semi-retired or in a career transition and want to continue using your years' worth of skills while making a big social impact. The Community Living Campaign of San Francisco is launching a partnership with ReServe, a well-established national organization, to connect you with opportunities here in San Francisco to contribute to your community with a non-profit organization, public institutions or City agencies.

To be a ReServist your annual income must be below \$36,180 (for a single person) or \$48,720 (for a couple); you should have strong work experience and good interpersonal skills and have some computer knowledge. The program creates part-time opportunities that require between 10 and 20 hours per week and can be ongoing or time-limited. All participants earn a stipend equal to the minimum wage.

The first step in "re-serving" is to register to attend an information session, next one is April 10, 10:00 to 11:30, Dorothy Day Community, 54 McAllister Street. To register and get more information go to www.sfreserve.org or call (415) 821-1002.

—*Betty Traynor*

California Legislation to watch

The Healthy California Act Senate Bill 562

The Affordable Care Act (ACA) made history by expanding health insurance to millions of Californians for the first time. However, it left insurance companies in charge of our healthcare system. Also, even with the ACA, 3,000,000 California residents are still uninsured.

With the federal government again doing healthcare reform, moving more responsibility for healthcare to the states, it's imperative that California establish a better, truly universal system, which finally gets costs under control. The Golden State can set the standard for the country by implementing a just and equitable healthcare system — Healthy California!

Healthy California is a campaign comprised of organizations representing over 4 million Californians committed to guaranteeing healthcare for the residents of our state. Our goal is to win improved Medicare for All in California. See www.healthycaliforniaact.org for up to date information on California's Medicare for All.

The California Disclose Act Assembly Bill 14

Citizens United unleashed unlimited, anonymous corporate spending on campaigns nationwide. That's why California Clean Money is sponsoring the California Disclose Act. OWL SF is also a sponsor. Find out more, sign the petition at: <http://www.caclean.org/content/home/>

AB 14:

- Lets voters know who is really paying for the political ads -- on the ads themselves.
- Ballot measure ads will have to clearly and prominently list their 3 largest funders.
- "Follow-the-money" disclosure stops ads from deceiving voters about who pays.
- Applies to tv ads, radio ads, robocalls, and print advertising.

All Women's Issues Were Not Resolved In 1920

All Women Activists Are Not Wild-Eyed Radicals

Women's Health Care Is Not Adequately Covered

Women's Economic Security Is Not Based On The Charity Of Men

Everything You Need To Know About "The System" Was Not Taught In School

Free Senior Yoga Course

Starting on April 17th Richmond District Neighborhood Center and Purusha Yoga will be partnering to offer a free 8 week yoga course for seniors on RDNC's campus. If you would like to attend please do so! If you know of anyone who would be interested in the course please pass along this information. It will be a great course led by expertly trained instructors!

The 8 week course taught by Purusha Seva Project Yoga Therapists will be held on Mondays: April 17th-June 12 (no class on Memorial Day), 10am-11am at the Richmond District Neighborhood Center, 741 30th Avenue. To register call: 415 751 6600

Cleaning Out Closets, Redecorating or Downsizing?

Take your items to the
Community Thrift store
623 Valencia Street
(on the corner of Valencia and
Sycamore, near 17th street.) (415)861-4910



Access the loading dock from Mission onto Sycamore between 17th and 18th. Tell them: ***These are for the Older Women's League of San Francisco.*** OWL SF receives 40% of anything that sells! *You* receive credits for a tax-deductible donation!

Like OWL SF on Facebook!

<https://facebook.com/OWLSF/>

Melanzane alla Parmigiana Eggplant, Parma Style

6 eggplants not larger than 6 ounces each
(or 2 medium-sized eggplants)
4 tablespoons unsalted butter
2 tablespoons extra virgin olive oil
1 medium-sized yellow onion, finely chopped
4 ounces prosciutto, cut into small cubes
1-1/2 cups canned Italian tomatoes, drained
salt & pepper
1/2 cup meat broth

optional: freshly grated Parmigiano-Reggiano

Peel eggplants and cut them vertically into 1/2 inch slices. Bring a medium pot of salted water to a boil. Add the slices of eggplant to the boiling water and simmer for five minutes. Transfer the slices to a cotton towel and let them drain completely.

In a medium casserole pot add the butter and oil over medium heat. Add chopped onion and cut up prosciutto, saute for two minutes. Arrange the drained eggplant slices over the onions and prosciutto. Lightly season with salt and pepper and add the tomatoes. Simmer uncovered for about thirty minutes, stirring and adding broth as necessary. When the eggplant is soft and completely cooked the dish can be served, with or without the grated cheese. This dish is delicious hot or at room temperature and can be a side dish or an appetizer.

Note:

I found this recipe in *Giuliano Bugialli's Parma, A Capital of Italian Gastronomy*, a lucky find at the last Friends of the San Francisco Public Library's book sale. This is not the usual American version of eggplant parmigiana. The secrets to its flavor are the prosciutto and good Italian canned tomatoes, I think. It was my side-dish contribution to our family holiday dinners last year. I also like it as a sauce over boiled pasta.

—Margaret Lew

Calendar

For a complete and up to date listing see the OWL website: <http://www.owlsf.org/calendar.php>

April 3 Monday — OWL Board Meeting, 4:00-6:00pm (Flood Bldg. Room 665)

April 22 Saturday — OWL General Meeting, *Women's Health*, 10:00am- Noon,
(Community Room, Northern Police Station, 1125 Fillmore Street at Turk Street. see details on cover)

May 8 Monday — OWL Board Meeting, 4:00-6:00pm (Flood Bldg. Room 665)

May 21 Sunday — **Women's International League for Peace and Freedom**, 3:00-5:00pm, *Peace Talks*,
(Ed Roberts Campus, 3075 Adeline Street, Berkeley. see details on series p.4)

May 27 Saturday — OWL General Meeting, *Immigration*, 10:00am- Noon,
(Community Room, Northern Police Station, 1125 Fillmore Street at Turk Street, see details p.4)

June 5 Monday — OWL Board Meeting, 4:00-6:00pm (Flood Bldg. Room 665)

June 24 Saturday — OWL General Meeting, *Environmental Health*, 10:00am-Noon,
(Community Room, Northern Police Station, 1125 Fillmore Street at Turk Street.)

YES! I WANT TO JOIN OWL SF!

NAME: _____

ADDRESS: _____

CITY STATE ZIP

TELEPHONE: _____

E-MAIL: _____

Annual dues of \$50 are recommended. (If you are unable to pay the recommended amount, OWL has established a sliding fee scale from \$50 –\$5.) Members receive the quarterly OWL SF Newsletter.

OWL SF will not share or sell any information about our members.

Make a check out to and mail to:

OWL SF
870 Market Street, Room 905
San Francisco, CA 94102

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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) 712-1695;
e-mail: owlsf@owlsf.org