



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

July - September 2013

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 Invites you to:
The OWL Annual Pot Luck Party

**WHEN: Saturday July 27, 2013
12 Noon to 3:00 pm**

**WHERE: Home of Mattie Alpert
312 North Willard Street San Francisco**

Bring your favorite dish for 6 people with a serving utensil. OWL will provide coffee. This is a great opportunity to connect with old friends and meet new ones, while sharing delicious food and enjoyable conversation. Changes for women since the 1960's — continuing the theme of our May membership meeting, we will share our stories and experiences.

Space is limited so RSVP is necessary!

RSVP to Eunice Rosenberg
euniceir@aol.com
415-648-7713
before July 20th

We always have a lovely time..

DIRECTIONS:

Willard Street is between Arguello and Stanyan Boulevards at Fulton St.
Nearby Muni lines: #5, #31, #33 and #38

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

Presidential thoughts...

Good day, wonderful OWLs,
So many things are going on!

We hope that you are planning to attend the “human chain” rally on July 2nd at the Federal Building. OWLs will be there in force – please join your sisters in sending this big “No!” to our representatives regarding the Chained CPI, one of several actions currently on the table to impact folks on Social Security.



We are working on a plan to make our offices more responsive to calls and requests by maintaining regular office hours. Our goal is to be more responsive to requests and calls that have been a bit “hit n’ miss” due to current coverage.

I want to also tell you about a project OWL SF is starting that will support work for older women – we are in the exploration stages of building a Temp Agency for Older Workers that will work with community programs to build work opportunities for women currently on Social Security, and in need of supplemental income to support their ability to stay in place, and maintain a quality of life.

Watch the newsletter for more information on these and the many projects that OWL continues to support and to respond to, for OWLs and all women, mid-life and aging.

There are many issues in our community, and if you want us to explore or respond to some action that you are aware of, please send a card or call the office and let us know. The number one way you can support OWL is through your continued membership and encouragement of others to explore OWL.

Forward your newsletter to folks you feel will be interested and encourage them to learn about us!

Meantime, have a wonderful summer!

—*Gwynne Seidell*

WELCOME NEW MEMBERS!

Pamela Rosenthal
Vivi Wyatt
Nina Youkelson

Gwynne Seidell, President
Maxine Anderson
Robin Brasso
Melanie Grossman
Glenda Hope
Margaret Lew
Nan McGuire
Kathie Piccagli
Inda Shirley
Ruth Strassner

Newsletter
Margaret Lew, Editor

Going My Way
Diana Merlo
GPDiana1@sbcglobal.net

Political Advocacy Committee
Glenda Hope
Melanie Grossman
Co-Chairwomen

SF OWL Board meetings: first
Monday of the month, 4:00-6:00 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

The 99%, What Are They Doing Now?

The Occupy Movement has faded from the headlines, but it has inspired many diverse groups of activists. On June 29th OWLs gathered to hear about their work on behalf of the 99% in our city.

Nina Youkelson represented the Wild Old Women, neighbors living in senior housing in Bernal Heights. Many of these women ages 69 to 82, some in wheelchairs or using walkers, have histories of activism which they wanted to continue. They chose to act within walking distance of home. They gather on a regular basis every Thursday from noon to 1:00 (only rain cancels the action) in front of the Bank of America branch on Mission at Valencia Street. They meet neighbors, spread their message, and are greeted by the supportive honks of bus drivers and motorists. Though they are peaceful, the bank closes its doors while they gather there. They protest the predatory mortgages offered especially to African Americans, Latinos, seniors and veterans, deceptive practices of big banks. They call for taxing the wealthiest Americans, and advocate banking with credit unions. They have heard that the credit union opposite the bank has seen an increase in memberships.

Everyone is invited to join them at 3250 Mission Street every Thursday.

Also from Bernal Heights, the Alliance of Californians for Community Empowerment (ACCE) was represented by Kathy Lipscomb. She described the work they do to prevent foreclosures through loan modification negotiations with the banks to preserve family homes. Their successes, principal reductions of nearly \$2 million in 20 permanent loan modifications, passage of the Homeowners Bill of Rights (California), and organization of 100 bank actions, are impressive. Finally, Merrie Jo and Edzel Musni provided us with a story of personal battles with a big bank, the sad loss of one home and the triumph of their escape from foreclosure on another with the help of ACCE. Learn more about ACCE at their web site <http://www.calorganize.org/>

—Margaret Lew



Changes for Women

The subject of our May meeting was Changes for Women Since the '60's, a departure from many of our meetings. After a brief presentation of the changes—as well as some things that have not changed much or that are regressing—and a little history of feminism, members discussed changes they have experienced and how it used to be. It was fun and interesting—and a topic we could all relate to. We talked about everything from dress: remembering the days where women did not wear slacks to the office; employment, educational, political, and societal changes like birth control. It was clear that there was much more to talk about as we shared stories about our lives. When someone complimented me on my new tunic top. I told them that it was not new, but that back in the '70's, it was actually a dress!

—Kathie Piccagli



Sheila Malkind and Kathie Piccagli in 70's attire.

Join Us In A

**National Day Of Action,
As We Form A Human Chain To Say:
No To The Chained CPI (it's a cut!)**

Date & Time: July 2nd, 2013 4pm to 6pm

**Where: San Francisco Federal Building
7th and Mission**

**After Human Chain, MARCH to Senator Feinstein's
office at 1 Post/Market Street (shuttles available for
those who cannot march)**

Transportation: MUNI/BART to Civic Center, San Francisco, walk south to Mission and 7th Streets

We join hands to affirm that, united and organized, we are stronger than them. President Obama's offer of the Chained CPI will spell an end to financial independence for seniors, people with disabilities, and families.

WE DEMAND that our President and Legislators act fast to Remove Chained CPI from the table. In President Obama's own words, we will **"make him do it."** We declare war on the Chained CPI. Take action! Call (202) 456-1111 and tell President Obama, **"no cuts!"**

National Day of Action Sponsors: Alliance for Retired Americans, AFL-CIO, and San Francisco Labor Council (partial list). For more information, call CARA at (510) 663-4086.

Political Advocacy Committee Update •••

April Meeting Report

Following the informative and inspiring panel program for the OWL SF membership meeting in March, "Making Our Voices Heard", we discussed two actions people can take for social change at our April 28th PAC meeting.

Pre-printed postcards were distributed depicting a pie chart of the Federal discretionary budget for 2012 with the portion dedicated to military expenses highlighted in red. These expenses total over half the budget, not counting other military-related expenses tucked away in categories such as Energy, Education and Housing.

OWL members are encouraged to fill out the blanks on the back of the cards and mail them to their representatives in Congress and to the President. Additional postcards can be ordered from www.notmypriorities.com if you did not get one at the OWL membership meeting.

It is noteworthy that on May 8th, a delegation visited the Chicago offices of the two Illinois Senators, presenting 1,400 pages of signatures calling for

1. No Chained CPI in calculating Social Security, and
2. Slashing the Pentagon budget instead.

They noted that if the Chained CPI (I recommend you google Save Social Security for an explanation) is adopted by Congress it would cut Social Security by \$163 billion in a decade but if just one of the Pentagon's weapons programs were cut there would be a savings of \$1.5 trillion.

The other action was information for people to google California Clean Money Campaign, download signature petitions, get friends, neighbors, family to sign and fax to number at bottom of the page. (If you do not have access to a fax machine, bring completed petitions to the OWL meeting and I will collect and send them in). The petition is support for legislation currently in the State legislature which would require that the top three funders of any ad for a political campaign or candidate must be clearly stated by name (not hidden in some PAC). We must know who is trying to buy our elections!

—**Glenda Hope**, co-chair
OWL SF Political Advocacy Committee

June Meeting Update

CPMC: The power of advocacy was demonstrated this spring when the Mayor's office announced that an agreement was reached with CPMC. The agreement included the downsizing of the Cathedral Hill hospital and the expansion of St. Luke's hospital to 120 beds. Also, the California Nurses Association reached a deal they could support, ending a long and contentious battle with the hospital. Cathedral Hill Neighbors gave a victory and gratitude luncheon at the Unitarian

Universalist Church on Franklin St. on April 14th. OWL was among the many coalition members recognized for their work in insuring that the city reached this deal with CPMC. There is still work to be done, especially in insuring charity care for the poor and for Medi-Cal patients, addressing transportation issues, and restoring psychiatric care—but taking time to congratulate ourselves on our accomplishments felt very good indeed!

Clean Money Campaign: The Disclose Act, or SB 52, which has passed the California Senate, moves us closer to shining a bright light on the unlimited hidden spending unleashed by Citizens United. Rev. Glenda Hope, Co-Chair of the Political Advocacy Committee, has been unfailingly gathering signatures to urge the California Assembly to pass this bill. SB 52 will require that political ads for candidates or political measures clearly show their top three funders up front instead of using fine print and groups with names that mislead the public. If you have not been able to sign this petition in person, go online to <http://www.caclean.org/petition> to sign the petition electronically.

Chained CPI: On July 2nd OWL will participate in a national day of action by joining with other progressive organizations to form a human chain around the Federal Building at 7th and Mission. There will also be a march to Senator Feinstein's office at 1 Post St. Chained CPI is shorthand for "chained consumer price index," which is a method for linking cost of living increases to Social Security in a new way, so that COLA increases are smaller than they would be using the current index. For older women who live longer, this change will add up to a lot less money over time. Many of the participants will wear the new OWL t-shirts which are sure to make a statement in support of older and midlife women. Members who missed the march can still protest the Chained CPI changes by signing the petition online at: http://afl.salsalabs.com/o/4055/p/dia/action3/common/public/?action_KEY=6732

Threats to Jewish Home and Laguna Honda: An article in the SF Chronicle on June 24th raised the alarm on threats to two facilities that serve many older women in San Francisco. The PA Committee is presently investigating these threats to services and learning what can be done about them. We will keep OWL membership posted on the details of this breaking story, to insure the safety of these essential facilities that serve elders who literally have nowhere else to go.

—**Melanie Grossman**, co-chair
OWL SF Political Advocacy committee

Save the Date — September 25th Wednesday
Legacy of Hope - Rev. Glenda Hope's Retirement Party & SF SafeHouse's 15th Anniversary Fund-raiser, 6:00-8:00pm, The Patron Hall of St. Mary's Cathedral, 1111 Gough St. (for details call: 415-643-7861)

Pedestrian Safety and Bicycles in San Francisco

A Letter to:

To: Gillian Gillett, Director of Transportation Policy
Office of the Mayor, 1 Dr. Carlton B. Goodlet Place
San Francisco, CA 94102

From: Rev. Glenda Hope, Chairperson, Political Advocacy Committee
Older Women's League – San Francisco

RE: Bicycles in San Francisco

I write to you as one who is a supporter of continuing to make San Francisco a city where cycling is both fun and safe. We are a logical city to lead the way in this mode of decreasing our reliance on cars with their resulting pollution and parking problems.

I write as the Director of Network Ministries through which I have been involved in the Tenderloin for 40 years, often out on the streets talking with people or going to some location where we are working. I write as the Chair of the Political Advocacy Committee of the Older Women's League in San Francisco. I write as a 77 year old woman who is often a pedestrian in various parts of the City, as well as also an automobile driver.

Many cyclists are careful, courteous and responsible. Many, unfortunately, are not. As their numbers increase there will certainly be an increase in bicycle related accidents, some of them resulting from the careless and/or illegal behavior of cyclists. A big worry for me personally, since I have osteoporosis, is being hit from behind on the sidewalk by a cyclist, as this has nearly happened numerous times. This is also a worry for the many elderly and disabled people I know in the Tenderloin and in the Older Women's League.

In New York City, there is an interesting program of Bike Ambassadors who are trained to work as outreach specialists in the city's safe cycling/safe streets campaign. My understanding is that this is part time, seasonal work. I wonder if you know of this and if San Francisco has considered developing its own version of this program. Among other things, they are trained to courteously "correct" cyclists who do things such as run red lights or stop signs, bike on the sidewalks, alternately behave like vehicles or pedestrians as it suits them, cut in front of cars or pedestrians, etc.

Bicyclists should be required to purchase and affix license tags just as drivers are. And the laws requiring them to have lights on the bikes must be enforced.

Thank you for your attention to these concerns. The Older Women's League periodically has programs about pedestrian safety. Worries about the increasing number of bicycles ridden by people for whom safety of others seems not to be important, always arise in our meetings. I would appreciate a response from you, especially concerning the Bike Ambassador Program.

Sincerely,
Rev. Glenda Hope

Dress for Action OWL SF has T-shirts

Wear an OWL t-shirt at our next action, meeting or get-together. In purple with white logo and message on the back, available now for \$20. Contact Melanie Grossman melaniegrossman@sbcglabal.net to order, or buy one at the next OWL meeting. Many OWLs will be wearing the t-shirts at the "Human Chain" demonstration against the Chained CPI on July 2nd and they will be available for purchase there too.



Melanie Grossman models the new OWL t-shirt.

Save the Date:

CARA's 10th Annual Convention and Celebration

**October 1st and 2nd
Hilton Hotel, Arden Way,
Sacramento**

HELP WANTED

Are you experienced using Quick Books? OWL SF needs your help to prepare a monthly report for the board on income and expenses for the month and for the year to date. For more information call Nan at 415-673-7074

Aging in Place in the Bay Area April Membership Meeting

Where are we all going to live when we get old?

This is a question we are asking individually and collectively. Many of us are choosing to move into retirement places. Some of us move in with family members. Others prefer to live in our homes as long as possible.

Whatever choices an individual might make, the fact is that more and more of us are living into our 80s and 90s and beyond. Where are we all going to live? Clearly, this is a topic of widespread interest, as the meeting room was packed, and Board members were sent scurrying to bring in more chairs.

Nationwide, the “village” concept, focused on those who prefer “aging-in-place” to moving elsewhere, is growing in numbers and in diversity. The April 27th OWL SF membership meeting brought in three experts currently involved in developing “aging-in-place” efforts to talk about their work. Marie Jobling, Community Living Campaign, Kate Hoepke, San Francisco Village, and Jacqueline Zimmer Jones (aka J.Z.), NEXT Village, presented options for us to consider. Each of these inspiring women is an experienced and trained expert in the fields of gerontology and of organizing, and you are encouraged to go to the OWL’s new Resource page <http://www.owlsf.org/resources.php> to find their contact information, and follow up with them according to your own interest.

The information they each presented was so full and so exciting, it would not be possible to capture it in this brief article. In addition to their presentations, they graciously answered questions and stayed after we adjourned, so that individual women might approach them with their particular questions. The positive energy generated by this gathering was enough to send us all out on a wave of good feelings. Of course, most of our monthly gatherings generate this kind of energy and information. Keep them on your calendar!

—*Glenda Hope*

OWL SF Resources page <http://www.owlsf.org/resources.php>
Community Living Campaign <http://www.sfcommunityliving.org/>
San Francisco Village www.sfvillage.org
NEXT Village www.nextvillagesf.org



Kate Hoepke of San Francisco Village.
Photo by Inda Shirley.



**Marie Jobling of Community Living Campaign,
Glenda Hope and Gwynne Seidell.**
Photo by Inda Shirley.

Bay Area Senior Women Housing Options

OWL SF’s April Meeting topic “Aging in Place” addressed remaining at home as we age, and another Bay Area group has been formed recently to address the questions of housing options and alternatives for women over 50. A second meeting was held on June 27th and contact information is provided for any of you that would like to participate in upcoming meetings or to join their online discussion. The following is their announcement.

Last month, four SF Bay Area TTN members -- Mona Kreaden, Nina Ham, Lynn Richards and Arlene Reiff -- launched a dynamic first meeting of Bay Area Senior Women Housing Options (BASWHO) and a corresponding on-line BASWHO Yahoo Listserv. BASWHO is sponsored by The Transition Network (TTN), in cooperation with The Brain Exchange (BREX), that uses a structured brainstorming approach to explore housing options and alternatives with women over 50.

All housing related questions are fair game - together we can help each other explore everything from “I want to sell my house but I’ve lived there for so long and I don’t have a clue where to start,” to “I want to live in a mixed age community, not just seniors. How do I create that for myself?” or “What kinds of things do I need to consider if I want to convert my single family home into a shared housing situation?” These are just examples - no question is too far out. You might want to think ahead of what question(s) you want to address. The on-line Yahoo Listserv will provide a way to keep in touch with each other, share resources, ideas and announcements. Please note - You must attend at least one meeting to be able to join the BASWHO Yahoo Listserv. Let’s explore together our issues, our concerns and resources about housing options. **Join Us Now!** Contact for further information: Lynn Richards lrw7732@pachell.net Information about the Bay Area Chapter of TTN: <http://www.thetransitionnetwork.org/chapters/chapters-ttn/chapters-san-francisco-bay-area/>

Going My Way

“Going My Way” Troupe Visits Mark di Suvero Sculptures

On June 17th, Diana Merlo, Mattie Alperon, Channa Orner, Helene Peckerman and Nan McGuire met at the Warming Hut at Crissy Field in the Presidio. All had heard about this gargantuan installation by the Museum of Modern Art in collaboration with the artist Mark di Suvero. A few had a quick view of a couple of the sculptures going north on 101. None of us had imagined how massive and overpowering they would be!

Di Suvero first came to San Francisco via ship, sailing under the Golden Gate Bridge. This magnificent structure has had a lasting impression on his works of art. The color of the bridge was used in several of the sculptures, along with strong bronzes and striking reds and blues.

The space which the sculptures occupy is easily two city blocks long and 1 ½ blocks wide. Many of them have moveable parts and they were moving the day we were there. I have to say the wind was ferocious off and on but it made the sculptures more interesting. We encourage others to visit this exciting exhibition, and to read the 3’x2’ plaques that explain the meaning of each one.

Our chat at the Warming Hut was most enjoyable and all seemed intrigued by Nan’s explanation of her use of Progest, a non-prescription cream available in health food stores to combat osteoporosis. You can ask her about it at our July Pot Luck at Mattie’s house. (see cover page for pot luck details)

—*Nan McGuire*

July Activity: A Visit to Sycamore and Clarion Alley

Josie Phillip has suggested a Sycamore and Clarion Alley “walk through” for the GMY activity for July. These alleys are located between Valencia and Mission and 17th and 18th Streets. We can meet at the corner of Valencia and Sycamore, walk through Sycamore (there are only a few murals in this alley) up to Mission, then backtrack a block towards 17th and turn onto Clarion Alley, which is more interesting, ending on Valencia where we can have tea, coffee and snack to cool off. If you would like to join Josie and me on July 15th, meet us at 1PM at the corner of Valencia and Sycamore. This should be a very interesting walk. Don’t forget to wear comfortable shoes. Please let me know at GPDianal@sbcglobal.net if you will be joining us.

—*Diana Merlo*



Legacy Film Festival 2013: Kudos to Sheila!

The Legacy Film Festival continues to find very good movies about seniors. In fact, I thought the lineup this year was better than ever. The festival was held from June 7th– 9th, at the theater at SF State. Unfortunately I was only able to go to one film, *Momma Gogo*, an Icelandic movie about the director’s mother who is descending into Alzheimer’s. Not exactly an upper, but particularly important as we look to a vastly increasing number of people with Alzheimer’s. A thoughtful and informative film. Kudos to longtime OWL member, Sheila Malkind, who produces this festival.

—*Kathie Piccagli*

Calendar

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

July 1 Monday — **OWL Board Meeting**, 870 Market, room 1185, 4:00-6:00pm

July 15 Monday — **Going My Way**, 1:00pm (*Visit Sycamore and Clarion Alleys, see page 7 for details*)

July 27 Saturday — **OWL Summer Potluck**, 12:00-3:00 (*see cover page for details*)

August 5 Monday — **OWL Board Meeting**, 870 Market, room 1185, 4:00-6:00pm

September 2 Monday — **OWL Board Meeting**, 870 Market, room 1185, 4:00-6:00pm

September 25 Wednesday — **Legacy of Hope - Rev. Glenda Hope’s Retirement Party & SF SafeHouse’s 15th Anniversary Fundraiser**, 6:00-8:00pm, St. Mary’s Cathedral, (*see page 4 for details*)

September 28 Saturday — **OWL General Meeting**, 10:00-Noon (*Topic: Election Ballot Issues*) (*details to be announced*)

YES! I WANT TO JOIN OWL!

NAME: _____

ADDRESS: _____

CITY STATE ZIP

TELEPHONE: _____

E-MAIL: _____

Annual dues of \$50 are recommended: 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 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.

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