



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

April - June 2020

Email: owlsf@owlsf.org

OWL focuses 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.

We Shelter in Place but Remain Active with OWL San Francisco



Sunset from my window. Photo by Tina Martin

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Friendship in the Time of COVID-19

The members of the OWL Board make calls each month to the membership to invite them to monthly meetings, in March the proposed meeting on Civil Discourse was cancelled as meetings were discouraged and venues closed to prevent the spread of COVID-19. We made the calls anyway, to keep in touch with members and find out what they had been doing as the move to shelter-in-place was isolating even the most active of us. Here are some of the responses.



Glenda reports: I talked with a 90 year old OWL member who lives in a retirement building; she was very upbeat and funny, also grateful she has a nice, clean, dry home where she is well cared for. Said she is worried about some others, though, and is thinking of lending out her cat - who is “quite a talker” - so they would have someone to talk with. Delightful conversation.

Maxine made her calls, left messages for some and spoke to others who really appreciated the call. One member, Bernice, said how much she enjoys our newsletter and maintains her membership so she can receive it.

Sy reports that a couple members shared that they worked in the garden or planted flowers. One member shared that as she was updating her trust, looked for OWL National address, found that it was abandoned and discovered our OWLSF website and included us in her trust. A reminder to make a trust and health directive or to review yours.

Tina was happy that the second person she called, Susan Sunderland, picked up. She was good-humored, saying that she’s caught up with the *NYTimes* and they’ve been watching TV shows they never thought they would watch. She’s also been reading Cokie Roberts’ *Ladies of Liberty: The Women Who Shaped Our Nation* and *Towers of Gold: How One Jewish Immigrant Named Isaias Hellman Created California*.

Margaret made e-mail contact with another OWL who reported she was busy tearing through closets and drawers that she should have gotten into a long time ago, had rearranged and culled some of her many mystery books and other fiction. When we can donate again, she’ll have lots of bags of things to shed and hopefully be of use to someone.

Let us know what you are doing to keep healthy in mind, body, and spirit until the shelter-in-place has been lifted and call your friends, especially the ones you have not seen in a while, fight the isolation with a good conversation.

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: Hearts connected
: and in a circle—
: We share
: and listen.
:
: *Sally Love Saunders*
:
:
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Board Members Maxine Anderson Joan Downey, Treasurer Melanie Grossman Amy Hittner Glenda Hope, President Margaret Lew Sheila Malkind Tina Martin Sy Russell Betty Traynor, Secretary	Newsletter Margaret Lew, Editor 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
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Atul Gawande Writes about the Corona Virus

On March 21, *The New Yorker* published an article by Atul Gawande titled *Keeping the Caronavirus from Infecting Health-Care Workers*. I am a fan of Dr. Gawande, especially for his book, *Being Mortal*, which is about how America treats its older citizens, as well as for his writings about medicine and public health. Therefore, I avidly read his most current article and decided to summarize some of its main points for the OWL Newsletter.

In this piece, Dr. Gawande asks, “How can doctors, caregivers and other essential service providers keep doing their job without becoming patients themselves?” We are being told to shelter in place and avoid going out, but some workers performing critical jobs are unable to heed this advice. How can they keep doing their jobs without succumbing to the Corona Virus?

Watching the news has given me the impression that this virus is very contagious, and the only way to protect oneself is by full-body protective gear, including goggles, complete head coverings, N95 particle-filtering masks, and hazmat-style suits. But Dr. Gawande says that the time honored public health measures of consistent and thorough hand washing, wearing a regular surgical mask, using disinfectant on all surfaces, and strict social distancing are what is going to defeat the pandemic in the end.

Those who must go out into the world don’t have to panic if they find that someone with the coronavirus has been in the same room or stood closer than six feet away for a moment. Transmission seems to occur primarily through sustained exposure in the absence of basic protection or through the lack of hand hygiene after contact with secretions.

Dr. Gawande points out that there is some evidence that people who have the virus, but have few symptoms, are less likely to infect others.

Asymptomatic contagion is still being studied, but some studies show that contagion is more likely after symptoms become severe. For example, he believes that hospital workers with some risk of contact with infected patients or have had brief, incidental contact can stay on the job if they wear a surgical mask, have twice-daily temperature checks, and monitor themselves for symptoms.

The author says we are still learning on minute by minute bases from researchers and clinicians across the planet. The pandemic is global, but so is the science, and that is a good thing. Bottom line: wash your hands, wear a mask, disinfect surfaces, practice social distancing, and don’t panic, yet.

—*Melanie Grossman*

SFPD Warning: Fraudulent Door-to-Door Visitors

The San Francisco Police Department issued this warning on March 27. SFPD is receiving information about subjects going door to door and claiming to be employees of the Centers for Disease Control (CDC) or the San Francisco Department of Public Health. These subjects are apparently asking for entry into residences to conduct inspections or searches. Neither the CDC nor SFDPH have personnel going door-to-door conducting inspections. City Disaster Services Workers and volunteers are placing informational door hangers in various neighborhoods. These persons will have City identification, and will not ask for permission to enter any residences or establishments. If someone claiming to be with CDC or SFDPH calls at your door, do not let them in. Call 9-1-1 and provide the dispatcher with the suspect’s description and as much detail as possible

WELCOME NEW MEMBER!

Karen Altaras

Phishing: A Growing Problem

Phishing is a growing problem, especially for women over 62. Best advice is to slow down and think about this email in front of you. Is it really from your bank? Would IRS or law enforcement actually email you about a problem or a payment? Does this coupon entice you to sign up for a newsletter? On *Ted Talks*, James Veitch delves into why we are susceptible to phishing and how to fortify ourselves against it. (see link below)

Suggested response to telemarketers: “my lawyer advised me not to make any financial decisions until my bankruptcy is settled.” That is not original to me but here is one I developed: “May I speak with Glenda.” “Who’s calling?” “Are you Glenda or could she come to the phone?” “I am her caregiver and I filter all her calls.” Click.

Of course, the best thing is just hang up. You can use the above if you want to have a little fun at the expense of the poor soul who calls people all day long, although these do get you off some lists.

—*Glenda Hope*

https://www.ted.com/talks/james_veitch_this_is_what_happens_when_you_reply_to_spam_email?language=en

CARA Update

CARA is forging ahead even though some of CARA's usual work has been limited by "stay at home", The regular CAT meetings are still taking place, using Zoom or your phone. That's the second Thursday of the month, 1-3pm. If you would like to attend, send an email to kpiccagli@gmail.com, and I will be sure you get the information about how to participate.

Sing-Along

Since CARA is an organization of older people, we know it is particularly important for continuing social contact even as we "shelter in place". CARA is having a virtual Sing-Along every Friday in April at noon. Again using Zoom on your computer or even a phone. They had the first one last Friday, and even though I'm not the sing-along type, I have to say it was fun and wonderful to sing or just be, with others. Again call me for call-in information and even the song lyrics. Join us.

—Kathie Piccagli

Join Zoom Meeting by Computer/Smartphone (click on link): <https://zoom.us/j/8308420049>
Meeting ID: 830 842 0049

Dial by phone: Use any of the numbers below to call in via landline/cellphone:
888 475 4499 US Toll-free
877 853 5257 US Toll-free
Meeting ID: 830 842 0049

"Never bear more than one trouble at a time. Some people bear three kinds: all they have had, all they have now, and all they expect to have."

—Edward Everett Hale

Access New York Times Online With Your SF library Card

Do you want to read the *New York Times* online but don't want to subscribe? It is possible with your library card.

The *NY Times* has removed the paywall for a lot of the Coronavirus coverage. But if you have a SF library card you can get free online access to all their articles. Go to the SF library website and create your online account. Then follow this instructions here: <https://sfpl.libanswers.com/friendly.php?slug=faq/166904> The only annoying thing is, you have to renew it after 72 hours. But there's no limit to how often you can renew.

Source:

How do I access New York Times Digital? - FAQ
sfpl.libanswers.com



Tina Martin and Kathie Piccagli at the California Department of Conservation CalGEM Community Meeting 9 March 2020.

Your Opinion Counts Write to the Editor

This is my Letter to the Editor in the San Francisco Chronicle, published March 31st. I'm not submitting it to OWL because I think it's so great, but because it isn't. A Letter to the Editor doesn't have to be spectacular and edited endlessly. You just need to state your case; have a look at the ones published. Your opinion is important, so get it out there!

Prep for climate crisis

It has been heartening to see the sense of community and caring about each other generated by the COVID-19 outbreak. Most of us are going to great lengths to try to ensure others can live and thrive. Why then are we so complacent about the ravages of the climate crisis? Climate change is already causing, and will continue to cause, great societal upheaval and widespread death.

Air pollution itself already contributes to significant health problem, as well as premature deaths that are likely to exceed the deaths caused by COVID-19. Yet, we continue to support and even subsidize with our own tax dollars the extraction and burning of fossil fuels fueling the climate crisis as well as air pollution. There's a lesson here.

We need to look at the lack of preparedness that has exacerbated the COVID-19 crisis and do more to prepare for the climate crisis that we know is here and growing. An contrary to this current novel coronavirus, this will hit our children and youth the hardest.

Kathie Piccagli, San Francisco

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

Lockdown by Brother Richard:

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and
reflecting
All over the world people are looking at their
neighbours in a new way
All over the world people are waking up to a new
reality
To how big we really are.

To how little control we really have
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing

*Brother Richard is a priest in Ireland, who's expressed
what I feel too.*

—*Tina Martin*

Online and Dial-in Programs For Wellness, Fun, and Education

The Community Living Campaign has developed a variety of on-line programming for your enjoyment, education, wellness and to keep us connected. You do not need a computer to join these classes, you can simply dial-in, put in the code and listen on your phone. The activities are designed so that each day, you can join in and learn, laugh and most importantly connect.

On the Community Living website look for Upcoming Events, most of them are recurring throughout the month of April.

- Exercise with Kyra (Virtual)
- Virtual Tea Time
- Short Stories with Patti (Virtual)
- Open Mic (Virtual)

See Details about all events and the full calendar at <https://sfcommunityliving.org/events/>

Fraudulent Letters Threaten Social Security Suspension

The Social Security Office of the Inspector General has received reports that Social Security beneficiaries have received letters through the U.S. Mail stating their payments will be suspended or discontinued unless they call a phone number referenced in the letter. Scammers may then mislead beneficiaries into providing personal information or payment via retail gift cards, wire transfers, internet currency, or by mailing cash, to maintain regular benefit payments during this period of COVID-19 office closures.

As of Tuesday, March 17, 2020, local Social Security offices are closed to the public due to COVID-19 concerns. However, Social Security employees continue to work. **Social Security will not suspend or decrease Social Security benefit payments or Supplemental Security Income payments due to the current COVID-19 pandemic. Any communication you receive that says Social Security will do so is a scam, whether you receive it by letter, text, email, or phone call.**

Social Security will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- Demand secrecy from you in handling a Social Security-related problem.
- Send official letters or reports containing personally identifiable information via email.

If you receive a letter, text, call or email that you believe to be suspicious, about an alleged problem with your Social Security number, account, or payments, hang up or do not respond.

— *Glenda Hope*

The Crosstown Trail

“I really enjoyed it, but it was torture every step of the way,” I say when people ask me about the Crosstown Trail I took on New Year’s Eve Day with my son Jonathan, visiting from NYC, and about forty-four other participants. My knees aren’t what they used to be. Going up and down stairs makes me aware that I have knees – knees that kept quiet and just did their job until a couple of years ago. But I love to walk, and I love San Francisco, and walking is the best way to see any place close up and personal.

So what is the Crosstown Trail? It was recently written up in the New York Times, and from that article (see link), I learned that the founder of the trail, Bob Siegel, is a former colleague of mine at City College. There he was, featured in full portrait on a couple of pages, and that was the first I knew of what he’d created for people like me whose favorite sport is walking (preferably not up and down steps).

This trail covers 17-miles, from Candlestick Point to Land’s End, uniting parts of the city that never see one another, but it’s not necessary to do all seventeen miles in one day. Bob Siegel, at the age of seventy-nine did do all 17 in one day, and the much younger journalist covering the story said she had trouble keeping pace, but he didn’t seem to have any problems. (I’m with her!)

The article came out in November, and I could hardly wait to try it but my walking partner wasn’t available on the only day it didn’t rain the first week of December, so as I mentioned in an earlier OWL report, I took the trek from Candlestick Point to Glen Park alone, and that really wasn’t difficult — except for finding my way without his expert help. There weren’t many steps except in the Greenways and in McLaren Park.

Because the *New York Times* article is so good and my time is limited, I won’t go into much detail on the trail except to tell you about those steps, some of which you may already have taken: After the Glen Park Greenway and Glen Canyon Park, Portola Avenue and Laguna Honda, we ascended the Pacheco Stairs, and a series of steps began. Just past 298 Magellan, and at the top of stairs at 9th Avenue, we turned right at Sotelo Avenue, and found another stairway mid-block to descend. We went up and down until we reached Moraga and ascended those amazing stairs. We went down the 16th Avenue Tiled Steps and took pictures there (near Lawton). Then we had the Hidden Garden steps to go down. We turned around and saw some beautiful artistic tiles and heard an amusing story on the groundhog depicted on one of them.

If you’ve ever been an editor, like Margaret Lew, the editor of our wonderful OWL newsletter, you may know that editing isn’t just a one-step deal. You catch a mistake, correct, and then after printing, you find another. That’s what happened when they were creating these tiled steps. They saw a misspelled word and corrected it. But then they found another misspelled word. This went on so many times that they created a picture of a groundhog to represent Groundhog Day, the movie made into a musical that follows a man when he’s repeating one day of his life over and over. If you take the trail (which I at first mistyped as trial), look for the picture of the groundhog!

When we finished at Mountain Lake, our group had about half the number it had at the beginning. My son, now forty years old, was back in the park where I took him when he was a child between the ages of five and nine. That’s why, even though the steps were torture, I was really glad we took that walk.

—*Tina Martin*

<https://www.nytimes.com/2019/11/18/travel/crosstown-trail-san-francisco.html>

Solo Walks in Your Neighborhood

Mayor Breed has urged us to get out and walk, but to stay in our own neighborhoods. An article by Nancy Botkin on Walk San Francisco’s website proposes five solo walks you can do in your neighborhood. See the web site for details on the way to do the walks.

- Walk the entire length of your street and back.
- Walk on a street that is usually choked with cars.
- Do the every street challenge.
- Walk at a time when others aren’t likely to be out.
- Do a figure eight walk. If you’re looking for a longer walk and might get hungry or want to use the restroom, follow a walk in the shape of an 8, with your home being at the center. Do a loop, stop back in your home for hand washing, restrooms and lunch, then do a second loop.

<https://walksf.org/2020/03/30/five-ideas-for-solo-walks-in-any-neighborhood/>



A walk down my street and into Golden Gate Park.
photo by Margaret Lew

How I Confirmed Confirmation Bias

Confirmation bias is the way most of us look for information—to confirm what we already believe or want to believe. I plead guilty and can illustrate with both words and pictures taken at the Exploratorium’s exhibit that’s been outside the San Francisco Public Library since July of 2019. If you haven’t seen it yet, be sure to go as soon as the shelter-in-place directive is lifted. Until then, this interactive exhibit may not be the one to touch.

Among the inter-active exhibits is the card catalogue we grew up with before everything in the library went digital and online. It was even labeled “My-Side Bias,” and I proceeded to prove their point. “Pick a topic you care about,” it directed. “Look in a drawer to gather information on the topic.” I chose the topic “Should the United States have universal health care?” because I really think it should. There were two drawers: Yes and No. I chose Yes to confirm my bias with good, solid information. I never got to the No drawer, which was stupid of me because even if I didn’t plan to change my position on this, I could have learned what “the other side” is thinking, which has definite advantages. Because I’m guilty of confirmation bias, the first advantage that comes to my mind is that I can better argue against what those opposed are saying about universal health care. But there are probably better reasons.

I think we too often assume that those with different political views are stupid, and instead of listening to them, we dismiss them. Sometimes we deride them and even shout them down.

I went to a hearing on drilling near homes, and I was definitely on the side of those opposing it and carrying the message “No drilling where we’re living.” Everyone else was on that side except for one lone representative from WSPA, Western State Petroleum Association. While he was explaining measures that WSPA was taking to keep people safer, the multitudes were shouting, “That’s not enough! That’s not enough.” There was a two-minute limit, which many speakers had gone beyond for a few seconds, but the second the time of this WSPA representative was up, there were shouts of “Your time’s up! Your time’s up.”

Having my particular bias, I’m pretty sure that what WSPA and other companies are doing is not enough. But I really think we Progressives need to listen and practice civil discourse. That’s not a cop out. I think shouting people down is a cop out. I think opening only the drawer containing our own opinion is a cop out. We don’t want to become what Manfred Wolf, a columnist for the West Portal Monthly calls “The Righteousness Mob.”

At OWL’s forum on legislative measures at the public library last September, one of the few Republicans among us noticed OWL’s progressive handouts and commented, “At least you were civil,” which gave us the impression that he, being in the minority in San Francisco, was not used to civility. He has probably been shouted down and ridiculed on several occasions

because people love to find villains and see evil in their opponents.

This was true, too, after OWL’s forum “Making Sense of What’s Happening at City College.” Most attendees and people who discussed the event afterwards favored the city’s giving CCSF \$2.7 million Emergency Bridge Fund to restore the cut classes, but Supervisor Mandelman, the only one who agreed to represent the other side of this issue, voted against it. Because of Melanie’s explaining that OWL gives both sides of issues and has a practice of civility, no one shouted down Mandelman, who gave his reasons and made a plea that we stop seeing people as evil and villainous. “They can be wrong, but they’re not villains. They’re not evil.”

But the next day, those in favor of the Emergency Bridge Fund were playing into the desire to see a villain. “He left before it was over,” one said. His complimenting a student panelist on her activism—comparing her to Shannell Williams – was misconstrued as his telling her to forget the classes she’d lost because of the class cuts and go into politics. I came to his defense, explaining, “Supervisor Mandelman talked about how impressed he was when he met Shannel Williams back in his days as a CCSF trustee. In reference to her, he was trying to pay an articulate student activist, a compliment. “He told us in advance that he had to leave early because he had coffee hours with the people in his district, starting at noon. That’s why we chose the questions addressed to him first in the Q & A session.”

Whatever our bias, I think we need to treat everyone with kindness, and we need to listen as well as to speak out. When the COVID-19 shelter-in-place is over, I plan to go back to the Exploratorium’s yellow exhibit outside the public library and take a look in the No drawer even though I think I’ll always be for Universal Health Care.

—*Tina Martin*



Several OWLs participated in The Women’s March on January 18th, 2020.

Photo by Joan Downey

What Are You Reading?

The Women in the Castle by Jessica Shattuck. Attention all book club members: Here is a book I highly recommend for your next meeting and discussion. Central to this book are 3 women who, with their children, end up living in a castle belonging to one of them following the victory of the Allies and the defeat of Germany in WW II. They found one another through the dogged efforts of one of the women who, with her husband and others, was involved with the failed plot to kill Hitler. The men were caught and executed. The major character knows if she had been a man she would have suffered the same fate and she commits herself to carrying out her vow to “take care of the widows.”

The author writes that she is still exploring questions from the point of view of the characters: how did the forces of time shape the everyday moments of life? How much did ‘ordinary Germans’ know of what was happening? How did some people recognize evil as it unfolded while others remained blind? This historical novel poses contemporary urgent questions while drawing the reader into the lives of characters you will come to care about a lot. The Epilog and Questions make this perfect for a book club. It is also a fine solitary read.

The White Devil’s Daughters: The Women Who Fought Slavery in San Francisco’s Chinatown by Julia Flynn Siler. The best known of these indomitable women was Donaldina Cameron (the White Devil) for whom Cameron House is named. But she was not the only one. Some were Caucasian and some were Chinese. They went into brothels and got girls, as young as 5, out of sex slavery. Actually snatching some of them as they were unloaded from ships. Some girls found ways to escape and make their way to “the Mission Home” hoping the slavers would not catch them. They had to pound on the closed and bolted doors of the Home. Some police, as well as some powerful officials, were on the take from the brothel owners but other officers became allies of Cameron and broke down doors then literally carried little girls to the Home.

This is an inspiring book about some truly Gutsy Women. You will be glad to get to know them. This book really is a must-read, though you might want to wait until your favorite bookstore is again open so you can buy it and pass it around to your friends.

—Glenda Hope

Blood Curse, the Springtime of Commissario Ricciardi, by Maurizio de Giovanni. Ricciardi has visions, seeing and hearing the final seconds in the lives of victims of violent deaths – a curse and a gift. The victim, an elderly woman fortune teller and money lender had many enemies and the Commissario has his work cut out for him. The setting is Naples of the pre-war 1930’s, a city of vivid social contrasts. I love a good mystery, characters with personalities and writing with style and introspection – and this is just number two in a long series of Ricciardi mysteries.

—Margaret Lew

The Summons by Peter Lovesey is not great literature but great fun if you like whodunits. This complex and not gory story kept me guessing until the last few pages revealed who the perp is. Between pages 1–330, the plot twisted and turned and had plots within plots, it seemed neither the main character—a former detective called back to solve the case—nor I had any real clue to the outcome.

Murder Fantastical by Patricia Moyes is another of those non-gory British mystery books you might never have looked for or happened across. You will marvel at her ability to conceive and develop this quirky cast of characters made all the funnier when placed alongside the sensible, patient and thoroughly likeable detective. A delightful read if you are a fan of mysteries. Like *The Summons*, this is not great literature but it is great fun and I daresay you will not ferret out the perp(s) or the motive(s) before they are revealed to you.

—Glenda Hope

Alone By Maya Angelou

Lying, thinking
Last night
How to find my soul a home
Where water is not thirsty
And bread loaf is not stone
I came up with one thing
And I don’t believe I’m wrong
That nobody,
But nobody
Can make it out here alone.

Alone, all alone
Nobody, but nobody
Can make it out here alone.

There are some millionaires
With money they can’t use
Their wives run round like banshees
Their children sing the blues
They’ve got expensive doctors
To cure their hearts of stone.
But nobody
No, nobody
Can make it out here alone.

Alone, all alone
Nobody, but nobody
Can make it out here alone.

Now if you listen closely
I’ll tell you what I know
Storm clouds are gathering
The wind is gonna blow
The race of man is suffering
And I can hear the moan,
‘Cause nobody,
But nobody
Can make it out here alone.

Alone, all alone
Nobody, but nobody
Can make it out here alone.

Favorites From the Monday Book Club

Our Monday Book Club has been meeting each month on Tuesdays for almost 20 years. We're a diverse group of men and women aged from 30 to 80 so it's not often we agree that we really like a book. Here's some that we all really liked (in no particular order):

The Sense of an Ending by Julian Barnes is narrated by a retired man named Tony Webster, who recalls how he and his clique met Adrian Finn at school and vowed to remain friends for life. When the past catches up with Tony, he reflects on the paths he and his friends have taken.



Photo by Tina Martin

The Things They Carried by Tim O'Brien is a collection of linked short stories about a platoon of American soldiers fighting on the ground in the Vietnam War. His third book about the war, it is based upon his experiences as a soldier in the 23rd Infantry Division.

Out Stealing Horses by Per Peterson follows an older man's meditations on and acceptance of his past life and future death.

Olive Kitteridge by Elizabeth Strout presents a portrait of the title character and a number of recurring characters in the coastal town of Crosby, Maine. It takes the form of 13 short stories that are interrelated but discontinuous in terms of narrative.

Montana 1948 by Larry Watson focuses on the life of young Montanan David Hayden, his family and the fictional town of Bentreck, Montana, and focuses on the struggles of a family torn between loyalty and justice.

All The Shah's Men: An American Coup & The Roots Of Middle East Terror by Stephen Kinzer is the true story of an American-led coup in Iran in 1953 that unseated the government of Prime Minister Mohammad Mossadegh and allowed the Shah of Iran, Mohammed Reza Pahlavi, to establish a repressive dictatorship that was 'friendly' to Western powers.

The Devil in the White City: Murder by Magic by and Madness at the Fair that Changed America by Erik Larson is a historical non-fiction book presented in a novelistic style. The book is based on real characters and events. It tells the story of the 1893 World's Columbian Exposition in Chicago from the viewpoint of the designers, including Daniel Burnham, and also tells the story of H. H. Holmes, a criminal figure in that same time often credited as the first modern serial killer.

Middlesex by Jeffrey Eugenides: Cal Stephanides/Calliope Helen Stephanides, the narrator of Middlesex, is a Greek-American hermaphrodite growing up in Detroit in the 1960s and 1970s. S/he explains her/his family's history through the development of the genetic quirk that causes her/him to develop both masculine and feminine genetic qualities.

The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures by Anne Fadiman is a 1997 book that chronicles the struggles of a Hmong refugee family from Laos and their interactions with the health care system in Merced, California.

No Ordinary Times : Franklin and Eleanor Roosevelt: The Home Front in World War II by Doris Kearns Goodwin is a historical biography that analyzes the psychologies of the President and First Lady during the trying events of World War II. Goodwin compiled her psychological profiles based on interviews with eighty-six people who knew the Roosevelts personally.

Angle Of Repose by Wallace Stegner is a novel about a wheelchair-using historian, Lyman Ward, who has lost connection with his son and living family and decides to write about his frontier-era grandparents.

—Joan Downey

Calendar

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

April 6 Monday — OWL Board Meeting, (via e-mail)

April 25 Saturday — OWL General Meeting (Cancelled)

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

May 23 Saturday— OWL General Meeting 10:00-Noon Topic and details to be announced.

June 1 Monday — OWL Board Meeting, 4:00-6:00pm (Flood Bldg. Room 665)

June 25 Saturday— OWL General Meeting 10:00-Noon 10:00-Noon Topic and details to be announced.

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 our membership list or 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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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