



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

April - June 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
Presents:**

Aging in Place

April 27, 2013

10:00 am to 1:00 pm

Flood Building, 870 Market Street, Room 1185

Join us to hear speakers discuss different approaches to enabling older people to live longer, more fully and happily in their homes.

Speakers:

Marie Jobling, Community Living Campaign

Kate Hoepke, San Francisco Village

A representative from NEXT Village

Facilitator:

Glenda Hope, Board Member and Co-chair of the Political Advocacy Committee of OWL

Bring a bag lunch and join us for lunch from Noon to 1:00

All Welcome

Handicap Accessible

Donations Accepted

Older Women's League * 870 Market Street, #905, San Francisco, Ca. 94102

Phone 415-989-4422 * Web site: www.owlsf.org

Presidential thoughts...

Greetings Sister OWLs,

As spring is upon us I sincerely hope that you and yours are enjoying our glorious weather and welcoming the return of another season of planting and growing. Last month we held our annual planning meeting which has now moved to February to support our Women's Programming in conjunction with the area Trust Women movement. You will find a pull-out Calendar of these programs in this newsletter which you can share with friends and post on the fridge. The Schedule includes several of our annual events like our Summer & Holiday Socials in July (at Mattie's wonderful home) and December (at our Flood Building); the September Political Event whose focus will be decided closer to the date and based on current issues; there will be no event in August when we are usually busy preparing for the September political event.



Elf Owl by Marilyn Mulgrew.

In March we had a rousing event with wonderful lessons on how to raise your voice and who to call; it was great fun and we all had to declare our expertise – it was astounding the talent that filled the room! Our future events include: April - "Aging in Place"; May - "Women's Movement: 60's to Now"; June - "The 99%, where it is now"; October - "Climate Change" with local speakers; November- "Women's Health". Each of these programs has a Board volunteer chairing the event. Check the Calendar page for names of the Chairpersons and feel free to contact them if you would like to help with that event.

So as you can see, a lot of great events and wonderful conversation will be had. In addition we are seeing a resurgence in the social programs that once were the focus of our neighborhood peer group gatherings. Look for our article about these further into the Newsletter.

I want to make a push out there for folks to join one of our several committees that support the OWL function. You do not have to be a board member to join a committee and support all the effort by giving some time in an area you enjoy. These committees include: Political Action, Newsletter/Website, and Community. Our Political Action Committee focuses on the many issues that OWL supports and includes our postcard campaigns; then there's the Newsletter/website group who do all the hard work to bring our website up to date and get this newsletter out; finally, the Community committee focuses on membership, public relations and the office.

So now you have some great places to put some energy which will be greatly appreciated by all involved. There is always room for another pair of hands and I hope we have excited you to bring yours to a program or committee of your choice!

Have a great spring everyone and I look forward to seeing you at one of our great events,

—*Gwynne Seidell, President*

WELCOME NEW MEMBERS!

Diana Merlo
Sarelle Weisberg
Elsa Weissenberg

Gwynne Seidell, President
Maxine Anderson
Robin Brasso
Judy Goddess
Melanie Grossman
Glenda Hope
Margaret Lew
Nan McGuire
Kathie Piccagli

Eunice Rosenberg
Juliet Rothman
Inda Shirley
Ruth Strassner

Newsletter
Margaret Lew, Editor

Going My Way
Diana Merlo
GPDiana1@sbcglobal.net

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

Learning Strategies for Change: Senior Leadership Academy

Glenda Hope and I attended the CARA (California Association of Retired Americans) Senior Leadership Academy on February 27th and 28th. We both left the two-day training with an enhanced understanding of problem solving, leadership skills and community building. The first morning Jodi Reid led a discussion about the qualities of a good leader. We then went through a process of indentifying an issue, setting up a grassroots campaign and developing a community strategy.

So many of the issues that we confront – decent, affordable housing; available health care; global peace; gun control; meaningful education; and domestic violence – are huge and cannot be changed when we look at the big picture. We learned that we need to divide the big picture into small pictures, steps, in concert with other community organizations, and in so doing, we enlarge the number of people working with us.

Our strategy could include writing, telephoning, emailing and visiting those individuals with the authority to make our change happen. Each part of the community strategy needs to demonstrate the strength of our group to ourselves and to those specific individuals with the actual power to make the change or to other individuals who influence those with the power. And when we win, we need to reward ourselves and then go on to the next small step.

—*Inda Shirley*

Judy Goddess Joins OWL Board

I retired about 7 years ago. When I was paid, I wrote grants for a variety of human service organizations. My passion, however, was advocating for parents whose children were having problems in the public schools. That “work” gave me the opportunity to assist parents around the state whose children were not getting a fair deal in the schools, and also involved me with several organizations that addressed equity and justice issues. Since retirement, I’ve spent time caring for my family, taken classes at OLLI@SFSU and the Community Music Center, become active in the Hidden Garden Steps and the Inner Sunset Park Neighbors, and developed a consuming interest in the changes that occur with aging. Most importantly, in November, Rufus Browning and I were married in a quiet ceremony in City Hall. Most surprisingly, after 17 years of singlehood, I find myself happily adjusting to couplehood. I look forward to serving on the OWL board and meeting all the wonderful women in the organization.

—*Judy Goddess*

2012 Year End Appeal

Once again our members and supporters have generously responded to our annual year end appeal. We received \$3,405 from your donations and are very grateful for your continuing support.

Mattie Alperton	Margaret Lew
Maxine Anderson	Marjorie Miller
Eva Auchincloss	Maurie Jane Perry
Rosemary Bacy	Chana Orner
Els Boesten	Catherine Pinkas
Darlene Ceremello	Jean Rabovsky
Carroll Estes	Eunice Rosenberg
Meryl Glass	Juliet Rothman
Sarah Goldman	Bonnie Scialanga
Andrew Grimstad	Sandra Sochot
Maureen McGuire Hickey	Jane Swinerton
Lorraine Honig	Ruth Vose
Evelyn Levin	Allyson Washburn

Special Thanks to donors of \$100 and more:

Margo George	Purple Lady Fund
Melanie Grossman	Mary Schardt
Nan McGuire	Gwynne Seidell
Josie Phillip	Ruth Strassner
Kathie Piccagli	Diana Taylor

Membership Committee News

During the 2012 calendar year we recruited eight new members. We can’t remain a viable organization if we don’t do better than that. You may not realize it but we count on you as well as our programs to bring new people into OWL SF. If anyone is interested in joining our four person committee see my email below.

Some of you may be reluctant to ask someone else or a relative to join. It really isn’t that difficult once you give it a try. Just turn on your charm and tell the person all the benefits you have gotten from supporting this great grass roots organization .

I’ve been thinking of a way to entice you and other members into our asking circle. Surely you have seen the grocery store ads to “Buy one and get one free”. The way this would work is once you recruit a new member, OWL will ask you to send the name of a friend to whom you would like to give a membership as a birthday, retirement, or celebration gift. There would be no cost to you for this membership gift. Let me know what you think. If I don’t hear from anyone I’ll have to think up something else. Just email nanmc@jimstevens.com or call me at (415) 673-7074.

—*Nan McGuire*

Political Advocacy Committee Update •••

Defending Social Security, Medicare & Medicaid

The Political Advocacy Committee was out in force for the Town Hall Meeting on Social Security, Medicare and Medicaid, held March 18th at the Franklin Street Unitarian Church. Co-sponsors of the event were the California Alliance for Retired Americans (CARA), Senior Disability Action (SDA) and many others, including Gray Panthers and OWL-SF. The Town Hall Meeting focused on defending, protecting and extending these important programs that not only serve older women, but touch the lives of many American families and children.

To start the meeting off, guest speaker Eric Kingson, co-founder of Social Security Works, spoke about politicians, the media and conservative “think tanks” who undermine Social Security by pitting younger and older generations against one another. Mr. Kingson pointed out that Social Security is not a “zero-sum game.” When Social Security is strong, everyone wins. Contrary to popular myth, Social Security does not add to the deficit, has not caused the nation’s economic troubles, and will continue to be there for future generations. Kingson emphasized that pressure must be put on Nancy Pelosi by her constituents to avoid any cuts to Social Security. There is concern that Pelosi may allow Social Security cuts in order to make it a part of the “grand Bargain” sought by the Obama administration.

Jodi Reid of CARA and Michael Lyon of Gray Panthers spoke about Medicare and Medicaid. They noted that Medicare is one of the most efficient parts of our health care system. Medicare is a life saver for older adults who are unemployed, under-employed, or who are unable to work. Also, raising the age of Medicare eligibility from 65 to 67 years results in a benefit cut. Cuts to Medicaid (or MediCal in California) would affect millions of children and would greatly impact older adults who are in long term care facilities paid for by Medicaid.

What can we do about it? Here are a few of the steps you can take:

1. **Call the President (202-456-1414), your Senator and Congressperson (877-762-8762) and tell them “No cuts to Social Security, Medicare or Medicaid.”**
2. **Support “Scrap the Cap” on taxable Social Security earnings (HR 649 Deutch/S 308 Begich).**
3. **Support HR 9000 (Conyers) to cancel the Sequester Act of 2013.**
4. **Negotiate for Medicare Drug Prices (S 117 Klobuchar)**
5. **Institute a tax on financial transactions (HR 6411 Ellison—The Robin Hood Tax)**

Attendees of the Town Hall Meeting also signed large letters or posters on the wall of the conference room addressed to our legislators, urging them not to cut Social Security, Medicare and Medicaid.

—*Melanie Grossman*

Social Security and the Chained CPI

The battle to preserve Social Security, Medicare and Medicaid seems never-ending. It is primarily a political issue, with Republicans seeking to diminish the program, using all different kinds of maneuvers, and Democrats trying to hold the line, proposing various strategies to keep it economically viable. It is amazing that Social Security is a part of budget negotiations even though it has nothing to do with the deficit.

In the nature of “compromise,” many Democrats, including the President, Congresswoman Pelosi, and our two Senators Boxer and Feinstein, are giving in on cutting Social Security by supporting the Chained CPI or Chained Consumer Price Index. This is a sell-out since it does decrease the amount of money Social Security recipients are paid with the cut increasing over time.

It is important to remind people what the Chained CPI is **not** an inconsequential adjustment or “tweak.” It is a significant cut. The National Committee to Preserve Social Security and Medicare explains that the current plan would mean an immediate benefit cut of \$130 per year for the typical 65-year old retiree and would grow exponentially to a \$1,400 cut after 30 years of retirement.

As explained by Terry O’Neill, NOW president, “The Chained CPI (which cuts cost of living adjustments)... is a stealth cut in Social Security benefits. It would start reducing benefits for seniors immediately, and it would be particularly harsh for the most vulnerable of us which are very, very disproportionately women.”

Action: It is **very important** that each of us call the offices of our Senators Boxer and Feinstein, and Congresswomen Pelosi and Speier demanding “no cuts to Social Security, including the chained CPI”. You can find their phone numbers on each of their websites. **Call daily: because these legislators have publicly said they would support a chained CPI!**

—*Kathie Piccagli*

OWL SF ••• 2013 Program Calendar

At OWL SF's Planning Meeting the following calendar of programs was created for this year. The speakers and locations for these meetings will be announced as the programs are developed. We hope that sharing this calendar of topics will help you plan to attend ones special to you. Would you like to do more than attend programs as a member of the audience? All OWL members are encouraged to participate in the programs and the names of the coordinators are included here so that you can contact them by e-mail owlsanfran@juno.com or by leaving a phone message at the OWL office 415-989-4422.

2013

April 27: Aging in Place, Learn of the resources and models already available to you, as well as what you can do to enrich the lives and safety of people choosing to "age in place," including yourself
Coordinator, Glenda Hope

May 25: Changes for Women, the 1960's to Today. Everyone is urged to bring an artifact, a picture, and/or a story to tell about those days.
Coordinator, Kathie Piccagli

June 22: The 99%, Where They are Now,
Coordinator, Nan McGuire

July 27: Potluck Social at Mattie's

August: No Meeting

September 28: Election Ballot Issues,
Coordinator, OWL Political Advocacy Committee

October 26: Climate Change,
Coordinator to be Announced

November 23: Women's Health,
Coordinator, Amy Hittner

December: Holiday Party Potluck and OWL Board Election

2014

January 18: Violence against Women,
Coordinator, Inda Shirley

February 22: Annual OWL SF Planning Meeting,
Coordinator, OWL Board

Come and bring a Friend!

3rd Annual Legacy Film Festival on Aging

The Legacy Film Festival on Aging, whose mission is to “inspire, educate and entertain intergenerational audiences about the issues surrounding aging,” will be presenting its Third Annual event Friday through Sunday, June 7th to 9th, 2013. For the second year, the festival will be presented at the Coppola Theatre at San Francisco State’s main campus on Holloway and 19th Avenues. The festival is cosponsored by SF State and the Osher Lifelong Learning Institute (OLLI).

“Films on aging have become legit” says Executive Director Sheila Malkind, noting that three films on the subject were nominated for Academy Awards.

As director of the Silver Images Film Festival in Chicago (1999-2002), Malkind saw a need to show audiences how older adults faced challenges meaningfully, and since moving to San Francisco in 2003, she has continued her ‘mission’. She states: “We have a fantastic lineup of films celebrating various midlife and older adults in various genres such as animations, and short and full-length feature and documentaries from around the world, both poignant and celebratory, and yes, even funny!”

Malkind, has been an OWL SF member since 2003, and an OWL since 1991 in Chicago where she actually belonged to two chapters, one on the north side, and the other on the south side of Chicago, because she liked the members so much. She was president of the Northeast chapter for four years, “because no one else wanted the job!”

For more information, or to purchase tickets online go to: www.legacyfilmfestivalonaging.org. Tickets may also be purchased at the Coppola Theatre box office.

May 1st at 1pm: Sheila Malkind will give a sneak preview of some films at the Legacy Film Festival on Aging – OLLI will be co-sponsoring the festival again.

Members Brown Bag Lectures will be held at 835 Market Street in room 677. All are welcome and these are free events – so bring a friend and introduce them to OLLI

Save the Date OWL’s May Meeting:

Changes for Women 1960’s to the Present

May 25, 2013

At this program we will talk about the changes in the lives of women in the last five or six decades — and have a chance to reminisce. What were your life and dreams “back when”? How have they changed? Wear your “flower child” clothes (assuming they still fit!), bring photos or memorabilia from decades ago. We might even have a little mood music and/or other entertainment. Time and location to be announced.

—*Kathie Piccagli*



January 26th OWLs joined the Silver Ribbon Trust Women Celebration of Women, Life and Liberty, 40 years of Roe v. Wade at Justin Herman Plaza. Above: Josie Phillips with granddaughter Beatrice Griffin, Robin Brasso, Amy Hittner and Cheryl Bingham. Back row, Sonya Phillips, Kathie Piccagli and Melanie Grossman. Below: Nan McGuire and Melanie Grossman.
Photos by Sheila Malkind.

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

Making Our Voices Heard

The March meeting of OWL-SF was lively and inspirational. Emily Murase, Executive Director of the Commission on the Status of Women broke the ice with an exercise: having us write down “I am an expert in _____” and then, one by one, sharing this with everyone. Such a wealth of knowledge, connections and expertise were revealed in that group of women! She went on to tell us how to write op-ed pieces or letters to the editor of newspapers, quoted statistics showing how few women ever get their opinions into print and how few are professional participants in the mass media of communication. No surprise, but worrisome to again hear that the opinion-shapers are overwhelmingly white men. She gave us each a long list of neighborhood papers and encouraged us to write to them, as well as to the major dailies.

Hene Kelly, former teacher, labor organizer and longtime activist, built on Emily’s presentation, exhorting us to speak out, to telephone, write and visit the offices of our elected officials to inform them of and support our interests.

Jodi Reid, President of CARA (California Association of Retired Americans), supplied us with a clear and concise booklet for many ways to speak up and take action.

These dynamic women left no doubt that we each one and all together can make a difference for good and that it is imperative that we do so. Each contact any one of us makes with an elected official on a particular issue is considered equal to thousands or tens of thousands of silent people in the tallies their offices keep.

Make a call today! For example; Call Senator Leland Yee’s office and say: “I am calling about SB 62, the Disclose Act, and I want Sen. Yee to vote yes on this and to support it in every way he can. I am a constituent of the senator. My zip code is: ____, I want Sen. Yee to support SB 62, the Disclose Act so that everyone knows who is buying the political ads which so influence the outcome of elections.”

—*Glenda Hope*

Women Lag Behind in California’s Recovery

Women are not faring well with the recession and budget cuts. The Women’s Foundation of CA has a new report, “A Fair Chance: Why California Should Invest in Economic Opportunity for Women”. Read the executive summary of the report: http://womensfoundca.org/sites/default/files/exec_2013-summary.pdf

Seniors Face Growing Credit Card Debt Crisis

According to two recent studies, seniors are facing an alarming, and growing, debt crisis. A report from AARP’s Public Policy institute and Demos, a research organization, compared the amount of credit card debt held by different age groups. The report found that Americans over the age of 50 carried an average balance of \$8,278, while those under the age of 50 had a comparatively lower average balance of \$6,258. A second study, from the Employee Benefit Research Institute, found that the percentage of income that Americans over 75 spend on debt payments substantially increased from 4.5 percent to 7.1 percent in just three years between 2007 and 2010. Experts pinpoint medical expenses as one of the primary causes of the increased debt.

To read the New York Times write-up on the issue, go to <http://tinyurl.com/chc7snk>.

Source: Alliance for Retired Americans, Friday Report, March 28, 2013

Safety for Seniors, Law enforcement Agencies Work with Seniors

Seniors, the Council on Aging, the Plymouth, MA police and fire departments, the Plymouth County Sheriff’s Department, and the Plymouth County DA’s office are taking a proactive approach to senior safety.

Are You OK Officer Carol Schneider, of the Plymouth County Sheriff’s Department, promotes cooperation between seniors and law enforcement professionals by overseeing the computerized telephone reassurance service that calls seniors automatically each day at the same time.

Another program is the Plymouth County District Attorney’s *File of Life*, alerting emergency responders to a person’s medical history by having small cards written to be placed on the refrigerator and smaller cards that can be placed in a wallet or glove compartment.

Read more: Safety for seniors - Plymouth, MA Wicked Local Plymouth <http://www.wickedlocal.com/plymouth/archive/x531843928/Safety-for-seniors#ixzz1b3sqXar7>

Adaptation of article by Kathryn Koch, GateHouse News Service, 2/24/10.

—*Sheila Malkind*

Have You Made an AD?

AD: Advance directive, legal documents that let doctors and loved ones know what medical steps you do and do not want during a health crisis.

The U.S. Department of Health and Human Services estimates that only about one-third of Americans have an advance directive.

—*Sheila Malkind*

OWL Peer Group Evolves into Going My Way!

One exciting outcome of the February Planning Meeting is that many of the OWL members expressed an interest in continuing to support OWL programs that bring members together for social engagement, interesting activities and having fun. At the meeting a new format was proposed for the OWL Peer Group that is flexible, easy and includes the entire membership.

Going My Way proposes that any OWL member who has an idea for an activity and wants some company along should contact new member Diana Merlo who will broadcast the activity to the entire membership to see who wants to join in. The activity could be as simple as going for a walk, seeing a movie or going out to lunch. It could also be something like going to a play or a museum or even getting out of town for a day trip. When members respond to the notice and express interest, a date for the activity is firmed up and the details are then sent out to the entire OWL membership!

Our first new Going My Way activity is a reading and book signing by Helen Fama who has written a new book called *While I Still Have All My Marbles*. Many OWLs who've been around for a while remember Helen, who is a woman with lots of energy and who enjoys having fun. As an OWL member she was also an "auctioneer extraordinaire" when OWL had auctions at the summer parties. Helen's book is about her travels, including the Soviet Union where she met Mikhail Gorbachev, and her adventures right here in San Francisco, where she was very active in SF politics in the 1970s and beyond. Please see details, this page, and join us for an afternoon of friendship and fun.

—*Diana Merlo*

Special thanks to Diana Merlo who is a new OWL member and who jumped in with both feet at the February Planning Meeting!

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 673-7074

Save the Date:

CARA's 10th Annual Convention and Celebration

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

Going My Way Activity for April

Helen Fama, a former OWL member and women's advocate through her political activities has written a book, *While I Still Have All My Marbles*, which was just published in 2012. Helen has agreed to meet with us for a reading and book signing of her book on Monday, April 22nd at 1:00 pm. Fellow OWL member, Eunice Rosenberg has kindly offered us the use of her home in San Francisco for this activity.

If you are interested in joining us and hearing about Helen's travels (including the Soviet Union where she met Mikhail Gorbachev) as well as San Francisco politics in the 1970's please join us. You can RSVP me, Diana Merlo, at 650-756-0755 or e-mail me at GPDianal@sbcglobal.net. At that time I will let you know Eunice's address and confirm the date and time of this activity. Light refreshments will be served.

Should you have another social activity or outing in mind for the time between now and April 22nd, or even after that date, please let me know and I'll send an e-mail blast to all OWL members.

I look forward to meeting you and want to thank all those women who have welcomed me and wished me well in this position of coordinator of the Going My Way program.

—*Diana Merlo*

Spring Cleaning? Remember The Community Thrift Store

This notice is primarily for our new members but it can serve as a reminder for everybody.

The Community Thrift store located on Valencia Street in the Mission has been an ongoing source of financial aid to OWL for many years. When an OWL member takes donations to the store, OWL receives 40% of the price that the item sells for. Some quarters that amounts to almost \$200. You must tell the person on the loading dock to credit OWL.

Lately donations have been running on the low side so this reminder will hopefully generate some renewed interest. If you have any questions about appropriate donations, call Nan at 673-7074. They do not accept any bedding items. They will pick up bulky items like furniture.

To deliver your unwanted items go south on Mission Street, look for Sycamore Alley on the right after 17th Street. Turn right on Sycamore and go to the loading dock near the end. You can park and a person on duty will help you unload. Community Thrift is open seven days a week.

—*Nan McGuire*

ELS BOESTEN REMEMBERED

Els was a hero to many of us. In spite of her long illness, she remained active, hardworking, generous, good humored, and a joy to be with.

Els emigrated to this country from the Netherlands, but she retained her Dutch citizenship. She was more engaged in politics than most American registered voters, campaigning for progressive causes and candidates.

OWL was one of Els' favorite organizations. She was a long time member, always helpful with fundraisers, potlucks and generous contributions. She shared in the job of assembling and mailing the newsletter, when that was an essential monthly activity.

One of Els' neighborhood projects was the 16th Avenue Tiled Steps, where she helped to raise funds and do the hands-on work of arranging mosaic tiles for the steps. Her name is on a lovely little bird designed by her friend, artist Aileen Barr. Two days before she died, Aileen visited Els to show her the tile she ordered for the Hidden Garden Steps, a new Golden Gate Heights project. Aileen said that, "Instead of having her own name on it, she dedicated it to the founder of American Atheists, Madalyn Murray O'Hair. She was very pleased with it, a true non-believer until the end!"

Els was regarded as a "miracle" by her doctors, having survived ovarian cancer for around 15 years. She endured numerous treatments of chemotherapy, but always retained her optimism and cheeriness. Finally, though, she decided that enough was enough and she declined further treatment. She became a patient at Coming Home Hospice, where she passed away on March 2, 2013.

—*Rosemary Baczy*

I made this photo of Els one day when I popped by the hospice, Coming Home, where she was a resident, around the corner from my house. I've always liked Els: her doing volunteer mailings for OWL, along with her friend Lily, in a quiet, unheralded way; coming to a dinner at Delancey Street 5 years or more ago by public transportation, although living way on the other side of town; attending some of my film events, although suffering from several cancers for years. We had a few nice, long phone conversations from time to time. She never complained.

—*Sheila Malkind*



Els Boesten a very loyal, dedicated, and long-time member of OWL, San Francisco Chapter, passed away recently at the Coming Home Hospice. Els met the difficult challenge of dealing with cancer for many years, with great strength, courage and great dignity. She knew the final outcome, but never complained. Els immigrated to the United States, from Holland. At one time she was working two jobs, so that she could save enough money for a down payment for a home, which she owned at her passing. Els gave of her time, and resources to many organizations. Els was truly an amazing person, who made a positive contribution to our world! Rest in Peace.

—*Lily Subias*



Calendar

For a complete and up to date listing see the OWL website: www.owlsf.org (click Calendar)

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

April 27 Saturday — **OWL General Meeting**, (*topic: Aging in Place*), 10:00-1:00 (*cover page for details*)

April 22 Monday — **Going My Way**, 1:00pm (*Meet Helen Fama, author of While I Still Have All My Marbles, see page 8 for details*)

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

May 25 Saturday — **OWL General Meeting**, (*topic: Changes for Women, the 1960s to Today*), (*see page 6*)

June 3 Monday — **OWL Board Meeting**, 870 Market, room 1185, 4:00-6:00pm

June 7 - 9 Friday-Sunday — **The Legacy Film Festival on Aging**, Coppola Theater, (*see page 6 for details*)

June 22 Saturday — **OWL General Meeting**, 10:00-Noon (*Topic: The 99% Where they are Now*) (*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.