



January - March 2025

OWL-SF 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.

**Join OWL-SF
For our
2025 Planning Meeting**

***Lets make 2025 Exceptional for OWL members
As we plan OWL's Agenda***

***Saturday, January 25th
11 AM to 1 PM
A Zoom Meeting***

We want your ideas for the following:

- * Thought-provoking membership meetings!
- * Informative newsletters and updates!
- * Political Advocacy on issues important to Older Women!
- * Social gatherings and holiday events

Plus: Election Of New Board Members

Bring your ideas, creativity and inspiration!
Zoom Link to follow

OWL-SF * PO Box 170622, San Francisco, Ca. 94117
Phone 415-712-1695 * Web site: www.owlsf.org * E-mail: info@owlsf.org

OWL greets a new year:

Do the Good That is Yours to Do

Maybe none of it matters.
Maybe you can't make a difference.
Or maybe that watermelon seed you spit out over the summer will grow into a green orb, full of sticky sweet fruit. Maybe the rain will nourish it. Maybe your mother's hands will pull it from the vine, slice it into wedges, and place it on the dining room table.

-from "Harvest" by Rev. Sarah Speed | @sanctifiedart



I got an annual letter from a friend that began: "I don't know what to say about this year." She went on: "...it is hard to comprehend the two worlds I live in - the lovely place where I live, the care and love of family and friends coupled with the daily reminder that so much tragedy is happening in our world. I continue to find comfort in Adrienne Rich's poem 'I have to cast my lot with those who, perversely, without any extraordinary power, reconstruct the world.'"

—*Glenda Hope*

*And now we welcome the new year,
Full of things that have never been.*
Rainer Maria Rilke

A Win for Political Advocacy

In December 2024, the San Francisco Health Commission proposed changes in Laguna Honda Hospital's bylaws. These changes specifically deleted any reference to long-term care, substituting the term Post-Acute Care instead. This change in wording alarmed members of OWL's Political Advocacy Committee and many others, including Gray Panthers, who had been advocating for keeping LHH open as a safe haven for patients (frequently older women) who were without resources or family, unable to live independently, and in need of long-term care.

Due to an outpouring of letters, phone calls and emails, proposed changes to the bylaws were voted down two weeks later at the next Health Commission meeting. The original wording regarding long-term care was reinstated as part of the bylaws of Laguna Honda Hospital.

This was a clear message that advocacy works. Other issues, like safe sidewalks and increasing bus shelters, are among the many issues OWL's Political Advocacy Committee will be working on this coming year. We will keep up the drumbeat for older women's rights and ensure that our members have a voice in 2025.

Lets keep the wins coming!

—*Melanie Grossman*

Board Members Maxine Anderson Co-President Paula Barber Co-President Joan Downey, Treasurer Melanie Grossman Glenda Hope Margaret Lew 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, 4:00-5:00 pm, Zoom link available on request Phone: (415) 712-1695 Email: info@owlsf.org Web: www.owlsf.org Mail: Post Office Box 170622, San Francisco, CA 94117
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CARA Update

**Movement to End Privatization of Medicare
Presents Forum on OHCA:
Jan. 23, 2025 at 7 pm Pacific**

**What is the Office of Health Care Affordability?
Who Wins, Who Loses?**

https://us02web.zoom.us/webinar/register/WN_NIBlnPaATMeaVeCa3D8DEg

Join the Movement to End Privatization of Medicare for an Educational Forum on the Office of Health Care Affordability (OHCA), what it is, and how it could impact your health and the health of your community. OHCA promises to control costs through cost caps and value-based payment.

Will cost caps control health care costs? Will workers see health premiums shrink? Will the health of the people of California improve? Could value-based payment promote the proliferation of profit?

Moderator: James G. Kahn, MD, MPH is emeritus professor in the Philip R. Lee Institute for Health Policy Studies at the University of California, San Francisco. He is an expert in US Health care spending (including administrative inefficiency) and single payer insurance reform. Dr. Kahn is the editor and lead blogger at *Health Justice Monitor*.

Presenter: Ana Malinow, MD spent three decades working as a pediatrician with immigrant, refugee and underserved children before retiring as Professor of Pediatrics from the University of California, San Francisco. She is the lead organizer for The Movement to End Privatization of Medicare.

Panelists: Corinne Frugoni, MD, Delegate, California Medical Association, Co-chair, Collaborative Humboldt Co. PNHP and Healthcare for All. **Stephen Vernon, FMT**, Co-founder, Therapists for Single Payer, Board, Healthy California Now, Representing Therapists for Single Payer, Co-chair, PNHP-Bay Area. **Michael Lyon**, San Francisco Gray Panthers, Senior Disability Action, California Alliance for Retired Americans. **Peter Shapiro**, Board, Healthy California Now, Representing Alameda Labor Council, California Alliance for Retired Americans.

**CARA Friday Forum! Jan 24th at noon
Federal Outlook on Social Security and Medicare**

Hear from the President of the California Labor Federation, Legislative Representative from the National Alliance for Retired Americans, and the Director of Public Policy at LTSS advocacy group Caring Across Generations. We will be discussing what the next four years will mean for federal programs like Medicare, Medicaid, and Social Security.

Contact CARA:

P.O. Box 23754, Oakland, CA 94623
510-663-4086 Tollfree 1-877-223-6107/
contactus.cara@gmail.com
www.californiaalliance.org

A Brief History of Owl Alerts: Why Were They Conceived and Kept?

About 8 years ago, the USA elected a President some OWLs found alarming. Would he try to undo some political/social/economic structures such as Medicare, Social Security, Medicaid, women's rights and many other things we hold dear? How could we stand together against this possible onslaught?

Well, some reasoned, everyone can do at least one action a week if given information for doing so. The OWL Alerts began to take shape.

It became clear that there were also developments on a municipal and a state level that we should and could address. We decided to issue Alerts to the OWL membership via e-mail that would make it easy to contact our national, state and local representatives with our concerns. Most OWLs are well educated, so we can decide if we agree with these suggestions or not.

Now we are back where we started. You are encouraged to contact Melanie Grossman, Chair of our Political Advocacy Committee, if you spot something, such as proposed legislation, you think should become an Alert.

—*Glenda Hope*

Let's Talk About Food November Membership Meeting

Chef Lorraine Grumet brought masses of fresh homegrown herbs and several delicious vegetarian dishes for OWLs to sample after her presentation on Eating Well and Healthy for the Holidays. She emphasized the use of herbs (especially fresh ones) and spices to reduce the salt, sugar and fat we often cook with. Many of us left with fresh bay leaves, Cuban sage and tarragon to try out in our kitchens.



Lorraine Grumet (top), Alexandra, Barbara, Eunice and Glenda (below). Photos by Tina Martin.



OWL's December Holiday Party: A Letter of Appreciation

Dear OWL Board Members: Melanie Grossman, Paula Barber, Betty Traynor, Joan Downey, Margaret Lew, Maxine Anderson, Glenda Hope—with Susan Pedrick assisting,

What a wonderful luncheon that was! It was obvious that a lot of planning and work went into it, and some of you—including Joan on her birthday!—were serving us dishes at the luncheon itself! (I also want to acknowledge members not on the board like Louise di Mattio, leader of our OWL Reading Group, who was also serving at the holiday party.)

And what dishes Savor provided! I wish we had had a list of all the food that was coming. Maybe next time, they can let us know so it can be posted or announced, and people won't fill up on the first three dishes. But how nice that we could take food home!

Amazing that so many showed up on that rainy day following the tornado warning!

It was fun having the holiday luncheon at the SF County Fair Building too because in addition to appreciating the ample space for us, I liked walking through the rooms with the Gifts from the Garden and the wreath making! I even spotted someone else wearing a Muni Holiday Sweater like mine.

Thank you for having people introduce themselves! That shows that OWL values every member and really wants to get to know each one. OWL really does attract amazing women—and some men!

We want you to know how much we value you, and even though I'm focusing on our holiday luncheon, we know you work enthusiastically throughout the year with good assistance from Susan Pedrick.

In closing, I particularly want to thank our outgoing president Melanie Grossman, who's taken on huge responsibilities for most of our meetings—in the planning and carrying through. I've watched her for years, now, and been impressed by her dedication and good-naturedness as she's done a tremendous amount of the work.

*—A grateful OWL member
Tina Martin*



Holiday Luncheon at the Park.
Photos by Tina Martin and Bridgette Slattery.

Let's Put December 10th On Our Calendars

Maybe like me you get 12 calendars from various organizations! Maybe, also like me, appointments and events creep up on you because you've forgotten to put them on your calendar(s). I am now putting the third Thursday of every month on my calendar for the PAC (Political Advocacy Committee) Meetings. (If dates change, we can make changes.)

One date I've already put on my calendar is for December 10th, Universal Human Rights Day. Please consider doing the same. This is a crucial time for us to be vigilant to safeguard human rights and to reassure the most vulnerable that we care. (There needs to be a bigger turnout than there was this past December.) One of OWL's members joined Al Persyko, other members of the SF Gray Panthers, and Friends for the San Francisco 2024 Human Rights Day in a reading of the Universal Declaration of Human Rights (UDHR) on the steps of City Hall and, with the help of Jennifer Bolen of Supervisor Dean Preston's office.

The SF Board of Supervisors passed a resolution in 2014 "to celebrate the Universal Declaration of Human Rights annually on December 10, 2014 and every year thereafter, by declaring December 10th as Human Rights Day." Let's urge our supervisors and other leaders to put this on their calendar and show up! When we show up, we can choose to read one of the articles or simply attend to show support.

<https://www.un.org/en/about-us/universal-declaration-of-human-rights>
<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/>
<https://sfbos.org/ftp/uploadedfiles/bdsupvrs/resolutions14/r0480-14.pdf>

—*Tina Martin*

WELCOME NEW MEMBER!

Lorraine Grumet



What Do OWLs Want? OWL Plans for 2025

Results of *What Do OWLs Want* the OWL Survey done in 2022 may give us some information on the direction our 2025 meetings should take. Most important, the OWL Board needs you, the members, to speak up and to join in the planning and presentation of our monthly meetings. Choosing venues for meetings, proposing topics, recommending and/or finding speakers, encouraging friends (potential members?) to attend with you are some of the ways you can team up with your Board members.

At the January Planning Meeting we will join on Zoom to share our ideas for this year's meetings. Meeting in-person, with opportunities to socialize as well as get information from speakers, or meeting on Zoom that allows you to attend from home or elsewhere on computer or phone connections are both possibilities. The Survey tells us that about a quarter of its respondents had no preference, 56% liked Zoom, 18% chose in-person. Last year the OWL Board felt that alternating in-person and Zoom would be a good idea. Should we continue this in 2025?

The meeting or activity topics that were judged most important in the Survey were:

- Mental and Cognitive Fitness
- Activism/Social Justice
- The Environment
- Social Security and Medicare
- Healthy Aging
- End of Life
- Physical Fitness
- Personal Financial security
- Exercise
- Making Social Connections

Some interest in the topics of healthy cooking/eating and outdoor programs and activities with OWL was also shown.

In addition, suggestions by participants in the Survey included other topics: ageism and ways to combat it; creativity, music, art; planning for disability/long-term care when no live-in partner/caregiver is available; current events, world issues, SF politics; technological literacy; and equal access to community spaces.

Come to the Planning Meeting on January 25th and share your ideas and opinions, and help make OWL relevant in our community during the months ahead.

What's Your Favorite Walk?

Mine is in Golden Gate Park through the oak woodlands, redwoods, and Blue Heron Lake. This walk is about 2.5 miles, mostly on well-groomed dirt paths with gentle ups and downs. It's fine even in rainy weather as the paths don't get muddy. And you can loop back at any time as you're never far from JFK Drive.



Enter the park at Stanyan & Hayes. In a minute you'll see the start of the Phil Arnold Trail. (It's named in honor of a RPD employee and longtime advocate for local parks, open space, and recreational trail opportunities.) Follow that up the hill past the horseshoe pit and along the trail through the oak woodlands.

The coast live oak grove pre-dates the park itself and is hundreds of years old. When Golden Gate Park was started in 1871 approximately fifty acres of wooded oak areas were left as "wilderness." The trees were eventually cut for fuel but they resprouted and some of the trees in the woodlands today are from those sprouts. The trees have not yet regained their maximum size.

The dirt trail ends at Arguello, in back of the Conservatory, but continues west across the street. Across Conservatory Drive is where construction has started for the Bay Area Young Survivors Breast Cancer Memorial Garden.

The path skirts a picnic area where you might see a birthday party. The Phil Arnold Trail ends at 6th Avenue where the roller skaters are showing off their amazing skills.

Continue west past the Powell Street Railroad Station structure at 7th Avenue. It was used as a terminal point for steam trains, and later cable cars, bringing visitors to the park.



This path ends at JFK where you can rest, play ping pong, or if you're there on a Sunday between 11am and 2pm, watch or join the swing dancers at Lindy in the Park. At noon they have free lessons!

Continue the walk on the north side of JFK. After the bridge over the garage entrance, take the unmarked dirt path through Redwood Memorial Grove and Heroes Grove. Here there is a grove of coastal redwoods, surrounding a granite rock inscribed with the names of local casualties of World War I.

Follow the wide path on the right through the redwoods and you'll exit at the Rose Garden. Nothing much to see this time of year, so continue west for a minute on the bike path and then take the second dirt path on your left. That will exit on JFK where you can play a tune on one of the pianos on JFK and read the interesting time line of possible scenarios depending on what conservation decisions are made.

Continue across JFK to the road leading up to Blue Heron Lake. You'll pass the Pioneer Mother Monument (which is the only statue of a woman in the Park) and Pioneer Log Cabin (which was constructed in 1911 from redwood logs—floated in the form of a raft down the coast from Humboldt County—to honor the pioneer women of California.) The cabin now houses the Permits Division of the Park Department. Follow the sidewalk to the left when you reach Blue Heron Lake, where you might catch a glimpse of the herons nesting. Continue to the east end of the lake, across the road, down the stairs. Take a right to MLK and a left to 9th and Lincoln.

Hungry? Pacific Catch is across the street or continue to Irving & 5th to Savor Café, reviewed in CVIA's Winter 2023 News. Tired? Take the 7 bus or N-Judah home.

—*Joan Downey*

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

An OWL-SF Superstar: Sheila Malkind

Sheila Malkind has been in the field of aging for over 60 years. “The subject never gets old,” she quips during our interview for the OWL Newsletter. She attributes her interest in aging to her grandmother, who spent her last years of life in a nursing home. Ever since then, Sheila wanted to inspire a vision of aging that included joy, creativity, growth and wisdom.

A native of Chicago and a Psychology Major at Hunter College in New York, Sheila worked with community groups after she graduated. Part of her job was making the arts available to local neighborhoods. She found she especially enjoyed the time she spent with older people in each location and decided the best way to achieve her long-term goal of educating the public about her alternative vision of elders as lively, creative, and engaged was through the arts.

A photographer and writer, Sheila wrote articles for newspapers on dance, accompanied by her own photographs of luminaries such as Rudolph Nureyev and others. She also found time to earn degrees in Public Health and other fields, as well as doing internships in gerontology along the way to further her goal of educating others about aging.

But when she saw her first film on aging, she knew she had to be part of that art form. She had found her calling, soon joined, and later became Director of Terra Nova Films in Chicago, a non-profit organization dedicated to the production and distribution of films, videos and educational material on aging.

After her children grew up and were on their own, Sheila decided it was time for a new adventure. She moved to San Francisco in 2003, and quickly joined OWL-SF. She became an active member, and soon joined the OWL Board. Continuing her passion for education through films in San Francisco, she founded the Legacy Film Festival on Aging with the goal of presenting films on issues of Aging that inspire, educate and entertain audiences of all ages.

This year the Legacy Film Festival is presenting its 12th Annual Season, February 14th to February 23rd. The Film Festival will again be presented virtually, making it available to all the Bay Area and beyond. Look for more details in this newsletter. Also, as the date approaches, you will receive an email blast or two from OWL with details, including how to register, a calendar of events and clips of featured films that you won't want to miss! Congratulations Sheila!

—*Melanie Grossman*



Ada Lovelace, Computation Foretold

Her wisdom about the first general-purpose computer is buried in the appendix of a paper. Ada Lovelace, sometimes called the world's first computer programmer, was also the first to foresee the potential of analytical machines.

Many fields of science have a foundational document: Isaac Newton's Principia for the physics of classical mechanics, for example, or Charles Darwin's On the Origin of Species for evolutionary biology. But only computer science can claim its foundation hides in endnotes.

Augusta Ada King, Countess of Lovelace, better known as Ada Lovelace, was commissioned in 1842 to translate a paper about the world's first general-purpose computer. She appended her own annotations, which ran three times longer than the original article and completely eclipsed it in terms of technical meat and philosophical insights. The impressive foresight they reflected established her as the first person to envision the universal capabilities of computers that we take for granted today.

The defining partnership of Lovelace's intellectual life would be with polymath Charles Babbage, whom she met when she was 17. In 1833, the year they met, Babbage had begun designing the first general-purpose mechanical computer, called the analytical engine. The idea captivated Lovelace, and the two became close friends and collaborators.

Had Babbage ever managed to build it, his analytical engine would have been a marvel to behold. Sketches and spec sheets depict an intricate beast with rattling gear columns towering 15 feet high, lever panels cranking in lockstep and thousands of moving parts churning together in a kind of steampunk orchestra. Though unrecognizable as your laptop's ancestor, the device remarkably contained most of the same components found in modern computer architecture. It had a central processing unit called a mill to carry out arithmetic operations, memory storage, input capabilities for reading data and programs, and even a printer.

Source: Scientific American September 2024 (excerpt)
From: “Jake Sigg (via NatureNews.JakeSigg list)”
<NatureNews.JakeSigg@simplelists.com>

What Are You Reading?

***Bone* by Fae Myenne Ng**

This novel will draw you into a culture in many ways like the one you, dear reader, know but also in so many ways you do not know. It details the struggle for understanding, love and mutual respect in families of immigrant Chinese parents and their adult, American-born offspring. The major focus is on a family with 3 girls – a family with no boys is to be pitied in “traditional” culture. What of the 3 girls? Do you root for them to “escape”? What would that look like? What effect would that have on their parents, or on the one(s) that stayed and tried to fashion a life for themselves where they are?

Some years ago, I had a Chinese-American friend in a family which was dominated by the father, an escapee from Communist China. He had been a scholar and a poet, highly respected for his wisdom. Everyone bowed and scraped to him, indulging his every need and whim. I have certainly known families dominated by the father, but the manner and extent of the deference accorded to him was new to me, as were the restrictions placed on the female adult offspring. For example, my friend, Hilda, who was a high ranking VP in a major bank, had a position requiring her to travel. Yet, her family required her to live with her parents (she was single) and to have a chaperon when she traveled. She confided her frustration and her rage to Rev. Hope (she never used my first name) who had escaped a confining situation herself. Against that background, I found *Bone* to be authentic. See what you think.

***The Small and the Mighty* by Sharon McMahon**

Did you ever succumb to the energy draining belief that there is just no way you can make a difference for goodness in the larger world? Give up? A poem by Emily Dickinson just popped into my mind. It begins: “I’m nobody. Who are you? Are you nobody, too?” Don’t remember the rest of it but just that little bit captures so much feeling.

This book takes us back to the founding of our country, then forward to the Civil Rights Movement, chronicling the lives mostly of “nobodies” who changed the course of history. You will recognize a few names such as Norm Mineta and Rosa Parks, but you will learn some startling new facts even about them.

Do you know what 15 year old Claudette Colvin did that changed history? Septima Clark? J.B. Peckham? Inez Milholland? Anna Jeanes? Virginia Randolph? Did you know that telephone operators dubbed “the Hello Girls” were conscripted during WWI and became a vital part of the Allies’ victory?

What of us? Gandhi said something like this: “Whatever you do will be insignificant but you must do it because you can’t know. And you don’t need to.” Make that call. Write that letter. Ready yourself to take action as you are called to do. Reading this book will help with that.

—Glenda Hope

***Case Histories* by Kate Atkinson**

***Slow Horses* by Mick Herron**

Unlike many of my friends, I’m not a regular reader of mysteries or thrillers, but I occasionally enjoy losing myself in a well-written puzzle. One of my favorites is the Jackson Brodie series by Kate Atkinson, who’s also known for novels such as *Behind the Scenes in the Museum* and *Life After Life*. The book that introduces us to Jackson Brodie is *Case Histories*, set in Cambridge, England, in which Brodie, a former soldier and ex-cop, is now a private investigator with 3 cold cases of missing and murdered women and girls that gradually reveal similarities. Some of the facts of the cases resonate for him personally and we learn about the disarray in his personal life, and that someone is trying to kill him. As clever and intricate as the plotting is, it’s the excellent writing that makes *Case Histories*, and the rest of the series worth reading. Atkinson has a sense of humor that lightens the most gruesome aspects of the story, and a way with words that let me know I was in good hands so I could enjoy the process of reading the book as much as moving towards the resolution of the cases. There are also two seasons of an excellent British TV series, starring Jason Isaacs as Brodie, currently streaming on Peacock, Tubi, Pluto and others.

However, I generally prefer to read a book before viewing the movie or series based on it. This is what led me to recently pick up *Slow Horses* by Mick Herron before beginning to watch it on Apple TV+. Similar to the experience of reading Atkinson, I’m blown away by the quality of the writing, the ability of Herron to simultaneously construct an intricate plot, bring a variety of quirky characters to life, and have me on the edge of my seat, unable to stop turning the pages until I learned what happened next. The phrase “slow horses” refers to washed up MI-5 spies who have been banished to Slough House, where they primarily shuffle papers and are not assigned to high priority cases, although they yearn to get back into action. The plot of *Slow Horses* involves their becoming caught up in the kidnapping and threatened beheading of Hassan Ahmed, an aspiring comedian. Herron’s humor is more pronounced than Atkinson’s and present on nearly every page, ranging from subtle sarcasm to laugh out loud parody, with most digs at the expense of British right-wing fanatics. I enjoyed reading this so much that I plan to read the other six Slough House novels before beginning to watch the streaming series.

—Barbara Gersh

Readers: What are you reading?

Share your reviews and recommendations, send them to the editor:

Email: info@owlsf.org

Legacy Film Festival On Aging Exploring How to Age Meaningfully

The Legacy Film Festival on Aging (LFFOA), based in San Francisco, is extremely proud to present its 12th Annual/3rd Virtual Film Festival, beginning February 14-23, 2025. “One in six Americans is 65 or older. Let’s explore how to age meaningfully, not fearfully,” says Sheila Malkind, the 85-year-old founder and executive director of Legacy Film Festival on Aging. “Long life is a gift.”



Films from around the globe will be featured, both fiction and documentary, all aimed at supporting the LFFOA mission: To educate, inspire, and entertain intergenerational audiences on the issues of aging. In addition, we hope to promote new and fresh ideas for older adults to live a more productive and healthy older life, both physically, mentally, and spiritually. Some of this year’s festival themes are Caring for Elders, Community, Dreams and Goals, End of Life Experience, Family, Food, Free Spirits, Love Always, Memories, Pioneers, Resilience, Seeking Creativity, and The Next Step. Preview numerous titles in the upcoming February 2025 fest, <https://legacyfilmfestivalonaging.org> some newly added ones are:

Retirement on Trial Dirs. Stephen Herman & Evelyn Neaman (USA, 2023, 49 min) This is a compelling documentary about a senior lawyer who sets out on a quest to navigate the uncharted waters of retirement and is met with reluctance from his colleagues, leaving him discouraged. From his frustration, he undertakes a new path, giving birth to this captivating film. (The Next Step)

A Bunch of Amateurs (UK, 2022, 95 min) Bradford Movie Makers is one of the oldest amateur filmmaking clubs in the world. Once a thriving community, these days the membership is dwindling and the group struggles to keep the wolf from the door. (Seeking Creativity)

Freestyle to Montenegro (Albania, 2021, 72 min) In the summer of 1987, Tonin Gjini swam from Albania to Yugoslavia, in search of freedom. Three decades later, he revisits the locations and recreates the events of that unforgettable experience. (Memories)

Don't Be Sorry (USA, 2024, 10 min) After her husband is assaulted in an Anti-Asian hate crime, a timid but resilient Korean-American senior is empowered to fight back. (Ageism & Resilience)

I Never Was a Hippie, I Just Seemed Like One (USA, 2023, 17 min) A painter in his 85th year chronicles his life in self-portraits revealing an offbeat artistic journey mixed with humor and social commentary. (Seeking Creativity)

Motorcycle Mary (USA, 2024, 22 min) In the 1950s, Mary McGee found her sense of freedom when she became the first American woman to race motorcycles. Mary’s pioneering journey of conquering sexism and her own fears paved the way for the next chapter in motorsports. (Pioneers)

February’s fest will showcase roughly 35 short and long films, mostly documentary, from around the globe. A majority of the films are American-made and a few were made in San Francisco. Visit the LFFOA site on the web <https://legacyfilmfestivalonaging.org> to see trailers and information about the films!

To learn more about sponsorship opportunities and/or donations to support this wonderful fest, specific programs, descriptions and photos, please contact us ASAP:

Sheila Malkind

info@legacyfilmfestivalonaging.org
<https://legacyfilmfestivalonaging.org>
(415) 515-2708 Main and (415) 846-6611

Calendar

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

January 6 Monday — OWL Board Meeting 4:00 - 5:00pm (via Zoom)

January 25 Saturday— OWL General Meeting 11:00 - 1:00 pm, *Planning for 2025 (via Zoom - see details on cover and page 5)*

February 3 Monday — OWL Board Meeting 4:00-5:00pm (via Zoom)

February 22 Saturday— OWL General Meeting 11:00 - 12:30, (in person - details to come)

March 3 Monday — OWL Board Meeting 4:00-5:00pm (via Zoom)

March 22 Saturday— OWL General Meeting 11:00 - 12:30, (details to come)

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-SF has established a sliding fee scale from \$10 -\$50.) Members receive the quarterly OWL-SF Newsletter, advocacy Alerts and invitations to monthly meetings.

Make a check out and mail to:

OWL-SF
PO Box 170622
San Francisco, CA 94117

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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.

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

Comments or questions? Please contact the OWL-SF Office at (415) 712-1695;
e-mail: info@owlsf.org