



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

July - September 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.

But What Can I Do?

**Join OWL on Zoom for
A follow-up to our June 2020 meeting
Saturday July 25th 11am to Noon**

Speaker: Breana Lamkin from EJI (Equal Justice Initiative) will help us examine the issue of racism in our country and what each person can do to insure that we are once again moving forward on matters of justice and equality for all. Q & A period will follow.

Breana Lamkin, EJI Project Manager, earned a B.A. in Political Science from Howard University and is pursuing a Master of Public Administration and Policy at American University.

Information including Zoom address and instructions will follow in e-mail. This meeting will be accessible by internet or telephone.

OWL SF * 870 Market Street, #905, San Francisco, Ca. 94102
Phone 415-712-1695 * Web site: www.owlsf.org

The Vote

One hundred years after the passage of the 19th Amendment, *The Vote* tells the dramatic culmination story of the hard-fought campaign waged by American women for the right to vote - a transformative cultural and political movement that resulted in the largest expansion of voting rights in U.S. history.



In its final decade, from 1909 to 1920, movement leaders wrestled with contentious questions about the most effective methods for affecting social change. They debated the use of militant, even violent tactics, as well as hunger strikes and relentless public protests. The battle for the vote also upended previously accepted ideas about the proper role of women in American society and challenged the definitions of citizenship and democracy.

Exploring how and why millions of 20th-century Americans mobilized for - and against - women's suffrage, *The Vote* brings to life the unsung leaders of the movement and the deep controversies over gender roles and race that divided Americans then - and continue to dominate political discourse today.

American Experience" aired the first installment of *The Vote* on July 7, 2020. It may be repeated on KQED in the future months, but it can be viewed on line at

https://video.kqed.org/video/the-vote-part-1-3kph5d/?utm_medium=Email&utm_source=ExactTarget&utm_campaign=20200622%20KQEDSelects&mc_key=003i000000UMYYOAA5



News about the Newsletter

One-Pager to Keep In Touch

It was suggested that we supplement the quarterly OWL Newsletter during the COVID-19 surreality with a occasional one-page letter to members to keep in touch by announcing membership meetings and sharing information or actions of interest.

Write for us!

Contribute a short piece for the next quarterly OWL Newsletter! We would like to suggest two topics:

What have you been doing during the Shelter-in-place?
Has your life changed a lot, a little or not very much?

What's the greatest distance you've ever traveled from home?

Other topics are welcome too, we want to hear from you please send your good words to

Tina Martin at: tina_martin@sbcglobal.net

OWL History Video Added To OWL SF Web Site

Our web site has been redesigned and updated and recently we added a video of OWL history. Watch this 12 minute video on our web page about how OWL started. <https://www.owlsf.org/about-us/>

Visit OWL SF on Facebook!

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

It's another place to keep in touch with OWL SF. Take time to check out the activity on our Facebook page. Add comments and suggest posts. After a bit of a face-lift our page is more active than ever with new photos, news and events added often.

Board Members

Maxine Anderson
Joan Downey, Treasurer
Melanie Grossman
Amy Hittner
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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

Political Advocacy Report

The Coronavirus pandemic has ignited many issues affecting older people. We learned early on that older adults are at higher risk for contracting the Covid-19, especially if they have underlying risk factors such as heart disease, diabetes, respiratory disease and other conditions. We further learned that residents of nursing homes and assisted living facilities are exceptionally vulnerable to contracting the virus due to crowding, lack of staff training and protocols for strict infection control, a shortage of protective equipment and testing for staff and residents, and shortfalls in oversight by the state. Facilities were locked down and residents were further isolated, with very little communication in some cases between facilities and concerned families and friends. Although increased testing, training and equipment has brought about some improvement, Patricia McGinnis, Director of California Advocates for Nursing Home Reform, points out that nursing homes remain extremely vulnerable to Covid 19 or future pandemics due to short staffing, lack of oversight and few disciplinary penalties to owners for lack of compliance.

Clearly OWL must continue to advocate for nursing home reform, safety and oversight. Members of the Political Advocacy Committee have already participated in a “teach in” sponsored by Senior and Disability Action, California Advocates for Nursing Home Reform, CARA, among others, and participated in an important successful action that convinced Governor Newsom not to bow to nursing home lobbyists who were requesting immunity for facilities facing wrongful-death law suits. Additionally, funding of board and care homes which serve exceptionally vulnerable populations, have fewer resources and are disappearing in San Francisco at an alarming rate, and we must continue to hold the City accountable to keep up funding of these facilities, and indeed increase it so that they survive and improve.

Older people living in the community also felt major effects of the pandemic, especially increased isolation, lack of resources, difficulty getting food and increased stress, anxiety and other mental health issues. Day programs, senior centers, meal sites, and many other services were shut down and unavailable for those sheltering in place. Budget shortfalls caused by the pandemic triggered proposed cuts by the State to senior services and Medi-Cal. This further threatened services such as home care, daycare and other services. Through timely advocacy by organizations such as OWL, these cuts have been forestalled, but only for one year. Thus, the fight for adequate services for all older people must continue with renewed energy and commitment into next year.

California guidelines for care rationing were the topic at a Town Hall in which PAC members also participated. As a result, OWL joined other groups in petitioning the Governor and Secretary of Health and Human Services to remove a scoring system based on chronological age and “life years expected” as a basis of rationing care and scarce resources such

as ventilators in future crises. The use of a scoring system, instead of a case by case basis, overlooks the whole person. The scoring system was felt to be inherently biased against the elderly and the disabled. The state agreed to rewrite the guidelines at the urging of the Town Hall participants and others. California’s new Non-discriminatory Crisis Care Standards are now available and can be viewed through this link: <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/California%20SARS-CoV-2%20Crisis%20Care%20Guidelines%20-June%208%202020.pdf?eType=EmailBlastContent&eId=b2a40a32-36f8-47d5-b0f3-4412e7c47e12>

On the heels of the Coronavirus Crisis, we also have a historic opportunity to bring the fight for Civil Rights and Justice for All closer to full realization. Many OWL members have been working toward these goals since the early 1960s. As a result, OWL scheduled two important Zoom membership meetings. For the June meeting, two speakers from SURJ (Showing up for Racial Justice) led a discussion on racial equity and what that would mean on a personal, system wide and institutional levels. See this newsletter for an article on the June meeting. On July 25, EJI (Equal Justice Initiative) will hold a follow-up Zoom meeting which will examine the issue of racism in this country and what each person can do to insure that we are once again moving forward on matters of justice and equality for all.

OWL members interested in joining the Political Advocacy Meeting are invited to contact us at info@OWLsf.org or call OWL at 415-712-1695. We need your help in working for a better world not only for older women, but for everyone in the United States.
—*Melanie Grossman*

CARA Town Hall and Forum September 10th

CARA has a convention every year. In alternate years, it is a regional town hall and candidate forum rather than a statewide convention. This year we are having a “candidate and town hall forum on senior issues,” in San Francisco on September 10th. Some remember these interesting programs from previous years, when we met at the Unitarian Church at 1187 Franklin. This year it would be there, too, except that it’s likely to be via zoom rather than in-person.

This is a chance to meet many candidates in local, state, and federal races and find out where they stand on important senior issues. Also learn about important state propositions on the November 2020 ballot.

Sign up now! There is a \$20 registration fee, and scholarships are available. Check or money order should be made payable to the California Alliance for Retired Americans and mailed to: CARA, 600 Grand Avenue #410, Oakland, CA 94610. You can also register online at www.californiaalliance.org

Join us! You’ll be glad you did!!
—*Kathie Piccagli*

New Email Scam

I received an authentic looking email from FedEx. Said they tried to deliver to me on 6/23 but package needed signature and date. Next delivery to be 07/07/20 but I could get package faster by printing out coupon and picking up package. Tracking data, package number, etc., all included.

Questions: How would FedEx have my email? Why does their email say “order date 07/04” when they said they tried to deliver on 06/23? A package weighing 22 lbs? weird name as sender of their email? would FedEx wait 2 weeks for 2nd try?

At first I just glanced at it and almost took the bait. Be alert, friends. Logos are easy to steal and transpose to scams

—*Glenda Hope*

OWLs Write to the Editor

San Francisco Chronicle,
“Letters to the editor, June 7, 2020

Think outside the box

President Trump has decided to terminate the U.S. relationship with the World Health Organization, taking with it our annual contribution of over \$100 million. Wouldn't it be great if Jeff Bezos stepped up to the plate and made up for Trump's reckless failure to keep our commitment in this time of pandemic? It's “chump change” for Bezos, who has amassed an even greater fortune in these troubled times. How about it, Bezos? Think outside of your Amazon box.

—*Louise DiMattio, San Francisco*

Save the Date

September Election 2020 Ballot Issues Meeting

OWL SF will present pro and con speakers on selected issues for both California and San Francisco

When: September 26th
Time and Location: To be announced

Mother Knows Best

Tennessee was the 36th State to ratify the 19th Amendment and its fate hung in the balance in the State Legislature. 23-year-old republican Harry Burn cast the deciding vote and was persuaded by his mother to approve it despite his own personal opposition to the bill. With the deciding vote, the ratification of the bill was narrowly passed and votes for women officially ratified on 18 August 1920.

80 Over 80

UCSF has launched a new program that highlights the voices and ideas of San Franciscans who are 80 years of age or older. Partnering with the Community Living Campaign, UCSF's Department of Gerontology is seeking to interview older citizens to celebrate their diversity, richness of experience and all that they bring to their communities. This couldn't come at a better time in view of the lack of visibility for older people due the Covid-19 pandemic. Newspapers and television mostly paint a picture of vulnerability and isolation, making it all too easy for stereotyping and ageism to take hold. Speaking up now and letting ourselves shine as we age is more important than ever! If you would like to nominate someone for an interview, or if you are 80 or over and would like to participate, contact OWL at info@OWLsf.org or call the OWL office at 415-712-1695. Someone will contact you and set up your interview. Let's help paint a more realistic picture of older men and women in all their vibrancy, wisdom, zest and indomitability.

—*Melanie Grossman*

My Stroke

About 3 am, I was awakened with a charleyhorse in my left leg, so I got up and stretched and went back to sleep. When I awoke at 7 am, that same leg felt ‘odd’, but I went about my day. Still feeling odd, I started thinking I had either Parkinson's, or a stroke. Oddly, I have the ‘Symptoms of Stroke and Heart Attack’ posted near my computer, but it didn't occur to me to read. As the leg was acting weak, I called LYFT, tapping ‘Davies Hospital’ for ‘destination’, grabbed my mask and my mother's cane, that I had had the forethought to store—just in case--and awkwardly, got myself stumbling down my indoor and outdoor steps into the car, saying, “ER, please”.



At the ER entrance, I announced, “I think I'm having a stroke,” showed my i.d., was ushered into the medical side, where I re-announced my stroke theory. I was asked to walk, and turned out I displayed an awkward, uncontrolled stride, that justified my being sent for an MRI. An hour later, a doctor came to my side and softly said I had a ‘small stroke.’ I was admitted to Davies' stroke unit, with my left leg, foot, and hand basically paralyzed, and lucky for me, where I spent the next three weeks on a strict daily regimen of twice daily physical, occupational, and speech/psychotherapy. I've been home for two months now, continuing with twice-weekly therapies, regaining strength and feeling, now able to stand up unaided, and walking with the aid of a walker. Because I had been paying for a long-term policy for years, I was able to employ a full-time caregiver at no added cost.

—*Sheila Malkind*

Join us for our Annual Summer Luncheon in August!

OWL members and guests usually come together in the Summer to celebrate friendship, check in with one another and to have a little fun. All these things are especially important during this time of Covid-19 and recent reexamination of our nation's shortfalls when it comes to justice and equality for all.

This year we will have a virtual luncheon through Zoom and even the good old-fashioned telephone! See below for details on how to connect with us through your computer or phone. Just choose your device, bring something delicious to eat, a beverage of your choice (coffee, tea, water, or even a glass of wine), and join us at the appointed time!

If you are feeling up for some fun, also wear a mask, and we can throw them away in unison as an expression of our desire to once again be together, to come out into the sunshine and let our energy brighten the world. Funny masks, including Halloween masks or no mask at all are welcome!

When: Saturday, August 22, 2020
Time: 11 AM to 12:30 PM

How to connect:

Computer: Look for a Zoom Link via email as we get closer to the event.

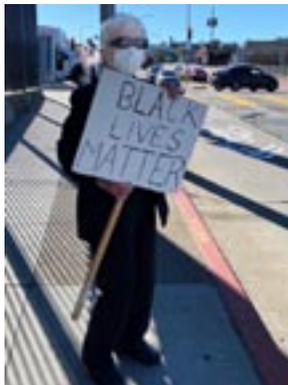
Phone: Look for a postcard from OWL with details on how to call in to the OWL gathering..

Showing Up for Justice

Black Lives Matter” and “White Silence = White Violence” were two of the messages Glenda Hope, OWL’s president, held when she gathered people together on Tuesday, June 9, for an hour at San Jose and Geneva. Patti Spaniak- Davidson, Chris Dillon, Barbara Fugate, and Jane Merschen are other OWL members who participated, all honoring the 6’ distance and wearing masks. It was a spur-of-the-moment action.

Glenda reports, “The response we got from passing drivers and pedestrians was very good.” She also confided that the wind (from nature and passing cars) was so strong that she feared it would lift her and her sign up like Mary Poppins, but she remained grounded.

She says: Anyone can organize that, too, in their own neighborhood. Pretty easy to do.



OWL May Meeting Staying in Touch With Zoom

On May 30th over 20 OWLs met using Zoom to exchange experiences during our historic shelter-in-place (SIP). Our first public Zoom experience proved mostly successful as members and guests signed on via phone or computer. A few were inconvenienced by WiFi problems and there were protocols to learn for online discussions. Participation was guided by Tina Martin who ensured that each attendee had an opportunity to speak, giving them a chance to introduce themselves and describe what they had been doing during SIP and what their concerns about it were. The hour went by quickly with a wide variety of activities and changes in daily living described, concerns, large and small recorded and intentions to remain active and involved expressed by members.

The meeting was closed by Melanie Grossman reading a message from Glenda Hope (absence caused by technical problems) who encouraged us to remain politically active “ We cannot be distracted by haircuts and toilet paper or even loneliness and forget to be aware of what is happening politically. Some not-so-good people are using this virus as a cover to do all manner of nefarious things. I see a major purpose of OWL as keeping us aware and active beyond ourselves – the voice of midlife and older women.”

—Margaret Lew

My Work Is Loving the World

Mary Oliver

My work is loving the world.
Here the sunflowers, there the hummingbird -
equal seekers of sweetness.
Here the quickening yeast; there the blue plums.
Here the clam deep in the speckled sand.

Are my boots old? Is my coat torn?
Am I no longer young and still not half-perfect? Let me
keep my mind on what matters,
which is my work,

which is mostly standing still and learning to be
astonished.
The phoebe, the delphinium.
The sheep in the pasture, and the pasture.
Which is mostly rejoicing, since all ingredients are
here,

Which is gratitude, to be given a mind and a heart
and these body-clothes,
a mouth with which to give shouts of joy
to the moth and the wren, to the sleepy dug-up clam,
telling them all, over and over, how it is
that we live forever.

—submitted by Kathie Piccagli

OWL's June Meeting: SURJ Introduces Questions for Reflection and Discussion

1. How am I understanding the events both leading up to and following George Floyd's murder?
2. What does my own racial identity mean for me in these times, and how does that impact my understanding?
3. What would deeply exploring my own racial identity look like?

What Can We Do? These are the questions posed by Joanie Marinoff and Debra Taube of SURJ (Showing Up for Racial Justice), OWL's guest speakers and facilitators for the monthly meeting that was Zoomed on Saturday, June 27, 2020. Betty Traynor and Joan Downey were the hosts for the technology of it all! Betty welcomed attendees on both computers and phones and explained the procedure. Tina announced the memorial for Robin Brasso and provided the link for the following day's service. Then she introduced the speakers, Joanie Marinoff and Debra Taube of SURJ.

Debra Taube, a founder of SURJ in 2017 has been active in the SURJ Marin and the Oakland-based SURJ and Joani Marinoff, a retired teacher, has been with SURJ for one year and has been active in racial justice causes most of her adult life. They explained that SURJ is a grass roots organization, not a non-profit, so it's like a club but with a specific focus. There are 150 local chapters in 45 states of the USA and in Canada. In the past two weeks, since George Floyd's killing, there's been a 300% growth. SURJ mobilizes White people to take action for racial justice.

They mentioned Alicia Garza, who in 2009, led the battle against white supremacy to co-found "Black Lives Matter." SURJ is changing the narrative by breaking White silence to align ourselves with Blacks, reminding us of the slogan "White silence = Violence" Why was SURJ, made up predominantly of White people, formed? Partly to take the burden off of Blacks, who are tired of responding and explaining systemic racism. How do Whites know about racism? They follow and have relationships with people and communities of color like the Marin Arts and Culture Center. <https://mcartsandculture.com/>

Joanie explained what she said might be seen as a paradox: Racial justice movements need to de-center Whiteness and yet Whites also need to be active. She said that this considers both the inner and the outer approaches. We need to interrogate how White privilege has affected us but also be in collaboration with Blacks. We're raising the bar, going beyond interpersonal racism and working to change institutionalized, systemic racism.

OWL members then responded to the first question. One member said she grew up thinking the police were our friends but became aware decades ago of

the horrendous treatment of Blacks. "But what was different in the case of George Floyd is that there was no 'excuse' like saying the policeman thought his life was at risk," she said.

Another commented that the knee has been on the neck of Blacks since 1619, when slaves were first brought here. Still another said that she witnessed the video of George Floyd with "absolute horror" and acknowledges systemic racism but feels hope because of the consciousness and activism of young people. She likes the phrase "re-imagining the police" Everyone should be safe. Another suggested that what's been going on has never been taught in school, and she criticized the electoral college. She also spoke of reorienting the police service. She spoke of being in Chicago in 1968 and not even during the riots when she was going through Grant Park and someone threw the person she was with on the hood of the car. Since then she hasn't seen the police as our friends. Another member said that the history of policing as we know it began with slave owners who wanted the police to round up and return escaped slaves. (I found this online later: <https://www.npr.org/transcripts/869046127>)

An instructor at CCSF said that she addresses racism and sexism in her classes and asked about how to address emotions. The SURJ speakers said that in a sense systems teach us how to feel.

Another OWL member said that we really need to have Black friends, representing the interpersonal aspect in making positive change that the SURJ speakers mentioned. Addressing, the political approach, another said that we can do something about systemic racism without having a one-to-one relationship with a Black person.

An OWL member recalled seeing that all Black police had been withdrawn the day of Dr. King's assassination and quoted MLK, who said, "It may be true that the law cannot change the heart, but it can restrain the heartless."

By the time we got to the second question some people had really addressed it, but one Owl members said that her own racial identity is "a terrible burden." A member who's also a teacher and educator, spoke on empathy and related what a group of them did with their stimulus check, taking them in gift wrapping to people who needed them more and saying, "This is from our family to our family." Another member spoke of her experience being at a meeting on how to interact with patients who were gravely ill and their families when she was told that she couldn't participate because she wasn't a woman of color.

Joanie and Debra used the last few minutes of our meeting to talk about what we can do. They announced a Zoom Community Conversation on defunding the police taking place the following day, and a regular phone banking for "Reclaim our vote." Here's the link to check of upcoming events and actions. <https://surjmarin.org/action-calendar/>

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They also said that there are SURJ Zoom meetings the second Saturday from 12 to 2 pm. Someone asked about SURJ SF, and we were told that the Bay Area SURJ is really the one to go with.

For concrete steps we can take, we can try this link for 12-1 actions 12-1 on Mondays and Fridays. Through Zoom, we can find out about calling elected officials, signing petitions, etc. to “demand an end to police violence against Black people and other communities of color.” <https://www.surjbayarea.org/events>
The SURJ Bay Area has 1 hour meeting every Monday and Friday from 12 noon to 1:00 pm on Zoom

Note:

For reasons of privacy we have not used names of members who spoke. Anyone who might feel intimidated by their name appearing in an OWL newsletter (or on our web pages) may know that that won't happen.

—*Tina Martin*

A Few Personal Reflections on the Owl June 27th Event Re: White Privilege and Societal Pervasive Racism

This was a good start to our personal and communal thinking through a difficult topic. It was clear that this was a first time for most of us to engage in such a group discussion, as we were pretty careful about what we revealed lest other OWL members think ill of us.

The presenters clearly stated, as have other leaders such as Robin DiAngelo, the author of *White Fragility*, that this is more about realizing how much unquestioned privilege white people have enjoyed and how thoroughly this has permeated our history and still does, than about any individual's actions or lack thereof. Nevertheless, it is hard not to jump to that individualism and become defensive. I found myself fighting, not always successfully, the impulse to tell about my history as a social justice advocate rather than engaging the micro and macro meanings of racism and white privilege.

This made me remember from decades ago, a colleague who had been active in a Fair Housing movement in Princeton, N.J, as well as some related efforts. He had taken a lot of heat for his actions. As the Black Power Movement rose into prominence, he wrote an article entitled “Why Don't You Love Me Anymore?” How to act now? What to do now? How to follow the lead of Black voices?

So much to think and feel our way through. The OWL Zoom meeting on July 25th will build on the meeting in June. Everyone can join in. It is OK to be uncomfortable. It is not OK to be complacent or to stay bewildered.

—*Glenda Hope*

OWLs Remember Robin Brasso

Robin Foreman Brasso, a passionate advocate for equality, social justice and civil rights, passed away at her home in San Francisco on June 6, 2020, after a 3-year battle with cancer.

Though she celebrated her 39th birthday every year, Robin was born on September 13, 1942, in Chicago and arrived in San Francisco at age 3. A San Franciscan to her core, Robin was active in every facet of the city, from politics to arts and culture to education. She dedicated 37 years of teaching at three middle schools in the San Francisco Unified School District: Portola, Ben Franklin and Potrero Hill, and shared her love of theatre, opera, film, literature and the 49ers with her students. We remember her as a member of OWL and CARA which were only two of many local and national organizations that she led or participated in. Her full obituary:

<https://www.legacy.com/obituaries/name/robin-brasso-obituary?pid=196346512>

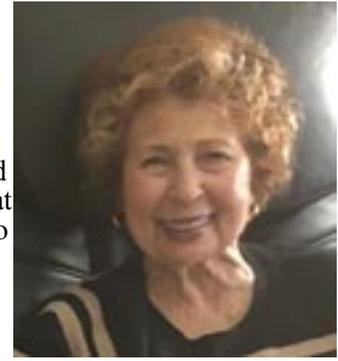
Kathie Piccagli, I have known Robin since we were both on the board of the teachers' union back in the 90's. She agreed to join OWL after she retired, and she was active in CARA. She was a very active political activist, so we were often in the same place. She was a lovely, smart, gutsy woman. A few years ago, her husband surprisingly developed fast-moving cancer I think it was really traumatic; they must have had a good relationship. A few years ago, she developed some physical problems; then she got cancer. Very tough story. At least she had a very supportive and close family. I truly will miss her and feel very sad at this news.

Melanie Grossman, Robin was a member for many years. She was on the Political Advocacy Committee. She was a dynamo and had boundless energy for good causes. Many members of OWL knew her well.

Hene Kelly, Yes, that is my friend, Robin Brasso. I met her in 1969!

Tina Martin, I didn't really know Robin, but I met her in 2017 or 2018 and was impressed by her beauty and stylishness as well as her convictions. After I found out about her death from CARA, I had contact with her niece Caitlin O'Connell, who showed the warmth and caring Kathie Piccagli mentioned after learning of Robin's death. I also attended her memorial on Zoom and saw further evidence of a very caring family and how Robin affected them.

Glenda Hope, She was a true and vigilant worker for justice and peace and for life.



What Are You Reading?

The Book Woman of Troublesome Creek – A Novel, by Kim Michele Richardson

This book brings to light a piece of our national history of which I knew nothing – two pieces, actually. In the 1930s, as part of Roosevelt’s WPA, about 1,000 people – most of them women - were hired to ride horses or mules into the hills and hollers of such states as Kentucky and West Virginia bringing books and magazines to the poor residents and schools tucked away in those places. There were no roads; only trails, some of them precarious, and wilderness with isolated houses and one room schools. Visits from “the book woman,” in all kinds of weather, were eagerly anticipated, as this was the only reading material the recipients had.

Cussy, the novel’s protagonist, is a “blue” meaning she had blue skin caused by a recessive gene. As such, she was excluded from facilities and events designated for white people only. (This is true. Another piece of our history new to me.) She exemplifies the raw courage and persistence of the book carriers in their determination to bring knowledge to some of the poorest of the poor, as well as the efforts of the blues to live their lives in peace. The book includes a study guide for book clubs to enjoy.

Reviewers note: Imagine these intrepid women, astride mules or horses, bringing books for children and adults to feed their minds. Today we have libraries accessible to most, but for the last 3 years the POTUS has put forth a Federal budget including the permanent elimination of the Institute of Museum and Library Services, effectively eliminating all federal funding for public libraries. This cannot be allowed to happen. Watch for an OWL ALERT about this and be sure to act on it.

—Glenda Hope

Coming Soon A Book Group for OWL

Several members have voiced interest in a book group and OWL member Louise DiMattio has proposed to lead a group using Zoom. The book that she is proposing to use is a Great Books compilation called *Immigrant Voices, 21 Century Stories*, edited by Archy Obejas and Megan Bayles. She thinks that the members will like the thought-provoking stories in this collection. Louise has been a Great Books leader for many years and runs several groups in the City (they have now gone on line). She can obtain the book for anyone who wants it at no charge. It is available at: <https://store.greatbooks.org/immigrant-voices-21st-century-stories.html>

Watch for an announcement of the first meeting which will be sent to members by mail and announced on the OWL web site.

Writing Workshop on Senior Beat

On July 22nd from 2:30 - 3:30 pm San Francisco Senior Beat will feature a short presentation by Marina Lazzara, facilitator of “Writing for Remembering” workshops for seniors at the San Francisco Community Living Campaign. Marina will talk about how studying the craft and sharing one’s personal stories, can help improve one’s mood, self-confidence and reveal important insights about one’s life. A student will read an example of her work to inspire others to get started.

The San Francisco Senior Beat is an online magazine profiling the experiences and sharing the voices of San Francisco’s population of adults 50 and over.

To join this Zoom video meeting, click this link: <https://zoom.us/j/86567474200>. It will take you to a registration page where you’ll be asked to provide basic information before you are admitted to the Zoom session. Presenters and participants will only need to complete this registration the first time they sign on.

To join by phone, dial 888-475-4499 (toll free) or 669-900-6833 (local). Enter Meeting ID: 865 6747 4200, then press # twice.

The video link will ask you to provide basic information before you are taken to the Zoom class. Participants will only need to complete this registration the first time they sign on. This new procedure will help Community Living Campaign, and SF Senior Beat, gather information about who we are serving.

—Submitted by Jan Robbins

Kathy Mata Ballet Dances During Shelter in Place



OWL’s newest member is Kathy Mata, who has brightened our shelter-in-place with a video made by the dancers of the Kathy Mata Ballet as they shelter-in-place! We’ve put this video on OWL’s Facebook page. <https://www.facebook.com/OWLSF/>

At our Zoom meeting May 30th, she mentioned that she teaches online three times a week. Here are some links for this remarkable woman.

Email: kathy.mata@yahoo.com

Facebook: <http://www.facebook.com/kathymataballet>

<https://www.expertise.com/ca/san-francisco/ballet-classes>

—Tina Martin

A Juneteenth Reading List

How to Be An Antiracist by Dr. Ibram X. Kendi. Kendi's concept of antiracism reenergizes and reshapes the conversation about racial justice in America—but even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other.

Stamped from the Beginning by Dr. Ibram X Kendi. The National Book Award winning history of how racist ideas were created, spread, and deeply rooted in American society.

The History of White People by Nell Painter. A story filled with towering historical figures, that closes a huge gap in literature that has long focused on the non-white and forcefully reminds us that the concept of “race” is an all-too-human invention whose meaning, importance, and reality have changed as it has been driven by a long and rich history of events.

The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander. With dazzling candor, legal scholar Alexander argues that “we have not ended racial caste in America; we have merely redesigned it”.

White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DiAngelo, PhD. In this “vital, necessary, and beautiful book” (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and “allows us to understand racism as a practice not restricted to ‘bad people’ (Claudia Rankine).

Why I No Longer Talk to White People About Race by Reni Eddo-Lodge. Exploring everything from eradicated black history to the inextricable link between class and race, *Why I'm No Longer Talking to White People About Race* is the essential handbook for anyone who wants to understand race relations in Britain today.

On the Other Side of Freedom: The Case for Hope by DeRay McKesson. Continuing a conversation about activism, resistance, and justice that embraces our nation's complex history, he dissects how deliberate oppression persists, how racial injustice strips our lives of promise, and how technology has added a new dimension to mass action and social change.

I'm Still Here, Black Dignity in the World of Whiteness by Austin Channing Brown. An illuminating look at how white, middle-class, Evangelicalism has participated in an era of rising racial hostility, inviting the reader to confront apathy, recognize God's ongoing work in the world, and discover how blackness-if we let it-can save us all.

Blindspot: Hidden Biases of Good People by Mahzarin R. Banaji & Anthony G. Greenwald. Leading psychologists Banaji and Greenwald explore the hidden biases we all carry from a lifetime of exposure to cultural attitudes about age, gender, race, ethnicity, religion, social class, sexuality, disability status, and nationality.

The Person You Want To Be: How Good People Fight Bias by Dolly Chugh. An inspiring guide by an award-winning social psychologist at the New York University Stern School of Business, on how to confront difficult issues including sexism, racism, inequality, and injustice so that you can make the world (and yourself) better.

—Submitted by Joan Downey

Specially created to enrich reflection and conversation about social change, this list was shared by a member of her book club.



WELCOME NEW MEMBERS!

**Kathy Mata
Bettie Spring**

Calendar

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

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

July 25 Saturday — OWL General Meeting 11-Noon *Racial Justice and Equality* (via Zoom)

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

August 22 Saturday— OWL Summer Social Meeting 11:00-12:30 (via Zoom) See details p.5

September 1 Monday — OWL Board Meeting, 4:00-5:00pm (via Zoom)

September 26 Saturday— OWL General Meeting *November Ballot Issues* (locations and time 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 –\$10.) Members receive the quarterly OWL SF Newsletter.

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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