



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

July - September 2021

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.

OWL Summer Luncheon

Come Together To Celebrate Friendship

Enjoy delicious Iraqi-Californian dishes, for both vegetarian and omnivore OWLs. Celebrate at a get-together with friends after months of take-out and Zoom.

OWL will cover the cost of lunch including appetizers, salad, main dishes, non-alcoholic drinks and tip.

Reservations are essential to pre-order the meals.
A \$10 donation is requested to defray costs of the lunch.

**When: Saturday, August 28th
11 am to 1 pm**

Where: Jannah
1775 Fulton near Masonic

RSVP requested by August 21

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

Summer Political Advocacy Report

The environment continues to be front and center for the Political Advocacy Committee since the last OWL Newsletter. On May 22, 2021, PAC hosted an OWL Membership Meeting featuring a short film by 1000 Grandmothers working to preserve the planet and a presentation by hematologist Dr. Jan Kirsch, who spoke about climate disruption and its effects on health for ourselves and others. The program resulted in an OWL Alert to members to call supervisors for their help in supporting installation of “scrubbers” at Bay Area refinery plants as well as a letter from OWL to the Bay Area Air Quality Board.

The Committee has also been part of a coalition reviewing the Development Agreement between the SF Planning Department and Sutter Health in building the new Van Ness campus and the rebuilding/restructuring of St. Luke’s Hospital. The Agreement specified goals for Medi-Cal patients and charity care. Jobs and healthcare for Tenderloin residents and community services for the Mission neighborhood were also part of the agreement. In a yearly review, a coalition interested in holding organizations accountable to the development agreement signed with the City, found that not all goals in the agreement were met. Any further action depends on review by the Planning Department, so stay tuned.

On another front, some PAC members participated the June 28 San Francisco public hearings for the City, spearheaded by Senior and Disability Action. The main “ask” focused on much needed rental subsidies. An OWL Alert was sent out focusing on 2 different kinds of subsidies, some designed to provide deeply affordable units. In the end, this effort paid off and money for subsidies will be available in the future, once again proving that advocacy works in getting much needed programs funded.

—*Melanie Grossman*



CARA Alerts

CARA (California Alliance for Retired Americans) is a coalition of many different organizations, representing community organizations and unions (usually retiree divisions). Every member of a member organization is automatically a member of CARA. There are currently over one million CARA members.

Since OWL is a member of CARA each OWL member is entitled to receive the weekly CARA “alerts”. CARA is involved in many issues from Social Security and housing to healthcare for all and long-term care support services—and more, such as climate issues. The weekly alerts keep you informed about what’s happening on many issues we care about—and tell how you can be involved.

Sign up to receive this newsletter by writing to cynthial.cara@gmail.com and asking to be added to the mailing list.

Better yet: Also join fellow San Francisco members at the CARA CAT (Community Action Team) meetings, the second Thursday of the month from 10:00 – 12:00. To receive zoom and program information, please contact Cynthia at the above email address or call 510-663-4086.

—*Kathie Piccagli*

WELCOME NEW MEMBERS!

Paula Barber
Kim Boyd Birmingham
Trudy Lionel
Shizuko Ushiyama

July Vacation

OWL will hold no meetings during July. Our summer luncheon will be held in August this year.

Board Members
Glenda Hope, President
Maxine Anderson, co-VP
Louise DiMattio
Joan Downey, Treasurer
Melanie Grossman, co-VP
Lela Harris
Margaret Lew
Sheila Malkind
Betty Traynor, Secretary

Newsletter
Margaret Lew, Editor

Political Advocacy Committee
Glenda Hope
Melanie Grossman
Co-Chairwomen

OWL SF Board meetings: first Monday of the month, 4:00-6:00 pm, 870 Market St.
Currently held on Zoom, link available on request

Phone: (415) 712-1695
Email: owlsf@owlsf.org
Web: www.owlsf.org
Mail: 870 Market St., Room 905, San Francisco, CA 94102

OWL Remembers Sy Russell



Sy Russell in December 2020, photo courtesy of Jill Russell

Sy Russell's death is an immense loss for all who knew her, for her family and for everyone who worked for the many efforts at justice and healing for all the earth. These are some memories and appreciation of Sy from her friends, old and new at OWL.

"I've always said that my greatest contribution to OWL was introducing OWL to Sy Russell. She was our office administrator and board member since 2014. She kept track of the membership list, sent out thank-you letters and welcome letters along with everything else it took to run an office efficiently. Her dedication, efficiency, and most of all, her friendship will be dearly missed."

—Joan Downey

"She will be missed for her grace, commitment to what is good in the world, and brave determination, to name only a few of her very many qualities."

—Melanie Grossman

A very special woman: kind and fierce, and lovely. So glad we OWLS had the opportunity to know her.

—Sheila Malkind

"Sy was so thoughtful and kind and such a pleasure to work with. She was always ready to help and gave so much of herself to us inspiration, ideas and just plain work."

—Margaret Lew

"My condolences to all of you who knew, loved and admired Sy. I am sorry that I did not get to know her in my short time with OWL. I do remember that she looked fantastic in her Halloween wig on Zoom. I thought, wow! Who is that fine looking woman?? Turned out to be Sy."

—Louise DiMatteo

"It's sad to be talking about Sy in the past tense, but she'll be thought of in the present. She'll be remembered for her major contributions to OWL and for her deep commitment to good causes. She was also beautiful and deeply loved by her family and wanted to protect them from the knowledge that her cancer had come back."

—Tina Martin

"Sy Russell was a wise woman, knowledgeable about many things but also wise. Sy was someone I often consulted and her responses were unfailingly thoughtful, well informed, well reasoned and compassionate. Sy was a person who could see a need and show initiative in responding to that while simultaneously being an excellent team player who was wise enough to consult others about a course of action whether that be about an individual or a public political policy. I miss her terribly."

—Glenda Hope

"Around 1990, I was introduced to Sy by a very classy older friend. A friendship spanning more than thirty years provides one with many stories of fun times and intimate details of daily life that could be shared. But, I want all to know and remember that Sy was a good and decent lady. Unlike an unfortunate large portion of humankind, she was authentic and lived above the evils of race and class. Her beautiful and sincere smile for everyone she met is forever etched in my memory. When I first met Sy I thought she was Pollyannish, but with time I realized that it was a purposeful way of living that was refreshing. Thanks dear friend for showing me the way."

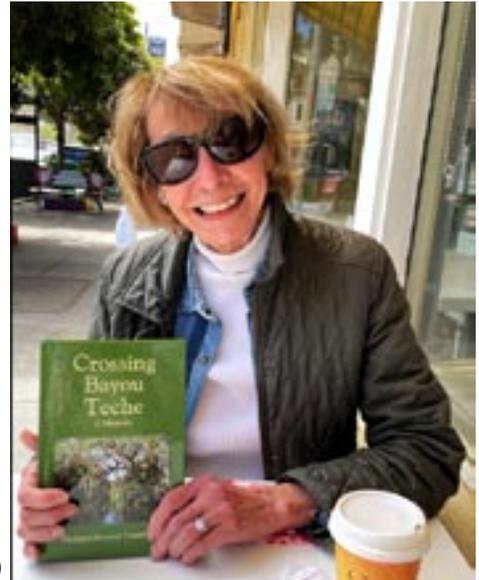
—Lela Harris

***Crossing Bayou Teche* by Melanie Durand Grossman**

The memoir *Crossing Bayou Teche* by OWL's vice-president Melanie Grossman is as charming as she is. I read it with great pleasure before OWL's June 26th meeting focusing on Melanie's memoir writing, when she read from nine chapters of her book, using photos from the book as her guide.

The cover photograph shows the Bayou Teche—a long waterway in Louisiana complete with Spanish moss—that serves as a metaphor for moving out of the small-town world where she grew up. Her second picture was of the “very cute boy” she describes meeting in her first chapter—Bill Grossman, who of course became her husband. She also read snippets from pictures titled “Crowning the Virgin,” “Family Picture,” and “Graduating Class.”

As I listened and watched, I hoped others wouldn't get the idea that Melanie just followed her man because the book reveals much more gumption in Melanie than that. Although we all could see from the photo the great appeal of her man. Giving up her dream (and that of her mother) to have a big Catholic wedding, she made a daring get-away across Bayou Teche to elope with Bill, whom she'd gotten to know during the four years between his appearance at the local swimming pool in 1960 and their marriage in 1964. The way he courted her shows that she had great allure beyond what she gives herself credit for in her memoir.



Melanie Grossman, Photo by Tina Martin

Later “crossing Bayou Teche” would mean going to India with her doctor-husband as Peace Corps staff but also asserting her will to have a “truer” experience in India than wives of Peace Corps staff sometimes had. You'll enjoy meeting Jane, a Peace Corps staff wife who took off on her own to explore and once took Melanie with her, though they didn't come back together.

Another photo shows her and a group of volunteers at a fundraiser for Network for Elders in the Bayview where she worked on a research project on healthy aging at UCSF School of Nursing and the final picture showed her as a mother.

But *Crossing Bayou Teche* is much more complex. Melanie has told her story so well that it took me back to my own Southern roots, to that era in the 1940's, 1950's and 1960's when life was slower if not fairer. Melanie writes with pained reflection of the segregation, separating her from people to whom she was, in many ways, emotionally closer than she was to her own parents. She establishes herself at once as someone who needed to explore the world, one of the reasons she was so attracted to the boy who was “from New York and—Jewish.” She was someone ready to take off, and you'll love her fantasy of being rescued by Elvis. She explores friendships with other girls, then women, and what affected them positively and adversely. One question she ponders is how much help is too much help?

She also describes parents who were emotionally distant—a mother who ran a store with more interest than she showed her children and a quiet father who preferred spending time with his wife in the store to being at home with the children. One of the strengths of Melanie's memoir is that she shows people to be many-faceted. There are no villains and no heroes—unless we count that “very cute boy” or Melanie's heroism in giving an honest rendering of a complicated life.

You can follow her from her interest in four-legged animals—her own horse and the dog that preferred someone else to its owner—to two-legged animals. You can watch Melanie as she learned to drive, commenting that riding a horse was easier; and as she was elected “Most (Virgin) Mary-Like,” figuring out which sins were the best to commit. Later, find out how pizza led to her getting a job in Social Service; what the Italian-American women talked about when the men weren't around—how a full-time man compared to one that wasn't around all the time; what her very special “madness” was in India in the 1960s; how she survived a serious illness there; how her dream of contributing to society competed with her need to be a different kind of mother from the one she had; why at one point she felt like “the invisible wife;” and how she got her Master of Social Work degree in 1980 while being a mother, wife, and intern and taking things (like the car keys) into her own hands; and how she faced problems working in the 1980s and 1990s after budgets for mental health centers had been cut.

So read this book. You'll read a special love story. You'll love the photos too!

Best of all, you'll get to know Melanie even better, and maybe you'll feel inspired to write your own story!

—**Tina Martin**

Author of the memoir *Everything I Should Have Learned I Could Have Learned in Tonga*

Death by Chocolate Cake and A Few Other Early Owl Stories

In the 1990's, three OWL's went on a vacation to Cuba. Marian, Shirley, and Mary had a great time. Mary, a very funny, irreverent, tall, and thin woman was a diabetic, but was apparently not taking her medicine. She really wanted to join the other two for a delicious looking piece of chocolate cake. So she went for it, deciding that the chocolate cake was worth it. She did, in fact, enter a coma, but recovered. It became a good laugh for the three of them and was known as the "death by chocolate cake" incident.

Millie was a diminutive woman. When she was 80, her daughter encouraged her to go back to college. She said, "oh, this is ridiculous. I will be 84 when I graduate." Her daughter said "you'll be 84 anyway." Millie went, and I remember seeing pictures of her in cap and gown, by far the most senior graduate at SF State that year.

Never judge a book by its cover. I met Celia at a small group meeting in OWL, impressed by what a retiring, mousy, little woman she was. I subsequently learned that when she was 60, her husband died. She gave away everything she owned and traveled all over the world, stopping periodically in a "youth" hostel and staying a while when she needed to earn the money to move on. She returned to SF for health reasons in her 70's.

I always remember her saying to her grandchildren, "What's Grandma's favorite word?" "FREE" they chorused. Celia believed in cryogenics, so if there's anything to it, you may meet her at a future meeting.

I was having lunch with Shirley, on returning from a trip to visit my mother. I reported that my mother was constantly saying "People live too long...etc. etc." Shirley, about the same age as my mother, said, "Oh that's too bad. I wake up every morning, thinking "I wonder what will happen today."

—*Kathie Piccagli*

Memoir Writing Help

OWL's June meeting may have inspired you to write your own memoir, here are some helps:

Gloria Garcia reminds you that the San Francisco Senior Center has equipment for people to record their own story.

E. Eastman, writer, instructor and coach to Melanie Grossman suggests these books to get you started:

My Life: A Collection of Memories by Alison Bing
Inventing the Truth: The Art and Craft of Memoir, by William Zinsser
Imaginative Writing: The Elements of Craft, by Janet Burroway
Writing Creative Nonfiction, Edited by Carolyn Forché and Philip Gerard

OWL Book Group Update

Twelve intrepid OWL readers continue to delve into the vagaries and problems associated with those who chose, for any number of reasons, to immigrate to the United States. Our volume of short stories, entitled *Immigrant Voices*, has introduced us to writers from Russia, Korea and Nigeria in the last few months. We meet on Zoom at 10:00 am on Saturday morning just prior to the OWL monthly meeting.

Our reading selections are fascinating. The other very interesting thing about our group is our use of the Shared Inquiry Method of discussion. This is a particular type of disciplined discussion and it has a few rules. First, we must read the selection completely at least once in order to participate in the discussion. It is better, and much more enjoyable, if we read the stories twice (they are not long!) The first reading is just for finding out what happens in the story. The second reading is important for the development of ideas about the characters, the plot, themes and interpretation of the author's intent when writing the story.

The second rule of Shared Inquiry is to make every effort to stay within the story and not wander off into side topics unless they are very short and very relevant to the selection we are reading. This sounds easy but people are often amazed by how difficult this is to do. This rule is especially important for our OWL group because our time together is so short. If we get side-tracked, it's frustrating for those who want to really delve into the story. Lastly, the leader is supposed to ask open-ended questions and be a kind of traffic cop so that those who haven't had a chance to speak will be able to have their voices heard, too. I will admit that occasionally I jump in and begin to participate in the discussion but I'm not supposed to. Hopefully, one day soon, one or two of our participants will volunteer to lead a selection so I can jump into the fray and join the group.

Our next story is entitled "Echo" and it is by Moroccan American author Laila Lalami. We will not meet in July (OWL is on vacation) but will resume with this story in August. Happy reading!

—*Louise DiMattio*

Keeping Your Body Agile Helps Keep Your Mind Agile

We could all feel the truth of that as Coach Kyra led us through a series of movements and stretches during the OWL meeting on April 24th. I know that as my body loosened up, muscles stretched and relaxed, joints feeling as if I had squirted oil into them, my brain fog began to lift, as well.

I especially appreciated her encouragement such as when she said: “If you can only move an inch now with this stretch it is a good start.” The metaphor she used when she spoke of “melting” gave me a mental image to use as I tried to stretch slowly and bit by bit. It helped.

She gave us a number of things we can do at almost any time of the day. Some were reminders of long known but too seldom used stretches. “Roll your shoulders forward 6 times then reverse that.” “Raise both arms overhead. Stretch the right arm up as far as you can, leaning a little to the left. Reverse that.” “Hands on your hips and roll your pelvis around and around – go the other way.” She taught us some new ones which are harder to describe. You had to be there! Hope you were.

This was followed by Sheila Malkind, a longtime OWL member, giving us a preview of the May Legacy Film Festival on Aging. She also told us a bit of the process of selecting films for this annual Festival. Films are submitted from all over the world – as many as 150 each year! They must all be viewed and a few chosen for quality and for variety. Alas, this year we must enjoy them on our computers, though the good side of that is that perhaps more of us did that and actually found it easier. We could even do some of Kyra’s stretches in between films. Information on how to connect with the Festival was sent to OWL members who are on our email list. Hope you enjoyed them.

—Glenda Hope



Memoirs: Spreading The Voices of Older Women

Older women’s voices are important. Through such voices we learn new perspectives on history and inspiring lessons from those who have been eyewitnesses to history. Without such voices, much will be forgotten and lost to future generations. Memoir writing is one way to ensure that the voices of older women will be preserved for our families, our compatriots and for the future.

Many OWL members have written their memoirs we would like to hear from all of them and give them their due. In the October-December 2020 *OWL Newsletter*, OWL member Inga Horton wrote of her experience as an immigrant from Germany to the United States. Another member, Tina Martin, is the author of *Everything I Should Have Learned I Could Have Learned in Tonga*. This whimsical and often laugh out loud funny memoir describes her experiences growing up in the South and as a Peace Corps Volunteer on the Island of Tonga in the South Pacific. It weaves together diary entries, personal essays, and a young person’s take on the history, institutions, and social mores of the time. Please share with us if you have written a memoir so we can begin to gather names of OWL members who have given voice to their experiences and their stories.

—Melanie Grossman

Meet Susan Pedrick, OWL’s New Office Administrator

My name is Susan Pedrick and I would like to offer a warm hello to everyone at OWL-SF. I am very excited to have been recently invited to fill the role of your new Office Administrator. My joy at joining your team stems from 25 years of work in nonprofits, more than 16 of which were spent as the Development Associate at The Women’s Building – where I was fond of saying, “Membership is my middle name!” I am deeply dedicated to serving members well.

I am also profoundly grateful for the opportunity to work with politically active women, with an emphasis on the older community, and wish to regale you with a story on this subject which is very dear to me. Early in my time at The Women’s Building, 1994 to be exact, I had reason to correspond with a member who had just celebrated her 80th birthday at The Building. In my letter, at some point I used the word “senior.” The member responded with a single-spaced, two-page, vehement letter including the exclamation, “I am one of a growing number of people who are reclaiming the word OLD!” I was 35 years old at the time, but I felt like I was two, and I took every syllable of that letter to heart. I have subsequently always used the “O” word, many times to the shock of people whose definition of it has myriad derogatory connotations. I say let’s take our word back, give it a definition that includes pride and admiration, and speak up when internalized ageism keeps people from hearing it in a positive tone.

The work being done through OWL could not be closer to my heart. It is truly my privilege to work with you.

OWL SF Bylaws Updated

This Spring our old bylaws were updated to reflect changes and clarify our mission. Thanks are due to Joan Downey, Lela Harris, Glenda Hope, Margaret Lew and Betty Traynor for reviewing the bylaws, researching legal details and completing the new bylaws. A digital copy is available on request to the OWL office.

The Virtual 10th Legacy Film Festival on Aging

We did it! The Legacy Festival team and I. Starting from ground zero digital experience, except for Zooming, we presented our 1st Virtual, Legacy Film Festival On Aging, (LFFOA), over 8 days, May 24 - May 31, 2021, screening more than 30 feature-length and short films from Australia, Sweden, Hungary and Cuba, and the US.

Of course, we had help. We hired a digital platform, Filmbot, a publicist, a creative designer, a tech person. All brilliant people. We were lucky. Especially after our first highly-recommended tech suddenly disappeared 'mitten drinnen' (Yiddish translation: in the middle of things)—unreachable by phone or email.

To our surprise, 400 moviegoers attended. Except for one full-length narrative from New Zealand, all films were documentaries, all were stories of elders living with courage and conviction, from events of long ago to the present, some humorous, two dance films, others more challenging subjects. Films were grouped together by themes: Adaptation; Caring; Civil Rights; Buoyancy; Fun & Games; Reframing Disability – and more.

Post-fest, we sent a survey to all 400 moviegoers: 58 responded. 80% checked Very good festival and films; 72% wished the fest was longer, ("do it over 2 weekends"); 83% navigated the online system easily; 78% had problems accessing the films, then solved problems by themselves, or emailing our techs; 20% remained frustrated.

There was feedback: Ticket prices good; Motivating, Inspiring; Great contribution to counteract stereotypes of aging; Needed more than 24 hours to watch one full program; Would have liked to engage with others on content; Missed many films because of technical issues; Would attend if either online or theater.

Would we do it online again? Maybe if half theater/half online. Money? We paid our bills, with a little left over. For more information see: <https://legacyfilmfestivalonaging.org/2021/>

—*Sheila Malkind, Founder (2011) & Director, Legacy Film Festival On Aging*



Grandmothers, Climate Disruption And Our Health

All of the above were subjects of the OWL May 22, 2021, program. It was one of the best we have ever had —inspiring, informative and instructional.

We watched a video produced by "1000 Grandmothers" right here in the Bay Area. This group of strong and determined "older women" are organized to march, vigil, risk arrest doing civil disobedience, write letters and more in response to the climate disruption we see all around us. Far from feeling defeated and depressed by knowing of assaults on our earth and air, they are invigorated by acting in concert with likeminded women who care about the planet on which we live and which we leave for our children and grandchildren. 1000 Grandmothers actions in defense of San Francisco Bay have won victories and they have sent (and are still sending) members to the Midwest to join with indigenous people battling the installation of pipelines carrying dirty tar sands across their land. You can look them up online. And you should. Did I mention "inspiring"?

This was followed by Dr. Jan Kirsch, oncologist, hematologist and specialist in environmental health issues. She spoke of the ways air pollution in the Bay Area triggers and exacerbates lung and heart



Scene from *The Euphoria of Being*.

disease, diabetes, even dementia, as well as other health problems. Dr. Kirsch is an active member of 350BayArea which you can also look up online. She said she no longer speaks of "climate change" but uses the term "climate disruption". She kept saying we must not give way to depression and despair about this number one issue facing us. There is still time! There is still time! And there are things we can all do.

Did I mention "inspiring"? That is just what it was to learn of all these women – all these "older" women - who are active and spirited in working for the preservation of the health of all of us and of our beautiful planet now. Perhaps you would choose to join with them and their actions. Be inspired!

In an email to me after our meeting, Dr. Kirsch noted: "OWL is a treasure trove of awesome women. These are the best questions I have ever gotten from any audience." I feel so grateful to the woman who long ago gifted me with a membership in OWL. A good idea for your own friends.

—*Glenda Hope*

1000 Grandmothers:
<http://www.1000grandmothers.com>
350 Bay Area:
<https://350bayarea.org>

What Are You Reading?

The Theater of War by Bryan Doerries is a fascinating story of how the author did his own translations of various Greek tragedies and asking the question, What do these plays have to say to us now? But what makes this book so interesting is the story of who the audiences were for the carefully selected plays he wanted to present—first to infantry soldiers and Marines on military bases throughout the U.S. Such plays as Sophocles' Ajax about a Greek warrior who slides into depression and rage near the end of the Trojan War after losing his close friend, Achilles. His first reading by professional actors and discussion afterwards was before an audience of Marines in San Diego and was scary as he did not know what to expect. But 20 minutes into the performance he saw a change in the audience, cell phones disappeared, everyone was leaning forward and “locked on” as he said. Some rested their heads in their hands, some gazed out, a few wiped tears from their eyes. He states, “It was as if these ancient plays had found their intended audience, almost 2500 years after they had first been performed.” Many more performances of other Greek plays before many other audiences always had a strong reaction, including readings of Aeschylus's Prometheus Bound in a prison setting and the reaction of the guards who not only heard this story of a god placed in solidarity confinement, but lived through it daily. If you take up this book you will find how these Greek plays affected so many others, with such strong, heart-wrenching reactions from the audiences and maybe from the readers too.

—*Betty Traynor*

Elderhood by Dr. Louise Aronson
My most recent and most infuriating hospital experience primed me for *Elderhood* by Dr. Louise Aronson. Anyone interested in this stage of life should study this book.

I was admitted to the hospital (for the 4th time) with internal bleeding. Unfortunately, I drew a “hospitalist” who was mired in what I later learned to call “critical pathways”—that is, the kind of thinking which is based on some “norm” (or, what Aronson dubs “Norm”, meaning an older white man) and approaches the current patient with that mindset. The third time this hospitalist started to say “we see a lot of older people who _____” I interrupted him with “never say that to me again.” I only wish I could have had more of Aronson's insights and terminology at that time. He was clearly lumping me in with “a lot of older people” rather than seeing me as a unique individual.

I am only up to page 146 of her book but have found a marvelous sentence which I pass along to our OWL readers. “...I realized that medicine doesn't just erode doctors' empathy: it brainwashes the common sense right out of us.”

She takes on medical training, health insurance (including that it does not pay for eyeglasses or hearing aids but regards these needs as “normal aging” and pays no attention to the effects the lack of these have

on some of us). These are all issues for OWL-SF to be taking on as “the voice of midlife and older women.” Read this book which is subtitled *Redefining Aging, Transforming Medicine, Reimagining Life* and be inspired anew to take action.

—*Glenda Hope*

Animal Dreams by Barbara Kingsolver
Barbara Kingsolver has a marvelous command of language which will enthrall you throughout your reading of *Animal Dreams*. In this novel, she explores the power of myth, symbols, and rituals in shaping cultures and individuals. This led me to reflect more deeply on and question what might be the myths, symbols and rituals holding sway in our own culture today. Perhaps we could use one (or more) of OWL's monthly meetings to explore this question or perhaps a smaller group might form to do that or perhaps it is more a matter for personal reflection. This would tie in well with the June meeting encouraging us to write down the wisdom of our lives so that we might pass it along lest the lived experience of what holds us together through all the change around us be lost. We have been part of such dramatic changes in our collective life. One asks: what myths, symbols rituals have held firm in a solid core, what are the ones that must be called out and released/rejected, and what are the ones still emerging. What impels us to be part of shaping and reshaping culture or keeps us back from doing that? These are not new questions but Kingsolver's now 30 year old book reawakened them in me.

There are many quotable quotes in *Animal Dreams*. Here are some from pages 298-9.

“I don't expect to see perfection before I die. What keeps you going is not some fine destination but just the road you're on and the fact you know how to drive.”

“...the very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.”

“Good things don't get lost.”

—*Glenda Hope*

How to Buy *Crossing Bayou Teche* And Donate to OWL Too

1) Write a check for \$24 made out to Older Women's League. Mail the check to OWL-SF, 870 Market St., # 905, San Francisco, CA, 94102. Include your address so a copy can be mailed to you.

2) Pay online through the OWL website at <https://www.owlsf.org> then click on Donate at the upper right corner of the home page. For more Information or or help call: 415-712-1695

[UNDATED]

A boy in a green sweater
The Taj Mahal at sunset or sunrise
A birthday cake with three candles
The boy in a striped sweater
I'M HERE.
The boy, bigger in a Giants t-shirt
Autumn leaves in Paris
(New England in October?)
Cake with ten candles, white frosting
Someone's bar mitzvah
Kid with front teeth missing
(Marco? Micah? Neighbor boy?)
the boy in the green sweater
Pere Lachaise Cemetery
(with tomb of Oscar Wilde or Jim Morrison)
Group at the Taj Mahal
(Who are these people?)
A bald-headed man painting
Statue of the Minuteman
(Maybe Lafayette)
The boy in the green sweater
BUT WHERE R U??
The roller coaster at Santa Cruz
(Cedar Point on Lake Erie? Summer of..?)
Boys in baseball uniforms squinting at the sun
Little girl at Halloween
Dressed as a princess
Or a ballerina
The boy in the green sweater.
IN MY BLUE CAR
Women in front of the Imperial War Museum
Women and men in front of the Hermitage
Couple in front of the Louvre
Tourist with a rose in front of the tomb of Oscar Wilde
or Jim Morrison

WHERE WERE WE? WHEN?

—By *Arlene Silverman*

Note from the editor:

Arlene's poem may be a hint to us to put dates and names on the backs of the photos in our collections. Use a pencil! Someone, perhaps even you, will thank you when they look at the pictures in the future.

Cleaningup? Downsizing?

Take your items to the
Community Thrift store
623 Valencia Street
(on the corner of Valencia and
Sycamore, near 17th street.)
(415)861-4910



Access the loading dock from
Mission onto Sycamore between 17th and 18th. Tell
them: ***These are for the Older Women's League of San
Francisco.*** OWL SF receives 40% of anything that sells!

Donate or Shop to Benefit OWL and Our Community

Do you know the history of Community Thrift in San Francisco? Community Thrift was founded in 1982 as a grassroots effort to raise funds for organizations focused on support and advocacy for people affected by the HIV/AIDS crisis. They have expanded to work with over 200 diverse charity partners with varied missions, from preserving the environment to empowering women and minorities, but they all work to enrich the Bay Area in a meaningful way. OWL is one of the 19 women's organizations and we benefit from every sale of donations made in our name.

Community Thrift is back to regular hours now: donations can be dropped off any day from 10am-5pm. Shopping hours are every day from 10am-7pm.

There are some restrictions on acceptable donations and it is advisable to check either their website or call before coming to drop off your items, especially for donations of furniture, media and electronics.

Acceptable donations include:

Clean, gently used adult clothing and shoes; Jewelry and Accessories; Art and Collectibles; Household Furniture; Housewares; Movies and Music; Electronics; Books. Items should be in clean and sellable condition. Some items are subject to refusal. If they must be thrown away, it will be an expense to CTS and the charities it serves. Free pick-up service is available now for large furniture donations in San Francisco! Please review the guidelines on the website.

<https://www.communitythriftsf.org>

Whether you are looking to free up some space, donate to a vital community organization or find your next conversation piece, remember Community Thrift.

Calendar

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

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

July — OWL is on Vacation No General Meeting

August 2 Monday — OWL Board Meeting, 4:00-5:00pm (via Zoom)

August 28 Saturday— OWL Summer Social: Lunch at Jannah 11:00-1:00 Details on Front Cover

September 7 Monday — OWL Board Meeting, 4:00-5:00pm (via Zoom)

September 25 Saturday— OWL General Meeting (time, topic and location 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.

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

Make a check out to and mail to:

OWL SF
870 Market Street, Room 905
San Francisco, CA 94102

OWL SF
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.

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