



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

October - December 2012

Email: owlsanfran@juno.com

OWL is the ONLY national membership organization to focus exclusively on critical issues facing women as they age. We work together to improve the status and quality of life for midlife and older women through national, state and local networks.

**OWL SF
Gray Panthers
California Alliance for Retired Americans (CARA)
and Single Payer Now**

Present:

The Future of Medicare

Bring a friend and join us for
a presentation and discussion led by

Michael Lighty,

Director of Public Policy for the California Nurses Association/
National Nurses United

Saturday, October 20th 10 AM – 12 Noon

**The Mechanics Institute, 4th Floor
57 Post Street**

All welcome
Handicap Accessible

The Mechanics Institute, 57 Post Street is two doors from the
Montgomery Street MUNI/BART station

**Older Women's League * 870 Market Street, #905, San Francisco, Ca. 94102
Phone 415-989-4422 * Web site: www.owlsf.org**

Presidential thoughts...

So Many Issuesso little time.
Wonderful Fall to everyone –

Well by now you know we have had our Issues Presentation on the 22nd co-sponsored with the Gray Panthers and CARA; that the Owls were present at the anniversary event for Occupy; that many of our members are active in the CMPC process and keeping the squeaky wheel turning. Plus making calls and sending postcards and harassing banks about foreclosures....and that was just September.

We continue to concentrate our efforts on the issues that impact the largest groups in our community while also trying to be on the spot for those critical moments, like harassing a bank auction of someone's home.

Coming up we are going to have a presentation on Medicare in October that everyone should try and attend – a great opportunity to hear the latest initiatives, ask questions and get answers.

In November we will slow down a bit and have presentations by our artistic OWLs about the careers and skills as Artists and Artisans, then in December we will have our Seasonal Event and an opportunity to bid on some of these wonderful ladies selected pieces. In January, we will honor our sisters of choice by having a presentation on Roe v Wade which will be celebrating its 40 anniversary.

Do we sound busy? You bet – now I want to take a moment to invite you to come to an event in the next few months if you haven't been recently– (there is a calendar in this newsletter) AND I want you to bring a friend. We need to grow the OWLs and to introduce the OWLs to woman of our varied communities who have yet to meet us and learn about how much this organization does for and with the community at large.

So, there are some great programs and great reasons to connect for education and for pleasure - I look forward to seeing and meeting some new faces and welcoming them to OWL.

—*Gwynne Seidell, President*



OWL SF Board Members Needed

Positions on your OWL SF Board are now open and we need you!
Contact the OWL office today to join in the planning and organization of your chapter's future.

Don't agonize, Organize!



Gwynne Seidell, President
Mary Anderton
Maxine Anderson
Robin Brasso
Melanie Grossman
Amy Hittner
Glenda Hope
Jonee Levy
Margaret Lew
Nan McGuire

Sheila Malkind
Kathie Piccagli
Eunice Rosenberg
Juliet Rothman
Ruth Strassner

Newsletter
Margaret Lew, Editor
Carole Isaacs, Assistant Editor

SF OWL Board meetings: first
Monday of the month, 4:00-6:00 pm,
870 Market St.
Phone: (415) 989-4422
Email: owlsanfran@juno.com
Web: www.owlsf.org
Mail: 870 Market St., Room 905,
San Francisco, CA 94102

Meet Gwynne Seidell, OWL SF's New President

I met Gwynne in the early nineties when she and her husband bought a house near our summer cottage in Guerneville. We hit it off right away. At the time she was doing Human Resources work for Goodwill Industries in Santa Rosa.

A few years later Gwynne took off for Europe and beyond. In Prague she taught English as a second language and coached clients in business skills. She then traveled around Europe for a while and visited a friend from Guerneville who has a house in Tresilico, Italy. (I bet you've never heard of it. I hadn't.) She worked briefly in India, with a family foundation seeking to establish a university. Returning to the states, she became HR Director for Royal Caribbean Cruise Line and then for the Ocean Edge Resort and Golf Club in Chatham on the eastern end of Cape Cod.

When she returned to the Bay Area and settled in San Francisco needless to say I was very excited by this turn of events. She accepted a position as Human Resources Director at Larkin Street Youth Authority, a well-established, highly respected non profit in San Francisco that serves the needs of troubled youth at fifteen locations throughout the City. At one of our first lunches she asked me about OWL and then came to three programs in the spring, joining at the first program. Over another lunch I asked her if she would like to become President of OWL, never dreaming she would have the time with her new job. (Sometimes I'm very bold.) Gwynne asked what being president would entail.

At the June OWL board meeting, I told members of her possible interest. They suggested I invite her to our next board meeting. She came and soon after she agreed to become President. We were all pleased to welcome her to the board. If you haven't met her personally, do come to the next meeting. You are in for a treat.

—*Nan McGuire*

WELCOME NEW MEMBERS!

**Margaret Benelli
Anne Grauzlis
Kathi Malone
Betty Traynor**

Our Changing Relationships with OWL National and OWL California

Most of you have received the letter from OWL National with a ballot for the election of new National board members. The letter outlined a new direction OWL National is anticipating. The letter was short on facts and long on rhetoric, however, it points out that OWL National thinks it can better serve its base of midlife and older women by becoming a national organization only, without chapters. It intends to revise its bylaws accordingly, and I believe that we, the current members, will be asked to vote on them.

While OWL National has requested member feedback, I think the "die is cast." In the last few years OWL National has discontinued the primary financial arrangement binding us: throughout our history they have filed 501(c)(3) non-profit tax returns both for themselves and their affiliated chapters. Several years ago, they discontinued filing for the chapters. They neglected to notify us of this and we discovered the omission only when we received notification from the IRS. We are now in the process of filing for independent non-profit, tax exempt status.

It is not yet clear what the new relationship between OWL National and our chapter will be. We anticipate continuing with the same local organization and activities we have always had. We hope all of our members will continue to be OWL National members when we submit a membership contribution to OWL National for each of them as we have in the past.

OWL-CA

Meanwhile, there is also a changing relationship with OWL California. OWL-CA has existed to educate and advocate about state issues and to coordinate the chapters in the state. It was financially supported by dues from each member in the state. In fact, our advocates in Sacramento are no longer active, the number of chapters in California has drastically decreased, and OWL-CA has closed its office in Sacramento. The future of the organization is unclear although some members are interested in continuing OWL-CA as an informal network among the remaining chapters. The Board of OWL SF has voted to suspend our membership in OWL-CA, and we are waiting to decide what we should do.

Note: Some members did not receive the letter from OWL National, presumably due to errors in OWL National's membership list. Please contact the OWL SF office for a copy or see the OWL National web page for more information.

—*Kathie Piccagli*

OWL National web site: <http://www.owl-national.org/>

Political Advocacy •

2012 Fall Ballot Round-Up

The 2012 Fall Ballot Round-Up meeting was presented by the Political Advocacy Committee on September 22nd in the Hispanic room of the Main San Francisco Public Library. This year “Taxes and Finances” was the theme, since impending budget cuts to senior services significantly affect older people, particularly older women.

State Initiatives

This year’s meeting began with Lenny Goldberg, Executive Director of the California Tax Reform Association, presenting an overview of the 3 selected State of California propositions:

Prop. 30, Temporary Taxes to Fund Education & Guaranteed Local Public Safety Funding—Proponent Brannin Dorsey, current President of the Fremont Unified District Teachers Association, spoke for Prop. 30.

Prop. 38, Tax to Fund Education and Early Childhood Programs—Proponent Mary T. Hernandez, former SFUSD Board Member, spoke for Prop. 38.

Prop. 39, **Tax Treatment for Multistate Businesses**— Proponent Lenny Goldberg spoke for Prop. 39.

Local Initiatives

For local SF ballot measures a “for and against” format was adopted:

Prop. A, City College Parcel Tax—Proponent Angela Thompson spoke for Prop. A. Bill Bowen from the SF Republican Party spoke against Prop. A

Prop. E, Gross Receipts Tax on Businesses—Proponent Ken Koffman spoke for Prop. E. Marcy Berry from the Libertarian Party spoke against Prop. E.

October Membership Meeting: Medicare

Medicare will be the topic of the next OWL membership meeting. Thanks to OWL member Michael Lyon we are pleased to report that our speaker will be Michael Lighty, Director of Public Policy for the California Nurses Association. See notice on the cover of this newsletter for details regarding date, time and place.

CPMC

Although it’s been quiet on the California Pacific Medical Center front since the Board of Supervisors hearing was postponed to November 20th, there has been a lot of behind the scenes work going on by community groups, especially Cathedral Hill Neighbors. CPMC has finally agreed to accept a mediator to work with the Mayor’s Office and the Board of Supervisors to resolve major outstanding issues before November 20th. A broad-based community meeting will be organized for October to update all parties and to develop a coordinated response as the November hearing date approaches. Important questions, especially whether an alteration in CPMC’s plan removes their exemption from the 2013 Master Plan and what the impact of CPMC’s historically high rates will cost the City in terms of health insurance for City employees, remain unanswered.

In the meantime, Co-Chair of the Political Advocacy Committee, Rev. Glenda Hope is requesting OWL members to write letters to Supervisors Farrell, Weiner, Chu and Elsbernd strongly suggesting that any CPMC proposal be put off until it can be included in the 2013 SF Master Health Plan. Contact Glenda for talking points for letters to Supervisors.

—*Melanie Grossman*

Links

For more on Proposition 30:

<http://vig.cdn.sos.ca.gov/2012/general/pdf/30-title-sum-analysis.pdf>

For more on Proposition 38:

<http://vig.cdn.sos.ca.gov/2012/general/pdf/38-title-sum-analysis.pdf>



Top, left to right: Mary T. Hernandez, Brannin Dorsey, Lenny Goldberg.



Bottom, Angela Thompson, Ken Koffman, Marcy Berry, Bill Bowen. Photos by Sheila Malkind.

OWL Joins Rally to Publicize Foreclosure Eviction Scandal

On Monday, September 17th, a rally/press conference was held at the War Memorial Building at 401 Van Ness with vets and seniors center stage. Organized by the Alliance of Californians for Community Empowerment (ACCE), Occupy Bernal & Occupy Noe; representatives from Senior & Disability Action, the Gray Panthers, veterans groups, Wild Old Women, OWL-SF and others marked the first anniversary of the national Occupy movement.

A large group gathered to call attention to the staggering number of seniors and military veterans who have lost their homes in the foreclosure/eviction scandal which has swept our country and forced 1.5 million seniors nationwide onto the streets in the past 4 years. Many of these seniors are also veterans. This scandalous situation was set in motion when regulations on financial institutions were eliminated, allowing them to grow too big (and too multi-faceted) to fail.

Melanie Grossman, Nan McGuire, and Glenda Hope proudly held up the Older Women's League of San Francisco banner which attracted many cameras. How appropriate it was for OWL-SF to be represented so graphically in this particular rally! Holding our banner, they joined the group marching to Chase Bank chanting "they got bailed out, we got sold out."

Demands presented by ACCE, Occupy Bernal and Occupy Noe to mitigate effects of the foreclosure crisis on vulnerable borrowers were:

- 1) Mortgage lenders accept responsibility for their role in the foreclosure crisis; guarantee that seniors, veterans, and disabled people stay in their homes, provide affordable loan modification, special principal and interest reduction, longer loan terms, forgiveness of fees, penalties, and deferred interest—that is, whatever it takes to affordably keep them in their homes.
- 2) Local state and federal governments pass Senior, Veteran, and Disabled People Home Preservation laws to guarantee they can afford to stay in their homes.
- 3) President Obama and his administration use their executive power to guarantee that those people in foreclosure can afford to stay in their homes.

—*Glenda Hope*

Silver Ribbon—Trust Women Plans for 40th Anniversary of Roe Vs. Wade

I was on a conference call yesterday with Ellen Shaffer (Silver Ribbon—Trust Women), Kathy Piccagli (OWL), and several others discussing plans for January 26, 2013, the 40th anniversary of Roe vs Wade. We know that it's early and we have an extremely important election coming up in November but it's also a crucial election for women's rights. Ellen is planning to put up the Silver Ribbon—Trust Women banners again on Market Street. She's also planning for a march and a rally on January 26th the 40th anniversary of Roe. A huge turnout is needed for that day so we are going to need all of us working together to make that happen. We know that the anti-choice people will be out in force as well so we need to show that our numbers are greater and our voices louder. We hope that you will start thinking about how you and your organizations can help. It's never too early to start thinking about it. Please feel free to contact me with thoughts and ideas of smaller events that can be held prior to the 26th. We need those with technology and graphic skills, PR and marketing and any other skills you or your friends or family might have to help out! Even if you can't do any of those things you can just show up and march with us!! robinbrasso@yahoo.com

OWL is having an event on Saturday the 19th of January from 10:00 to Noon. Our guest speaker will be Ellen Shaffer speaking about the Affordable Care Act, Medicare and Women's Health.

—*Robin Brasso*



Melanie Grossman, Nan McGuire and Glenda Hope raise the OWL banner. Photo, Adrienne Fong.

CARA's first Regional Convention

CARA held this year's regional convention on September 20th in Burlingame. This was Cara's first regional convention for Northern California. Until this year CARA has held an annual state-wide convention. Now CARA is trying out a new system – a statewide convention every other year, with regional conventions held in the off-years.

The turn-out alone indicated that this format was popular – shorter, closer to home, and less expensive. I'm not an experienced crowd size estimator, but I would guess there was an attendance of around 200. The morning focused on CARA's priority legislative issues, with experts explaining why CARA advocates a "yes" vote on Prop 30 and "no" votes on Props 31, 32, and 33.

In the afternoon there was information about "aging with dignity in our communities," with time for discussion at each table. This is a topic of enormous interest to seniors and CARA wants to stay in the forefront advocating for the programs we WANT. Choice is the first priority.

Please visit the following website to see CARA's ballot recommendations on state propositions:

http://www.californiaalliance.org/pdf/3095.2012_CARA_ballot_measure_positions.pdf

—*Kathie Piccagli*

League of Women Voters Recommendations for California Propositions

The League of Women Voters recommends the following for California Propositions affecting midlife and older women and their communities.

Prop 30 — Schools and Local Public Safety Protection Act –YES

Prop 32 — Special Exemptions – NO

Prop 34 — SAFE California Act - YES

To see LWV's complete analyses and recommendations on California State Ballot Propositions visit their web page: <http://ca.lwv.org/action/prop1211/2012-11%20The%20League%20Recommends%20color.pdf>

OWL PEER GROUP NEWS

For the month of October the OWL Peer Group will depart from the usual protocol and invite the entire OWL membership to participate in a special Peer Group meeting on October 15th. This meeting will feature author Ruth Nemzoff who will discuss her books and lead a discussion on communicating with our adult children and extended family. Feel free to invite your grown children. Dr. Nemzoff has practical advice for them as well.

TOPIC OF THE MONTH:

Family Dynamics

Speaker: Ruth Nemzoff, Ed.D.

Dr. Nemzoff has four adult children and is a popular speaker on the topic of parenting adult children and family dynamics. She is a resident scholar

at Brandeis University's Women's Studies Research Center and nationally known author of two books:

Don't Roll Your Eyes: Making In-Laws into Family and *Don't Bite Your Tongue: How to Foster Rewarding Relationships with Your Adult Children*



Monday, October 15, 3:00 to 5:00pm
Flood Building, 870 Market Street, Room 1185
No charge — registration required

As an expert in family dynamics, Dr. Nemzoff is not afraid to tackle any issue. Her remarks may include: remaining positively connected with the adult children you have worked so hard to raise; getting along with in-laws from different cultures, religions, or politics; understanding and correcting relationship missteps; managing differing parenting philosophies; problems around babysitting; when grandparents should intervene in the parenting of their grandchildren, and others. Feel free to bring up individual situations.

More information about our speaker: Ruth Nemzoff, Ed.D. Dr. Nemzoff is a resident scholar at Brandeis University and holds a doctorate in social policy from Harvard University. She has served three terms in the New Hampshire Legislature and was New Hampshire Deputy Commissioner of Health and Welfare. She lectures on parenting adult children, relationships, and family dynamics, and is the mother of four adult children, four in-law children and grandmother of seven. Dr. Nemzoff lives in Brookline, MA with her husband Harris Berman, Dean of Tufts University School of Medicine. Visit her website for more: www.ruthzemnoff.com.

Her books will be available for purchase at the meeting.

—*Melanie Grossman*

In My Opinion. . .

To: My OWL Sisters
From: Amy Hittner
Re: My unpublished Letter to the Editor at the SF Chronicle

I wrote the letter below on January 25, after learning that CPMC planned to eliminate the Phase III maintenance portion of their Cardiac Rehab program after 30 years. It was closed down on August 31, 2012 with the program director of 20 years being told that she was laid off, given 15 minutes to clear her desk, and escorted off the premises. Kudos again to my faithful OWL sisters who continue to seek justice in the Sutter Health conglomerate.

P.S. Others in the program also wrote letters to the editor that were not published either--who owns whom?

To Whom it May Concern:

The Cardiac Rehabilitation Program at CPMC is a medically supervised program that helps improve the health and well being of people with heart related health issues. For seven years I have been a paid member of the Phase III exercise and nutrition program, along with many others, who have exercised together, 2 to 3 days a week, for up to 15 years. The dedicated staff of health professionals cares about the health and well being of each one of us. It is a first class mode of a Community of Caring. And after many years of service to the San Francisco community, it will be gone on Friday, August 31. CPMC's decision to close down this Phase III portion of the program is the height of hypocrisy. Therefore their motto must change—From: HANDS on HEALING

To: HANDS on MONEY

—*Amy Hittner*

Phyl Smith

OWLs who remember Phyl Smith will be saddened to know that she has passed away. Her obituary was published in the San Francisco Chronicle on August 5, 2012.

Phyllis M. Smith, January 28, 1925 to July 5, 2012, resident of San Francisco from 1976-2010, passed away in Seattle, Washington. She was very active in the Sierra Club, Older Women's League, and OLLI. She owned her design business, Working Spaces, successfully for many years. She is survived by a daughter, Jann Smith of Aiken, SC; a son, Mark Smithsund (Marti) of Seattle, and a grandson, Brady Smithsund also of Seattle and a sister, Kay Burnett of Easthampton, MA. A memorial will be held in SF at a later date.

Save the Date Celebrating OWL Artists OWL Membership Meeting November 17, 2012, 10AM - Noon Flood Building, Room 1185

Did you know that creative talent abounds among our OWL members? Join us on Saturday, November 17th to admire their work, and learn about their journeys through their worlds of art. Each artist will bring examples of their art or creative endeavor and share some anecdotes about how they were drawn to their particular form of artistic work. I think we will all be interested in finding out what their artistic future holds as well. Participants include:

Delores Casey Kepplin, a versatile artist who is now involved in painting European castles.

Margaret Lew, who will describe her passion for miniatures, show some examples of miniature needlework including quilts and tell how it has broadened her life through new friends and new skills.

Sheila Malkind, the field of Aging is one of her many passions; films about Aging is another. She is the founding director of the Legacy Film Festival on Aging in San Francisco, going into its fourth year. She will present a short documentary film about a 105-year-old French-Canadian woman as she goes about her daily routine, ruminating on life with humor and wisdom. In French, with English subtitles. (13 minutes).

Arlene Silverman, (see her poem on page 9)

Ruth Strasser, a well-known ceramicist who has shown her work at her studio for many years.

This will be a very special event for all of us to enjoy. We also hope that at our December 8, 2012 holiday celebration, our artists will offer some of their beautiful artworks for sale.

Why not a gift membership in OWL San Francisco!

Invite a friend to join OWL with a gift membership. Annual dues of \$50 are recommended but OWL has established a sliding scale for annual dues from \$50 to \$5.

Just send your check for dues to: OWL SF,
870 Market St., Room 905, San Francisco, CA 94102

Include your friend's name, address and phone number and email address.
OWL will send her a welcoming letter and a brochure!

A Lovely Afternoon OWL's July Potluck

About a dozen OWL SF members met at the lovely home of our sister member Mattie Alperton in the Richmond District for our annual potluck party and conversation.

Over a delicious lunch composed of the plenitude of dishes prepared by us all (ok, I just brought a pack of strawberries that someone kindly hulled when I wasn't looking—that's what our OWLS would do), we had the opportunity to get reacquainted with members in an informal setting, and to meet and greet our newest member, a recently retired psychiatric social worker. As a special treat, our gracious hostess gave an entertaining talk on how she and her husband had acquired their fascinating African sculptures and American folk art.

If any other OWL members would like to volunteer their homes for a few hours of social conversation and refreshments, please contact the OWL office.

—*Sheila Malkind*

Breathing and Balance: Tai Chi

A well-balanced life is important to me, and to improve my physical balance I recently began classes in Tai Chi. Classes are held on Wednesday evening from 7 to 9 at the Richmond Village Beacon Neighborhood Center near my home and are open to all on a drop in basis, free of charge. This form of exercise involves the whole body and, I have discovered, the mind, as we learn proper breathing, controlled movement, balance and philosophy too. The optimism of our instructor and the camaraderie of the participants helps reduce any stress involved in the learning curve and I look forward to Wednesday evenings and mastering the next step!

Monday through Thursday evenings, the Richmond Beacon center offers Yoga, both Cardio Yoga and Breathing/Relaxation Yoga; Zumba – dance and exercise to music; Ballroom Dance and less physical classes in basic computer skills, knitting and English (ESL). Classes for the current session run from August 20th to December 6th. If you are interested, explore the possibilities at the Beacon Centers located in public schools throughout San Francisco: <http://www.sfbeacon.org/BeaconCenters/>

—*Margaret Lew*



Mattie Alperton explains American folk art. Photo by Sheila Malkind.

Resources for OWLs Internet and More:

Alliance for Retired Americans

<http://www.retiredamericans.org/>

The Alliance for Retired Americans' primary objective is to enroll and mobilize retired union members and other seniors and community activists into a nationwide grassroots movement advocating a progressive political and social agenda that respects work and strengthens families.

California Clean Money Campaign

<http://www.caclean.org/>

The California Clean Money Campaign has re-introduced a bill that will change the game: AB 1648, the California Disclose Act - to force political advertisers to disclose who really pays for political ads - on the ads themselves!

National Committee to Preserve Social Security and Medicare

<http://www.ncpssm.org/entitledtoknow/>

The NCPSSM seeks to protect, preserve, promote, and ensure the financial security, health, and the well being of current and future generations of maturing Americans.

Community Living Campaign

<http://www.sfcommunityliving.org>

blog: sfhealthyaging.org

(415)821-1003

Too many people are isolated and fearful. Together we can change this. Get to know your neighbors, share what you have, ask for help when you need it, learn something new everyday, barter your skills, believe that change is possible. Visit the website or contact CLC to join.

The Friendship Line

<http://www.IOAging.org>

(800)971-0016

A caring response to older adults in need. It is part of the Center for Elderly Suicide Prevention that provides support to at-risk seniors, family members and their advocates 24 hours a day, 365 days a year. Volunteers are needed too, for information call (415)750-4111 x233 or e-mail.

Foothill College, Gerontology Program

<http://www.foothill.edu/aging>

(650)949-7332

Earn a certificate in Gerontology or take courses for continuing education units for licensed clinical social workers, marriage and family therapists and registered nurses.

Senior Action Network

www.sfsan.org

Visit their web page for information on upcoming meetings and actions.

According to the Latest Research...

Take calcium, we are told.
May build our bones a zillion-fold

Don't take calcium, say the "facts."
Increases the chance of heart attacks.

Drink red wine, the experts mention.
Helps to lower hypertension.

Don't drink red wine, (the word has spread).
Causes pain around the head.

Want a dose of antioxidants?
Put some nuts in your purse or pants.

But not too many, the lab guys shout
The calorie count may make you stout.

Eat lots of berries, nutritionists agree.
Way to get your Vitamin C.

Careful with berries, an article chides.
Some are sprayed with insecticides.

Enjoy dark chocolate, researchers show.
Helps to make your pressure low.

Avoid dark chocolate, studies cry.
Its sugar count is much too high.

So how is one to extend one's days?
Follow the studies that make us berserk?
Go along with the latest craze?
Probably not. It's too much work.
—*Arlene Silverman*

Save the Date! Annual Holiday Party Saturday, December 8, 2012, 11 AM - 2 PM Flood Building, Room 1185

OWL's annual Holiday Party festivities will be held this year at the Flood Building office at 870 Market Street, Room 1185. A short business meeting will also be held for election of board members.

This is a great opportunity to celebrate each other, share delicious food and engage in stimulating conversation. Last year we did Line Dancing headed by our own Melanie Grossman which was a lot of fun. And this year we will have another have a little surprise— or two—yet again!

Logistics: Please bring a prepared dish for six people and a drink for yourself; OWL will provide coffee. Join us to celebrate another year together.

Space is limited to the first 25 people.
Call 415-989-4422 or e mail owlsanfran@juno.com to reserve, as soon as possible. We will return your call.

Calendar

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

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

October 11 Thursday — **Senior Action Network Meeting**, Unitarian Universalist Church 1187 Franklin at Geary, 9:00am Lunch at Noon, (*topic: Meet the Candidates for Districts 1 and 5*)

October 15 Monday — **OWL Peer Group Meeting**, 870 Market, room 1185, 3:00-5:00pm
(*see page 6 for details*)

October 20 Saturday — **OWL General Meeting**, Mechanics Institute, 10:00-Noon
(*see cover page for details*)

November 5 Monday — **OWL Board Meeting**, 870 Market, room 1185, 4:00-6:00pm

November 17 Saturday — **OWL General Meeting**, 870 Market (room 1185) 10:00-Noon
(*see page 7 for details*)

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

December 8 Saturday — **OWL Holiday Party & General Meeting**, 870 Market, room 1185, 11:00-2:00pm
(*see page 9 for details*)

January 19 Saturday — **OWL General Meeting**, (*topic: Affordable Care Act, Medicare and Women's Health*), 10:00-Noon (*see page 5 for details*)

YES! I WANT TO JOIN OWL!

NAME: _____

ADDRESS: _____

City State ZIP

TELEPHONE: _____

E-MAIL: _____

Annual dues of \$50 are recommended: When you pay dues to the San Francisco Chapter, you automatically become a member at all levels –National, California and San Francisco. (If you are unable to pay the recommended amount, OWL has established a sliding fee scale from \$50 –\$5.) Members receive SF OWL quarterly, OWL CA quarterly and National OWL Observer quarterly newsletters.

Make a check out to and mail to:
OWL, SF Chapter
870 Market Street, Room 905
San Francisco, CA 94102

OWL
San Francisco Chapter
870 Market Street, #905
San Francisco, CA 94102

The Founding of OWL

OWL was born in 1980 in Des Moines, Iowa, during one of the pre-conferences held around the county in preparation for the third White House Conference on Aging, which was held in 1981 in Washington, DC. At the pre-conference in Des Moines, TISH SOMMERS noted that little attention was being paid to the ways in which aging was different for women. She called for a special “ad hoc” meeting to discuss this concern. OWL has been a voice for the special concerns of midlife and older women ever since.

Comments or questions? Please contact the SF OWL Office at (415) 989-4422; FAX: (415) 989-4050; e-mail: owlsanfran@juno.com
Office hours: Monday 12:00 noon to 2:30 p.m.

The date on your mailing label is the date your membership expires.