The voice of mid-life and older women

NEWSLETTER

San Francisco

October - December 2025

OWL–SF focuses exclusively on critical issues facing women as they age. We work together to improve the status and quality of life for midlife and older women through national, state and local networks.

OWL-SF presents

The Power Belongs To The People!

After No Kings Day: What's Next?

Saturday, October 25
11:00 AM — 12:30 PM
Rhoda Goldman Plaza Community Room
2180 Post Street at Scott

- What's at stake for Older Women and other seniors?
- What can we do besides marching and rallying?
- How can we choose which struggles to focus on?
- What are some strategies for self care and staying engaged when the injustices become overwhelming?

Please RSVP by Tuesday, October 22 to: info@owlsf.org or (415) 712-1695.

Directions: Post Street is one block north of Geary Boulevard; Scott is one block east of Divisadero. Accessible within two blocks by Muni Lines 2, 22, 24 and 38. Street parking within two blocks is reasonably easy.

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

PAC Report

Since 2022, OWL's Political Advocacy Committee has participated in many battles to reopen Laguna Honda Hospital and Rehabilitation Center (LHH) after decertification by the Centers for Medicare and Medicaid Services (CMS). Despite Laguna Honda's exemplary record during the COVID epidemic, the hospital was cited for several health and safety issues and its certification by CMS was withdrawn. Decertification meant closure for this venerable San Francisco skilled nursing care and rehabilitation facility. Thus, an important resource was no longer available to older San Franciscans, and especially older women who traditionally represented more than half of the patient census there. Organizations like Grey Panthers, Senior and Disability Action, Older Women's League, and many others sprang into action to support LHH and to fight for recertification and the reopening of LHH to patients needing services.

During this decertification process, 120 LHH beds were eliminated because of a relatively recent CMS ruling specifying a limit of two patients per bathroom in rehabilitation and other health care facilities. Another important issue was San Francisco General Hospital's inappropriate discharges to LHH of patients needing specialized services, such as mental health and drug and alcohol rehabilitation which put other patients and staff at risk. After most of these issues were addressed, LHH was at last recertified and reopened, though the patient/bathroom issue remained, with the understanding that it would be addressed later by the City Attorney and Public Health Department.

On July 14 of this year, the City Attorney and Public Health Department informed the public they had decided not to pursue the reactivation of the 120 beds closed by CMS during the recertification process. This decision means that the unoccupied 120 beds will remain empty indefinitely and that people in need of skilled nursing care will be shipped out of county for care, separated from family, friends, and community. The loss of these beds represents a significant loss of resources for San Francisco's elderly who have relied on it for generations. No doubt, OWL and other organizations advocating for older San Franciscans will continue to monitor this situation closely and will also continue to address the scarcity of skilled nursing beds for its older

Sharon Christen of Mercy Housing spoke to the Committee at its September meeting. She announced that a senior housing project is being planned for the Laguna Honda property, though only patients from LHH who are able to qualify for independent living will be eligible. Ms. Christen described the project as a low-income housing facility which will be available to all eligible older San Franciscans. The project is still in its planning stages, and so the speaker was interested in hearing feedback from our group on senior housing needs.

Finally, the Committee took up the issue of endorsing Proposition 50 which proposes temporary redistricting in California and which will appear on the upcoming ballot. In keeping with our longstanding tradition of not endorsing candidates, the Committee voted to extend that policy to Prop. 50, and not endorse. Instead, OWL will send out timely information covering "for and against" arguments so that members can decide for themselves on this issue when they vote in November.

Prior to the closing of the meeting, the current Chair of the Committee announced that she is stepping down because of recent health issues. A new chair will be selected soon. Special thanks to Committee Member, Lela Harris who has filled in magnificently in the meantime!

—Submitted by Melanie Grossman

Keep going. Tyranny is eroded by a sea of small acts. Everything matters.
—Alexandria Ocasio-Cortez, US Congress member

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Glenda Hope
Margaret Lew
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Newsletter
Margaret Lew, Editor

Political Advocacy Committee
Glenda Hope
Lela Harris
Co-Chairwomen

OWL-SF Board meetings: first Monday of the month, 4:00-5:00 pm, Zoom link available on request

Phone: (415) 712-1695
Email: info@owlsf.org
Web: www.owlsf.org
Mail: Post Office Box 170622, San Francisco, CA 94117

Help Cara Continue the Fight for Senior Rights!

California Alliance for Retired Americans (CARA) needs you on their Phone Bank. Ballots have arrived in the mail. Now more than ever, we need your help in talking to your fellow seniors. We will continue calling until Victory Day on November 4th.

What is Proposition 50? Supporting Prop 50 ensures that: Districts remain competitive and fair, preserving representation for seniors. Lawmakers are more accountable and less able to gerrymander in ways that silence senior-friendly voices. The independent Citizens Redistricting Commission's role is reinstated after 2030.

Join Our Prop 50 Phone-Bank CARA has scheduled every Monday, 12:00 pm to 2:00 pm. Other shifts are also available 6 days a week. Make phone calls to persuade your fellow Californians to vote yes on Prop 50. Training and scripts are provided. United outreach amplifies our voices and secures seniors' interests. All you need: Computer, an internet connection, a quiet space, and the drive to help save our democracy. Sign up for the Monday phone-bank (https://forms.gle/XuktR5ywQWRyXyve8) Let's make the phone ring for seniors, for democracy, for Prop 50!

Contact CARA
P.O. Box 23754, Oakland, CA 94623
Phone: 510-663-4086
www.californiaalliance.org

Our Votes Are Our Voices

Speak up in the November 4, 2025 California Special Election!

Important dates and protocol:

• The last day to register to vote is October 20, 2025.

• You can "conditionally" register and vote at your county elections office after the 15-day voter registration deadline.

• Your county elections office will begin mailing ballots by October 6, 2025.

• Ballot drop-off locations open on October 7, 2025.

• Vote-by-mail ballots can be returned by mail, at a drop-off location, or your county elections office.

• Vote centers open for early in-person voting in all Voter's Choice Act counties beginning on October 25, 2025.

• Vote-by-mail ballots must be postmarked on or before Election Day and received by November 12, 2025.

Good News! AB470 is Dead

OWL took part in defeating this bill, joining with CARA and other partners. A meaningful win for all Californians, especially seniors and most vulnerable communities, AB 470, which proposed to allow major telephone providers to abandon their Carrier of Last Resort (COLR) obligations in certain areas, was defeated in the State Senate on August 29th.

COLR obligations ensure that telephone service is available to every household, critical during emergencies, power outages, or natural disasters. The defeat of AB 470 safeguards this essential safety net. Without COLR rules, many remote or low-income areas could be left without reliable phone service. The COLR framework ensures, among other things, affordable communication options and safeguards for Lifeline subscribers, who often include retirees on fixed incomes. The defeat of AB 470 helps protect affordability and equitable access. CARA stands proud that Californians in all corners, from urban neighborhoods to rural towns, still have a fallback plan in place.

Restoring Public Financing of California Political Campaigns

SB 42 lifts California's outdated ban on public financing of campaigns. It was signed by Governor Newsome on October 2nd and the measure will be put on the November 2026 ballot.

The Political Reform Act of 1974 banned public campaign finance in California in order to clean up election spending. However, today—because of that ban—big money in politics is drowning out voters. Mega-donors and corporate-funded independent expenditures are dominating our elections.

Restoring public financing of campaigns will amplify the voices of small donors, lower barriers to running for office, and restore trust by reducing the stranglehold of wealthy special interests on our political system.

Save the Date

OWL-SF

December Holiday Luncheon
December 6th
11:00am – 2:00pm

Catered by Savor

Waller Center
1525 Waller Street
Between Belvedere and Clayton Streets

details on location and RSVP to come

Never Think It Can't Happen to You

In 1981, the Union of Women in Chile contacted a "free Chile" group with which I was doing a bit of volunteer work, asking that we send "two religious women" to join them in celebration of International Women's Day. I confess I knew very little about Chile until a friend asked me to join this little San Francisco group, explaining that Chile had been the second oldest continuous democracy in the world until a violent military coup d'etat in 1973 culminated in the assassination of the elected President, Salvador Allende.

Chile had a marvelous system of public education with a higher literacy rate than the United States. Chile had the best system of universal health care of any country in the world. Who knew? Not I.

A major resource, copper mines, was being exploited by outside powers until Allende moved to nationalize them, taking control of Chile's copper for the benefit of the Chilean people as part of his moving toward a mixed socialist/capitalist economy. This very idea incurred the enmity of those in power in North America. I encourage you to look up "Chile coup d'etat 1973" to read the history including the involvement of President Nixon and Henry Kissinger, as briefly outlined. Too much for this article.

Gen. Augusto Pinochet was installed with dictatorial powers. He cancelled the economic measures Allende had instituted in favor of Friedman's "trickle down" policies heavily favoring the wealthy.

Books were banned from libraries and schools. Reporters were censored, threatened, jailed and replaced with others "loyal" to the government. Soldiers patrolled the streets and rode the buses with their weapons displayed and masks hiding their faces. People were ripped from their homes, workplaces, shops, the streets and more—many disappeared. Where were they? Families torn apart. University professors arrested. One prominent scholar had died in police custody just before Sr. Jean and I arrived. Dissent was banned. Artists were strictly regulated as to content. No mention of the arrested, tortured, executed or disappeared was allowed. (The most powerful artistic statement I have ever seen was 4 couples performing a traditional dance with only 4 women on stage each with a spotlight as a partner.)

You get the picture. Yet we also met courageous people defying the tyrant and the cruelty. Some were middle-aged women like us, dear OWL, who stood up for justice even though they bore the marks of torture on and in their bodies. Forming food and sewing co-ops in shantytowns. Tutoring children now excluded from school because they could not afford the required uniforms. A priest who had been tortured and stripped of his powers for "teaching a theology that would lead people to resist the government" and a Presbyterian pastor who had suffered the same fate. Both found ways, as did many others both ordained and laypeople, to work among the poor and minister to them spiritually, risking being labeled "communist" and enemies of the state.

As we observed a sort of flash mob peaceful demonstration, a young woman ran by me chased by an officer with raised baton. I snapped a photo and instantly hands closed on my arm. A moment of sheer terror. But Chilean government wanted no issues with Ronald Reagan who was Pinochet's friend and when our host screamed "Turista. Los Estados Unidas" I was released—unlike the Chileans.

It was a life changing experience for both of us. The voices of our new Chilean friends still sound in my head: "We never thought this could happen to us. Don't think it can't happen to you. Be vigilant."

—Glenda Hope

WELCOME NEW MEMBERS!

Marilyn Boxer
Jeanette Held
Elizabeth Mufti
Ginny Pizzardi
Rose Marie Shishkin
Paula Tint
Lee Triplett

Left to Right: Patti Spaniak, Joan Downey and Glenda Hope. SF Community Living Campaign honored Glenda Hope with the Norma Satton Community Service Innovation Award on September 25, 2025.
Photo by Tina Martin

80 Letters for 80 Years

When I turned 40, I had a decade party and continued that tradition for every decade after that. But as I turn 80 this year, I feel like something quieter and more contemplative, so I plan to write 80 letters to people or entities that have "enriched" my life. These I'm writing not just to thank people; some of the people I'm writing to are dead. I do want to thank the living, but in every case, the letter-writing is a chance to reflect on my life and all that have impacted it in a very positive way.

There are so many people in OWL who qualify that I'm writing to you as a group. As I've recounted more than once, I first became acquainted with OWL at the SF Public Library, when I was attending a "Reframing Aging" workshop designed "to raise awareness of ageism and dispel negative stereotypes." Members of OWL did role play, and I was so impressed by your wit, liveliness, and intelligence that I told Sy Russell, greeting attendees at the door, that I'd like to make a donation to the organization, and she suggested that I join! Was I worthy of joining such an amazing group of women? I wondered. You all certainly did and do reframe aging!

I did a little bit of research and see that my first-encounter with you was on September 23, 2017, and according to info I got from the SF Public Library, OWL sponsored this workshop! If you missed the write-up on this, it's in the October-December 2017 *OWL-SF Newsletter* on page 5, written by our wonderful editor, Margaret Lew, who's now stepping down. I can't thank everyone by name, but I have to thank her because, while she consented to my going by her home and taking a picture of her working on the *OWL-SF Newsletter,* she didn't consent to an interview. Instead we can read what she's written herself—a fictional memoir she's still researching—and I'll share just a few of the activities she's now involved in separately from this letter. Margaret has the qualities I admire in so many of you.

You are exceptional people—life-affirming and very bright and caring! You continue to amaze me with your insights during our discussions of stories we read with the OWL Book Club, with your activism on the Political Advocacy Committee, your programs within the Older Women's League and other organizations in the community, and with your varied interests and talents. Sure enough, you've reframed aging, and as I feel my age and attend the monthly workshops on Aging and Dying at the Glen Park Library and write new words to old melodies ("Rigor Mortis" to the tune of "Mona Lisa"—inspired by arthritis that makes me feel as if lead has replaced the cartilage between my bones), I feel grateful that my 80 years have included you. I wake up every morning looking forward to the day, and I hope to die while I still feel that way. Thank you for being the inspiring women you are!

—Tina Martin

Brain Health: Myths And Facts About Dementia Prevention

What is known about the causes of dementia? Are there effective ways to maintain and prevent or slow down the progression of dementia? How useful are "brain games?" Dr. Sonia Sanchez Mendoza, geriatrician and Atlantic Fellow for Equity in Brain Health at the University of California, San Francisco met with OWLs on September 27th via Zoom to help us understand the current knowledge regarding what does and does not work in the fight for brain health. Before her presentation a 10 question quiz surveyed each attendee on their knowledge about brain health and in the remaining hour we learned the answers to any of the ones we missed. A Q&A period offered us the opportunity to learn more. If you missed this meeting, or if you wish to review it, including the many informative slides this excellent program has been recorded and is available on the OWL SF Website: https://www.owlsf.org/category/events/

The Value of a Hobby

Creativity is good for our for health, especially for the health of the brain. The benefits of creative activity include process planning, learning and practice of techniques, eye-hand coordination, small muscle "exercise", and the satisfaction that comes with a completed project. I love making miniature things and the yearly trips my husband Robin and I make to Italy to join friends who participate at the Miniaturitalia fair in Milan. He photographs and I learn techniques in workshops. In September, a friend described her experience at another Italian hobby fair and I want to share her words of encouragement for our involvement in arts and crafts. Our friend, Manuela Michieli, suggests that the benefits of a hobby can be more than personal when we join with others devoted to creativity:

> *"These are difficult times when it may make us feel guilty to think about such apparently frivolous things. But it is just these things, and immersing ourselves in them with others (fortunately many) who are protecting and feeding their own spark of creativity, that gives us confidence, returning us to a humanity that thinks more about creating than of destroying." Manuela Michieli*

—Margaret Lew

To Travel Or Not To Travel…That Is The Question.

To begin with, I am not a person who lives to travel, but rather have traveled because I want to see my children and grand children and I hate San Francisco winters. Still this year I turned 79 and traveling has been a different experience as I have inevitably grown older.

One of my daughters moved to Paris after finishing college and worked there for 3 or 4 years. Then she moved to Liverpool for a few years and has permanently settled in Leiden in the Netherlands with her Dutch husband and 3 children. My other daughter moved to Colorado after graduating from college and except two years in Santa Cruz for graduate school has settled in Golden, Colorado with her husband and 2 children. Every year I have visited both of my daughters in the summer since they left San Francisco. Now that I am retired I spend the winter months in Honolulu, Hawaii.

I want to talk about a few things I have learned over the years and things that have changed as I have grown older.

When I first visited my daughters we took long hikes in the wilderness and walked all over Paris and other cities in Europe we visited. I got off the plane and was ready to go. Then years passed. Jet lag and altitude are definitely an issue for me now.

A friend who had just had a hip replacement surgery told me about ordering a wheel chair to take her from checking in to the gate to board and when the plane landed to get baggage and go through customs. At first, I felt a bit uncomfortable riding in the wheelchair, but the first time in Paris when we picked up my bags and rolled through customs at the Diplomatic Gate where there was no line, I was convinced I would never walk again through the airport.

In the past few years I have experienced prolonged jet lag, something I never considered when I was younger. This year was the worst and was made much worse, by falling in the Trader Joe's underground garage on California Street. This happened a few days after I returned from Leiden, late in the afternoon when I was tired. I won't bore you with the details and only say I fractured my knee and could barely walk for 6 weeks. Earlier my trip to Golden, Colorado, only a few hours time difference, but at 6,000 feet, left me exhausted for days. The end result of these two adventures is I reluctantly decided I am to old to travel to visit my children and next year they can come to San Francisco.

A few other specific things I find important to consider as I have aged is that foraging for food and bathrooms has become most important. As a younger person, I never worried about either of these things.

Today, I understand why older people go on cruises. Food is never an issue, there are bathrooms everywhere, activities are planned and there is no moving from one hotel to another. If you want you can sit back, relax and never worry about what you will do or where you will go each day. Moving from one city to another, staying in different hotels and wondering where you will have your next meal is not an issue.

Traveling to one destination is my idea of a good time. A few months in Honolulu is luxurious. It is like being at home, but I am warm instead of cold. I eat at home and don't have to worry about foraging for food or the expense of restaurant eating or spend time looking for a bathroom. I have groceries delivered using Instacart. There is a yearly membership fee, and the service is better if you tip the delivery person, but this is both easy and economical.

In general, I have found that one must be flexible as one ages. When I was 30 I traveled to England, jumped off the plane and hopped on my bicycle to ride to the hostel to begin an 800 mile bicycle trip. In a billion years, I wouldn't even think of doing that today.

The bottom line is: life changes as we age. In my opinion if one is flexible and wants, or needs to travel it is still possible. Don't be bashful about asking for a wheelchair when you make a plane reservation, and consider a cruise or staying in one place for a period of time. Give yourself time to recover from jet lag before you begin day-long expeditions, and in general do not expect to do as much as you might have done five or ten years ago. Life does change, but if you take time making your travel plans it is still possible to have interesting and fun vacations away from home.

—Carole Isaacs

If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse and you say that you are neutral, the mouse will not appreciate your neutrality.

—Desmond Tutu, clergyman (1931-2021)

Find More Action to Take

From Community Living Campaign here are some resources to use to take action in these trying times.

Action Together Bay Area
Lists many upcoming actions and ways to engage.
https://www.actiontogetherbayarea.org/calendar

Hands Off!
Mobilizes local and national actions to oppose the current administration's power grab, significantly impacting health care, education, data, jobs, and services. https://www.mobilize.us/handsoff/

5 Calls: Make Your Voice Heard
5 Calls makes it easy for you to reach your members of Congress and make your voice heard. They research issues, write scripts that articulate a progressive position, figure out the most influential decision-makers, and collect phone numbers for their offices. All you have to do is call. https://5calls.org/

OWL Betty Traynor on Market Street shows her sign at the No Kings October 18 protest march.

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What Margaret Will Be Doing After the OWL-SF Newsletter

Margaret editing her last issue of the *OWL-SF Newsletter.* photo by Tina Martin

In addition to weekly aquafit at Koret, Margaret has joined the Community Music Center choir group at the Richmond Neighborhood Center, and joined the YMCA to do Gentle Yoga. She's discovered opportunities to meet neighbors and get involved near her home, including a senior center no more than a block and a half away.

Community Music Center also offers lessons, and she plans to get a teacher to help her with the guitar she played in the 1970s. Early last year, she restrung her guitar, which had been waiting around in its case for decades. She found her old music books but discovered that she had no idea how to begin to play the instrument again, so she turned to the internet, where she found a website with a wonderful instructor whose video lessons supplement his printable classical method books. While acknowledging that there's nothing like a teacher sitting beside her, she considers this a helpful substitute.

Aside from a fictional memoir she's researching, one ongoing project is organizing facts and memories about her family's history. Genealogy has been an interest of hers for several years, and she's been going to Zoom meetings of the SFGenealogy group since 2021, when COVID isolated us at home. In July she attended a two-day genealogy research seminar at the SFPL and heard a lot of interesting speakers presenting methods and resources for research, so she has more things to pursue now. She is also doing research on a friend's family at the friend's request, which has captured Margaret's interest and for which she's been able to use hints from the lecture on Jewish genealogy that she heard at the seminar.

Margaret is a very talented miniaturist and connects with other miniaturists and buyers in the USA and especially in Italy, but she has put her miniature work on the back burner and has been attending to her garden in addition to the many activities already mentioned.

As we turn the pages of the final hard copy of the *OWL-SF Newsletter* (Thank you, Susan Pedrick, for getting this out), we can feel the metaphoric garden that Margaret has helped grow!

—Tina Martin

OWL Book Club's Passionate Discussions

OWL's reading group, beautifully facilitated by Louise DiMattio, is very stimulating. Each month we discuss a story, not a book, so we all finish our homework and even sometimes read it twice! I always come away from the discussions feeling a deeper appreciation for the story—and the members—than I had before, and I love the animation with which everyone speaks, sometimes overlapping another speaker. That can be a problem, as Louise has explained. There are three rules in "Shared Inquiry."

- We must read the story in order to participate.
- We should refer to the text as much as possible when making our comments so it doesn't become a free-for-all.
- Be courteous to others and, if necessary, raise your hand when you want to jump in. Have fun.

Louise told us in a recent email message, "A new Zoom rule that I have added: Please be aware that Zoom only allows one person to speak at a time. If someone else is speaking, please remain silent otherwise it will block out the comments of the speaker. Sorry to add another rule but 'speaking' traffic jams happen frequently on Zoom, probably more than they would in person."

That brought to mind what I first read in a speaking-listening textbook I used with my students at City College.

If you want to participate in a class discussion, you should . . .

a. listen carefully, looking down at the floor, and raise your hand
b. look directly at the person talking and politely interrupt
c. speak as loudly as possible and give your opinion
d. wait until everyone is quiet and then speak

According to the key in Ann E. Roemer's *College Oral Communication 2*, the correct answer is b., look directly at the person talking and politely interrupt! I wondered where she got this idea, so I Googled and found Deborah Tannen, best-selling author of books on interpersonal communication and public discourse, saying the same thing. A woman who disagreed with her interrupted her to say that she disagreed, proving Tannen's point.

We all have cherished assumptions, but now that people can effectively gather data on what we actually do rather than what we think we do, we have new insights challenging our assumptions. One assumption that many people make—whether they're talkative or quiet—is that the people who contribute the most to discussions are the students who talk the most. After its publication in 2012 I referred more than one quiet student at City College to the best-selling book Quiet: The Power of the Introvert in a World that Can't Stop Talking. (Imagine me, so representative of the world that can't stop talking, championing those who can!)

I once attended a book discussion that called on one person at a time so that we had a series of monologues. This was too stilted because we weren't allowed to interject or respond to what each person said. A book group I now belong to does call on one person at a time, but we are allowed to interject and respond, so it becomes more like a discussion like those we have with the OWL Book Club. As for the rule about referring to the text, that keeps the discussion anchored instead of an exercise in free-association. We honor the writer's choice of words with our own.

—Tina Martin

OWL-SF Book Club News

The OWL-SF Book Club will meet on Tuesday, November 11th from 10-11 AM to discuss a short story by Elizabeth Graver: *"The Mourning Door."* Join us! Contact Louise DiMattio ladimat@aol.com for the link to a printable copy to read and Zoom link for the meeting.

Readers: What are you reading?
Share your reviews and recommendations, send them to the editor:
Email: info@owlsf.org

Your OWL-SF Newsletter Needs an Editor!

The issue that you are reading is the final one for 2025 and for me, your editor. When I joined OWL-SF in 2009 and took on the Newsletter editorship with Meryl Glass I never dreamed I would be here for more than a decade. It has been an enjoyable and rewarding time for me, gathering news and information for OWLs and being the written voice of midlife and older women in San Francisco, California and beyond.

This is not intended to be a one-woman job!
Though I have done the job alone for several years it was originally a partnership of 2 editors and a third volunteer who handled the printing and mailing.

You will have help!
Our office administrator, Susan Pedrick, has been acting as proof reader/copy editor and doing the printer liason and mailing for us for lately, so there is already a backup for you as the editor. Board members and other OWLS are willing to give you information and write articles!

The Newsletter is published quarterly. Editors need to collect information from the OWL Board and other sources and edit and format the copy producing a file that can be used by the printer.

We produce both email copies and hard copies for distribution to readers. I have been using a venerable copy of *Adobe InDesign* software but there are undoubtedly other methods of producing a newsletter.

—Margaret Lew

Can you help? Please contact the OWL-SF Board today.
You are needed to continue our Newsletter in 2026!

Email Communication is Key At OWL-SF

Greetings from your OWL-SF Office Administrator. I write to shed some light on an issue not all are aware of. OWL-SF uses a bulk email platform called *Mailchimp.* Ever since we started using it, people have been unsubscribing by accident. What you need to know is that if you unsubscribe from one email, OWL-SF will not be able to include you in **any** email versions of meeting announcements, political alerts or other communication done through *Mailchimp.* Pretty much no one intends for this to happen. It's easy enough to reinstate your active status, but the request has to come from you; *Mailchimp* will not allow me to reverse your action. If you have any concerns or personal requests regarding emails from OWL-SF, please call or email, and it will be my pleasure to honor your requests. Meanwhile: don't press the unsubscribe button unless you **mean** it. Please and thank you,

—Susan Pedrick
Older Women's League, San Francisco
Office Administrator
info@owlsf.org <info@owlsf.org>

Calendar

For a complete and up to date listing see the OWL website: http://www.owlsf.org/calendar/
October 6 Monday — OWL Board Meeting 4:00 - 5:00 pm *(via Zoom)*
October 14 Tuesday — OWL Book Club 10:00 - 11:00 am *(via Zoom)*
October 25 Saturday — OWL General Meeting 11:00 - 12:30 pm*, After No Kings What's Next? Rhoda Goldman Plaza (see details on cover)*
November 3 Monday — OWL Board Meeting 4:00-5:00 pm *(via Zoom)*
November 11 Tuesday — OWL Book Club 10:00 - 11:00 am *(via Zoom) (details to come)*
December 1 Monday — OWL Board Meeting 4:00-5:00pm *(via Zoom)*
December 6 Saturday— OWL Holiday Luncheon 11:00am - 2:00 pm *Waller Center (details to come)*
December 9 Tuesday — OWL Book Club 10:00 - 11:00 am *(via Zoom) (details to come)*

YES! I WANT TO JOIN OWL-SF!

NAME: _____

ADDRESS: _____

_____

City State ZIP

TELEPHONE: _____

E-MAIL: _____

Annual dues of $50 are recommended. (If you are unable to pay the recommended amount, OWL-SF has established a sliding fee scale from $10 - $50.) Members receive the quarterly OWL-SF Newsletter, advocacy Alerts and invitations to monthly meetings.

Make a check out and mail to:

OWL-SF
PO Box 170622
San Francisco, CA 94117

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The Founding of OWL

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

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

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