



31st Democrats Newsletter



(Organized by R. Craig Sanders-email: z1n45rgiarc@netscape.com and Patricia Szot-email: szot.patricia@gmail.com)

April 21st John Muir's Birthday (The founding father of our National Parks)

April 22nd Earth Day-Do something nice for mother earth!



UCLICK

Laugh. Play. Think. @ GoComics.com

Remember our ONGOING FOOD DRIVE

Nominating Convention

April 21st From 6-7 pm

This convention is to nominate our 31st LD Democrats for our State Senate and two House Positions. Only PCOs (precinct committee officers) are eligible to vote but everyone is welcome to hear the candidates speak.

PROGRAM for April 21st general meeting starting at 7pm

- 1) Suzan DelBene, the 8th CD Democratic candidate, will come speak and answer any questions you may have. This is your big opportunity to ask Ms. DelBene her views on an issue that is near and dear to your heart.
- 2) Terra Organics-the owner of this small business will come and talk about the importance of organic fruits and vegetables.
- 3) Elect a new State Committeeman.
- 4) Discuss a different meeting place for the general meeting.

A discussion of when and where the 31st LD Democrats should meet will take place at this meeting. The reason that this needs to be discussed is because the present location at the Marion Grange is not in compliance with regards to the Americans with Disabilities Act (ADA) of 1990. The ADA states that “no individual may be discriminated against on the basis of disability with regards to the full and equal enjoyment of the goods, services, facilities, or accommodations of any place of public accommodation by any person who owns, leases (or leases to), or operates a place of public accommodation.” The Marion Grange does not have wheelchair access and is, therefore, out of compliance with the ADA. There are other issues with the Marion Grange such as ventilation, temperature regulation, lack of windows, etc. that should also be discussed.

Up Coming Event: Democrats Work- April 17th

Earth Day on the Duwamish Riverbend Hill for Duwamish Alive!

When: April 17 from 10 am - 2 pm

Where: Duwamish Riverbend Hill Volunteer Project in Tukwila

About the Event: Join the teams of enthusiastic volunteers who will roll up their sleeves to help restore the Duwamish River on April 17. Duwamish Alive! is a chance for people to reclaim the river. On this day volunteers will work to plant native species. Thanks to our special groups including REI, University of Phoenix, Democrats Work, Boeing, Seattle ICO and many other community members!

What to Wear: Please remember to dress for the weather as we will work rain or shine. Suggested Dress: Boots or comfortable athletic shoes, work clothes, rain gear and appropriate layers.

What to Bring: Volunteers should bring a refillable water bottle. **A light lunch and water will be provided to volunteers.** Tools, gloves and activity training will also be provided.

Directions and Details:

Day of Event Contacts – Elsa Sargent at (802) 323-3489 or Hayes Swinney at (206) 790-3999.

The work party will meet at 10:00 am in the pull-off along the north side of the Duwamish River near the intersection of E Marginal Way S and S 115th St. (see directions below).

Heading S on I-5: Take Exit 158. Head west toward the intersection of Marginal Way and Pacific Highway. Take a hard left onto E Marginal Way S. Take a left onto S 115th St. Park in the pull-out on the right shoulder.

Heading N on I-5: Take Exit 156. Take the Tukwila Exit. Take a left onto Interurban Ave S. Turn right onto S 115th St. Park in the pull-out on the right shoulder.

PUT YOUR MONEY WHERE YOUR MOUTH IS!

Where is your money right now? If you are one of the many people that are angry at the bailouts, then one small act of retribution would be to transfer your money from the big banks (Bank of America, Wells-Fargo, Chase, Citibank, etc.) to a local bank or a local credit union. The E-board has approved and carried out the transfer of the treasury of the 31st District Democrats to a local credit union in Bonney Lake (Harborstone).

EDITORIAL-

By Craig Sanders

When you've got nothing, you've got nothing to lose. Bob Dylan

I'm a progressive. I see my job as one where I help to push the right-leaning administration towards the left, which I see as less working for the powerful and more working for "We the People".

Unfortunately, there isn't some large group like Move On that will push President Obama to support the people. President Obama told them to back off and they did.

I'm worried for America. I'm worried that the Democratic Party will not wake up in time to realize the blunders that are being made. Maybe I'm worried about nothing, but I don't think so. A recent article by Chris Hedges titled "Is America 'Yearning for Fascism?'" has pointed out some details that the Democrats are missing in their "solutions" to the current, on-going crises. Hedges is a respected journalist that has observed upheavals of governments around the world, from South America to the Balkans.

He points out that in tough economic times, people need jobs. They don't need the promise of a job in the future. They don't need the promise that there won't be as many foreclosures this month as compared to last month. They don't need the promise of a little more health care for some in the future. Instead of giving people jobs, the current administration is giving tax cuts to corporations in hopes that they hire people (trickle-down economics). The realistic rate of unemployment and underemployment in America is almost 20%. Instead of giving the people affordable health care for all and untying the knot between employer and health care (so that if you lost your job, you didn't also lose your health care benefits as well), President Obama has given us a promise of a better life in the future. But there may not be a future for Democracy or the Democrats. Hedges points out that the Democrats seem to be oblivious to the potential powder-keg that could suddenly explode at any time. People are out of work, have no health insurance for themselves or their family, are having their houses foreclosed, etc. I feel that, behind the Tea Party people (who many laugh at and dismiss), there is a much larger group that is quietly becoming more and more desperate. In short, they've got nothing more to lose.

A simple scenario would go like this: John is a house painter. He's a good guy of 35 with a wife and 3 kids. His wife has a part-time job that brings in a little bit of money for the nice things in life. They are in the process of buying their own home. Because of the recession, John's employer has to let him go. Nothing personal. People just aren't spending to have their houses painted lately. So John goes on unemployment, but almost immediately, loses his health insurance (both him and his family). He can go on a program called COBRA, but it's not cheap and only his wife is bringing in money now. Even if he could afford COBRA, it runs out after a given amount of time (six months?). Either at this point or when COBRA runs out, they have to choose whether to have insurance or have food. No real choice, right. So they forego the insurance. They're struggling along when an accident occurs and one of the family is in the hospital fighting for their life. They have no insurance, no real money coming in and they need money fast. So they make the decision to use the equity in their home to pay the medical bills. Eventually, John has lost his job, his insurance, his home and is deeply in debt. John is now desperate. How is the current Democratic administration going to help John?

I know that a Republican administration wouldn't do a thing to help John. But, I'm starting to wonder whether the current Democratic administration would do anything either. Sometimes, it's difficult to distinguish between the two parties.

I often wonder why we don't look back at history to find answers to some of today's problems. FDR had a similar situation during the Great Depression, but he addressed the problem differently. He created both the Civilian Conservation Corp (CCC) and the Works Progress Administration (WPA). By giving jobs to the unemployed, FDR was giving the country hope. It also showed the people that government could do something right. Sure, things were still difficult. But at least a lot of people had jobs that they wouldn't have had otherwise. FDR probably wouldn't have done so much for "We the People" if he hadn't been pushed. During his time, the pressures to the left were provided by Huey Long and Father Coughlin.

By the way, FDR had also proposed health care for every person in America so that the people wouldn't have to worry about their health if they lost their job ("A necessitous man is not free").

RESPONSE TO THE TEABAGGERS COMPLAINTS

Even I have quite a few reservations about the Health Care legislation that has been passed, but the anger from the far right seems totally out of proportion to the significance of this legislation. Seeing this anger

reminds me of when we had the last Democratic President (Clinton). Once again, I don't think that it's the legislation so much as the fact that the country is being represented by a Democrat. If Monica Lewinsky had been linked with a Republican president, nothing much would have happened. In light of this, I would like to reprint these observations that reflect my amazement at the seeming hypocrisy of some people.

Written by [Nica24](#) at www.rosie.com

You didn't get mad when the Supreme Court stopped a legal recount and appointed a President.

You didn't get mad when Cheney allowed Energy company officials to dictate energy policy.

You didn't get mad when a covert CIA operative got outed.

You didn't get mad when the Patriot Act got passed.

You didn't get mad when we illegally invaded a country that posed no threat to us.

You didn't get mad when we spent over 600 billion(and counting) on said illegal war.

You didn't get mad when over 10 billion dollars just disappeared in Iraq.

You didn't get mad when you found out we were torturing people.

You didn't get mad when the government was illegally wiretapping Americans.

You didn't get mad when we didn't catch Bin Laden.

You didn't get mad when you saw the horrible conditions at Walter Reed.

You didn't get mad when we let a major US city, New Orleans, drown.

You didn't get mad when we gave a 900 billion tax break to the rich.

You didn't get mad when the deficit hit the trillion dollar mark.

You finally got mad when the government decided that people in America deserved the right to see a doctor if they are sick. Yes, illegal wars, lies, corruption, torture, stealing your tax dollars to make the rich richer, are all okay with you, but helping other Americans...oh hell no.

This is the first reprint of, what I hope will be, rural-oriented articles that appear every other week in a newspaper that I subscribe to, THE PROGRESSIVE POPULIST. To me, this newspaper, which is put together in Storm Lake, Iowa, represents the sentiments of people all across America, both urban and rural. If someone in our district wants to start writing articles I would love to include them. For now, though, I think that we'll try this approach. R. Craig

Raw Deals for Family Farmers

By Jim Van Der Pol

The recent Supreme Court decision allowing virtually unlimited corporate spending in our elections is sure to accelerate some trends already in place. The government, which already serves as a corporate handmaiden and enabler through its regulatory agencies, is apt to become even more so. And that does not bode well for local food systems.

Raw milk sales are the current case in point. Issues surrounding milk are a bit remote to most of us here on the prairie, as traditional dairy is located to the east for the most part. This is not because of any unsuitability of our geography for the milking of cows. Indeed, there is a 2500 cow dairy just ten miles north west of my farm, and a 6000 cow establishment eight miles straight north. Neither of these places would sell me a bottle of milk, even assuming I was foolish enough to want it. There is also a 5200 sow hog establishment four miles to the east. We are a sacrifice zone here. A decade ago, the politicians in St Paul, in cahoots with the grabby industry booster types that are to be found everywhere, decided that since we along the “I-29 corridor” in western Minnesota were lightly populated, attempts would be made to site huge livestock establishments here, thus minimizing the legal hassles apt to be encountered elsewhere. Informal agreements were reached with both of the Dakotas, and here we are. They have won the battle. A few of us still fight the war.

And, as always, since we are few in numbers and weak, we need to choose our battles carefully. Raw milk is the first issue, and there is no doubt at all that it will be followed in no particular order, by animal identification (NAIS) and irradiation of meat. Our farm, for instance, would suffer additional cost if NAIS were implemented because the system would force us to identify every animal, passing the cost on to our customers, while our big “neighbor” to the east would be able to get by with a single premises identification. Irradiation of meat will be imposed on all small processors as soon as the conventional meat industry fails spectacularly a few more times, sickening and killing with dirty meat. Irradiation will then be seen as a general one size fits all solution, small processors will close, and the demise of hundreds or thousands of small meat marketing efforts such as ours will be mourned by a chorus of the same sanctimonious politicians that brought it on. Big Meat will be delighted.

What all of us who are being or will be impacted by these actions have to do is to begin to think very carefully of boundaries. We must think of what we will and will not do in terms of obeying laws. This is a matter of conviction and action, and a situation where each of us will need to be very sure of what our innermost beliefs and values will allow. Some of us will decide these things differently than others, and we are going to need to exert all the tolerance we can muster, right within our own groups. Defiance of government is never to be taken lightly. There are always consequences, often severe. On the other hand, it does seem that defiance of government is the only thing that ever moves the government.

We are weak, as I said before, with virtually no money, and we are few in numbers. What we do have going for us though, is the revulsion many American citizens feel toward their own government. The ongoing spectacle of a Senate that simply will not do anything useful coupled with a Supreme Court that enables the richest and most powerful organizations ever to populate the earth at the expense of the millions of ordinary citizens it ought to be protecting is turning people in their thinking. Most people simply cannot figure out why they should not be able to buy a glass of milk from a farmer. When it is explained to them that they can't because the government says they can't, they recognize the situation and a little voice inside many of them says: “Drink it anyway”. We Americans are thoroughly under corporate control and many of us long not to be, without really even knowing what it is that bothers us. Understanding that the government is too often acting as the corporation in disguise is an easy step for many people.

I am no anarchist. I'm not even a libertarian. I have always been and still am a believer in the role of government, and I would not for that reason encourage anyone to defiance. I think the government has an

important role in maintaining order, in defending the people and their communities against huge powerful interests, and to serve as an organizing principle when people want to use it to do what they cannot do alone, such as obtaining reasonable medical care without losing their life savings. That it does not do these things does not excuse me from expecting it to do better and from working to make it do better. For our farm and business, we will work within the system to the maximum extent we can and put off any drastic decisions about disobedience until we are forced into them. We are working diligently to make sure our customers understand what is probably going to be coming and that they have some power within the system to protect what has become for many of them an important and vital connection to the land.

Jim Van Der Pol farms near Kerkhoven, Minn. This appeared in Farming magazine.

From The Progressive Populist, April 15, 2010

HEALTH CARE REFORM

Now that the health care reform is behind us, let's look at what was accomplished and what was not accomplished.

First of all, 30 million more people are going to have health care that didn't have it previously. This is truly a wonderful thing for those 30 million.

Parents that have insurance will now be able to continue coverage on those kids until they (the kids, not the parents) are 26 years old (previously it was 24 years old). With the present economic recession, this will be important, as jobs are becoming hard to come by. Even rarer is a "living-wage" job.

Insurance companies can no longer turn you down for a pre-existing condition. Unfortunately, it doesn't mean that they can't increase your premiums

Insurance companies can't suddenly drop you from being covered if you develop an expensive health care problem. In the past, they would take your money while you were healthy, but then drop you just when you started needing help. I don't know this, I've just heard rumors.

Many more health clinics will be started. This was something that Democratic Socialist Senator Bernie Sanders (no relation) insisted on and it will be truly beneficial to many people.

The new health care bill closed the donut hole in Medicare Part D. Participants to Medicare part D would have a certain amount of money spent on them and then, once they exceeded this amount, were on their own entirely. Closing this hole is also probably a major advancement towards caring for people.

What we didn't get.

Single Payer Health Care (or Universal Health Care or Medicare for All)

A Public Option

Still 18 million uninsured

Insurance companies still have the anti-trust exemption

Mandate-now you have to pay the for-profit companies even if you didn't want to.

In my opinion, we could have easily passed "Medicare for All" over a period of time with only a little more resistance. We used up about a year on one questionable "reform" that should have been addressed in



1994, when Taiwan changed to a Canadian-style system and Switzerland changed from the American system to the German (Bismarck) system.

I guess the frustrating thing is that we could have had single payer but we didn't even try to get it. We still have the for-profit insurance companies that will still be making enormous profits off of the government and the people, there still is no real competition to keep health care costs down and now the insurance companies have all of these new young people that will be mandated (read forced) to pay into a for-profit machine even though they are against the odds of getting sick. If they refuse or can't pay, then the government will pay or make them pay. If I were an insurance company, I wouldn't see a downside to all of this. We got rid of the only real competition (public option), we have a new captive population (30 million) that will be forced to pay us and we still have the anti-trust exemption, so we really don't have to compete. Where's the downside for the insurance companies? Also, how is any of this going to keep costs down? If anything, costs are going to rise even quicker now. I just don't see how we have advanced at all. Yes, we did get a few things, but we gave away much more than we gained. We spent a year on health care and ended up with what looks to me like a huge giveaway to the insurance and health corporations. Every other developed country has health insurance for its citizens that won't bankrupt the individual.

Our Representatives-how to get hold of them

Senators: Patty Murray (D) and Maria Cantwell

Patty Murray- DC office phone: (202) 224-2621

Seattle Office

2988 Jackson Federal Bldg.

915 2nd Avenue

Seattle, Washington 98174

Phone: (206) 553-5545

Fax: (206) 553-0891

Maria Cantwell- DC office phone (202) 224-3441

Seattle Office

915 Second Avenue

Suite #3206

Seattle, WA 98174

206-220-6400

206-220-6404 – FAX

Tacoma Office

950 Pacific Avenue, Suite #615

Tacoma, WA 98402

253-572-2281

253-572-5879 FAX

8th CD Representative-Dave Reichert (R)

Dave Reichert- DC Office phone (202) 225-7761

District Office

2737 78th Avenue, S.E. Suite #202

Mercer Island, WA 98040

(206) 275-3438

(206) 275-3437 Fax

9th CD Representative-Adam Smith (D)

Adam Smith-DC office phone (202) 225-8901

District Office

2209 Pacific Ave, Suite B

Tacoma, WA 98402

(253) 593-6600

(253) 593-6776

State Senator-31st LD

Pam Roach (R)

POB 40431

Olympia, WA 98504

Office: 360-786-7660

Fax: 360-786-7173

Email: Roach.Pam@leg.wa.gov

State Representatives-31st LD

Chris Hurst (D)

Dan Roach (R)

POB 40600
Olympia, WA 98504
Office: 360-786-7866
Fax: 360-786-7317
Email: Hurst.Christopher@leg.wa.gov

POB 40600
Olympia, WA 98504
Office: 360-786-7846
Email: Roach.Dan@leg.wa.gov

Occupation Statistics (<http://www.antiwar.com/casualties>)

4,390 US Military Deaths (Iraq)
1037 US Military Deaths (Afghanistan)
31,762 US Military Wounded (Iraq)
151,000-1,366,350 Iraq Civilian Deaths



2010 31st LD members: ALBERT, JOE; ALLAH, NATURAL; BERNSTEIN, ELIAZABETH; BOSWELL, MARK; BRAUN, BARBARA; BUNK, RAYMOND; CARTER, LAURIE; CAUGHEY, CAROL; CAUGHEY, WILLIAM; COOP, VIRGIL; CURTIS, BOB; CURTIS, INGRID; DAVEY, CHRISTINA; DEJEAN, RICHARD; DEPROSPO, DONNA; FERRERIA-ALLAH, IMMACULATE; FLARITY, BECKY; GOULD-HARRIS, CAROL; GROVER, MARTHA; GUNN, BRIAN; HALL, MARY; HILL, MARGARET; HODGINS, SHARON; HUGHES, PATRICIA; HUGHES, RICHARD; KERLIN, DIANE; KIDD, ROLLYN; KILMER, BOB; KILMER, KAREN; LATHROP, SHERYL; LORIMER, KATHY; LOVELAND, SANDY; MAYERS, JOHN; MCGALLIARD, MJ; MICHAUD, MARGARET; MILLER, JERRY; MILLER, SUE; PARKIN, ANITA; PARKIN, PAT; RAY, CHRISTINE; RAY, ROD; ROBINSON, KAM; ROBINSON, MICHELLE; RUTENBERG, LINDA; SANDERS, R. CRAIG; SANDO, MICHAEL; SCHOONOVER, BEVERLY; SCRIBNER, DAN; SELF, ROBERT; SIMPSON-BROWN, DARLENE; STENSEN, MARGIE; STENSEN, MIKE; SWEARINGEN, BOB; SZOT, PATRICIA; USKY, GARY; VARNEY, GEORGE; WEIGELT, RON; WHITE, JOY; WILKE, TERI; WILLARD, KAREN; WOOD, TRUDY; WOODS, DONNA; WOODS, THOMAS. If you don't see your name, you probably didn't pay your dues.

DO YOU WANT TO PARTICIPATE IN OUR LOCAL POLITICAL SYSTEM? YES!! Join us

Fill out the form below (questions are required by the state Public Disclosure Commission) and hand it in to one of our volunteers at our monthly meeting or mail it in (31st District Democrats, P.O. Box 7231, Bonney Lake, WA 98391). You can pay 2010 dues now or later by check (made out to 31st District Democrats) or on-line by credit card. Dues are \$31 per year (January-December), but members can pay what they can afford with a minimum of \$5.

NAME _____
Street Address _____
Mailing Address (if different from above) _____
Telephone # _____
Email _____
Occupation _____
Employer _____