

## Calendar

May 10

Absentee Ballots Sent

May 24

Last Day to Register

May 24

Mendocino Executive  
Boards Meets

at

Patricia Darland  
6 pm

June 8

Primary Day  
VOTE!!!!

July 25

Annual Summer Meeting

July 30

NWPCCA  
State Board Meeting  
South Bay

August 26

Women's  
Equality Day  
Ukiah Civic Center  
Katarzyna Rolzinski

August 29

Celebrating 90 Years of  
Women Having the  
Vote  
Mendocino

November 8

NWPC CA  
State Conference  
Fresno

Nov. 2

Election Day  
VOTE!!!!

This newsletter was an email edition. If you would like to continue receiving this newsletter email, please let Val know at valmuchowski@att.net.

### Mendocino NWPC Endorses

We have sent questionnaires to the women running for the Board of Supervisors in District 3 and 5 and for District Attorney.

We are not endorsing in the Judge's race. Both of the candidates are our members. There are no other candidates. One of them will be elected Superior Court Judge in June. The candidates were interviewed.

The team recommended and the members voted by mail ballot to endorse the following candidates. Wendy Roberts, running for the 5th District, did not receive the 60% vote needed for endorsement.

### Meredith Lintott for District Attorney.

Meredith Lintott is an experienced, competent woman who supports all NWPC bottom line positions regarding reproductive choice, gender equality, and dependent care issues;

Meredith Lintott has a record of promises kept. Violent crime has been prosecuted and victim's rights have been upheld. Through times of increased crime and budget shortfalls, challenges have been met with solutions, dedication and hard work

Our youth have been supported to lead productive lives through prevention programs such as Gang Resistance is Paramount, AIM, a truancy program and IMPACT, a life skills course for at risk youth.

### Holly Madrigal for 3rd District Supervisor

Holly Madrigal is a well-informed, thoughtful and creative young woman. She supports all NWPC bottom line positions regarding reproductive choice, gender equality, and dependent care issues;

Holly is experienced in local government administration, currently serving her second term on the Willits City Council. Her fiscal perspectives are informed, realistic, and hopeful regarding a sustainable, local economy

Holly is a breath of fresh air to county politics. She is committed to operational transparency, and including her constituents by being available, open and approachable

### NWPC ENDORES

Federal candidates must be endorsed by the National NWPC. State candidates must be endorsed by NWPC California.

FEDERAL  
Barbara Boxer  
U.S. Senate

STATE  
Janice Hahn  
Lieutenant Governor

Debra Bowen  
Secretary of State

Kamala Harris  
Attorney General

Gloria Romero  
Superintendent of Public Instruction

State Senate - District 2  
Noreen Evans (pending)

A publication of the National Women's Political Caucus of Mendocino County, PO Box 1440, Ukiah, CA 95482-1140. Published 6 times a year. Editor - Val Muchowski

Do you have an item to include in the next newsletter?

Call Val Muchowski (895-3543), or e-mail it to valmuchowski@yahoo.com

## Women's History

What a glorious celebration! We honored Women who have Written Women Back into History on March 14, 2010 at the Saturday Afternoon Clubhouse in Ukiah. The room was packed. The clubhouse put on its most festive face. Teray Stephens, our State President, came up from Newport Beach to help us celebrate.

The program was dedicated to Susan Bell, a long time member, and Mary Ruthsdotter, a founding mother of the Women's History Project. Mary Ann Landis was our MC who kept the program going and flowing.



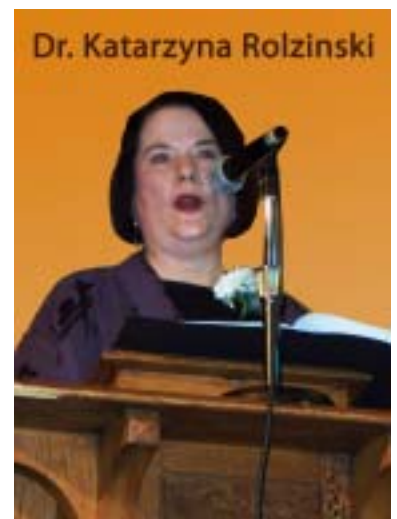
We honored Dr. Molly Dwyer whose book, "Requiem for the Author of Frankenstein" has revived an interest in Mary Shelley and her compatriots;



Peg Kingman whose "Not Yet Drown'd" combines historical fiction with a strong women character to make an exciting tale;



and our own Dr. Katarzyna Rolzinski whose work in the Ukiah Valley highlights women and their accomplishments. Katarzyna's work with the AAUW as program director, the NWPC as Women's History coordinator and major fundraiser, and various women's groups is the mark of a dedicated local leader who works with groups to understand cultural difference, expand diversity and understand "otherness".



Theresa Whitehill, Ukiah's Poet Laureate, read her poetry. The Developing Virtue Girls Orchestra, the Inland Women's Chorus and a wonderful closing by our own Ana Araiza provided music.



Noreen Evans, Assemblywoman and candidate for the 2nd Senate District, gave a rousing speech that fired us up and gave us some stark realities. As always, it was wonderful to be in the Women's Community that we have created in Mendocino.

*Val Muchowski*



**National Women's Political Caucus-CA represents California on Women's Appointments Project**

National Women's Political Caucus of California (www.nwppca.org) President Teray Stephens of Newport Beach and Vice President of Education Val Muchowski of Philo, Mendocino County, will represent the state at the Women's Appointment Project training in Cambridge, Massachusetts, May 21 and 22.

The goal is to get gubernatorial candidates across the country to pledge to appoint women to 50% of high-level state government positions and to appoint a high-level liaison from their administrations to work with the Women's Appointments Project on an ongoing basis after the election.

"With the upcoming reapportionment of elected seats, California's governor, elected November 2, will make over 3,000 appointments," said NWPC-CA President Teray Stephens. "Fifty percent of those appointments should go to qualified women."

"NWPC-CA will partner with organizations representing political, business, professional, academic, government and non-profit groups," said Val Muchowski, vice president of education. "We will communicate with group members, many of whom are highly qualified women who can begin to think about applying for positions and submitting their resumes to the Women's Appointments Project."

Women's Appointment Project is funded by the Political Parity Project of the Hunt Alternatives Fund at the behest of former Massachusetts Lt. Gov. Kerry Healey. Lt. Gov. Healey worked closely with the successful Women's Appointment Project (MassGAP) conducted in Massachusetts in 2002 and 2006

Lt. Gov. Healey recognized the project's value in increasing the number of women in high-level appointed positions in state government and shared her experience with Ambassador Swanee Hunt whose foundation is covering the expansion to ten states during the 2010 election cycle.

*Susanne LaFaver*

**It's Time**

If there ever was a time to be involved in local government it is now. With unprecedented funding cuts from Sacramento and decline in local revenue County government is changing dramatically, perhaps being permanently

**NWPC Mendocino County Executive Board**

|                          |                     |          |
|--------------------------|---------------------|----------|
| Chair                    | Val Muchowski       | 895-3543 |
| Vice Chair - Inland      | Estelle Clifton     | 462-6620 |
| Vice Chair - Coast       | Patricia Darland    | 937-1798 |
| Treasurer                | Joelle Sumski       | 743-1945 |
| Secretary                | Arleen Shippey      | 462-7173 |
| State Board of Directors | Katarzyna Rolzinski | 468-9003 |
| PAC Treasurer            | Lynda McClure       | 463-0629 |
| Membership               | Joelle Sumski       | 743-1945 |
| Historian                | Madelyn McCauley    | 463-0626 |

restructured. Do you know in what ways? Are programs and services you value being affected? Do you know how?

In March, the Board of Supervisors majority voted to approve 100 layoffs. This was designed to address a predicted shortfall in revenue from combined sources of approximately 7.5 million dollars. That as we know is largely a changing number as the state executes revenue cuts that significantly impact our budget. Clearly, we need to take immediate action to address our deficit. Our employee workforce and current service delivery system is unsustainable.

Of concern is the limited information the Board received to initiate this action. The Board was not provided programmatic impacts or departmental analysis to reach a very important decision relative to the first round of layoffs acted upon (25). A power point graph displayed in the Boardroom is not analysis. I believe the Board as decision makers- and the public- missed an important opportunity for community dialog and debate about where we are going. Clearly, funding drives services and budgets are a key determinant of public policy. Absent a substantive discussion on such extreme budgetary decisions the public is poorly served. As an example, two lengthy Board meetings produced many individual comments on the importance of alcohol and other drug treatment programs, services for the mentally challenged, programs for families caught in the cycle of substance abuse and the courts. We heard from Probation, our Public Defender and a Superior Court judge and, most importantly, the recipients themselves on the value of current services.

Last year the Board of Supervisors unanimously passed a resolution that strongly states it is not the policy of Mendocino County to use incarceration to 'treat'



those suffering from mental illness. Yet, this policy was not used in any way to review or address budget challenges. My request to have community agencies, and county staff professionals review health and human service delivery options and bring to the Board options for program maintenance was ignored.

Currently, the Board majority supports waiting till Jan 2011 to have a 'strategic' planning process to review the structure of county services. After 7 plus million dollars of programmatic cuts occur we are scheduled to discuss impacts. This will be after the proposed 100 layoffs occur. I find this irresponsible and that has been reflected in my votes. There are many highly skilled and experienced service providers ready and able to work on cost reductions and more effective ways to combined our talents to service the community. The Board has largely ignored this process. Politely listening to comments yes, but actually committed to examining our commitment to rapidly diminishing public and mental health service, no.

In the three 'scenarios' the Board could have selected to initiate layoffs the Board did not support the status quo option; taking equal amounts from all categories of service based on existing funding allocation. That would have been a first step prior to having the larger discussion on where we want to be as a county with far less ability to deliver to the public. Did your supervisor ask for more information, not less, relative to the budget? Did your supervisor vote to support a de-facto rearrangement of county expenditure? I have supported and continue to support a community process, now, not later.

Additionally, on the revenue side, what services are you prepared to pay for? In January, I asked the Board to support an exploratory committee to look at tax increases to provide service we consider basic. And what is 'basic'? We need to define that with public input. This was a first step in going to the voters to ask for approval. If voters reject a tax increase than we have a clear directive to cut services even further. Such a vote gives supervisors clear direction. My suggestion from January has gone unaddressed. Services will continue to decline and voters will not have a chance to have a direct voice anytime soon.

If you value a more community-engaged process, make your voice heard. Know your supervisors votes on budget formulation. This process can be redirected if you become involved. It is not too late to demand supervisors, at the very least, require budgetary information commensurate with the level of reduction necessary and to review programmatic cuts openly before giving direction to staff to cut positions and services. Supervisors do listen to you their constituents. Become informed on budget decisions that will impact you and the larger community. Board decisions have a tremendous impact on our quality of life. This is the time to make time for civic engagement.

*Supervisor Kendall Smith*

### Women's Equality Day

August 26, 2010 will mark the 90th Anniversary of Women Getting the Vote. We intend to celebrate it in Mendocino County. Katarzyna Rolzinski has planned a celebration at the Ukiah Civic Center with all women's groups represented. Patricia Darling and Val Muchowski are planning a Coast celebration including costumes, oral histories, music and poetry on the Coast - hopefully at the Kelley House in Mendocino. To help out give us a call. Katarzyna is (707)468-9003. Patricia Darland is (707)937-1798 and Val Muchowski is (707)895-3543.



P.O. Box 1918 Fort Bragg, CA 95437 Tel 707/964-0118

**Nancy C. Nanna, MSW**

*Licensed Clinical Social Worker*

License LCS # 6792

COUNSELING ● PSYCHOTHERAPY  
CONSULTATION ● TRAINING  
Adults ● Children ● Elderly ● Families  
514 S. School St. Ukiah, CA 95482  
(707) 468-9452

*Ms. Judy Pruden  
Ukiah Historical Specialist  
Bldg. Preservation & Research  
304 South Hortense  
Ukiah, CA 95482  
707-462-4945*

**Jone Lemos**

Attorney

237 East Laurel St.  
Fort Bragg, CA 95437

Telephone: (707) 962-0322  
Facsimile:(707) 962-9033  
Email: jlemos@mcn.org



**Joan Eriksen  
Board of Trustees  
707-468-5252  
jme@pacific.net**

**Mendocino College**  
1000 Hensley Creek Road  
Ukiah, CA 95482  
www.mendocino.edu

**LINNEA MATTHEWS, MSN, FNP**

FAMILY NURSE PRACTITIONER

Telephone 707 964-4048

510-A Cypress Street

Fort Bragg, CA 95437



**Holly Madrigal**  
For 3rd District Supervisor

*Fresh leadership for  
The North County*

*Friends of Holly Madrigal*  
P.O. Box 2010, Willits Ca 95490 707-459-0447

WWW.HOLLY4SUPERVISOR.COM



### Upcoming Dates

June 12 - Nuestra Casa is having a yard sale, sale items are very much appreciated, and they can be brought to 487 N State St. in Ukiah.

A Health Faire is being planned for August.

Mexican Independence Day festivity in September.

*Dia de Los Muertos Dance* October 29th at Saturday Afternoon Clubhouse.

Ana Araiza

### Highlights from NWPC- CA, State Board Meeting April 10, 2010

Signing Official NWPC Communications. President, Tera Stephens made a huge point that only she could sign off using NWPC-CA for endorsements or any other communication or promotion, etc. Apparently there was a problem with a local caucus making this sin against protocol.

NWPC-Marin Caucus. President Tera Stephens spoke about the negative tone of the last letter from the Marin Caucus (I sent copies of all related letters to our NWPC- Mendocino Board). When the vote came up to de-credential Marin, I was so pleased that Jean Register, State Director, NWPC-Pasadena, gave an impassioned speech that she voted against Marin at the last meeting, but with time to reflect she implored the group to hold off on the de-credentialing and to work toward keeping this long-standing Caucus (which Barbara Boxer founded) in our fold. Jean spoke about how much we needed members and to focus on the positive work they have done and to look toward mediation.

Of course, these are much of the same arguments that our Board has been making – so after her talk I gave a strong


speech along these lines, and reiterating that we, too, felt that there is a difference between endorsing and recommending a man who supports all of our bottom-line issues WHEN THERE IS NOT WOMAN for us to support — this has been the NWPC-Marin policy. So, the vote came and the only people in support of working to keeping NWPC-Marin were: Val, Katarzyna, Jean Register, and Heather Fargo (former Sacramento mayor). NWPC-Marin is to be immediately de-certified as an NWPC Caucus.

This action feeds into the ongoing discussions we have been having at our NWPC-Mendocino Board meetings about how we feel that our Mendocino Caucus is currently congruent with the philosophical as well as the benefits received in relation to NWPC-CA (and National), and what we wish our planning around this issue to be.

NWPC-State Fund Development. A working lunch was devoted to strategies and Caucus commitments to take on projects to bring in \$ for the NWPC-CA State budget. A good portion of the afternoon was spent on this topic. President Tera Stephens tried to get each Caucus to commit to donate \$500 or to find a sponsor in their area to donate \$500. The most minimal plan was one that Mary Stanley, Fresno, had implemented over a year ago, “\$250 by 250” – 250 people to donate \$250; a number of Caucus members have done this or have split up the donation of the \$250. When we went around the room to state what each of our Caucuses would commit to donating to the NWPC-CA, I said that I could not make a commitment from our NWPC-Mendocino Caucus, but that I would see if there would be an interest in the \$250 idea for a number of members to contribute to that amount.

Wild Rainbows Africa Safaris, LLC  
Jody Cole  
Director

c (415) 407-3591  
w (707) 467-9676  
jody@wildrainbowsafaris.com  
www.wildrainbowsafaris.com

**Mary Ann Villwock** 

Attorney at Law 308 South School Street  
Ukiah, CA 95482

(707) 468-8017  
(707) 468-0522 Fax

Consolidated Tribal Health Project, Inc.  
6991 N. State Street, Redwood Valley, CA 95470  
PO Box 387, Calpella, CA 95418

**Carol Orton**   
Licensed Clinical Social Worker  
Ca. License # LCS17331

707.485.5115 ext. 5612 Fax: 707.485.5199  
1.800.642.2847  
e-mail: corton@cthp.org www.cthp.org

**mendocino  
graphics**

**Camille Ranker**

155A Cypress Street  
Fort Bragg, CA 95437

707/964-3831  
707/964-1318  
FAX 707/964-2015

e-mail: mendograph@mcn.org  
www.mendocinographics.com

Fresno State Conference. The CA-State Conference will be 10/8 – 10/11 with Mary Stanley in charge of putting the program and logistics together. The program will be in conjunction with Mary Stanley's 83 birthday the previous night and also the Fresno Fair. Mary asked for a volunteer from each Caucus to work with her on the Conference. Val & I sat in on this initial meeting. Each Caucus is supposed to elect one member to work with

Mary Stanley on the Conference Planning. Val will organize one of her candidate trainings. A new training that Val will lead is an Appointment Training, that she will be going to Cambridge, MA May 21st for her own training on this subject.

Internships Available. NWPC-CA Internships available: Work with INC Treasurer (Debilyn Molineaux); History & accomplishments of NWPC-CA; Social Networking; Outreach (with Teray).

History of NWPC-CA. Any history of NWPC-CA should be sent to Pamela Chaput, memberadmin@nwpcca.org with a copy to Teray.

August 26: 90th Anniversary of 19th Amendment: Teray wants to know what each Caucus is planning. The goal is to have each Caucus to plan an exciting event on August 26th or the following weekend.

April 10th NWPC-Sacramento's 1st \$-Raiser. \$35 person in the bar of a restaurant with very light hors 'devours. Speeches from elected women or past political women were good, inspiring.

Nominating Committee. Chair, Julia Silva. There was a movement by a group of women at the Fundraiser to have me be a candidate to run against Teray for NWPC-CA President.

Other Upcoming Dates:

5/14 — National Board Meeting, Charlotte, NC

5/20 — Beth Lapidés Benefit, NWPC-CA @ Gay-Lesbian Ctr, West Hollywood

7/30 — State Board Meeting, S. CA

10/8 — Fresno State Conference

10/14 — EMMAS, NYC, Cornell Club

10/15 — National Board Meeting, NYC

NWPC - Mendocino State Director, *Katarzyna Rolzinski*

## Open Space

MAPROS! Watch for it! This acronym will be well known soon and stands for Mendocino Agriculture, Parks, Recreation and Open Space. A group of county residents have been meeting for over a year to investigate and propose recommendations for the creation of one or more sustainable-funded agencies, which will enhance the quality of life and economic opportunities in our County by providing for:

- Permanently conserved working land;
- Wildlife habitat and open space;
- Permanently preserved agricultural, forests, and rangelands;
- Public parks and trails;
- A rich variety of recreational opportunities, including both passively and actively-managed programs; and
- The maintenance and preservation of existing State, County and local parks.

MAPROS MISSION is to maintain, preserve, and enhance the rural character of Mendocino County, the broad range of habitats that it supports, and the recreational opportunities it offers. Should you wish to be part of this exciting group please call Wendy Pollitz at 462-1399

*Wendy Pollitz*

## Things Your Baby Hopes You Know About Marijuana

Parenting a newborn is already difficult, but imagine having a baby that is going through withdrawal-like symptoms, such as increased crying and tremors, just because you were misinformed about the dangers of smoking marijuana during your pregnancy.

In Mendocino County 20 percent of pregnant women use marijuana before they know they are pregnant, compared to only 7 percent in California overall. Even after learning they are pregnant 8 percent of moms continue to use marijuana, according to a study completed by the Children's Research Triangle.

The Partnership for Healthy Babies is a collaboration



School of Performing Arts & Cultural  
Education  
145 E. Church Street, Ukiah

## WINTER/SPRING SESSION Ages 2-1/2 to Teens

Tako Drumming, Drama, Singing  
Capoeira,  
Dance - Contemporary, Creative,  
Break and Belly Dance

ONGOING REGISTRATION  
Classes start January 2010  
Some financial aid available  
Please call for more information  
**(707) 462-9370**  
Or register online at  
www.spaceperformingarts.org

## MENDOCINOSOLARSERVICE

**MAGGIE WATSON**

P.O. Box 1252  
Mendocino CA, 95460

www.mendocinosolar.com  
(707) 937-1701

Electrical &  
General Contractor

License # 536983

msolar@mcn.org  
Fax (7-7) 937-1741



**Sallie L Werson**  
Certified Addictions Counselor

P.O. Box 409  
Mendocino, CA 95460

Phone: 707-937-2083  
swerson@mcn.org

## GOODBYE CIGARETTES FOREVER

**Dr. Grace Liu's Unique Stop Smoking Program**  
Just 2 treatments in 2 days!  
Detoxify & Calming

390 W Clay St., Ukiah 707-462-1211  
drgraceliu@pacific.net or www.drgraceliu.com

local agencies and community partners in Mendocino County with the goal to eliminate alcohol, tobacco and other drug use during pregnancy. The Partnership is launching a new campaign throughout Mendocino County on the potential impact of marijuana use during pregnancy on a child's subsequent development.

Some "Things Your Baby Hopes you Know About Marijuana," are:

- Newborn babies whose mothers smoked marijuana during pregnancy are more likely to be born early and have problems sleeping.
- Preschool children whose mothers smoked marijuana during pregnancy are more likely to have a hard time calming themselves and have difficulty making decisions.
- Older children whose mothers smoked marijuana during pregnancy are more likely to be easily distracted in class, be hyperactive and have trouble following directions with multiple steps.

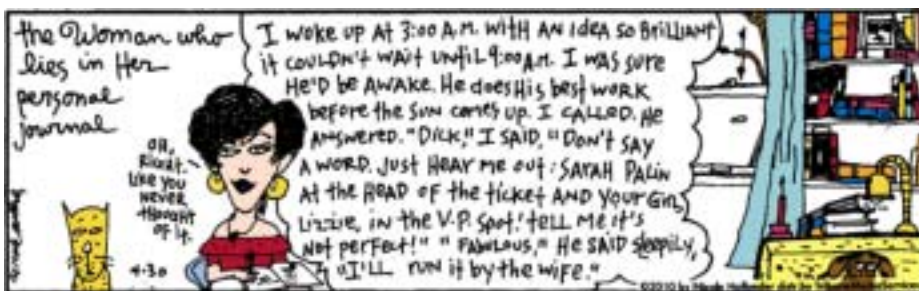
These effects are 100 percent preventable! No amount of marijuana is safe to use while pregnant or breastfeeding.

Educational posters and brochures are available to health care providers and other community partners who would like to help inform pregnant women and their families about this important information. The brochure is displayed at the office where people apply for a Medical Marijuana ID Card, but current law prohibits putting the information into the actual application packet. If you're interested in more information or materials contact: Natalie Swiencki at FIRST 5 Mendocino, 462-4453.

*Natalie Swiencki*

### Frances Perkins

*The Woman Behind the New Deal* is Kirstin Downey's biography of the first woman selected to the President's Cabinet. Frances Perkins was named Secretary of Labor by Franklin Roosevelt in 1933. When Roosevelt asked her to serve, she came with an agenda: unemployment insurance, public works projects, workman's compensation, prohibiting child labor, an eight-hour work day, minimum wage, safety regulations for workers, an old-age pension and health care for workers. By the time she left after Roosevelt's death, she had accomplished all except health care insurance, which was left to Obama. Social Security was created under her watch. Her legacy of worker's unemployment insurance, workman's compensation combined with public works projects gave the Depression weary workers hope and jobs. Prohibiting child labor, improving worker's safety and limiting the workweek gave workers the protections needed. During this time, the labor unions grew steadily. Yet Frances was belittled, mocked and harassed because she was a woman ( usually the only woman) in a man's world. Her close relation with Roosevelt gave her the courage to keep on but did little to protect her from the press, political opponents, and even her fellow Cabinet members. Hers is a legacy to cherish yet so few know of her. Read *The Woman Behind the New Deal* and you will be amazed that although her personal life was chaotic, her courage and the friendships of women enabled to her to persevere and leave America a better place.



**SENATOR PATRICIA WIGGINS**  
SECOND SENATE DISTRICT  
CALIFORNIA LEGISLATURE

STATE CAPITOL, ROOM 4081 SACRAMENTO, CA 95814 (916) 651-4002 (916) 323-6958 SENATORWIGGINS@SENATE.CA.COM

SANTA ROSA OFFICE 50 D STREET #120A SANTA ROSA, CA 95404 (707) 576-2771 (707) 576-2773 FAX

THE LAW OFFICES OF  
**Ann C. MOORMAN**

BERKELEY OFFICE 803 HEARST AVENUE BERKELEY, CA 94710 TELEPHONE: (610)846-3000 EXT 111 FACSIMILE: (510)845-3003 EMAIL: ANN@ACMORMANLAW.COM WWW.ACMORMANLAW.COM

UKIAH OFFICE 308 SOUTH SCHOOL STREET UKIAH, CA 95482 TELEPHONE (707)462-1844 FACSIMILE: (707)468-0522

**PHOEBE GRAUBARD**  
ATTORNEY AT LAW

Education • Labor & Family Law  
Juvenile Defense  
Wills, Trusts & Probate

594 S. Franklin Street P.O. Box 2048 Fort Bragg, CA 95437 (707) 964-3525 www.men.org/a/celr celr@men.org

**ANNE NIX** ESTABLISHED 1957

**MENDOCINO OPTICAL COMPANY**


280 SOUTH SCHOOL STREET UKIAH, CA 95482 707-462-2744

5120 HILL ROAD EAST LAKEPORT, CA 95453 707-263-3433

**Century 21 Seascapes Realty**

**Anne L. Fashauer** Realtor

45050 Little Lake Street P.O. Box 583 Mendocino, CA 95460 Direct (707) 937-9216 fax (707) 937-0344 E-Mail alfette@mcn.org Website www.annefashauer.com Each Office is Independently Owned And Operated



**Rhoda Teplow Presents**

email: rteplow@mcn.org  
PHONE/FAX 707 964 ARTS(2787)  
POST OFFICE BOX 453 MENDOCINO, CA

**CAREN CALLAHAN, LL.M (TAX)**  
ATTORNEY AT LAW

3663 NO. LAUGHLIN BLVD. SUITE 200 SANTA ROSA, CA 95403

ALL MAIL TO: P.O. BOX 15 UKIAH, CA 95482

515 SOUTH SCHOOL STREET UKIAH, CA 95482 TELEPHONE (707) 463-0183 FACSIMILE: (707) 463-0988 caren@carencallahan.com

### **Lillian Vogel**

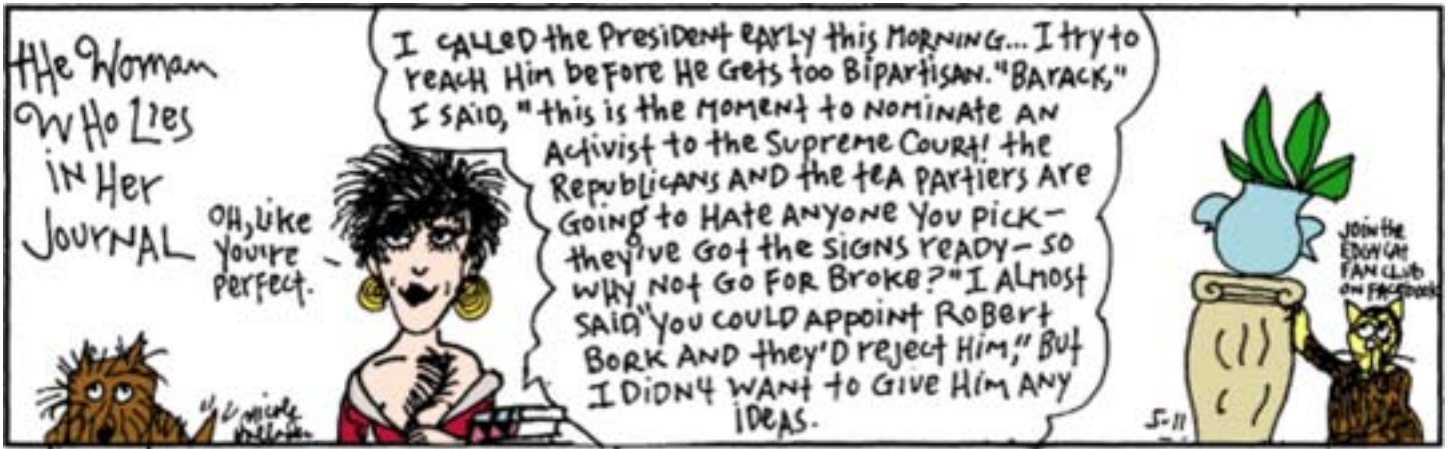
I am now an active member for the AAA (the Area Agency on Aging). You also may wish to include the poem I have at the end of my book. If you don't happen to have a copy of the book, here it is!

#### **MY ENLIGHTENMENT**

Days roll on and soon, the years  
My own little world full of wonder and joy  
Angers after unhappy events - what lies ahead  
Thrust into sadness at times so severe  
That the joys of life are no longer here  
To believe that to start again can never occur  
And then the light - it can occur  
To go on again as a part of this wonderful earth  
With its scientific advances  
The sounds of music, the laughter of children  
The beauties of nature and its reflection in art  
Can all this crowd out ghastly sights of people at war  
Can I bury my head or see only beauty  
Closing my eyes to the cruelties of mankind  
As we destroy each other and this amazing planet  
Can I enjoy the beauty while fighting the horrors  
Yes, I must do both  
To believe we are here  
For reasons unbeknownst  
Yet for love and happiness of all  
So my remaining years on this wonderful earth  
Shall be wholeheartedly treasured  
As I enjoy the wonders and fight injustice  
All this concomitantly

*Lillian Brown Vogel*





**Propositions according to Val**

**YES - Proposition 13**

Allows homeowners and businesses to get tax deductions for certain earthquake retrofits for homes and other buildings. (New construction already gets these tax deductions.)

**NO - Proposition 14**

Candidates would no longer be identified by party affiliation. Each voter would be able to vote for any candidate. The top two would be in a run-off general election no matter if they are from the same party. Thus two candidates with the most name recognition or money are most likely to win. This would give little change to third party candidates to be on the November ballot. It would not give voters a chance to know what platforms or positions were taken by the candidates based on party affiliation.

**YES - Proposition 15**

Qualified candidates could receive limited public financing and, if they accept it, are banned from raising or spending beyond it. If passed, would be a pilot project — only for the Secretary of State candidates — in 2014 & 2018.

NWPC has long supported this as a way to get more women to run for office.

**NO - Proposition 16**

Written by PG&E to reinforce their existing monopoly. Would impose a new two-thirds voter approval requirement for local public energy providers as a Constitutional Amendment. Would make it nearly impossible for any district to buy or create alternative energy.

**NO - Proposition 17**

Allows Auto Insurance Companies to Base Their Prices in Part on a Driver's History of Insurance Coverage. Initiative Statute  
Was written by Mercury Insurance Company to allow them to raise fees by deceptively saying they could charge less to people with continuous coverage but would allow them to charge extra fees to people who have had interrupted coverage due to illness, military service or for other reasons.

**YES - Measure A - Anderson Valley.** Bonds to renovate and modernize the Schools.

*Val Muchowski*



**Joining the NWPC will mean that you:**

- \* Use your political voice to make important decisions that affect your life and family;
- \* Provide opportunities for all women in your community to gain skills and experience necessary to assume leadership roles at all levels;
- \* Participate in training experiences that can sharpen your skills ... and even change your life.

**Websites**

www.katharinecole.com  
www.nwpc.org  
www.nwpc.org  
www.ukiahsmartgrowth.org  
www.MendoChildren.org

Every choice we  
make can be a  
celebration of the  
world we want.

*Frances Moore Lappe*



**NWPC LOGO**

*The Greek symbol for women is used to form five circles representing the five races: black, brown, yellow, red and white. Intertwining of the circles means unity: working together, we can achieve anything.*

*Yes! I want to increase women's political power and become a member of the National Women's Political Caucus. Enclosed is a check for \$ 70. for annual dues.*

*\$70. regular membership*

*\$30. low income/ student*

*I want to do more to help NWPC achieve its goals.*

*Enclosed is a contribution of \_\_\_\_\_*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (home) \_\_\_\_\_ (business) \_\_\_\_\_

e-mail \_\_\_\_\_

*Make checks payable to and mail with completed form to:*

*NWPC of Mendocino, Box 1140, Ukiah, CA 95482 For information call (707)895-2649*

**National Women's Political  
Caucus of Mendocino**

P.O. Box 1140  
Ukiah, CA 95482



**PRSRRT STD  
U.S. POSTAGE PAID  
UKIAH, CA  
PERMIT NO. 5050**

**RETURN SERVICE REQUESTED**

A close-up photograph of a pregnant woman's belly, with her hands resting on it. The image is part of a public health poster.

**Things Your  
Baby  
Hopes You Know About  
Marijuana**

- Marijuana crosses the placenta, and is found in the newborn's body after a single use.
- Children of mothers who smoke marijuana are more likely to have social, learning and behavior problems that continue throughout their lives.
- Smoking marijuana causes less oxygen and food to get to the baby. This decreases your baby's growth and development.

*"But it is natural and it helps with my nausea"*  
**FACT:** Just because marijuana is a natural herb, doesn't make it safe for your baby.

**No Amount  
of Marijuana is Safe**  
to Use During Pregnancy  
or Breastfeeding

For help in quitting smoking marijuana, call Alcohol & Other Drugs Program (AODP):  
**707.472.2637**

Sponsored by the Partnership for Healthy Babies of Mendocino County & FHSJ 5 Mendocino