

Calendar

April 9

Walk a Mile in Her
Shoes

Fort Bragg

Project Sanctuary
ana@

projectsanctuary.org

April 9

Spring Conference
Fracking

Ukiah Garden Cafe
11:30 - 2:30

estelle@pacific.net

April 15-17

NWPCA

Board Meeting

Oakland

nwpcpatricia@yahoo.com

April 28

Women 4 Thursday
Patrona's
5 pm

April 30

Walk a Mile in Her
Shoes

Fort Bragg

Project

Sanctuary

ana@

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July 29

NWCA National
Convention

Washington DC

Looking to a future inspired by history

In celebration of March being Woman's History Month, the 28th annual Women Making History Gala was held on March 6th at the Saturday Afternoon Clubhouse in downtown Ukiah.

The National Women's Political Caucus of Mendocino County, the American Association of University Women of Ukiah, the Ukiah Saturday Afternoon Club and the Soroptimist International of Yokayo Sunrise presented the event.

Tables filled with Silent Auction items including a seven night stay at the Los Abrigados Resort in Sedona, AZ, a sailing trip around the San Francisco Bay and dinner for eight, prepared and served at the home of Mendocino College president Kathy Lehner were among the items that greeted guests upon walking through the door on Sunday.

The proceeds from the fundraiser will benefit the National Women's Political Caucus of Mendocino County. The amount raised varies from year to year according to Val Muchowski, chair of the NWPC of Mendocino County and teacher for 30

years.

This year the event was themed "Women's History is our Strength," and honored local women who have worked within the community to make a difference.

"What we do is we bring together women artists, woman musicians, and women community leaders" said Muchowski, adding "We've tried to urge women to come and bring their daughters."

Congressman Mike Thompson's representative Heidi Cuisak Dickerson was on hand to present those being honored with Congressional Certificates for outstanding service



while Mendocino College Superintendent and President, Kathy Lehner served as mistress of ceremonies.

Among the honorees were the "Los Hilos de la Vida" or the Threads of Life quilting group founded by Molly Johnson Martinez and Susan Kerr in 2005 with a borrowed sewing machine, scraps of fabric and very little

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Box1440, 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 vjmuchowski@yahoo.com

money. The two women have worked tirelessly to teach the art of quilting and were both on hand to help present some of the quilts made by the group as well as the women's stories that helped inspire the fabric art. "The women quilt the stories of their lives," said Muchowski.

Other women honored included Beba Frey, grandmother and matriarch of Frey Vineyards as well as Ann Kilkenny, owner of the Mendocino Book Company and avid local volunteer.

Dr. Laura Wedderburn and Physician Assistant Lynn Meadows were honored for being "Women of Courage and Conviction" for their work with Hearts Helping Haiti. The two women traveled to Haiti with other UVMC staff to volunteer medical aid to the earthquake torn region including sponsoring the Revielle Matinal Orphanage which houses 20 orphan girls. Dr. Wedderburn described her experience volunteering in Haiti, saying, "Periodically, I stop and cry and it's been a year." "It amazes me that a Haitian woman can give birth to a child that she knows will die (from lack of care)," adding "I feel very proud to stand here today."

Keynote speaker, Senator Noreen Evans spoke to the ongoing need for women's equality and encouraged attendees to "Remember the importance of sisterhood."

Kelly Hancock

KATARZYNA ROLZINSKI

Katarzyna experienced a terrible fall just before the Women's History event in early March. She was knocked unconscious for several hours outside on her steps. When her friends got her to the Emergency Room, she had suffered a severe blow to the head with 12 stitches and a concussion.

That, however, barely slowed her down as she finished the last minute items for our Women's History Silent Auction, which was the largest and most successful ever. Thank You Katarzyna!

NWPC Mendocino County Executive Board

Chair	Val Muchowski	895-3543
Vice Chair - Inland	Estelle Clifton	462-6620
Vice Chair - Coast	Patricia Darland	937-1798
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PAC Treasurer	Lynda McClure	895-3243
Membership	Joelle Sumski	743-1945
Historian	Madelyn McCauley	463-0620

She has been home healing since that time. Drop her a note or email. Katarzyna Rolzinski, 402 W. Stephenson St., Ukiah, CA 95482. Katarzyn@pacific.net

Membership Drive

NWPC CA is having a membership drive. Mendocino tops the list in renewals. We want to win this one. Copy off the membership form in the newsletter and bring us a new or lapsed member. We will be celebrating our 30th Anniversary this fall so lets do it with the most new members in the state.

Raffle for PAC

We will be raffling off a night at the Apple Farm in Philo to put some money in our PAC Fund. Our PAC Fund is money given to endorsed candidates to help in their election. "Our cottages sit in a group among the apple trees, forming a little village of sorts. Each has a porch to sit on, a wonderful big bathroom and a comfy queen sized bed. Our original guest room, the "Room with a View" continues to be a favorite, probably because of the view and all the open windows. A stay at the farm comes with morning breakfast of coffee and toast, served with our own apple juice and jams." The Apple Farm was established by the founders of the French Laundry in Yountville. The high quality of food and service continue at the Apple Farm.

<http://www.philoapplefarm.com/>



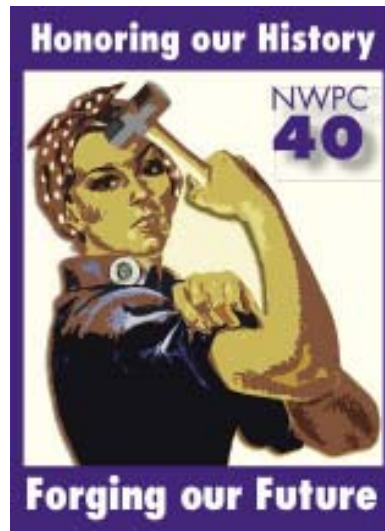
HERE AND THERE

Our members are everywhere and into everything. We have great articles telling what they are up to and into. Estelle Clifton send me on on Fracking. Did you know that Mendocino County might be fracking. If you want to learn more about it. The Ukiah Valley Democratic Club invites everyone to attend its 2011 Annual Spring Conference on Saturday, April 9, 2011, 11:30 a.m. - 2:30 p.m. at the Ukiah Garden Café, 1090 S. State Street in Ukiah, lunch included. Charles Cresson Wood will speak on "The Dangers of Fracking, Hydraulic Fracturing and Shale Gas." Tickets are \$20 per person and may be purchased at Mendocino Book Company or online at <http://ukiahdemocrats.org> (follow the link that says 'Buy a ticket through ActBlue'), or reserve your spot at 462-1399. Some sliding scale tickets are available with a reservation....Jody Cole is on another safari. On her last one, her goal was to climb Mount Kilimanjaro and raise money for Equality California. "Not only did I summit Mount Kilimanjaro, I met my fundraising goal of a dollar a foot. 19340 feet for Equality California. Woohoo!"....We have lots of Wonder Women in Mendocino but Christina Aanestad has incredible energy. She is General Manager of the Mendocino Environmental Center, Head of MEC radio and now has taken on the Mendocino County Independent newspaper.....

Tilting at Windmills

At the January Executive Board meeting, we discovered that there was a hearing informing folks that Family Planning would be closed down in Ukiah and Willits. We quickly dispatched Ana Araiza to the meeting to say that we opposed this move. Ana came back saying that it seemed to be a done deal. Planned Parenthood was planning to move back into Ukiah and would pick up some of the functions.

I attended the first meeting in March and discovered that Family Planning was on the agenda. I spoke to the Board reminding them of the long history that women had



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done through to have the ability to control their reproductive cycles. Some states formerly had laws prohibiting the use of contraception. (In 1965, the Supreme Court of the United States ruled in the case Griswold v. Connecticut that a Connecticut law prohibiting the use of contraceptives violated the "right to marital privacy." In 1972, the case Eisenstadt v. Baird expanded the right to possess and use contraceptives to unmarried couples.) It was only in the 1970's that women had a right to contraceptives and abortion. Mendocino County had established an exemplary program under Beba Frey in the 70's. I asked them to keep Family Planning as a county function and that more than 5,000 people (both men and women) had used Family Planning last year. Women from the clinics assured the Board that functions would be taken up by the clinics and private practices. I reminded the Board that the state and federal governments are reducing clinic funding. The board voted to hold the Beilenson Act hearing on March 22nd that would allow them to suspend Family Planning.

We put the word out and many wrote letters to the Board. On March 22nd, we lined up to speak again. I repeated my plea emphasizing that teenagers are often reluctant to use local clinics for pregnancy, hiv/aids and std (sexual transmitted disease) testing. So I said that they should



take the Public out of Public Health. Soon they would have only a Department Head and Secretaries and no one to serve the public. (They have lost 8.5 public health nurses in the last few years. Family Planning had 10 full and part time workers.)

Anne Molgaard reminded them that every child should be a wanted child and that young children are very sensitive to their environment. She also asked the Board to make sure that they monitored the exchange of services to make sure that all were covered. Lynda McClure entered an impassionate statement.

Linda Bailey stressed the following points at her testimony before the Mendocino Board of Supervisors. “The Beilenson Act not followed. Its major requirement is that before the county stops providing medical services to those who cannot afford them is that “alternate means are in place”. Those alternates still are not in place—the clinics, Planned Parenthood and HHSa are just now identifying the gaps and PP is not in place. HHsa has no plans to fulfill third requirement which is that phone numbers of alternate means be listed with the BOS phone numbers. They say meeting requirement 2 (agency to receive complaints and give referrals) meets number 3.”

Linda wrote us this analysis. “In fact, for a group that has been working on this for at least three years, the report is remarkably thin on who their clinics are and what services they have been receiving. They apparently spent most of their time talking about steps to close down operations. More detailed attention to the pills they have then to those they gave them to.

It is evident that Family Planning was on the chopping block and the decision had been made. It still mystifies me why they would close a service that had given exemplary service for decades for miniscule county fund savings - most of them illusory as are paper allocation for administrative costs that will be shifted. There is utter disregard for employees and clients in anticipation of budget reductions. I will be very surprised if much of the savings go to family planning, especially teen outreach. Handled through CAO—huh. Let’s see the



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

Nancy C. Nanna, MSW

Licensed Clinical Social Worker

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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

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budget.”

It was evident that the Board had made a decision. The only “NO” vote was Dan Hamburg who stated that Public Education is a Public Safety issue and he would rather save Family Planning than keep a Sheriff Deputy.

Carre Brown wrote me this note. “Everything going on is very emotional right now for all of us. I plan to monitor as well and will hold staff’s feet to the fire. This is not the only program that will be going to community partners. It will be very important for me to be connected with these providers and ensure program delivery. I have already talked to them about meeting with me on a regular basis for an update and discussion about their effectiveness in providing these services.”

Val Muchowski

Geraldine Ferraro and NWPC Mendocino

Alice Travis was the NWPC National Democratic Task Force Chair. She had this idea that NWPC could convince Walter Mondale, the Democratic nominee in 1984, into naming a woman as vice

President on the ticket. She knew that the National Women’s groups would have a hotel room and envisioned that young women on bikes would connect the Women’s Center with the women delegates (remember this was before computers and cell phones). She contacted me (I was California NWPC Democratic Task Force Chair). Sure



I said, “No problem. We will house them in Berkeley and bring them in on BART.” Then I sought the parents of young women. No one eagerly volunteered except Mendocino. So we gathered 6 young women of the Anderson Valley and prepared to work the scene. Then Walter Mondale selected Geraldine Ferraro as his running mate. “Is it off,” I asked Alice? “No bring them down,” she said. We will find jobs for them to do.

The young women and I moved to Becky O’Malley’s house in Berkeley. We got to San Francisco just in time for the Gay Pride Parade. It really opened their eyes. Half of the group had gay moms (who were mostly hidden back in hills and not very open). What a shock to see openly gay men and women strutting their stuff. The group worked with

Alice. We gathered to see Geraldine Ferraro come into the city. Then we were able to get tickets for the acceptance speeches. The girls got to see Walter Mondale’s speech. Mary Walsh and I got to see and hear Geraldine Ferraro’s speech. It was an all time high.

Check out her speech on the nwpc.org website and you will see why it moved us to tears. That was my first but not my last Democratic convention. I have attended every one since – three times as a delegate and three times as a groupie.

Val Muchowski

Geraldine Ferraro

Geraldine Ann Ferraro earned a place in history as the first woman vice-presidential candidate on a national party ticket.

Ms. Ferraro was born in Newburgh, New York on August 26, 1935. Her father, an Italian immigrant, died when she was eight. Her mother worked as a seamstress. She skipped three grades, finished high school at 16, and won a college scholarship. She then taught second grade in the New York Public Schools for five years. During that time, she also put herself through Fordham Law School at night.



She and her husband, realtor John Zaccaro, have three children, Donna, John, and Laura.

Ms. Ferraro was first elected to Congress from New York's Ninth Congressional District in Queens in 1978 and served three terms in the House of Representatives. During her six years in Congress, she compiled a liberal voting record in Congress, but stayed in touch with conservative voters in her district.

In Congress, Ferraro spearheaded efforts to achieve passage of the Equal Rights Amendment. She also sponsored the Women's Economic Equity Act in 1984, which ended pension discrimination against women, provided job options for displaced homemakers, and enabled homemakers to open IRAs. Her job as chief of the Democratic platform committee helped win 1984 Democratic Presidential nominee Walter Mondale's confidence.

Geraldine Ferraro faced an enormous amount of scrutiny during the campaign, both from the press and the general public. She and Mondale were defeated in the general election by Ronald Reagan and George Bush, who were seeking reelection.

"I was constantly being asked, 'Was it worth it?' Of course it was worth it!" she wrote in "Framing a Life, A Family Memoir," published in 1998. "My candidacy was a benchmark moment for women. No matter what anyone thought of me personally, or of the Mondale-Ferraro ticket, my candidacy had flung open the last door barring equality — and that door led straight to the Oval Office."

Her nomination astonished some of the most stalwart feminists. Among them was Ms. magazine founder Gloria Steinem, who had predicted that 1984 would be the year that politicians talked seriously about putting a woman on the national ticket, not "the year they actually did it."

Since her campaign for national office, Ms. Ferraro has remained active in politics. Most recently she was appointed by President Clinton to lead the United States delegation to the United Nations Human Rights Commission. She served as a public delegate in February 1993 and was also the alternate United States delegate to the World Conference on Human Rights held in Vienna in June 1993.

An active participant in the nation's foreign policy debate, she served as a Board member of the National Democratic Institute of International Affairs and was a mem-

ber of the Council on Foreign Relations.

Members

- New:** Judy Conard, Jessica Rodriguez
- Renewing:** Barbara Rice, Sandra Spencer, Dorothy Sugawara, Irma Turner, Kristen Turner
- Due in March:** Linda Bailey, Sally Biggin, Estelle Clifton, Ellen Drell, Pauline Grzanich, Ginger Pohlson
- Due in May:** Joan Eriksen, Susanne LaFaver, Jone Lemos, Grace Liu, Anne Molgaard, Camille Ranker, Katarzyna Rolzinski, Shari Schapmire, Janet Seaforth, Kendall Smith, Jane Vartanian, Jan Cole-Wilson

Mendocino Environmental Center Broadens Media Coverage

Several years ago the MEC applied for and received an FCC license for low frequency community broadcasting and has been operating KMEC 105.1 LPFM out of the center at 106 W. Standley Street in Ukiah. Programming includes many local volunteer programmers as well as outstanding national and international shows. Recently Al Jazzera joined the line up at 6 A.M. KMEC streams at kmec.org

Beginning in early March the Independent moved its office into the MEC. The late Richard Johnson, long-time publisher of that and other publications, turned the paper over to Annie Esposito and Christina Aanestad. In addition to the co-editor responsibilities, Christina is General Manager of KMEC radio.

While The Independent will remain a separate enterprise from the MEC and KMEC, the proximity of the operation will allow ongoing exchange of information and collaboration in news and event coverage.

Tax deductible donations to the MEC and KMEC can be made through Cloud Forest Institute, the 501(c)(3) non profit that serves as a conduit for such designated donations and



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grant funding. Questions regarding MEC/KMEC, including applying for a radio program time slot, can be directed to Christina at 468-1660, and a MEC annual membership of \$35 can be mailed to 106 W. Standley St. Ukiah, 95482.

Lynda McClure

Mendocino Country Independent

Long time local newspaper publisher Richard Johnson died of congestive heart failure in March this year. But Johnson wanted his newspaper complex to live on and he turned over the operation to local news people Christina Aanestad and Annie Esposito. It's now a woman-owned and operated publication.

Although Johnson left a lot of heart and soul to the newspapers, there was no actual money left to revive them. But Aanestad and Esposito did raise enough from new ads and subscriptions to come out with a combined issue of the Mendocino Country Independent for April. The publications Vistas and Confluence will become part of the Independent.

Look for monthly editions of the Independent to cover many Mendocino County issues people are talking about - and a couple more women at the local media helm.

People can subscribe to the Mendocino Country Independent for \$20 a year. Please make checks payable to "Christina Aanestad or Annie Esposito" and mail c/o Mendocino Environmental Center, 106 W. Standley Street, Ukiah CA 95482.

Anne Esposito

April is Sexual Assault Awareness Month

Did you know that April is sexual assault awareness month, otherwise known as SAAM? Last year I helped organize the production of the free film and discussion program in honor of SAAM held at the Arena Theater. Two professionals with combined experience of almost forty years in the field of sexual assault crisis counseling, education, and advocacy, were on hand to guide the discussions. We showed the films "Speak" and "Open Window" free of charge to the community. Our participants were culturally and age diverse. The discussions were illuminating and helpful. We all learned a lot. We were given plenty of positive feedback, the most common sentiments being, "This is a needed program," and, "Thank you for doing this." Our sponsors were able to donate \$1000 and the use of the films to the theater. We are very grateful that the Arena Theater provided this very inspiring venue and the safe space necessary for such a program last year. We would like to produce a similar event this year. If there is room for this event in the theater this April please let me know as soon as possible so we can plan accordingly.

Susan E. Moon



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(707) 576-2771
(707) 576-2773 FAX

Patricia Jauregui-Darland, R.N.
Managing Partner
A Family Friend, LLC
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Mendocino, CA 95460
phone: 707.937.1298
fax: 707.202.1330
email: pdarland@afamilyfriend.net

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ATTORNEY AT LAW

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Breastfeeding Support You're Looking For

After having a baby, 95 percent of mothers leave the hospital with the intention to breastfeed. Two months later California statistics show that the portion of mothers breastfeeding drops to less than 50 percent. To combat the dropping rate of breastfeeding mothers, a partnership among FIRST 5 Mendocino, Ukiah Valley Medical Hospital, Mendocino County WIC (Women, Infants, and Children) healthy food program, and the local breastfeeding coalition formed to create Mendocino Breast Start. Breast Start publicizes the importance of breastfeeding and a local hotline.

“It usually only take a quick tip or some reassurance to keep the mom and baby breastfeeding successfully,” said Gina Berry, R.D., manager of the County WIC program. Any mother in need of breastfeeding support can call the 24-hour local and free hotline 1-855-855-MILK (6455) for immediate breastfeeding assistance. Trained breastfeeding specialists will staff the line, with a bilingual specialist available at all times. Some are WIC or UVMC employees, while others are volunteers recently trained by Breast Start through a grant from FIRST 5 Mendocino.

The public will see new ads beginning in late January at grocery stores, on a billboard, and at their doctors’ offices. “We hope the ads spur discussion. If a nursing mom needs help, the phone number is right there. We are also listing the website so people who want more information can go to www.breaststart.org,” explains Berry.

For more information on Breast Start go to www.breaststart.org or call 1-855-855-MILK (6455).

Unshared Sacrifice

So far, I have supported Governor Brown’s budget proposal. I believe he is indeed taking a mature and realistic approach in trying to balance our budget under these most difficult circumstances.

We like to talk about “shared sacrifice” in addressing this crisis, but let’s not delude ourselves – the sacrifice is not actually being shared. In fact, the sacrifice is almost exclusively being asked of our children and grandchildren. Add in the elderly and the disabled for good measure and you’ve identified almost everyone who is sharing in the sacrifice. Now, retirees and public servants are about to be thrown onto the pile.

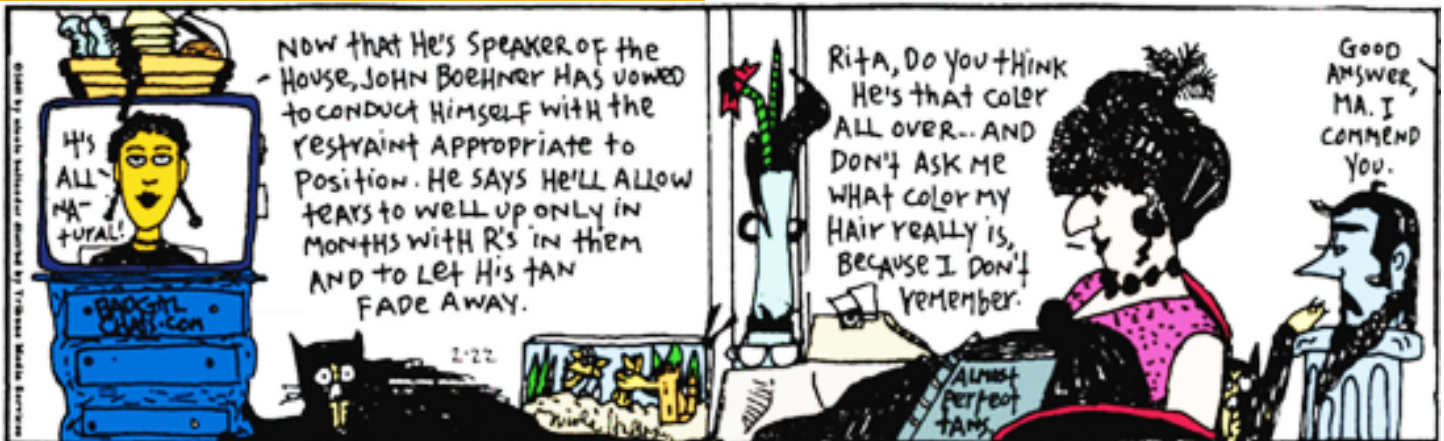
The Conference Committee has adopted most of the Governor’s budget proposals. Here are some of the \$12.5 billion in cuts adopted thus far; you’ll notice many directly or indirectly affect children:

* Childcare: \$716 million reduction - Includes reducing the number of preschool slots by 15%

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Breastfeeding makes babies smarter

Toll Free Help Line:
1-855-855-MILK (6455)
www.breaststart.org

FIRST 5 MENDOCINO
mendocino breast start



* Higher Education: \$500 million cut from California State University, \$500 million cut from University of California, and \$400 million cut from Community Colleges

* Health and Human Services: \$6 billion cut, including:
- Department of Developmental Services: \$500 million cut from services to developmentally-disabled children and adults

- CalWORKS: \$1.1 billion from this program providing aid to poor, single parents

- Medi-Cal: \$1.6 billion cut in healthcare services for extremely poor families

* State Civil Servants: \$700 million cut

Additionally, our state parks have historically been underfunded and under-maintained for years and this year will be the worst to come. These parks preserve California's rich history and natural resources. They also used to serve as a remote classroom for our state's children – an important function often overlooked. Now, however, many are closed part time, and many will completely shut down due to budget cuts.

Even the most promising option for our children to make a better life for themselves – obtaining a college education – has become more and more difficult. Fees and tuition at all three of California's higher education systems (California State University, University of California, and Community Colleges) have risen dramatically in recent years.

One-fifth of California's children are living in poverty. Across the nation, income inequality is at record levels – wealth has become concentrated so that 1% of our population owns more than 20% of the total wealth. Yet, we have reduced corporate taxes repeatedly over the past two decades. We cannot even summon the political will to tax the extraction of a state resource – oil – even though the oil companies continue to earn record profits routinely.

So, let's proceed to do what we have to do under the circumstances. But let's not pretend that we are all sharing the pain. Our budget cutting has consistently and disproportionately hurt our youth.

Senator Noreen Evans

SPACE THEATER UPDATE

The update from Near & Arnold's School of Performing Arts and Cultural Education (SPACE) is very exciting. On May 1, or as soon as the rains are clearly over, we plan to break ground on our next phase of construction. The "West Wing Phase" will consist of a classroom/studio, boys and girls restrooms, workroom, and offices. We will be able to consolidate all of our program operations at our new theater site at 508 West Perkins Street.

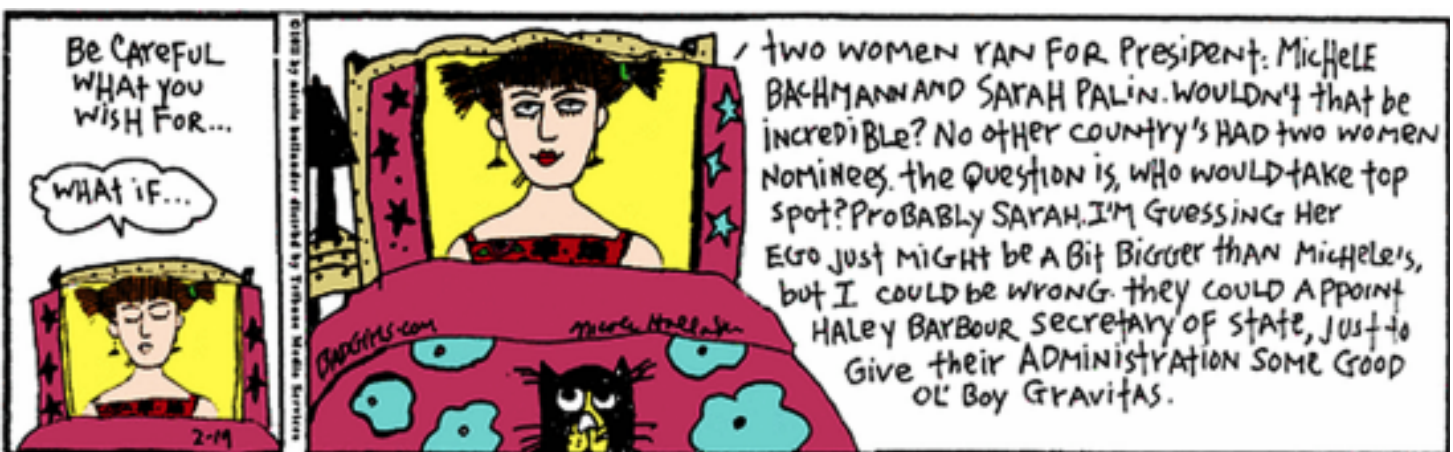
Thanks to a significant and very generous donation from Lucille Villwock, we have the funds to complete this phase and also to include the lovely portico and landscaped courtyard that will make a stunning and inviting campus for SPACE students and visitors.

The renovation of the original footprint of the former St. Mary's Catholic Church into a performing arts theater was completed in April 2010. In the ensuing year, the SPACE Theater has presented SPACE plays, performances, and recitals and has been the venue for numerous community events including a Mendocino Community Foundation board meeting; Equality CA fundraiser; Pinoleville Rancheria Head Start party; Nuestra Casa's Mexican Mothers Day; and El Grito, a reenactment of the 200th anniversary of Mexico's independence on September 16 attended by an estimated 600 people.

It is of special relevance and a source of great pride that on January 7 the SPACE Theater, with an accompanying huge white party tent, was the scene of the investiture of NWPC member Ann Moorman as Mendocino County Superior Court Judge.

Please stay tuned and please stop by for a visit.

Mary Ann Villwock



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
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*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 _____

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Address_____

City_____ State_____ Zip_____

Phone (home)_____(business)_____

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Make checks payable to and mail with completed form to:

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