

Palos Verdes Democrats

Founded 1952



logo by
Paul Conrad

January 2018 Newsletter

P.O. Box 2234, Rolling Hills Est. CA 90274
Visit Us on the Web at www.pvpdemocrats.org
"One of the oldest Democratic Clubs in California"

COMING EVENTS

Social time: 2pm

JANUARY MEETING

DATE: Sunday, January 21st

MEETING TIME: 2:30 - 4:30pm

LOCATION: Peninsula Center Library
Community Room; 701 Silver Spur Rd, RHE

TOPIC: CA Lt. Governor Race

SPEAKER: Lt. Governor Candidate
Dr. Asif Mahmood

FEBRUARY MEETING

DATE: Sunday, February 18th

MEETING TIME: 2:30-4:30pm

LOCATION: Peninsula Center Library
Community Room; 701 Silver Spur Rd, RHE

TOPIC: 2018 CA Senate Primary

SPEAKER: State Senator Kevin DeLeon

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January General Meeting

At our January meeting we will hear from **Dr. Asif Mahmood, one of the candidates for California Lt. Governor, a race that has attracted a lot of early attention and money.**

Dr. Mahmood is a pulmonologist and doctor of internal medicine, practicing at a number of hospitals in the Los Angeles area. He is a self-described "Triple Threat" to Donald Trump, "a muslim immigrant from the great blue state of California." Dr. Mahmood was raised in a village in rural Pakistan, moving to the U.S. after medical school to finish his residency in Lexington, KY, where he met his wife.

As a MD, Asif has made healthcare a central focus of his campaign. He is a supporter of a Medicare for all system, but believes we need to first protect the Affordable Care Act (ACA) from the current Republican threats. Education is another core issue driving Dr. Mahmood's campaign and he has put forth a detailed plan to revolutionize community college and higher education in California. Dr. Mahmood has been endorsed by Congressman Ted Lieu..

November Meeting Report

by Carol Moeller

Our first speaker, South Torrance High School Senior **Julianne Tippett** received financial help from the Palos Verdes Democrats to enable her to attend the 2017 [ACLU Summer Advocacy Institute](#) in Washington DC. In return, she spoke of her experience in engaging with 500 students from around the nation who took part in this second annual social justice empowerment experience. They examined how to defend

existing civil liberties and explored ways to push for further rights, and learned the importance of these freedoms in our current society. Students met with elected officials and their staff and received pointers from community activists.



*High School Senior
Julianne Tippett*

Experts spoke on Racism and the Criminal Justice System, Activism and the Running of a Campaign, Women's Rights, Voting Rights and Gerrymandering, Free Speech and Protest, LGBTQ Advocacy, the ACLU's Impact on the Supreme Court as well as National Security, which included a Skype interview with Edward Snowden. Breakout sessions allowed attendees to choose topics of primary interest and then drill down with experts to more fully understand the nuances of each.

Currently Julianne is the President of Youth in Government at her high school where she plans to share what she learned and hopes to empower other students to fight for their rights. In 2018 she plans to help with Ted Lieu's reelection campaign.

Easy Everyday Activism

A last minute replacement for our scheduled ACLU speaker who couldn't attend, **Gary Boston**, the Palos Verdes Democrats' Second VP, provided us a valuable learning session in political activism, demonstrating that being an engaged citizen doesn't have to be hard and it doesn't have to involve long hours. He compared being politically active to being physically fit...flexing muscles in either arena can produce big rewards! .

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The first of three tools to easy activism Gary recommended is **Resistbot**, which is a free and easy way to turn text messages into faxes that are automatically sent to your elected representatives. No apps to download as this tool goes through your phone message system. Gary began by asking each of us to pull out our cell phones, so if you weren't at the meeting, please do so right now and follow the instructions below.



Step 1: On your mobile phone, text the word Resist to 50409 (it's OK if the number shows up with a hyphen).

Step 2: Follow the prompts:

- It will ask you for your first and last names so that it can properly put your name at the bottom of the letters it will send.
- It will ask for your street address and zip code so that it can properly add your return address to the letters it will send.
- It will tell you who your Representative, Senators and Governor are.
- It will tell you that when you are using the service you can type:
 - Senate -- to send message just to your Senators
 - House -- to send message just to your Rep
 - Congress- to send messages to both
 - President or Governor

Don't worry about remembering all of the commands, the system walks you through the process every time you use it. All you need to remember is text the word "Resist" to 50409 every time you want to start.

Step 3: Text "Resist" to 50409 to send your first message.

Step 4: Pick who you want to send it to.

Step 5: Enter your message. You can make it as long as you like. The system will treat it all

as one message. (You don't need to add your name, the system does that automatically). Hit Send, then type "Done" and hit send again.

Step 6: You are almost done. Resistbot will summarize your message. **To send it, type "Send" and you are done.** You can also "preview" or "add" to the message. (Note, you cannot edit the message. If there is an error, you type "clear" and start over. Gary suggests cutting and pasting the original to make corrections)

Step 7: The system will give you previews of the faxes. It will also send you confirmations when the faxes have actually been delivered.

The more you use RESISTBOT, the more options it will give you. It can send actual letters through the mail, you can upload an actual signature, etc.

Once you are set up, you can literally send messages to DC in a few minutes. You can do it every single day!

The second easy way Gary suggested to make your voices heard (literally) is to use **Stance**.



One problem is difficulty getting through to elected official offices by phone. Like RESISTBOT, Stance figures out who your electeds are but this allows you to record a voice message at any time, then saves and sends it to the voicemail of your Representative or Senators in the middle of the night when the phones aren't jammed. Staffers then are able to pick up the messages and tally your issue(s).

Step One: Download the App. Unlike RESISTBOT, Stance is an app (available for both Apple and Android) so you will need to download it to your phone and open it to use each time. **It is free.**

Step Two: Once you download the app, it will ask for your location. If you are physically in your district when you are first setting this up, your phone can locate you, otherwise enter your address.

Step Three: After it has identified your electeds, you will record your Intro. This is the part of the message that gets played every time you call, it allows you to identify yourself as a constituent so that they will take your call seriously and include it in the tallies. Hit "continue" until you see the page that allows you to hold down a pink button at the bottom of the page to record your intro. You will only need to record this part of your message once, but you can redo over and over again until you are happy.

Your intro should include your name and address or at least your name and zip code so that the staffer who retrieves the message can identify you as a constituent in the district. That intro will then be retained by the system and added to the front end of any messages you send going forward.

Step Four: Next you need to record a message regarding the specific issue or bill you are calling about. You again use the pink button to record this message. As always, the more personal you can make these message the bigger the effect.

Step Five: Send your message. After recording the message you click on send message and you are done.

Now, if you are super tech-savvy Stance allows you to Tweet your message directly at your elected on the next screen, but you can just skip that if you aren't a Tweeter.

OK, now you have two new tools with which to make your voice heard in Washington, but what issues do you want to focus on? Here are two places Gary suggests to get **easily digestible actions** to guide us through Everyday Activism.

Indivisible is a great resource even if you aren't active in an Indivisible group locally. Each Saturday the national team puts out a list of weekly priorities, many of which involve calls to Congress. Just go to their main page and scroll down slightly to "This Week's Actions":



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Each section on the left side of their website will have a corresponding action for the week. For actions involving a call to Congress, Indivisible almost always provides sample scripts as well as all of the background information on a particular bill. The website has a ton of information under the **Resources** tab across a number of topics (e.g., Immigration, Tax Policy, etc.) as well as the **Guide**, which is the document that started the resistance.

Another resource Gary highly recommends is Jen Hoffman's **Americans with Conscience Checklist**. It is an extremely succinct list of weekly actions, top new items, inspirational thoughts and other information. As she notes: *The intention of this weekly checklist is to make clear, hype-free suggestions for action for Americans who care about democracy and justice.* The Checklist includes both Action Items across a range of issues (Voting integrity, Civil rights, Immigration) as well as Acts of Gratitude-- sending messages of thanks for leaders doing the right things.

Postcards to Voters is a program that gives addresses of registered Democrats and Independents in districts where there are



upcoming elections. They coordinate with campaigns to deliver targeted, handwritten messages to voters to help get out the voter or persuade them to vote for the Democrat running. You will need to follow the instructions to become registered, and it may take a couple of days to get your first list of addresses but once you are in the system an automated bot (Addy) will provide you with more addresses on request. The website has a number of postcard templates that you can download and print, but Gary found **Collective Vision: Postcards for Political Action** a great one-stop shop, where you can buy packs of postcards and stamps in one fell swoop.

Okay, Gary provided you with specific tools for activism. Your job as a citizen is to use and share these to help take back our Democracy. Although it is admittedly a tall order, he just made your job a bit easier

Find the full text of Gary's handouts on our PV Dems website here: <http://pvpdemocrats.org/2017/12/05/easy-everyday-activism/>

SAVE the DATE -- 2nd Annual Women's March Downtown Los Angeles -- January 20, 2018

Visit www.womensmarchla.org to learn more.



Excerpt from Organizers statement:

The Women's March Los Angeles Foundation invites all the 750,000 Angelenos who helped us fill the streets to join us AGAIN on January 20th, 2018 in downtown LA! If you missed the last March – it's not too late to be a part of history and we need you... together we will show the power of our collective voice!

At Women's March LA Foundation, we recognize that there is no true peace, freedom, or inclusion without equity for all. Our event on January 20th will feature music, art, community booths, and speakers in a shared voice of resistance with advocacy aligned with the national Women's March Unity Principles: ending violence, protection of reproductive rights, LGBTQIA rights, workers' rights, civil rights, disability rights, immigrant rights, Indigenous people's rights and environmental justice. We look forward to sharing this experience with you and engaging our community even further.

The First Annual Veteran's Day Town Hall

By Lynn Bommer

Congressman Ted Lieu held the first Annual Veteran's Day Town Hall at the Wadsworth Theatre in West Los Angeles on November 10th. I arrived as Ted Lieu was giving a short welcoming speech, but the day belonged to the veterans and their friends and families.

Each of ten veterans on stage provided a story from their personal experiences in the military. These experiences were as varied as the vets themselves who ranged in age from 28 to 93 and represented all branches of the armed services.

One Army soldier acknowledged the sacrifice that his family made for his career. His wife was never able to finish her college degree as the family moved seventeen times to follow his assignments. Another described the wealth of opportunities and education the Army provided that had enriched his life. A harrowing story was told by a female, 29-year-old Navy veteran who spoke of her repeated sexual assaults by her fellow sailors that left her with physical as well as mental scars. After years of rehab she was able to tell us her story. At this point the audience gave her a standing ovation!

An example of the heroism shown by individuals while serving our country, a Marine told of nearly losing his life. A fellow Marine tried to commit suicide by grenade. When he pulled the pin out of the grenade, his fellow Marines shrank back. The hero stepped slowly forward, talking quietly to the would-be suicide



Congressman Ted Lieu (2nd from left) in front of the Wadsworth Theater in West Los Angeles

and wrestled away the grenade, squeezing it until someone came to reinsert the pin.

The already stirring program was closed with a Marine's very powerful solo performance of "Proud to Be An American". The Audience stood throughout the song, with many tears and much cheering afterward.

Despite the usual hecklers that seem to follow him every where, Ted Lieu stayed to talk with the veterans and their families and to take individual photos with each one.

I left feeling proud to be an American, proud and appreciative for our armed forces and thankful to Congressman Ted Lieu for organizing this outstanding event! I'll be back next year for the Second Annual Veteran's Day Town Hall.



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Palos Verdes Democrats

Founded in 1952 - One of the oldest and largest Democratic Clubs in California

www.pvpdemocrats.org

As a member of the Palos Verdes Democrats, you can:

- Meet other Democrats
- Meet and get to know your elected officials, raise funds and work for candidates
- Attend special events and monthly meetings
- Hear speakers and discuss issues of local, state and national import
- Receive a monthly newsletter
- Vote on club issues, unless registered as NPP (No Party Preference)

Please send your membership form to P.O. Box 2234, Rolling Hills Est. Ca 90274
Please fill in all items to ensure that we have your full and correct current information.

Name _____ I am a registered Democrat
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* Fill in if Applying as a Family - two memberships I am a registered Democrat
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Residence Address _____ Phone _____

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*Select One: Individual: \$ 25.00/Year Family Membership \$40.00/Year
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