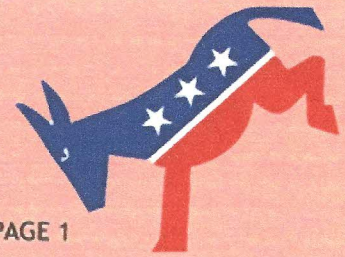


KICKIN' NEWS

Publisher LOW DEMOCRATIC CLUB

APRIL 2015

PAGE 1



EDITOR'S LETTER

The Dems are rolling this year ! If you forgot to pay your dues, and received a friendly reminder - we hope you sent it in. Response has been pretty good.

In March our club had a a table at the Lioness Flea Market. We sold Easter baskets filled with flowers, mugs, Constitution booklets, and (hold on -2 mugs).had our club pamphlets out and represented Democrats !

Traci Dippert will be here June 18, 5:00 - 6:30, Community Center for a reception/fund raiser. Special events will provide tasty food and beverage. Remember, if she wins, Dems take control of the Virginia Senate. I'll be there with a check, hope to see you too.

Our goal is to elect Democrats, stay tuned for phone banking; we're determined. Please try to clear time to attend meetings. Our programs have been excellent this year. Kickin is 8 pages - read on ! BLUE POWER !!!!!

MEANDERINGS BY: LYN NOWAKOSKI

According to Chris Matthews, Hillary will announce her candidacy by the middle of this month. Hopefully, she will not have "shot herself in the foot", as the saying goes. Of course, the Republicans will not let anyone forget what she has, or hasn't done.

I assume that Hillary will ask a man to be her running mate, because two women on the slate might be too much for most men. Here are some suggestions for her: Mark Warner, Jim Webb, Howard Dean.

This has nothing to do with politics, but as a semi-personal footnote: one of my first cousins Dorothy Lewis Grant and her husband have a son who settled in Vermont years ago. He married a woman who was a M.D. and director of a medical clinic. One of her first assistants was a young Howard Dean, and she thought very highly of him. His parents had always been Republicans, but changed parties when Howard

HEADING

became a Democrat and entered politics.

I suppose that the GOP will try to get a woman to run as V.P. on their ticket to take some women's votes from Hillary. How could they possibly find anyone? Their possible field looks mighty sparse.

A NOTE FROM THE CHAIR BY: Shirley Pfile

After a cold winter, spring has finally come. With the warmer days come more preparation for the November election. Watch your e-mail for ways to help our candidate be elected. Watch also for great programs and come out to support the club.

BLUE POWER !!!!!!!

KICKIN' NEWS

Publisher LOW DEMS

APRIL 2015

PAGE 2

FOOD PANTRY VOLUNTEERS

BY: C. Carr

On February 24, the ribbon cutting was held for the new Lioness Wilderness Food Pantry Building. Special recognition was given to Ken and Lora Dotson for allowing the building to be located at the Town Center. The new facility was purchased with funds raised by the LOW Lioness Club.

The Pantry is staffed by volunteers from LOW Lions, Lioness, our Democratic Club and other individuals.

This is our club's Community Project, headed by Norma Lanier and Jan Moore. Betty Beck is co-manager of the food pantry. Norma and Jan have done this for many years and it is not an easy task. Yet, we have so many members who willingly volunteer over and over again; it is time they are recognized and thanked by the club.

MEMBER VOLUNTEERS

Jeanne Allen
Judy Ayers
Ann & Bruce Boyd
Gerri Calluci
Jim Donovan
Nancy Horch
Pat Ivey
Connie Lemay (sub)
Martha Keys
Marty & Ken Martin
Nell Meador
Jan & Jim Moore
Shirley Pfile
Kerry Sipe
Judu Troast
Sandy & Bill Wemerus
Ellen Wilson

They make our club proud !

Want to join them?

Call:

Norma - 3219

Jan- 9355

POESY

If I can stop one heart from
breaking,
I shall not live in vain;
If I can ease one life the
aching,
Or cool one pain,
Or help a fainting robin
Unto his nest again,
I shall not live in vain.

Emily Dickinson

WORDS from:
President Barak Obama

"From a national security posture, there's not a better thing we could do -for example, dealing with proliferation issues in Iran - than to drive the price of oil down to 25 bucks a barrel. It's the single biggest thing we can do to effectuate change and cut the legs out of some of the fundamentalist impulses in the Middle East."

KICKIN NEWS

LOW DEM CLUB

April 2015

PAGE 3

LOOK ! A BOOK !

BY: Diane Sibley

This edition's book recommendation is 'Dreamers of the Day' by Mary Doria Russel. It's a fascinating trip to Egypt and Israel in 250 pages in the company of a woman of the early 20th Century. When Agnes' family is swept away in World War I and the influenza epidemic a few short years later, Agnes finds herself suddenly freed of her mother's strangling negativity and all the positive influences the rest of the her family might have offered.

Being a young woman made of stronger stuff than she knew and the heir of estates of three relatives; somehow Agnes summons the courage to follow her dream and visit Egypt and Israel on her own - no companion, no guided tour, no beloved sister and family waiting for her. Just a young woman wanting more from life than she ever imagined she would be allowed.

Dreamers ... is a coming of age story of a young Midwestern woman. The book is also an eye-opening and painless introduction to the wars and politics of the Middle East. I had never learned about all the effects of colonialism until I read this book. I certainly never knew how significant a player France was in the Middle East. I had known who Lawrence of Arabia was. I didn't know what he was about or what he was like. Now I understand why he was practically worshipped and hated by so many.

At one point in this book, Agnes asks Colonel Lawrence ".... Colonel Wilson wants to rule right out in the open. Mr. Churchill wants to save money and rule on the cheap. What do you want Colonel Lawrence?"

He took a deep breath and let it out, glancing at the moon riding low over the blue geometry of Cairo's cityscape. "A state for the Kurds and one for the Armenians. Separate kingdoms for the Basra and

and Baghdad. A national home for the Jews in Palestine And biff the French out of Syria!"

"And what do Arabs want for themselves?" I asked, since no one else did.

"Independence," Lawrence said. "A single caliphate: a single state encompassing all the tribes and all the territory that was unified under the Ottoman Empire."

Fascinated yet? I could quote you more, but then you'd miss out on the fun of reading it yourself. The book is written beautifully and without pedantic allusions. It is obviously meant to be enjoyable as well as informative. And a little romance doesn't hurt either.

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SOMETHING TO PONDER

"A friend is someone who sees through you, and still enjoys the view."

ISSUES

BY: Jim Donovan

SOCIAL SECURITY And DISABILITY

In the next few months, you will hear a great deal of political comments on this matter. Being a large government, we should keep in mind what motivates all or any comments. My father used to say, "Want to know the truth, follow the money."

The Social Security-Disability Fund is over a trillion dollars. It was started back in 1935 and has had its share of adjustments and problems. Considering its time span, it has kept its promise to all Americans who have paid into it. Many American families would otherwise face the possibility of being bankrupt, left penniless and out in the street.

Today it seems many employers feel they should have access to these funds or at least greater say in how the fund is run.

They call it "Privatizing" the fund. Need we remind ourselves how our "Wall Street" or "Too big to fail" friends needed to be bailed out from the government (U.S.) in 2008? While many adjustments have been made, it seems this fund is too big for big business to pass up. Recent adjustments under Ronald Reagan were to keep the fund in good standing til the year 2025! The fund is so big it took Bill Clinton to make the fund a government agency to protect it from congress in balancing the Federal Budget.

As always, what should be a simple fix, has become a political nightmare! Senator Bernie Sanders (I) head of the budget committee, felt an adjustment to the income caps should fix the problems. Senator Lindsey Graham ® has offered nothing other than "Privatizing" the fund, noting, "we cannot tax our way to solvency."

Either way, you will probably not hear about congress paying back the monies owed (est. 6.5 million). One might also question why no one has discussed the recent baby-boom in our population (1995-2000) estimated at 3.8 children per family as per the 2010 census. In other words, this should mean that all of these children should be working and paying into the system. The system they say will be bankrupt by 2025. By the way, the baby-boom generation that is being blamed for the current short fall (1945-1955) and was only 3.4 children per family.

While America has made many promises, the Social Security System is one of our greatest, successful stories. Do NOT let congress gut this program!! Remember, IT'S YOUR MONEY!

KICKIN' NEWS

Publisher LOW DEMOCRATIC CLUB

APRIL 2015

PAGE 5

DEMOCRATS VS. REPUBLICANS

BY: C. Carr

It always annoys and puzzles me - when having a conversation, or probably a talking point fest with a Republican, Democrats feel uncomfortable, back down or think they can't win or get a word in edgewise.

One says something, and the immediate shout is, "You can't possibly believe that!" Or better yet, "You're so wrong!" then comes the bombardment straight from Fox News.

We are right on so many issues. Now thanks to a paper that points out the differences that our Issues Chair, Jim Donovan brought to the last meeting, we can be more clear, definite and succinct when we speak.

Unfortunately, this paper got no attention at the time. So, I shall bring it to your attention again. We must be more firm and self-confident and not be shouted down !

DEMOCRATS support President Obama's plan to eliminate loopholes, so the wealthiest Americans and big corporations pay their fair share in taxes, then use the savings to reinvest in the economy. Point: this refers to millionaires, not the middle class.

DEMOCRATS believe workers should be able to earn paid sick days and family leave; no one should be in financial trouble due to sickness or a birth.

DEMOCRATS believe the Republican Congress should pass a comprehensive immigration bill to fix this broken system. Boost our economy and allow millions to come out of the shadows.

Point: If all these folks paid taxes, just think what it would do for the trust funds of Social Security and Medicare! A great argument against "They are getting everything free!"

DEMOCRATS believe in a woman's right of choice about her reproductive and other health care. POINT: Closing clinics or limiting the care they can give, will cost tax payers millions. Republican's ears perk up when one speaks of taxes or paying for others needs.

DEMOCRATS know democracy functions best when every American eligible to vote can do so. Photo I.D. is hurtful to the young, minorities and the elderly. POINT: They say, I.D. is needed at the airport! Please, voting is a right, not a trip one chooses to pay for.

There are many other issues, women's pay, gay rights, dreamers.. Negativity, denial and loud talking points does not have to win the day. Be bold, speak up. Make the point and do not be detoured! At the very least, one sentence I like - "Rudeness is not political discussion. Don't you ever listen?"

USE YOUR BLUE POWER !!

SWIMMING AGAINST THE TIDE

BY: Lois Griffin Powell

How good are your swimming skills? Would you be able to make it to a safe port if you had to swim against a strong tide? What if the tide kept you swimming for many years? Hard to imagine isn't it? Well, that's what our President has been doing since he took his first oath in 2008.

President Obama has been swimming against the tide ever since he took office. I have written about his struggle many times and I hope it was read by you. So, here I am again making people aware of his continued struggle against the tide.

So, let's talk about why our President is always swimming against the tide. I believe it's because he is a man of innovation. Think of all that he has accomplished without the help of Congress. The car industry is doing great. The gas prices are down. The unemployment is lower than it's been in over 15 years.

You know all of this and more, because Lalli Omar did a wonderful, informative presentation on all of our President's accomplishments. If you didn't see her program, then you missed something very important.

President Obama's success, in spite of all the obstacles, has made many people angry. I love the anger. It makes my soul sing. But even with all that success, he continues to swim against the tide.

I had planned to make this a short article. I only want to bring everyone's attention to issues that should concern everyone. We are a Democratic Club. We work hard to elect Democratic candidates. Why are we members of the Democratic Club? Because we honestly believe that we are part of a party that cares about our country and the people in it. At least, that's why I'm a Democrat. I want to work with people who believe the same. That's why I decided to write this article.

We no longer have the majority in the Senate. For that reason, we as Democrats must stick together. That's why I'm one angry Democratic woman. This is why. I want to know why there are Democrats voting against our President concerning the Keystone Pipeline? What a shock and disappointment. I'm shocked, because they hadn't done their research on their own. They are believing all the false information that's being said by the unknowledgeable Republicans. I'm not going into details, because I'm sure you've heard and read it all. At least I hope you have.

I'm disappointed because there are still the Democrats who don't support our President. That's why we, as a party, did so poorly in the mid-term elections. That's why Senator Mark Warner almost lost the election. He let his opponent intimidate him. He had Senator Mark Warner almost apologizing for voting with the President. What was that all about?

KICKIN' NEWSA

Publisher LOW DEMS

APRIL 2015

page 7

AGAINST THE TIDE (CONT.)

My other concern and disappointment are the Democrats who are banding together to stop President Obama from having the Iran agreement consummated. Senator Schumer and seven other Democrats are working with the Republicans to try to keep that from happening. Republican Senator Bob Corker is trying to get a bill approved that states the President must seek Congressional approval for this Iran agreement. A president never has to get approval concerning diplomatic matters. Why should President Obama have to?

Colonel Lawrence Wilkerson, a Republican, was on MSNBC, the Ed Show. He said the Iran agreement was unprecedented. He said he doesn't normally codify or describe anything as historic, but if this deal is consummated, it has win-win written all over it.

"I know what my political party wants. They want war. We do not want nor can we afford another war."

We know the real reason why the Republicans and some wimp Democrats don't want this agreement. President Obama has done something that has not been done before. He was able to bring Iran to the table. ALLELUIA !!!!! I say that for him and other countries who have helped.

I'm giving this information to you, because we have work to do. We have to write and call our elected officials and let them know we won't let them do this without consequences. We need to step up and do this. I have already started and I'm asking you to join me. Let them know that we're mad as hell and we're not going to take it anymore. I know that sounds familiar, but it's something we need and must do.

Lois Griffin Powell,
Signing off.

Contacts - Now it's easy; you have the information to speak your mind to your representatives.

Sen. Tim Kaine
388 Russel Senate Office
Building
Washington D.C. 20510
202-224-4024

Sen. Mark Warner
475 Russell Senate Office
Building
Washington D.C. 20510
202-224-2023

Rep. Bryce Reeves
P.O. Box 2021
Fredericksburg, VA. 22404
540-645-8440

SOMETHING TO PONDER:

"If liberty means anything at all, it means the right to tell people what they do not want to hear."

KICKIN NEWS

Publisher: LOW DEMOCRATIC CLUB

APRIL 2015

PAGE 8

ORCHIDS AND ONIONS

BY: C. Carr

ORCHIDS TO: President Obama for planning a trip to Kenya.

ONIONS TO: The Republicans who say it's a deliberate stunt to raise the "birther issue". (Are you kidding me ?) Oh well, maybe he can take Donald Trump along as a kissin' cousin .

ORCHIDS TO: Gov. Jerry Brown (CA) for staring directly into the camera on "Meet the Press" and stating Ted Cruz is unfit to hold any public office.

ONIONS TO: The RNC for trying to plan primaries in the reddest states on the same day or very close together. They want Cruz to "get a leg up" on other candidates.

(Who wouldn't like to give him "a leg up ?) I do not say where.

ORCHIDS TO: Savannah Guthrie for giving Rand Paul a tough interview, which he did not like.

ONIONS TO: Randy for shushing, bullying and telling female reporters how to do their jobs. (Know what women are singing Randy? "It Ain't You Babe!"

ORCHIDS TO: John McCain for running AGAIN at age 80. (Why not? He brought us Sara Palin) His judgment is stellar ! That little maverick !

ONIONS TO: GOP talking heads, who constantly imply Hillary is too old to run Oh My She'll be 70!

Now women are singing -

"I am Woman-
Hear me Roar !!!!!!!!"

STAFF:

EDITOR - Chris Carr

BOOK - Diane Sibley

ISSUES - Jim Donovan

MEANDERINGS - Lyn
Nowakoski

CIRCULATION -

Kerry Sipe/Pat Dreake

GUEST ARTICLE -

Lois Powell

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Our website. low democrats.org is a bonus to our club. Kerry reports the hits on face book are ever increasing. Please check the site at least once a week. He keeps it current and events and "Kickin' News" among myriad items can be found there.

We thank Kerry for his efforts and for producing a beautiful, professional site for our club.

BLUE POWER!!!!