



KICKIN' NEWS

LOW DEMOCRATIC CLUB

VOLUME I EDITION 4

EDITOR'S LETTER

Hope everyone had a Merry Christmas and is looking forward to a Happy New Year !
Now we can all go on a diet !

The year will bring our club some work in dedicating ourselves to the re-election of our friend, Senator Edd Houck. I'm sure our new chairs will lead the club on a positive path. Also, a big thank-you to the out-going chairs for their dedication to the club.

This issue has a motif of involvement, getting information and staying on course to speak out and work for Democratic issues and candidates. The past year may have made some of us a bit discouraged about affairs in our country, but we have much to be optimistic about.

Please remember: comments and guest writers are welcome. Send these to ccarr333@comcast.net. In the past, circulation has received them.

So - let's get busy in the New Year! Time to Kick It!

STAFF

EDITOR	-	Chris Carr
ISSUES		Diane Sibley
MEANDERINGS		Lyn Nowakoski
CIRCULATION		Pat Drake

CLUB OFFICERS FOR 2011

CHAIR	Sharon Allen
SECRETARY	Pat Drake
TREASURER	Gary Sibley
PROGRAMS	Diane Sibley
	Judy Troast
	Nell Meador
MEMBERSHIP	Mary Berger
PUBLICITY	Kerry Sipe
SPECIAL EVENTS	Chris Carr
	Lois Powell
COMMUNITY	Norma Lanier
PROJECTS	Jan Moore
ISSUES	Diane Sibley
HOSPITALITY/ SUNSHINE	Shirley Pfile
HISTORIAN	Chris Carr

At the January meeting, some of these officers will be asking for members to sign-up for their committees. Hope you will get in the spirit of Kickin' News and get involved !!

CLUB NEWS:

MEETINGS - 3rd Thursday
1:00 - Meet/Greet
1:30 - meeting
Wilderness Center

PLENTY OF PARKING !
GREAT COMPANY !
COME JOIN US !



LOW Dems on Face book & Web

By Kerry Sipe

The work of the Lake of the Woods Democratic Club and the values it espouses are too important to keep to ourselves. Many citizens inside the Lake and beyond the gate are eager to find an organization like ours - where they may rally their political will and hopes for our nation.

We're going to make it easier for these folks to find us !

The Club's presence on the World Wide Web would place us 'round the clock' to spread the word of our club activities, and bring the intelligent thought and compassion of our members on the issues of the day. A Web site can be created in a very short time and at very little cost. With proper participation and promotion by club members the site will become a focal point for study and discussion of pertinent matters. "The club has already established a presence on Facebook, the vastly popular online social network with 600 million members. Go to facebook.com, log in; or register if you're new to Facebook. Search for "Lake of the Woods Democratic Club" leave us a LIKE to join the fun and come back often to stay abreast of Club news.

We will make sure strong, democratic principles are represented in our community and beyond.

At the January meeting a committee will be formed to get this important project underway.

Hope to see many members at the meeting who want to serve on this committee so we can place our club squarely in the mainstream!

Ideas for Website

Ideas for the Website abound ! Each of you will have your own. We can use this site to:

- let other Democrats and progressive independents know we are there for them
- recruit new members
- establish communication and relationships with interested persons
- inform members of our Club business
- promote Club activities
- connect with campaigns
- share our understanding of issues
- post the Club's newsletter "Kickin' News"
- archive photos, videos and audio of Club Events.

Kerry Sipe

Note from Editor - I am so pleased and excited about these new communication projects for our Club. And I want to thank Kerry in advance for taking his time to do this. I'm signin' up, Kerry !



NEWSLETTER

LOW DEMOCRATIC CLUB Volume Number 1

Issue Number 4 January 2011

ANYBODY GOT A DICTIONARY?

"Refudiate" - "Refudiate"
Do you know that "word" ?
"Repudiate" - "Reverberate",
Those are words I've heard !

My words are good, they are clever -
Sarah P. proudly proclaims.
She says she's a Shakespeare,
Making new words and names!

Now, I've studied Shakespeare
He even said "Right on !"
The man could turn a phrase -
He knew what's right from wrong !

So, Miss Bard, I must say -
"A rose is not a rose by any other name" !
"Refudiate" is not lemons - to lemonade -
It's a linguistic, loopy shame!

SOMETHING to PONDER

"Keep me a lover of the old, an explorer of
the new...keep me in love with old songs, old
values and old friends; yet lead me to
explore new ways, to change and grow in the
light of each new day."

MEANDERINGS Lyn Nowakoski

Recently, I saw a program featuring one of
my favorites, Garrison Keillor. He was
speaking about humor and politics at the
John F Kennedy Library in Massachusetts.
This brought back memories of MY John
Kennedy, whose speeches and actions
changed me from a Republican to a
Democrat.

I enjoyed the President's press conferences
with those flashes of wonderful Irish wit.
There was always a seasoned reporter (I
think named May or Meg) who asked probing
questions and the President obviously liked
to spar with her.

My husband, Don, was deeply into the
field of telecommunications, stationed at
Andrews A.F.B. Late one afternoon, his C.O.,
a three or four star General, called to tell
him to meet him in ten minutes, because they
were going by helicopter to meet with
President Kennedy. Don couldn't tell me
about the meeting, but he did describe the
President as being taller (Don was almost six
foot two) than he and that he had very
unusual eyes, not blue, but a beautiful shade
of violet.

Does anyone remember the Cuban Missile
crisis which brought us to the brink of World
War III? As someone said, Kennedy and
Krushchev were eyeball to eyeball and
Krushchev blinked first. If not, most of us
would not be here now and the survivors
would be trying to exist in a nuclear winter.



Newsletter

LOW Democratic Club
JANUARY

Volume Number 1

Issue Number 4

Sen. Houck Cares

On January 7, Senator Edd Houck visited Dogwood Village in Orange. His topic - Medicaid cuts. His reason - to hear concerns and problems confronting staff and patients.

He definitely understands how the continuing cuts are affecting them, and showed personal empathy. but he also spoke of the political backdrop and the economy

Virginia ranks 12th in population, is high in income, but very low in sales and state tax. Also, health care is one third of the state's budget. The economy was in the worst shape since the Great Depression, yet this year did end in black. The stimulus money is over, and he does not foresee more.

Governor McDonnell just introduced the budget and discussion is just beginning. He said there are some return of funds, but the cuts far exceed them. The two places cuts occur are in eligibility; Virginia already has very strict rules on payments and on payments to care givers.

The Senator was well-received and given 177 letters in support of funding. Administrators, doctors, pastors, patients and relatives of patients spoke with compassion and concern. One of our members, Lois Powell, spoke of the need and worth of Dogwood Village.

Senator Houck urged those concerned to contact their representatives and promised he would do everything in his power to ameliorate the devastating cuts.

ISSUES

Diane Sibley

An interesting situation has developed where many Democrats find themselves aligning with the Virginia Tea Party on the issue of "funding for transportation". While Governor McDonnell touts that funding will come from surplus dollars and money saved from a recent audit of the state's transportation agency; three fourths of the anticipated funds are expected to come from borrowed money.

So, Senator Houck went to New York with the Governor to meet with representatives of the bond-rating agencies and believes the financing of money for our transportation system will not pose a threat to Virginia's AAA grade. Senator Houck is seeking bipartisan talks with the intent of making decisions "based on fact and not on pure ol' partisan politics" (Washington Post 1/11/11)

Governor McDonnell is requesting that the legislature approve a measure to close all ABC stores and sell licenses to individuals who will sell Liquor in Regular Retail Stores. Naturally people and organizations all over the Commonwealth are lining up on either side of this issue. What do you think ?



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ISSUES (continued)

ANENDMENT IX TO THE CONSTITUTION

"The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people" (I didn't leave anything out, not even a comma.)

FOUNDING FATHERS:

Alexander Hamilton, the nations first Secretary of the Treasury, recommended life tenure for U.S. Supreme Court Justices to "ensure complete independence of the courts." In 1804 a Congress dominated by Jeffersonian Republicans impeached U.S. Supreme Court Justice Samuel Chase. He was acquitted by the Senate in 1805, thus setting a legal precedent that a U.S. Federal Judge cannot be impeached on the basis of decision(s) but rather only on behavior and/or actions of grave misconduct or criminal behavior.

Remember that Senator Edd Houck has a tough reelection campaign coming up this year. Let's think outside the box (and inside State Election Board rules) and figure out some ways to help get Edd re-elected. Since he was largely responsible for getting our damned dam money back, let's reach out to our Republican Neighbors and maybe they will want to show their appreciation too. One suggestion is that frequent small donations hurt less than one big one,

ISSUES (continued)

on our individual budgets.

Mary Berger reminded us at the January Steering Committee Meeting that we need to get involved with the Orange County Democratic Group. Are you interested? Can you provide transportation to a meeting? More info: Mary - 3066

Make your first effort to promote Democratic candidates before the end of the month. Establish a pattern and it will get easier every month. Maybe a visit to Rick Waugh's website. He made us proud in November and we need to support him.

Hope your Holidays were healthy and peaceful. Hope your January is affordable. Hope you are, as that wonderful lady in Greenwood, S.C. said in the President's campaign, "Fired up and Ready to Go !"



Get Informed / Get Involved

Chris Carr

Do you go to BOD meetings? E-mail or call a BOD member? I know you read Lake Currents. Ever send a letter? . Write a state legislator or call? Some of us do.

You might be surprised at the latest doings . NO news, but it's a fact. The message board at the front gate is gone. Some BOD members are contemplating allowing residents to fence their yards.

The Attorney General of Virginia wants to pass a bill that makes it legal to conceal carry for students and professors on campuses? Anybody want to scream - VIRGINIA TECH ?

By the way, Bloom never has any cherry jam, but I digress.

Senator Edd Houck is up for re-election this year. His opponent was here at the Lake; used the Holcolm Building for a meet and greet. He's already telling tales about Senator Houck's tax record.

Issues, plans and strategies go on and on. Everyone is busy, and there is so much; it's not easy to know about everything, and some things are more important than others. But I know I'm going to make more effort to be informed and be involved. We all have the right to voice our individual opinion !

SO, let's do it !!!!!!!

News by the Numbers

Chris Carr

4000,000 - years -approximate date of teeth found in Israel. They could be the oldest remains of modern man ever found.

89.7 % - of people in the U.S. who say they eat a healthy diet. However two thirds of us are overweight or obese.

3 - extra days to file 2010 federal income taxes. Deadline has changed due to a conflict with Emancipation Day. This is a Washington D.C. holiday very few have ever heard of.

20 % of Federal officials in Russia who will be pink-slipped through 2013 - saving - 1.3 billion.

1 -resident in your house who has the most common sense ? - your dog or cat.

In case you haven't heard, President Obama's poll numbers are up and are higher than any Republican who is thinking of running for President in the next two years !

Sarah Palins's positive poll in her home state of Alaska is 33% Hey - one more point down and she's at the freezing point !



KICKIN' NEWS

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Volume Number 1

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THE HEALTH CARE REFORM BILL

LOIS POWELL

What is all this talk about the Health Care reform Bill? It seems that health care has been an issue in this country for more years than I care to count. I could go back and cite many of the issues that have been debated relating to health care, but I won't. I will just bring to your attention one that many of us can relate to, due to the age that we are now enjoying.

Back in 1952, the government wanted to sponsor a universal health care coverage. This coverage would be called Medicare. It was introduced to Congress, and it seemed it would be approved. Unfortunately, the American Medical Association worked tirelessly to insure that it never happened. They were successful, because it never came to pass.

In 1958, Congressman Aime Torand, Democrat-RI, introduced a bill in the Ways and Means Committee that was drafted by Medicare advocates. Senator Robert Kerr, Democrat -OK. And Representative Wilbur Mills, Democrat, AR, drafted a bill called the Kerr-Mills Bill. The bill sought to substitute for a federal Medicare program covering aged Social Security beneficiaries based on a Welfare program covering only the medically indigent and aged on state

Health Care (continued)

welfare rolls. It was enacted into law in 1960.

In 1960, after the election of John F. Kennedy, Medicare backers crafted a new version of the legislation introduced by Clinton Anderson, Democrat, NM, in the House. The bill had the President's backing. The AMA campaigned diligently to block the bill. They hired Ronald Reagan to campaign against it. He traveled to all states, speaking against it; but in the end the bill was adopted. It took a while, but the Democrats won. Now, everyone is saying, Don't touch my Medicare or Medicaid."

So, now we are at the crossroads again. Once again the Democrats are on the chopping block and the Republicans are doing all they can to succeed in the chopping. But what is the Health Care Reform Bill about? What will it mean to us and why is it causing such a ruckus?

The bill is more than 1,000 pages and is quite complex. What does it mean for our health, our wallets, and our country? This is a quote. The biggest problem with health care is the cost. The average premium for most households is \$14,00.00 a year. The health care cost has doubled in the last (9) years. The population is living longer, therefore, we have more people with issues.



KICKIN' NEWS

HEALTH CARE (continued)

Health care is the fastest growth in the Federal budget. So what is the Health Care reform able to do between now and 2014?

1. Small businesses will have a tax coverage to help pay for health care.

2. There will be free health care screenings and vaccinations.

3. People over 65 will have lower drug cost.

4. Some health insurance has a lifetime limit, which means it expires in 25-30 years. If ill, one cannot purchase more coverage. When that ends, a person can no longer get any health coverage. This will no longer happen.

5. Young people up to the age of 26 can remain on their parents health insurance.

6. Children or adults can no longer be refused coverage because of pre-existing conditions.

7. People with high risk health can get into the High Risk Health Pool - run by the government and they get the coverage they need.

8. Lose a job, have no coverage - one can go to the Exchange Insurance. One investigates different companies, they must give honest information, then one can decide which policy is best.

9. In Phase II, when people must buy their own insurance, the government will help with some of the cost.

10. Medicare will be expanded to cover all

low income individuals.

11. Undocumented immigrants will receive no coverage.

12. One is required to have insurance, or is required to pay a special tax, businesses also. But the government will provide credit to help.

13. There will be credit expanded programs and new rules to help with the insurance coverage.

14. With this new policy the federal cost will be 2% of the budget.

15. It will cost 938 billion over the next 10 years.

16. How paid? Money will come from the health care providers; insurers of Medicare; lower fees to the hospitals; less rising of cost by the insurance companies; higher earners; high insurance policies; medical devices and drug companies and tanning salons.

17. There will be a Federal Advisory Board to see what else can be done. There will be on going research and investigations to make certain that people will be getting the best coverage without it costing a fortune.

Some people, as many know, say that making someone buy health insurance is unconstitutional. Let's take a look at that. If it is declared unconstitutional, than what can government do? It can raise everyone's taxes and put in what many wanted all along - The Public Option. By doing this, everyone will be covered, but it will cost more money.



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January 2011

HEALTH CARE (continued)

The policy will require everyone to have health care insurance. By putting in this part - that all must have insurance, even if one has to buy it as an individual, the government was trying to keep down the cost of the Health Care reform Bill. This gives us something else to think about.

I hope this has given you some incite into the Health Care Reform Bill. I don't have all the answers, but this is what I learned in my research. It seems that the Democrats have always been willing to step up to the plate.

HB 1416 - INFORMATION

By Chris Carr

HB1416 will cut school funding in a drastic way. It is called the 65% proposal and claims to reduce school "waste".

65% of funds would go to instruction, which is a very murky place. Now, as a teacher of 30 years, instruction can mean many things. For, example: text books, classroom supplies, teacher training, hiring employees to oversee teacher performance.

However, not included in this bill is funding for: teacher training, librarians, computers and computer instruction for students, custodians, food workers, and

transportation. More job loss !

Seem to be just words. This means no library, no computer learning (in 2011?) dirty schools, less buses and more hours of students riding. I could go on and on. But I do know that now the elementary students ride for an hour or more before reaching school or home. Thus, many parents take and bring their children to school. We surely need no more cuts there. This bill would cut approximately 3.7 million of Orange County Schools budget, which has already been slashed.

The Superintendent Of Orange County Schools has written a letter to Sen. Houck and Del. Scott strongly opposing this bill. Sen. Houck met with parents - Saturday, Jan. 22.- to hear concerns. A few of our members attended. This is all part of the Governor's plan to cut spending, while borrowing billions and taking money from the rainy day fund for transportation. I list the e-mails -if any member would like to speak up and oppose this bill.

Del. Ed Scott - delescott@housevirginia.gov

Sen. Houck - senator Houck@comcast.net

NEXT ISSUE - APRIL

Comments to: ccarr333@comcast.net