



NEWS

Democratic Women's Club—Lee County, FL October 8, 2011

PRESIDENT'S MESSAGE October 2011



By Pat Carnevale, President

October is Breast Cancer Awareness Month.

This year celebrates the 25th anniversary since its inception. This is 25 years of promoting breast cancer awareness, raising money to help find a cure, and providing support for women diagnosed with the disease as well as those who have lost loved ones to breast cancer.

All over the world there are activities launched, and

continued throughout the year to the following October, to raise money for fighting and providing that support. Planned Parenthood has information on their web site and you can donate to this worthy program at www.Plannedparenthood.org.

I was inspired to get my mammogram and had good news, everything is normal. Hope you do the same with good results. ■

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Our Featured Speaker— October, 2011

Jim Roach, 59, is a Combat decorated Veteran with International Business experience. He owns a technology and training consulting company in Cape Coral and has held contracts with the U.S. Navy, British Navy, FedEx, and others. He has assisted in writing legislation with the EPA when he worked for General Motors in the Research area. Jim was involved in the GM college program for technicians and worked with colleges around the country to provide skilled workers. Additionally he worked in the energy industry with Carolina Power and Light and understands the need to update our power grid and move to cleaner sources of electricity.

Jim is passionate about protecting our health care reform from special interests, bringing jobs and better education to SW Florida and protecting our ecology.

Jim is married to Theresa, a kindergarten teacher in Lee county for 27

years, artist and song writer.

He served in the U.S. Army as a helicopter door gunner during the Viet Nam war and was awarded the Army Bronze Star.

Every 10 years, Florida redistricts, reshaping the political boundary lines of every state legislature & congressional district in the state. Those lines can fundamentally change a community's portrait of representation at all levels of government.

We all know Jim ran against Connie Mack in the last election, but Mack had so much money that even though Jim put up one of the best fights for this district ever, he lost.

However, when the re-districting is done, things will be very different. Jim will speak today about this vitally important topic, show us how it works, and let us know how we can help. ■



“We've chosen the path to equality, don't let them turn us around.”
— **Geraldine Ferraro**

Representing the Public:
Florida Senate

◇Senate President

Mike Haridopolos, 850-487-5056,
haridopolos.mike.web@flsenate.gov

◇Sen. Garrett Richter, District 37, 338-2777,
richter.garrett.web@flsenate.gov

◇Sen. Lizbeth Benacquisto, District 27, 850-487-
5356, benacquisto.lizbeth.web@flsenate.gov

◇Sen. Mike Bennett, District 21, 225-3697,
benett.mike.web@flsenate.gov

Florida House

◇House Speaker Dean Cannon, 850-488-2742,
dean.cannon@myfloridahouse.gov

◇Rep. Ken Roberson, House District 71,
941-613-0914, ken.roberson@myfloridahouse.gov

◇Rep. Paige Kreegel, House District 72,
941-575-5820, paige.kreegel@myfloridahouse.gov

◇Rep. Matt Caldwell, House District 73, 533-2411,
matt.caldwell@myfloridahouse.gov

◇Rep. Gary Aubuchon, House District 74, 344-
4900, gary.aubuchon@myfloridahouse.gov

◇Rep. Trudi Williams, District 75, 433-6775,
trudi.williams@myfloridahouse.gov

Governor

◇Gov. Rick Scott,
visit flgov.com/contact-gov-scott/ to e-mail or
write:

Office of Governor Rick Scott
The Capitol, 400 S. Monroe St.
Tallahassee, FL 32399-0001

• **President, Barack Obama**

• **Vice-President, Joe Biden**

[Www.whitehouse.gov](http://www.whitehouse.gov)

• **Senator Bill Nelson**

716 Senate Hart Office Bldg,

Washington, DC 20510-0905

(202) 224-5274

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[Http://billnelson.senate.gov/contact](http://billnelson.senate.gov/contact)

Our DWC COMMITTEES:

- Program
- Hospitality/Luncheon
- Reservations
- Membership
- Publicity
- Fundraising
- Newsletter/Web Site
- Issues
- Telephone
- Sunshine
- Ways & Means

Review of September Meeting

By Donalie Benyak

Mary Robinson: Meditation

Mary explained Mindfulness-Based Stress Reduction. Mindfulness means living in the moment, being aware! She stated she has a bell on her computer, that rings every hour, to remind her to break, shift gears, pause, listen and wonder. She directed us through a relaxation session. She directed us to place our feet on the floor to be grounded and to be fully aware of our surroundings, the sounds, the sights and the smells. Then to take three deep breaths and concentrate on the feel of the air entering through the nose and into the body and then exiting. We then concentrated on each part of our body, starting with our feet, progressing to our legs, hips, back, torso, neck and head. Stopping and paying particular attention to any part of the body that was feeling pain or needed special attention. As you thought about each section of the body you would relax the muscles in that section. This is called progressive relaxation. The act of paying attention and having focus. She recommended the book "Where Ever You Go There You Are".

The term "neoplasticity" refers to the fact that patterns in the brain can be changed with practice. If you have habits, or reactions to situations in your life that are not working for you, they can be changed. She offers an 8 week class, modeled after a program developed by Jon Kabat-Zin, Ph.D of the Massachusetts Medical School. By practicing the learned strategies at home you can change unhealthy patterns, but you must continue to practice to maintain the change.

Feedback from the audience was all positive. Mary stated that the body has a lot of wisdom, but you must stop and listen to it. Contemplative Neuroscience is a new study of all the various types of meditation practices. Her final words were:

"Don't stress
about your stress". ■



Federal Court Upholds Constitutionality of Section 5 of the Voting Rights Act

In a [151-page opinion](#) released today, a federal judge upheld the constitutionality of Section 5 of the Voting Rights Act, which requires states with a history of voter suppression to seek approval before implementing changes to their voting laws.

Shelby County, Alabama, argued that the law exceeded Congress's authority to enforce the Fourteenth and Fifteenth Amendments. The ACLU intervened in the case on behalf of individuals who wanted to defend the constitutionality of the Voting Rights Act. U.S. District Judge John Bates held that Congress's 2006 reauthorization of the Act's Section 5 was rife with evidence of discriminatory voting laws.

The court rightfully noted that the past 25 years have provided ample evidence of discrimination against minority voters. The judge cited a 1991 incident in which Mississippi state legislators opposed a plan that would strengthen minority voting rights, referring to the plan as the "black plan" and privately as "the n-plan." The court also cited an incident where the chairman of the Georgia House Reapportionment Committee told his colleagues, "The Justice Department is trying to make us draw nigger districts and I don't want to draw nigger districts." The court ultimately concluded that the reauthorization of Section 5 was a "congruent and proportional remedy" to the discriminatory behavior that filled the more than 15,000

pages of legislative history.

And so, Section 5 of the Voting Rights Act lives to see another day!

In fact, the need for Section 5 is perhaps greater now than it has been in decades. This year, we saw a flood of discriminatory voter suppression efforts across the country. Over 30 states considered stricter voter ID laws. Five states passed laws requiring photo identification of every voter for every election, without exception, joining Georgia and Indiana. But it didn't stop at voter ID. Seven states shortened early voting periods. Two state legislatures voted to repeal Election Day registration laws (fortunately, one of those states' governors, Brian Schweitzer of Montana, vetoed the legislation). Florida passed legislation making it much more difficult for third-party organizations to register voters. Three additional states will now require proof of citizenship in order to register to vote. All of these measures have been shown to disproportionately affect minorities, students, the elderly and the disabled.

Because of today's decision, Florida will have to prove that its third-party registration law is not discriminatory. Texas and South Carolina will have to show that their voter ID laws are not discriminatory. Alabama will have to confirm that its proof-of-citizenship requirement for voter registration does not negatively affect minorities. And many states will have to demonstrate that their redistricting

plans do not abridge the right of racial or language minorities to vote.

Section 5 of the Voting Rights Act rightfully made it the state's burden to prove that a law does not suppress minority votes. The necessity of Section 5 is reaffirmed by the surge of voter suppression laws we are now seeing nationwide. Hopefully, we will soon be reminded of the effectiveness of the law. ■



Committee Reports

Report from the Committee on Women's Health

By Fran Rose

Over the summer the Committee on Women's Health presented a "to do" list to the membership which included volunteer opportunities with Planned Parenthood of Southwest and Central Florida. We had decided that support of Planned Parenthood made sense as they offer affordable exams and services to women who have no health insurance. For anyone interested, I still have some cards from Alice Shipman, the Volunteer Coordinator for the area. See me at the October meeting.

Members of DWC can show support for Planned Parenthood by attending the Cove Cafe (located at Cypress Cove) from 4 to 6 on November 13, 2011. Suzie Prabhakaran from the Lee County Health Department will be the speaker and there will be a panel presenting developments in family planning, youth and adult education and prevention services, sexually transmitted diseases, etc.. We will get more information to you before the date but for now just mark your calendar for November 13, 2011.



The other date to save is the Planned Parenthood annual luncheon to be held at the Island Inn on Sanibel January 24, 2012. Again more information will be coming in the next few months. Wouldn't it be nice if the DWC of Lee County could show support by filling a table.

What else can you do? Keep writing those letters raising objections to women being targeted by legislation stripping our right to affordable all inclusive health care. Write letters, sign petitions and make phone calls to your legislators. Over the next few months we will be forwarding emails about political attacks on Planned Parenthood and women generally. Write letters, sign petitions and make phone calls. Don't let them take back what it took women years to achieve.

Fran Rose
Member Committee on

FL. Status of Women Honors Betty "G"



Pictured with Betty as she received her award are Judy Schnabel, Elaine Vaccaro and Mary Ellen Taylor, who traveled from the west coast of Florida to share this occasion with Betty.

Healthy Clubs

By Betty Gissendanner, Region 7

Region 7 of the Democratic Women's Club of Florida, Inc. is made up of five counties: Charlotte, Collier, Lee, Manatee and Sarasota. We have a Club chartered in each county. The health status of each Club has much to do with the leadership of these Clubs. Leaders all begin at the same point. That means their names appear at the top of the leadership chart. From there it depends on several factors. The first and most essential element is caring for those whom you lead. Other factors include people skills, ability to influence others, ability to solve problems, good track record, self-discipline and the ability to see the big picture. This list is not exhaustive but gives you an idea that leaders draw other leaders to them and invest in them, reward them and are not threatened when they are ready to replace them. Our more "healthy" Clubs are lead by women who believe in themselves, are willing to try new things and enjoy being a part of something greater than themselves.

I share these thoughts as I contemplate which of these Club Presidents will become our next Region leader. I have seen in these leaders personal growth and they have each added great value to their own Clubs, our Region and our statewide organization. I owe them a ton of appreciation for two years of solid support.

Thanks ladies.

Democratic Women's Club of Lee County

ALICE McBRAYER

September 4, 2011

Alice M. McBrayer passed away September 4, 2011. She was preceded in death by her parents, William and Mary Senkler; brothers, George and Charles; and sister-in-laws, Marion and Clara Senkler. She is survived by 8 nephews and nieces and their families; George Senkler, Nancy Olker, Richard Senkler, Robert Senkler, Charles Senkler, Shirley Senkler, Mary Regnier and William Senkler. She also leaves behind her good friend Steve Bostwick, who made all things possible.

She was very active in the Democratic Party. She was Vice President of the DWC, served as Chair of the DWC's Issues Committee and was Chair of the DEC for three years. She continually set an example that mere age need not be a hindrance to accomplishment.

Per her request a grave side service will be held at Elmhurst Cemetery in St. Paul, Minnesota where she will be buried in her family's cemetery plot.

Published in The News-Press from September 19 to September 21, 2011

The following information was sent some time ago, the Guest Book for Alice McBrayer will soon be removed from the web site. For those who knew her and wish to leave a message, please do so immediately. Also, there will be no memorial here in Florida, for those who wish to send a remembrance, a donation to the Democratic Party of Lee County would be something that Alice would have appreciated. If you wish to act, follow the directions below quickly.

Club members and friends should visit www.kiserfh.com and leave a remembrance.

The Lee County Branch National Association for the Advancement of Colored People, Unit #5110

Presents

The Annual Freedom Fund Dinner

and Awards Celebration,

**Saturday evening,
October 15, 2011**

at the Dr. Carrie Robinson Center,
2990 Edison Avenue, Fort Myers



**Festivities will begin at 5:30 and will be a
Black Tie/Business Attired event.
\$100.00 per ticket.**

Please send your donation to: Lee County Branch NAACP, 3903
Dr. Martin Luther King Boulevard, Fort Myers, Florida 33916.
Make your check out to Lee County Branch NAACP.

Democratic Party of Lee County Florida Upcoming Events

October Events:

Sunday, October 9th – 2 events!

MINGLE WITH DEMOCRATS!

PLEASE JOIN US FOR A FUN AFTERNOON OF REFRESHMENTS, FRIENDSHIP AND SPECIAL GUESTS. Bring your family, your friends, and take this opportunity to spend time with your fellow Democrats.

Sun., Oct. 9th 2 pm – 5 pm, LEE COUNTY DEMOCRATIC HEADQUARTERS, , 10051 MCGREGOR BLVD., EDWARDS BUILDING, ALLIANCE OF THE ARTS CAMPUS, FORT MYERS, FLORIDA

We are pleased to have Mr. Kelly Kirschner of Sarasota as our special guest. **We will be serving “pot-luck” refreshments, so bring something to share.** Beverages will be provided. In the spirit of community fellowship, we will also be collecting non-perishable food items for local food pantries. Monetary donations to the Lee County DEC are also appreciated. For more information please call our office (239) 939-2866 or send us an e-mail at leecountydems@gmail.com.

Sunday, October 9th - “Coming Out With Pride - 2011” 2:00 PM – 6:00 PM (Rain or Shine), Alliance for the Arts, 10091 McGregor Blvd., Fort Myers, FL 33919 To provide the citizenry of SWFL with a positive image of gay, lesbian, bisexual and transgender people and to create functions and events throughout the year promoting educational, civic and cultural activities that further this goal and enrich the lives of our members and the entire Southwest Florida community.

● **November 2011**

— Show your support for Planned Parenthood by attending the **Cove Cafe (located at Cypress Cove) from 4 to 6 on November 13, 2011.** Suzie Prabhakaran from the Lee County Health Department will be the speaker and there will be a panel presenting developments in family planning, youth and adult education and prevention services, sexually transmitted diseases, etc.. We will get more information to you before the date but for now just mark your calendar for November 13, 2011

● Greater Fort Myers Democratic Club **Party on the Green** Sunday November 20, 2011 at 12:00pm-6:00pm, Alliance for the Arts 10091 McGregor Blvd, Fort Myers. Please join us for "Party on the Green" entertainment, food, and music included. Pre-sold Tickets \$15.00 at the Gate \$20.00 Contact Richard Supalo at 691-0972 or e-mail mijoye@live.com ■

● **January, 2012**

— **Planned Parenthood annual luncheon to be held at the Island Inn on Sanibel January 24, 2012**

DEMOCRATIC WOMEN'S CLUB OF LEE COUNTY
MINUTES OF THE REGULAR MEETING – September 10, 2011

President Pat Carnevale called the meeting to order at 10:35 a.m., with the pledge of allegiance and a moment of silence for the victims of 9/11. She said that our very active lifetime member, Alice McBrayer, has passed away and asked for a moment of silence in her memory.

Ruth Fotovat, Vice President in charge of Programs, introduced today's speaker, Mary Robinson, who works with Heart's Path to Mindful Living, Inc. Mary distributed pamphlets about seminars on mindful stress reduction, a Living Mindfully Festival and Peace Walk, September 24th in Lakes Park, and a fun-raiser at Sweet Tomatoes Restaurant during the week of September 16-24, 2011. She demonstrated mediation techniques, spoke of reasons medication is helpful and took many questions from the members.

Joyce Ramay made brief support talk on supporting President Obama's programs.

Several guests and potential members were introduced: Gail Foster, Chanetta Brunson and others.

Claire moved to approve minutes as published in the Newsletter.

Treasurer Patti Duffy gave the financial report and said that the bank balance is positive.

Our past president, Joyce Weissbach is having chemo therapy and is doing very well. A card was sent to her signed by members.

Patty Bigelow gave an up-date on Janice Cass and said that she will be returning to work after surgery.

Chair asked for volunteers to put together casseroles for the Harry Chapin Food Bank.

The Jim Roach Campaign is having a Volunteer Picnic Saturday, September 17, at the home of Dennis Baigemann and Mike Wong.

The NPR program, "World Have Your Say," is coming to Ft. Myers, October 7, at FGCU, 12 noon. Only two seats per reservation.

Carolyn Helms reported for Region VII that the DWC convention is in Deerfield Beach, September 15-18. Jim Helms, Ellis Robinson and Carolyn will be the delegates.

Ellis Robinson was on vacation and did not submit a report on the State Committee.

Sandy McClinton said that about 33 people from Lee County will attend the State Democratic Convention.

Fran Rose reported for the Health Committee. She had a Letter to the News Press Editor published against Connie Mack's remarks. Her committee continues to focus on Women's Health Care and to support Planned Parenthood. Joan Patterson suggested constant letter writing to representatives.

Patti Lochner was absent and the Education Committee had no report.

Chair said that the Board had discussed and decided that a Presidential Contingency Fund is needed. The Board settled on a \$500 budget line for flowers and other unanticipated expenses. Motion of Donalie Benyak, seconded by Joan Patterson, passed unanimously.

Chair is looking into a potential fund raiser at the Alliance for the Arts Green Market. For \$15 the Club can have a bake sale on any Saturday morning if we supply our own table and tent. It was decided that the event will happen in October for the first time and if successful others might follow.

Carol Fueschsel, who is our sponsor for meetings at the Royal Palm Club has resigned her membership in the Club. It is necessary to find a new meeting location by next month. Suggested venues include the Crowne Plaza, the Hilton Garden Inn, the Landings.

New member Chanetta Brunson said that her Foundation, the James Brunson Youth Development Foundation, is raising funds for scholarships, and will have as a speaker on February 25, 2010, Rev. Jesse Jackson. Other speakers are being considered.

Patty Bigelow announced the 50/50 winner. Chair adjourned the meeting at 12 noon for lunch.

Respectfully submitted, Claire de Elizalde
for Judy R. Allen, Secretary