

LEAGUE LINES



A Newsletter of the League of Women Voters of Umpqua Valley
P.O. Box 2434, Roseburg, OR 97470

lwvuv.wordpress.com

November/December 2015

Convening For Consensus in November

Please join us Tuesday, November 17 from 7:00-8:30 PM at the Mercy Community Education Center, in Room #2. This is upstairs at 2475 Stewart Parkway, above Parkway Medical Supply. There is an elevator.

Anna Willman will lead us through the consensus process. Please do your homework and come prepared with your thoughts about the Constitutional Amendment Consensus Questions, previously sent to you by email. You've also been sent a six-page study guide prepared by LWV of Lane County. More information is available at lwv.org if you want to delve deeper into this.

The League of Women Voters of the United States wants your opinion on the process of amending the U.S. Constitution. Amending the Constitution is not a simple process. It's a rare occurrence, best approached carefully, but sometimes necessary. In anticipation of attempts to include either an amendment that would counter the Supreme Court decision in *Citizens United vs. FCC*, (which allows corporations to make unlimited campaign donations and call it free speech), or a balanced budget amendment, the LWVUS is conducting a study in order to formulate a position on the Constitutional Amendment process. This consensus meeting is the way your opinion becomes part of the position-forming process. We hope you can be a part of it.

First Tuesday Talk Time

We'll continue to meet on the first Tuesday of each month from noon-1:00 at 428 SE Chadwick, for an hour of discussion. You may BYO lunch. Beverages will be available. See you on December 1.

Welcome New Members!

We are excited to welcome new members Peppi Melick, Flo Shively, Robert Grier, Sandra and Allen Huffstutter, and Martha Sinkula. We're on our way to Sixty by 2016 and Seventy by Summer. The more members we have, the more good work we can do.



Scene at the Signing of the Constitution of the United States
Howard Chandler Christy
Wikipedia

President's Message

Greetings LWWUV Members and Friends,

How are you doing? It's a question we are asking each other a lot lately. We are asking because we live in a community where people love and care for one another. We are concerned for family members, friends, neighbors, and strangers on the street.

We all know that something went terribly wrong on October 1. Along with the death and maiming came a less obvious, community-wide trauma. The wave of media coverage, coming at a time of high emotion and disarray, evoked a raw and perhaps unfair depiction of our community.

We know the road to healing will be a long one, and that some things just cannot be undone. We all want to know how our community can be safer and more unified in the future ahead of us.

When LWWUV members met for our First Tuesday Talk Time on October 6, the feeling was unanimous that LWWUV should do something. We were less certain about what and when. We spoke of strengthening our community by building from common ground, of calmly being a voice of reason, of providing opportunity for members of our community to really listen to one another in order to find a way forward together.

As mentioned elsewhere in this newsletter, health care professionals are becoming ever more aware of the importance of a healthy beginning in life, of preventing trauma whenever possible, and of intervening to help the traumatized build resiliency. As the work of healing goes on, we need to decide, are we a YOYO (You're On Your Own) community, or are we a WITT (We're In This Together) community? Is our network of public safety, public health and mental health services properly designed to be the robust community immune system (a system that prevents disease or disaster) that we need? Are we set up to recognize, report, and intervene so that individuals' needs are met and dangers are recognized and abated before tragedy occurs?

Are we willing to come together to find solutions, listen to a range of respectful voices, understand that we may learn from each other, and acknowledge that compromise may be required in crafting a safe, respectful, and congenial future together?

A lot went right in our community's emergency response to the tragic events of October 1. A lot of love and caring has been flowing through our community. Let's see if we can extend that love and caring in a way that "pays it forward" and strengthens our community for ourselves and for generations to come.

Jenny Carloni
LWWUV President



Sixty by 2016 and Seventy by Summer!

LWVUV Supporting Early Education

The League of Women Voters Umpqua Valley is proud to have been a sponsor of this year's Early Childhood Care and Education Conference held at UCC's Lang Center on Oct. 23 & 24. Most of the participants were childcare providers.

Friday evening featured Robert Lieberman speaking on "Adverse Childhood Experiences; Impact and Implications". Research shows that experiencing traumatic events in childhood, such as verbal, physical or sexual abuse; physical or emotional neglect; loss of a parent; incarceration of a parent; substance abuse, mental illness or domestic violence in the home correlates with poor health later in life. This includes not just poor mental health and addiction, but also chronic conditions such as diabetes and heart disease. ACEs interfere with normal brain development, creating functional "black holes" that lack the rich synapse connectivity found in the brains of people without ACEs. While proper treatment techniques can't erase the effects of early trauma, they can help people build new sources of resiliency and a pathway to better health.

Dr. Marcia Hall, Ph.D., B.S., RN, and others in our community are working hard to educate local health care practitioners and the public about the impacts of ACEs on our population and implications for trauma-informed care. Many of the conference participants participated in her workshops held on Saturday afternoon.

Saturday morning's speaker was Dr. Ann Corwin, Ph.D., M.Ed. Her topic was "Strengthening Emotional Literacy". We all teach children the ABCs because we know they are foundational to language literacy. Dr. Corwin stresses that the number one thing we should be teaching our children at a young age is emotional literacy. She has developed a program called Pocket Full of Feelings. It's currently being used in The Dalles, Oregon and other places. She notes that anyone can teach emotional literacy by helping children identify and define their feelings, connect their behavior to their feelings, and learn and practice acceptable ways to deal with their feelings. Her program is specially designed for use with young children who are functioning at the concrete cognitive level, but the basic ideas can help people of all ages. Who can argue with the slogan, *(Feelings are real and something we feel. What matters most is the way that we deal.)*? You can learn more about her program at pocketfulloffeelings.com.



The state League will soon come out with an updated position based on our consensus on the Children-at-Risk study. The League will continue to educate Oregonians about the value of investment in high quality early learning experiences. We plan to do the same locally, starting with our February 2016 program.

The Ford Family Foundation has published a report called, "The Adverse Childhood Experiences Study, How Are Findings Being Applied in Oregon?" Did you know that you can order this and other books for free at The Ford Family Foundation's website? Go to <http://www.tfff.org/select-books/book/adverse-childhood-experiences-study> to get started.

Jenny Carloni



LWVOR President Visits Roseburg

Norman Turrill, the first male president of LWVOR, came to visit the Umpqua Valley League on Oct. 20. Some of us had the pleasure to meet Norman for dinner before the evening's talk, after which he spoke at the Douglas County Library. Norman was on the national League board for six years, and also the first male serving in that capacity. In 2014 he came on the LWVOR board again. He has a vast history with the League that you can read here → <http://www.lwvor.org/about/lwvor-leaders/>.

Norman, who lives in Portland, spoke to the various aspects of League, from education to advocacy. Recently the state League "consolidated" and converted to a tax-deductible status. Now all donations to LWVOR are tax-deductible. We no longer have to write a check made out to LWVOREF, as that organization no longer exists.

The Umpqua Valley League's board is investigating also becoming a tax-deductible 501(c) (3). Currently it is a 501(c) (4) which is not tax-deductible. If it becomes apparent the process would be totally beneficial for our League, the board or any member may propose the change for the membership to vote at our next annual meeting.

The League speaks with a united voice in great part because we stay connected at three levels, locally, statewide, and nationally. Thank You, Norman, for your leadership and making the effort to keep us informed.

Robin Wisdom

CONNECTIONS – HOW DO WE GET OUR MESSAGE OUT IN THIS FAST

PACED SOCIETY?

First of all, target your audience and the WHAT – WHO - WHEN – WHY - HOW still apply, but with fine tuning. Vickie Paul, a millennial & on staff at LWVOR facilitated a session stating WHO is our first priority. For example, when targeting those in their 20's and 30's, and to be effective, 3 days out is the guideline. You lose touch when the message is too far in advance and also needs to be delivered in 11 seconds. Now that takes practice! When I observe people of all ages texting these days, perhaps this will become the norm. Next, we brainstormed for a TAGLINE for the LEAGUE using only 2 words. That exercise got the gray matter moving and it was difficult to stay within that guideline. This is indeed a work in progress. A few of about 30 suggestions listed on the board were Living Democracy, Grassroots Advocacy, Promoting Transparency, Democracy Stewards and Stewards of Civic Engagement. What suggestions do you have for a tagline? At this session, we also received a 3 page handout on The Art and Craft of Connecting With Journalists. I will bring a few copies to our next meeting.

Beverly Paulson

Notes from the LWVOR Fall Workshop 10-31-15

November	17	Constitutional Amendment Consensus	Mercy Education Center 2475 Stewart Parkway Room 2	7-9 PM
December	1	First Tuesday Talk Time	428 Chadwick Roseburg	12-1
December	2	Board Mtg.	428 Chadwick Roseburg	2-3:30

The garden committee needs to find gardens for the 2016 tour. We have only one garden at this time! Please contact Nancy Farris 541-643-8113 if you know of great gardens and community members who would like to take part in this wonderful event.

From Sandra Huffstutter

Local Presentation on Gun Safety Draws Good Crowd

In the wake of the mass murders at UCC, representatives from “Mom’s Demand Action for Gun Sense in America” — a national organization with 3 million members (nearly 80,000 in Oregon alone) — spoke to a full house at the Douglas County Library on October 29. Lisa Nickodem, MDA’s Organizing Director for the northwest, explained that her group exists to let state-level politicians know it represents a solid majority of citizens who support common sense gun safety measures, including ...

- * Closing loopholes in background checks
- * Reducing gun trafficking
- * Protecting children from loaded guns
- * Placing limits on guns in bars and college campuses

“We can respect people’s gun rights but insist on firearm safety,” said another MDA member from Albany, who regularly lobbies Oregon legislators on gun safety legislation.

Larry Hall, retired pediatrician, set the stage for the evening’s discussion by reminding the audience that firearm regulations are a public health issue, like any other. To protect public health, said Hall, driving a car requires driver’s training, a driver’s license, vehicle registration, and car insurance. Why shouldn’t shooting a gun also require such things as firearm training, firearm licensing, user registration, background checks, liability insurance, and safe storage?

Mom’s Demand Action is part of a growing network of groups advocating stronger firearm safety regulations, locally and nationally. Thanks to the efforts of these groups and the League of Women Voters (which has been advocating on behalf of sensible gun regulations for 25 years), Oregon now requires a) background checks for private gun sales, and b) restrictions on gun possession by domestic violence offenders and people subject to restraining orders. New legislation for future sessions involves offering a credit against the personal income tax for purchase of gun safes. The national LWV continues to lobby for an assault weapons ban.

LWVUV members who attended the MDA presentation were impressed by the number of questions and suggestions offered by the audience. Consequently, we are planning future forums to find out what we can do, here in Douglas County, to keep people safer and reduce gun violence. For more information, contact Jennifer Carloni, jennifer.carloni@gmail.com. For additional information and/or ways to get involved, go to momsdemandaction.org, everytownresearch.org, oregonallianceforgunsafety.org, and ceasefireoregon.com.

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LWVOR

Children at Risk: Project Co-Chair: Linda Clary

Events Chair: Sally McKain

Great Schools, Great Communities Chair: Robin Wisdom

Technology Committee: JoAnn DeSpain

Website: www.lwvor.org

Mission Statement

The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

Membership Dues are Due!

Join Us! Participate in democracy and be informed! We welcome new friends!

Yes! I want to join the League! as a new member as a renewing member

I am enclosing:

- ___ \$60 for Individual Membership
- ___ \$85 for two Household Members
- ___ \$30 for Student or Limited Income Member
- ___ \$ ___ Contribution to LWVUV budget (not tax-deductible)
- ___ \$ ___ Total to LWVUV (not tax deductible)
- ___ \$ ___ Contribution to LWVOR (tax deductible; requires separate check to LWVOR)
(LWVUV can use these funds for educational projects or Per-Member-Payment to LWVUS)

**Please mail your check(s) and form to Treasurer Robin Wisdom, 1260 Arcadia Drive, Roseburg
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For more information, contact President Jenny Carloni, 541-672-1914, jennifer.carloni@gmail.com or
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Sixty by 2016 and Seventy by Summer!