As we enter the second quarter of 2019, we find ourselves already embroiled in the 2020 campaign. Momentum is with us since the November election for which we fought to win a very Blue House of Representatives that includes the greatest number of women members in our history; a group with backgrounds so diverse that they include two former CIA agents (one in counterterrorism and one who served three tours in Iraq), three military veterans including an Air Force jet pilot Captain, an Annapolis graduate and twenty-year veteran, and a Navy helicopter pilot and former U.S. Attorney. The House women include a mother whose son was shot by a stranger, two members of Native American nations, the first Somali American legislator in the U.S. (an immigrant who fled Mogadishu and one of two Muslim women), the first woman of color elected to the Boston City Council, Donna Shalala who was President Clinton’s Secretary of HHS, law professors, a pediatrician, prosecutors, attorneys, community organizers, and, of course, Alexandria Ocasio-Cortez.

In addition to the new women, Democrats flipped Republican districts in California (thank you to those who worked to elect Josh Harder and T.J. Cox), Colorado, Florida, Kansas, Minnesota, New York, Pennsylvania, Virginia, and Oklahoma.

The Democrats were disciplined in their campaign, focusing on preserving protections for pre-existing conditions enjoyed under Obamacare and healthcare in general and by tailoring messages to the needs of district constituents. In January, our speaker, former Governor Jennifer Granholm, encouraged us to be positive about the future—that we are the Party of the future, the party that offers hope to all, that stands for the vulnerable, children, and workers of every socio-economic group.

Governor Granholm and our February speaker, Congressman Mark DeSaulnier, exhorted us to embrace the reality of an automated world for which we must provide our children with a quality education that prepares them for the new jobs that will be created in that world. We must pass legislation that reflects what we value, especially preservation of our planet.

Continued on page 2
President's Message, continued from page 1

The Congressman asked us to consider the “Green New Deal” as a framework for Democratic Party legislation: emissions elimination, smart power grids, universal access to clean water; new, affordable, efficient, residential housing; investments in science; and renewable energy sources. It is more than “green.” It also proposes legislation that promotes justice and fighting oppression, high-quality education for all, the right of workers to organize, family-sustaining wages and benefits, high-quality health care, and economic security. The Green New Deal is causing controversy and sparking conversation. Good! We need the robust discussions and debates about how we accomplish its goals—all of which reflect Party values.

We have more work to do, and I know that we are ready to do it. Your energy, enthusiasm, support, and work are the key to our success this year as the largest Democratic Party Club in the nation. We will be asking for your input and working to provide opportunities to learn, campaign, and win! Thank you for all you do and for who you are—patriotic citizens dedicated to preserving the Constitution and to restoring dignity to our government.

Katha Hartley

Mathew Kiang (a postdoctoral research fellow at Stanford University's Center for Population Health Sciences) and his colleagues recently published a study utilizing data from the National Center for Health Statistics of the U.S. Centers for Disease Control and Prevention and the U.S. Census. They found that the mortality rate from synthetic opioids in 28 states more than doubled every two years from 1999 to 2016. Over that 18-year period, deaths from opioids increased by 455%. Men, on average, died at age 39.8, women at age 43.5.

At the national level, opioids were responsible for shaving 0.36 years off Americans' life expectancy in 2016. That's a greater loss of life than caused by guns or motor vehicle accidents. New Hampshire and West Virginia saw the biggest drops in life expectancy, of more than a year, due to opioid deaths. Florida and Pennsylvania had opioid-related mortality rates that were doubling every two years and in Washington, D.C., tripling.

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March 28 — General Meeting

The March 28 general meeting in the Event Center will feature Paul Burbanio, Community Education and Engagement Specialist for the Contra Costa Registrar of Voters. At 6 p.m., there will be a Town Square, a social hour; drinks and snacks will be served. Donations are accepted for wine. At 7 p.m., Mr. Burbanio will tell us “Why We’re Not Florida! Our Votes Are Counted.”

During election campaigns, Americans are told over and over that every vote counts. Voters in some parts of the country have not found that to be the case. News reports following the election last November showed that in some parts of the country problems with voting result in accusations of “voter fraud. Voters in Contra Costa County can rest assured that their votes ARE counted.

Early in 2018, the Registrar of Voters for Contra Costa County received permission from the Board of Supervisors to replace the old system that has been in use since 2005. With the new equipment and system, voters can have confidence that votes are counted accurately and reliably.

The County Clerks count upwards of 450,000 votes in a countywide election. Preparation starts in the weeks preceding the election and continues for weeks afterwards. The certified results must be sent to the California Secretary of State within 31 days of the election. Last month, the Contra Costa Elections Division received a national award from the US Election Assistance Commission (EAC) for its efforts to improve voter accessibility.

The presentation on “Healthcare in Flux” by Sarah Hesketh will be rescheduled for later this year.

April 11 — Thank God We’re Democrats

The monthly TGWD will take place on Thursday, April 11, at 4:30 p.m. and will be a Candidate Fantasy night. Bring a snack to share to the Fireside room at Gateway (note room change). Wine will be available for a $5 donation.

Who would you like to see as the next President of the United States? You will get to create your personal “dream team” at this Candidate Fantasy night. You will get to nominate your choice for President and Vice-President and then share your thoughts on the Cabinet who will work with them to rebuild the American government. To round things out, come up with the election slogan that will help your candidate win.

The concept of a fantasy team began in the late 1950s in Oakland when Wilfred "Bill" Winkenbach came up with the idea of having participants create a team made of current players. For sports teams, the performance of each player on the fantasy team is followed over the course of the season and points are awarded based on that. For the TGWD event, the forms containing your picks will be saved. After the election, the fantasy team closest to the actual results will win a prize.
April 25 — General Meeting

Diana Becton, District Attorney of Contra Costa County will be the April general meeting on Thursday, April 25, in the Event Center. There will be a Town Square social at 6 p.m. with drinks and snacks. Wine and soft drinks will be available for a donation. At 7 p.m. District Attorney Becton will address the gathering on “Changing Law Enforcement in Contra Costa County for the Better.”

When the Contra Costa District Attorney was indicted and resigned in 2017, Diana Becton was appointed as acting District Attorney in September. A top priority for her was to begin the process of restoring public trust in that office in the wake of the scandal. She is the first woman and first person of color to serve in this office since it was established in 1850. Her office employs approximately 200 lawyers, investigators, and staff.

The 2018 primary election provided the opportunity for Diana to run for a full term as District Attorney. She campaigned tirelessly on a platform that promised leadership, fairness and transparency for safer communities. She attended several DoR events during the campaign season. Her vision and her integrity inspired many members to actively campaign on her behalf. Since winning more than 50% of the votes in the June primary, Diana Becton has introduced innovative new programs to break the cycle of crime and create safer communities.

A native of California, Diana Becton is a product of the Oakland public schools. She received her law degree from Golden Gate University. In 2015 she received a Master of Theological Studies from the Pacific School of Religion. Before becoming District Attorney, Diana spent 22 years as a serving judge in the Superior Court of Contra Costa County. She was elected presiding Judge by her peers. She is a past president of The National Association of Women Judges.

Contra Costa County Crime Info

According to the FBI, since 2016, out of the 461 individual municipalities in California, four cities in Contra Costa County made the list of the 100 most dangerous cities within the state with a population of at least 50,000 residents.

Richmond ranked 6th overall and 5th for murders at 18.9 per 100,000 residents; Antioch ranked 20th overall and 21st for murders; Pittsburg ranked 59th overall and 13th for murders; and Concord ranked 82nd overall and 87th for murders. See table below.

<table>
<thead>
<tr>
<th>City</th>
<th>Population</th>
<th>Murder/Homicide</th>
<th>Rape</th>
<th>Robbery</th>
<th>Aggravated Assault</th>
<th>All Violent Crimes</th>
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<tr>
<td>Antioch</td>
<td>112,090</td>
<td>8.0</td>
<td>49.1</td>
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<td>Concord</td>
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<td>Pittsburg</td>
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<td>506.9</td>
<td>919.1</td>
</tr>
</tbody>
</table>

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Walnut Creek Crime Statistics

In 2018, Walnut Creek had 2 homicides, 3 rapes, 35 robberies, and 62 aggravated assaults, for a total of 102 violent crimes. That translates to 102.2 violent crimes per 100,000 people.

Contra Costa County Sheriff

The duties and mission of the Sheriff’s Office are unlike most police agencies. Responsibilities include unincorporated area policing, contract cities (Danville, Lafayette, and Orinda) and special districts, air support (helicopters), marine patrol, dispatch, investigations, coroners, county detention facilities, custody alternative, court security, forensic services, police academy, and Office of Emergency Services.

The Custody Services Bureau is the largest department under the Sheriff. Custody Services covers three detention facilities and custody alternative (the work alternative program and electronic home detention). There are approximately 1,600 inmates in county jail on a daily basis, in addition to about 400 who are in custody alternative.

Some annual Office of the Sheriff statistics:

- Over 600,000 calls for service come into Dispatch. Nearly 60,000 of them are 911 calls.
- Over 26,000 people are booked into the Martinez Detention Facility.
- Over 20,000 incident reports are written.

Immigrant News

From a NBC News summary of a new report from the Urban Institute:

One in 4 children in the United States have at least one immigrant parent. About 18.6 million children have at least one foreign-born parent. About 7 million of the immigrant parents—almost 4 in 10—are from Mexico, with another 3.5 million from Central and South America, and the rest from around the globe. More than three-quarters of children have parents who have been in the U.S. more than a decade. Only 11 percent have been in the U.S. for fewer than five years.

In addition, “the majority of the parents are immigrants (61 percent) who are U.S. citizens.” More than 9 in 10 children (91 percent) are U.S. citizens. About 39 percent (7.2 million children) have non-citizen parents—which includes people who are undocumented or who have green cards, visas, or temporary protections.

More than half of U.S. children in an immigrant parent household are bilingual, compared to fewer than 5 percent among children of U.S.-born parents. Children of immigrant parents are also more likely to grow up in a two-parent household—80 percent compared to 69 percent for those with U.S.-born parents.

Almost 8 in 10 of immigrant parents have a high school or college degree. 20 percent live in a household where the parent didn't graduate from high school, which puts the children at a higher risk of low economic mobility.

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HOW MISERABLE MUST IT BE...
to remain in the shadow of someone who is superior to you in every way and continues to be more popular than you will ever be?

CAN WE JUST SKIP TO THE END OF THIS TRUMP MOVIE WHERE IT FADES OUT AND CAPTIONS TELL US HOW LONG THEY EACH GOT IN PRISON?

SINCE WHEN DID IT BECOME “RADICAL” TO BELIEVE THAT IF SOMEONE WORKS FOR A LIVING, THEY SHOULD BE ABLE TO AFFORD FOOD FOR THEIR FAMILIES AND HAVE THE ABILITY TO SEE A DOCTOR?

A Conservative says, 'If it hasn’t happened to me, I don’t care.'

A Liberal says, 'This should never happen to anyone, and that’s why I care'

- Anon

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Climate Change Report

The United Nations just issued a 700-plus page report, which is the sixth Global Environment Outlook and is the UN's most comprehensive report on the state of the global environment since the fifth edition in 2012. More than 250 scientists and experts from more than 70 countries contributed to the assessment. The report states that current efforts have the world on a path to fall short of carbon emissions reductions under the Paris Agreement and those outlined by the UN panel to limit global warming to 1.5 degrees Celsius above pre-Industrial levels.

The report urges action to address air pollution, which remains a major public health problem as the main environmental contributor to disease around the globe. All told, air pollution results in 6 million to 7 million premature deaths and losses of $5 trillion each year.

The report says that species extinction rates also continue to increase at a pace that could compromise earth’s ability to meet human needs. The current rapid loss of species is estimated by experts to be between 1,000 and 10,000 times higher than the natural extinction rate (the rate of species extinctions that would occur if humans were not around). These experts calculate that between 0.01 and 0.1% of all species will become extinct.

The picture is bleak. Among invertebrates, 42% of land dwellers, 34% of freshwater species, and 25% of marine species are at risk of extinction. Between 1970 and 2014, global species population numbers for vertebrates fell by an average of 60%.

The report also details how feeding the growing human population remains a challenge that is taking a toll on the environment. If we reduced food waste and ate less meat, we could alleviate the need to produce 50% more food to feed the expected 9 billion to 10 billion people expected to live on the planet by 2050. 33% of edible food is wasted worldwide, with more than half thrown out in industrialized nations, the report says.

Perks of Reaching 55, Being over 65, or Beyond

• In a hostage situation, you’re likely to be released first.
• No one expects you to run…anywhere.
• People call at 9 p.m. (or 9 a.m.) and ask, "Did I wake you?"
• There is nothing left to learn the hard way.
• Things you buy now may never wear out.
• The early bird special no longer seems early.
• You get into heated arguments about pension plans.
• You no longer think of speed limits as a challenge.
• You quit trying to hold your stomach in…no matter who walks into the room.
• Your eyes won’t get much worse.
• Your investment in health insurance is finally beginning to pay off.
• Your joints are more accurate meteorologists than the national weather service.
• Your secrets are safe with your friends because they can’t remember them either.
• Your supply of brain cells is finally down to a manageable size.
• At the root of every one of your gray hairs, there’s a dead brain cell.
In California, there were at least 4.5 million monarch butterflies in the 1980s, 1 million in 1997, 92,000 in 2017, and an estimated below 30,000 in 2018. That means the monarch butterfly population in California has dropped to less than 0.5% of its historical size. The monarchs are now right above the threshold of adults needed to sustain the population.