



The 11th District Journal



June 2007
Volume 5, Issue 5

“Don’t forget what I discovered that over ninety percent of all national deficits from 1921 through 1939 were caused by payments for past, present and future wars.”

Franklin D Roosevelt

11th LD Democratic Organization Chair

As I write this message, the window for candidates to file and run for office is this week. We are in the peak season for candidate endorsements. Our Policy and Procedures Committee has established Board-approved special rules to help us process candidates who want to be considered for endorsements. To start the process, a candidate needs to contact me and provide a copy of their filled out and signed the 11th Legislative District Democratic Organization (KCDCC) Candidate Questionnaire. Your Executive Board reviews those materials to make sure a candidate meets our by-law requirements for endorsement in order to appear before the General Membership in a meeting.

Our organization mission and by-laws are very clear. We are here to “carry out the work of the Democratic Party within the 11th Legislative District of the State of Washington...” Which includes “Recruiting and helping to elect to public offices, Democrats who, by their records and reputations, are in agreement with the platform of the Democratic Party.” To see our by-laws or the special rules related to the endorsement process, on our website at :

<http://www.11thlddems.org/>

We have time in the next two meetings to consider candidates that meet these criteria. We have a LOT to sort through, because we represent precincts in Burien, Renton, Seattle, SeaTac and Tukwila – plus areas of unincorporated King County. If you are a candidate, or represent one that wants an endorsement from the 11th Legislative District Democratic Organization, please contact me as soon as possible at 11demschair@gmail.com Members please try to be prepared for these endorsement meetings by reading up on candidates and doing your homework. If you want to see the questionnaires that are filled out before the General Meeting, go to KCDCC website at

<http://www.kcdems.net/temp/Candidates2007/>

and look up the candidates who have already turned in their materials.

Democratic Party Voter Database Now Up and Running

The Washington State Democratic Central Committee has introduced a new voter file data base tool called Vote Builder (this will replace the old VoterFile – also known as Vmate). This is a great tool for PCOs that helps you determine who is in your precinct, create and print walking lists, print out mailing labels to voters in your precinct and much more. The KCDCC has already updated its PCO training guide online with information about Vote Builder at;

<http://www.kcdems.net/documents/pcotraining.pdf>

June Program

We will have a speaker telling us more about the King County Parks Levy on the ballot next election. Our main program features King County Councilmember Julia Patterson on the subject of transportation. I know we’ve all been reading a great deal about roads and transit issues, so this should be a great way to learn all we can with a regional eye.

We’ll also feature local candidates that have met our requirements to be considered for endorsement by our organization.

This is truly a time where Every Democrat counts! I hope to see you there.

Susan Kruller - Chair

11th Legislative District Democratic Organization

**Welcome to the
11th Legislative Democratic Organization**

**You are Invited to attend the Monthly
Meetings and engage in democracy in action!**

**Your dues enable you to receive the district
newsletter, help us defer our meeting
expenses, and support our efforts on behalf
of Democratic candidates.**

**We provide or participate actively in fun and
informative opportunities to reach out to
Democrats and other voters
in the 11th District.**

**Your volunteer efforts will further our goal
of active members in all of the
11th District precincts.**

We welcome you!

The newsletter is also available online in PDF format at the [11th LD website](#) and via email. The digital format is in color with active links. You can change the text size to fit your preference.

There are some great new features at the 11th LD web site. Join the Discussion Group and be heard by the entire membership. You will find it at <http://www.11thlddems.org>

Some members of the 11th LD Dems are receiving the monthly newsletter via email as a PDF file. If you would like to also receive the electronic version, in color with active links, send me a [email message](#) with: Newsletter in the subject and you will be added to the emailing list. james.flynn@comcast.net

On May 1st, the Court of Appeals for the D.C. Circuit handed down an unfortunate, razor thin 5 to 4 decision with a strongly-worded dissenting opinion against Jim McDermott www.McDermottLegalTrust.com.

2007— 2008 11th Legislative District Democratic Organization Executive Board

Officers				
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TREASURER

Charles Laney



Please Send in Your 2007 Membership Dues Now
(Make checks payable to the 11th District Democrats)



Memberships:

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| <input type="checkbox"/> Captain Membership \$50.00 | <input type="checkbox"/> Living Lightly \$6.00 |
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Send to: 11th District Democrats % Chuck Laney Treasurer:

PO BOX 1133, Renton, WA. 98057-1133

**11th Legislative District Democratic Organization
General Membership Meeting Minutes — April 17, 2007****Minutes**

11th Legislative District Monthly Meeting
May 15, 2007 - 7:00 p.m.
Renton Carpenters Hall - 231 Burnett Avenue North

7:00 p.m. Call to Order, Flag Salute

Introductions, Tim Rasmussen, Margarita Prentice

MSA Approve Agenda, Minutes of Last General Meeting

Candidates: Tom Rasmussen Seattle City Council; Seniors, Labor organizations, White Center Annexation (too soon to annex, enough funds to pay for it.) Ultimately up to citizens of White Center; Superfund Duwamish, Joint Training Facility -not handled well by city.

MSA Endorsement Unanimous

MSA Endorse Lisa Stubeing Seattle School District Endorsed 19 Yea -9 Nay

Venus Velasquez-Seattle City Council Supported by Margarita Prentice – Table until June Meeting

Tim Burgess - Seattle City Council Position Seven - Table until June Meeting

Speaker, Margarita Prentice - 7 billion shortfall in pension system

Business Reports

Chris Hinz – KC Council candidate Dow Constantine ticket raffle

Alena Prez - UCFW Local 21 – Support fair contract -

Bob Hasegawa - Requested support for Town Hall Meeting, - Ways and Means Chair recognition - Vice chair Finance Committee - insight into tax structure. we need tax reform - lid on tax preferences; future legislative session - 4215 allows state to invest school funds into equities instead of bonds. Is the risk worth it? Rainy day fund - view as budget cut 1% per annum. Constitutionality of State Income Tax

11th Legislative District - By The Numbers Report:

Michael King - State Party for Dwight Pelz challenge From The WSDCC Chair –Registration, Get Out To Caucus (GOTC) and Get Out The Vote (GOTV) Strategic Goals

Break

8:05 p.m. Officer and Committee Reports

8:25 p.m. New Business

8:35 p.m. Old Business

8:45 p.m. Raffle Prizes

8:50 p.m. Good of the Order

9:00 p.m. Adjourn

SECRETARY

Jim Flynn

If you have your health you have everything. The adage reminds us that health is our priority yet daily stress is still the leading detriment to our physical and mental well being. Activists and PCOs from the Eleventh Legislative District Democratic Organization talk freely about the pressure of deadlines and commitments, time constraints, financial obligations, social contacts and public speaking and the biggest one of all, asking someone to donate to the caucus. What can we do to keep our health in balance?

Here is part of a Downtown Seattle Naturopath's advice to the 11th LD concerning mental health:

Several factors come into play when discussing the impact of nutrition on mental health including food allergies, heavy metal toxicity, increased sugar and stimulant consumption and nutritional deficiencies. The most simple and effective step to increase one's well being is to increase essential fatty acids in the diet

Your body doesn't make them so you need to get them from food. The two major types of essential fatty acids are omega-6 and omega-3 fatty acids. Omega-6 fatty acids are highest in nuts and seeds like sunflower seeds, pumpkin seeds, almonds, walnuts, etc. including their oils and butters. The best sources of omega-3 oils are found in fatty fish including ocean caught salmon, cod liver oil, egg yolks from properly fed and cared for hens, hemp and flax seeds. All of these oils are necessary but what is important to consider is the ratio of omega-3 to omega-6. The typical American diet is in a ratio of 1:10 because of the many vegetable oils we cook with. Corn, soy, canola, sunflower, and safflower oils contain insufficient omega 3 and too much omega 6 fatty acids. A better ratio of omega 3 to omega 6 to aim for is 3:1. This is an especially important point to consider for people suffering from depression and anxiety. Vegetarians need to work on these even more because typically they get most of their fats from nuts and seeds.

The brain is made up of three quarters fat which has a different chemical composition to the visible fat the body uses as a way of storing energy. Eating essential fatty acids (EFA) in the proper balance leads to greater alertness and calmness of mind. They are especially important for children having a difficult time with concentrating and focusing. EFAs in proper balance lead to improvements in the mental status of patients with Alzheimer's disease and schizophrenia.

The Doctor, a graduate of Bastyr University, told me much more about nutrition and mental health. I will be glad to share the information with you, including a recipe for Poached Salmon Salad from her Heart Mind Recipes: Great for balancing the emotions and keeping the heart strong. Talk to me at the next meeting, Tuesday June 19th.

I urgently need your help. I am in a difficult position. Accepting the current court decision will result in an immediate need for additional Expense Trust funds. Taking this First Amendment case to the Supreme Court will incur a final round of legal expense.

Your donations have allowed me to defend the First Amendment in the past and hold senior GOP Congressional leaders accountable for their actions. Your additional support will allow me to finally deal with this matter.

Jim McDermott

P.S. More information about *Boehner v. McDermott* may be found at www.McDermottLegalTrust.com.

"A nation which has forgotten the quality of courage which in the past has been brought to public life is not as likely to insist upon or regard that quality in its chosen leaders today - and in fact we have forgotten.":
John F. Kennedy

Upcoming 11th District Meetings

General Meeting: June 19th – 7pm
Carpenter's Hall, Renton

**Executive Board Meeting:
July 5th – 7pm**
Carpenter's Hall, Renton

Official Call

11th Legislative District Monthly Meeting
June 19, 2007 - 7:00 p.m.
Renton Carpenters Hall - 231 Burnett Avenue North
Proposed Agenda
(Endorsements may be considered)

7:00 p.m. Call to Order; Flag Salute

7:02 p.m. Approval of Previous Meeting Minutes and Proposed Agenda; Introductions

7:05 p.m. Elena Perez - Community Organizer, UFCW Local; Grocery Bargain Update

7:10 p.m. King County Councilmember Larry Phillips - King County Parks Levy
7:30 p.m. Program: King County Councilmember Julia Patterson – Transportation Plan for the Region

Break

8:05 p.m. 11th Legislative District - Candidate Endorsement Considerations:
Revisit Tabled Endorsement Considerations: Venus Velazquez, Tim Burgess

11th LD Executive Board Reviewed Endorsement Considerations: City of Burien, City of Renton, City of Tukwila, City of SeaTac, City of Seattle,

Unincorporated King County

9:05 p.m. Raffle Prizes

9:10 p.m. Good of the Order

9:15 p.m. Adjourn

The 11th District Journal is published on a monthly basis as a means of notice of general membership meetings. It is published and distributed 10 days preceding general meetings pursuant to District Bylaws.

RETURN SERVICE REQUESTED

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