



CORONADO DEMOCRATIC CLUB

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619 437-7169

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CORONADO DEMOCRATIC CLUB ANNUAL LUNCHEON MEETING

Our annual luncheon meeting will be held on Saturday, March 23, 2013 at 11:30 AM at the Coronado Golf Course Clubhouse. Lunch will be \$20 per person. Reservations must be in by March 8th.

This year, we will be joined by Jess Durfee, Past Chair of the San Diego Democratic Party. In 2008, Jess was the first San Diegan in recent memory to be elected to the Democratic National Committee and was re-elected to the same in 2012. Jess will discuss his role in the significant growth of the Democratic Party in San Diego over the past few years and share his thoughts on the future for the Democratic Party in this area.

ADVANCE RESERVATIONS ARE REQUIRED. If you are interested in attending, please fill out the form in this newsletter and mail it with your check payable to: Coronado Democratic Club so that it is received by March 8th.

We look forward to seeing you there!

NOW IS THE TIME

We know that this is the time of year when everyone wants your money: the Internal Revenue Service, local and not so local charities, multiple arts associations and very worthwhile non-profit organizations. Please don't forget that we too need your financial support. Now is the time to pay your 2013 Association dues if you haven't already done so.

It is very important to show that we have a strong and vibrant club when dealing with other groups, when trying to engage speakers or when trying to be heard on issues. Please continue to be part of our club by sending in your 2013 dues as quickly as possible. Remember only active members of the association (those having paid their current year's dues), may vote or hold office.

A dues application is included in this newsletter. Please fill it out and send it along with your check as soon as possible. Encourage your neighbors, friends and family to join. Additional membership forms can be found on our web site, or contact me and I will see that you get as many as you need.

Mercy Mandelbaum,
435-1911 or ycrem613@san.rr.com

Cut and mail with form and check – see address below

CORONADO DEMOCRATIC CLUB
LUNCHEON RESERVATION

____ Yes, I (we) will attend. Enclosed is my check for \$ _____

Luncheon choices – Please choose one per person:

____ Roasted Pesto Chicken Breast with Squash & Artichoke Sauté & Mushroom Pilaf

____ Three Cheese Spinach Quiche

____ Vegetarian alternative is Artichoke Ravioli with White Wine Caper Sauce

NAME(S): _____

ADDRESS: _____ PHONE: _____

RESERVATIONS MUST BE RECEIVED BY MARCH 8, 2013

Make check payable to: Coronado Democratic Club and mail to:

Coronado Democratic Club,

P.O. Box 18-1351,

Coronado, CA 92178-1351

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VOLUNTEERS NEEDED

Francine Busby, the new chair of the San Diego County Democratic Party, has asked each Democratic Club to send a carpool of volunteers two days a year to register new voters following the New Citizens Ceremonies. As she notes, “hundreds of new citizens each month are eager to register to vote, and are overwhelmingly drawn to our Democratic booth that features cutouts of President Obama and Michelle. If the volunteers were not there, it’s likely that many of these new citizens would register as ‘decline to state’ voters.”

The New Citizens Ceremony takes place every month at the San Diego Civic Center Plaza, near the Civic Theater at 3rd Avenue and B Street. It is usually the third Wednesday of the month. You would need to be there from 10:15 a.m. to 12:15 p.m. We have agreed to send volunteers in May (most likely May 15) and will commit to another month later in the year. If you would like to participate in this event by helping our newest citizens and helping to keep San Diego County “blue”, please contact Judy Bambace at 619-437-7169 or president@coronadodemocrats.com

INTERESTING LOOK AT LIFE

Steven Wright is the famous erudite scientist who once said: "I woke up one morning, and all of my stuff had been stolen and replaced by exact duplicates".

His mind sees things differently than most of us do. Here are some of his gems:

- 1 - I'd kill for a Nobel Peace Prize.
- 2 - Borrow money from pessimists -- they don't expect it back.
- 3 - Half the people you know are below average.
- 4 - 82.7% of all statistics are made up on the spot.
- 5 - A conscience is what hurts when all your other parts feel so good.
- 6 - If you want the rainbow, you've got to put up with the rain.
- 7 - All those who believe in psycho kinesis, raise my hand.
- 8 - The early bird may get the worm, but the second mouse gets the cheese.
- 9 - How do you tell when you're out of invisible ink?
- 10 - When everything is coming your way, you're in the wrong lane.
- 11 - Hard work pays off in the future; laziness pays off now.
- 12 - I intend to live forever... so far, so good
- 13 - What happens if you get scared half to death twice?
- 14 - Why do psychics have to ask you for your name?
- 15 - If at first you don't succeed, destroy all evidence that you tried.
- 16 - Experience is something you don't get until just after you need it.
- 17 - The hardness of the butter is proportional to the softness of the bread.
- 18 - To steal ideas from one person is plagiarism; to steal from many is research.
- 19 - The colder the x-ray table, the more of your body is required to be on it.
- 20 - Everyone has a photographic memory; some just don't have film.

The Evidence is in: Obamacare Keeps Medicare Costs Lower

Medicare's costs are rising at historically low rates, while seniors are getting more benefits, according to a Health and Human Services (HHS) report. HHS officials announced recently that Medicare's spending for each senior rose by just 0.4 percentage points last year — the third straight year with low cost increases. The report credits President Obama's signature health care law for the change. Both the Medicare actuaries and the Congressional Budget Office have also projected that low cost increases will continue for several years — largely because of the health care law's cuts in payments to insurance companies and health care providers. "The Affordable Care Act has not directly cut any Medicare benefits, and has added several new benefits, including preventive screenings for such diseases as colorectal cancer, breast cancer, and diabetes," said Barbara J. Easterling, President of the Alliance. To see the report, go to <http://tinyurl.com/a9y2qdm>.

Coronado Democratic Club Membership Application

New _____ Renewal _____

Name _____ Address _____

City _____ Phone(H) _____ (C) _____

Email _____

Dues: Individual \$20.00 _____ Family \$30.00 _____ Sustaining \$35.00+ _____

Additional donations toward 4th of July parade _____ Special events _____

We always need volunteers. If you are interested and able to help now and then, we would like to know who you are and what you would be interested in doing. Please check the spaces below. We need help with: General Meetings (usually every other month) set up and/or tear down _____, Voter registration _____, Precinct walking _____, March Luncheon _____, July 4th Parade decorations and/or participation _____, December Holiday Party _____, Special Events _____. Supplying refreshments for General Meetings or special events _____. Also, are you interested in joining a standing committee or becoming a Board member _____? How did you hear about our club?

Please mail this completed form and your payment to:
Coronado Democratic Club, P.O. Box 18-1351, Coronado, CA 92178-1351

Medicare Prescription Drugs Costs are Down

Due to the Affordable Care Act

Health care reform is paying off for seniors. According to a recent report issued by the Obama administration, the Affordable Care Act has saved 6.1 million people, largely seniors and people with disabilities, more than \$5.7 billion in prescription drug costs. The law achieved this feat by starting to close the “doughnut hole” in the Medicare Part D prescription drug benefit, which had forced many Medicare beneficiaries to pay all the costs of their prescriptions. Health care reform has helped with prescription expenses since 2010, and will close the “doughnut hole” entirely by 2020. To read the Huffington Post article on the report, go to <http://tinyurl.com/bhv5a2v>. “This is a clear illustration of the benefits that health care reform has provided to seniors,” said Ruben Burks, Secretary-Treasurer of the Alliance. “Given the rate at which prescription drug costs are rising, many seniors would not be able to pay for them without the Affordable Care Act.”

ELECTED OFFICIALS' INFORMATION

President Barack Obama
1600 Pennsylvania Ave. NW
Washington, D.C. 20500
Comments: 202-456-1111
<http://www.whitehouse.gov/contact/>

Senator Barbara Boxer
600 B Street, Suite 2240
San Diego, CA 92101
619 239-3884 Fax 619 239-5719
E-mail – senator [@boxer.senate.gov/home.html](mailto:senator@boxer.senate.gov/home.html)

Senator Dianne Feinstein
750 B Street, Suite 1030
San Diego, CA 92101
619 231-9712 Fax 619 231-1108
E-mail senator@feinstein.senate.gov
Website www.senate.gov/feinst

Congressman Scott Peters
53rd Congressional District
4350 Executive Drive, Suite 105
San Diego, CA 92121
858-455-5550

State Senator Marty Block
2445 Fifth Avenue Suite 401
San Diego, CA 92101
619-645-3133
senator.block@senate.ca.gov

Assemblywoman Toni Atkins
2445 Fifth Avenue Suite # 200
San Diego, Ca 92101
619- 645-3090
assemblymember.atkins@assembly.ca.gov

PRES. MESSAGE CONTINUED FROM PAGE 1

But I soon realized it was not about what I could see; it was about the experience -- symbolic of Democratic principles like being inclusive, taking care of each other, seizing the moment together, joining hands to celebrate, and doing so with a generosity of spirit. President Obama's words rang true when he said, "preserving our individual freedoms ultimately requires collective action." We, the People, stood united that morning. I felt an enormous sense of pride in our great country and extremely optimistic about our future. I felt honored and privileged to be a part of history. If the President's message was the importance of the common good, I learned that lesson well.

I am eternally grateful to Congressman Scott Peters for offering inauguration tickets to each Democratic Club in his district, and to our club's Board of Directors for allowing me to realize one of my dreams. I went to the inauguration as a representative of our club and also to honor the memories of my parents (staunch Democrats), who would have been proud to know I had participated in this remarkable event. I came away from the experience with meaningful and enduring memories, new friends, deeper insights and a resolve to remain engaged in the process of helping to keep our country moving forward.

Judy Bambace

PRESIDENT'S MESSAGE

On a cold and cloudy January morning, I found myself standing among the huddled masses on the grounds of the United States Capitol, listening intently as President Barack Obama was sworn in for a second term. Although the traditional pomp and pageantry had been scaled back compared with the historic start of his presidency in 2009, my impressions were nothing short of awe and amazement. A wave of emotion swept over me when I heard the President's bold and progressive policy agenda during his inaugural speech, in which he made an impassioned call for a more inclusive America that rejects partisan rancor and embraces immigration reform, gay rights, equal pay for women, safety for all children, and the fight against climate change. His message of faith in our country's future resonated with me: "America's possibilities are limitless, for we possess all the qualities that this world without boundaries demands: youth and drive; diversity and openness; an endless capacity for risk and a gift for reinvention. My fellow Americans, we are made for this moment, and we will seize it – so long as we seize it together."

For me, that "moment" began two days earlier when I flew from Lindbergh Field to Pittsburgh (equipped with a down puffy coat, insulated boots, gloves and hat) with eight other active Democrats from San Diego County, none of whom I had met before. From Pittsburgh, we rode a charter bus bound for Washington, D.C. The tour group consisted of fellow Democrats from Pennsylvania, who had worked hard to get President Obama re-elected. During the four-hour trip, we all got acquainted and shared in the energy and excitement of the upcoming celebration. The next day (which just happened to be the holiday honoring Dr. Martin Luther King, Jr.) we were up before dawn, back on the bus and shuttled to the National Mall. Three of us from San Diego walked around for several hours, arm-in-arm, afraid of getting separated, in search of the entry gate designated on our color-coded tickets. It was still dark and cold; there were hoards of people milling about; we got lost; but we used the "buddy system" and stuck together. One of my companions, an 87-year-old woman who had dedicated her life to the Democratic Party, amazed me with her stamina and determination. Several of us took extra care to make sure she enjoyed this experience. We eventually found the entry gate, got through security and wedged our way into the crowd to stand with the President's adoring fans. There was an unmistakable vibe of "We are with you." Unfortunately, the stage was too far away to see anything, and the jumbotron was mostly obstructed by the heads of people taller than me (which is just about everybody).

PRES. MESSAGE CONTINUED ON NEXT PAGE

See if you can figure out what these words all have in common?

- 1. Banana**
- 2. Dresser**
- 3. Grammar**
- 4. Potato**
- 5. Revive**
- 6. Uneven**
- 7. Assess**

Are you peeking or have you already given up?

Give it another try....

Answer:

In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.

INTERESTING FACTS

Our eyes are always the same size from birth, but our nose and ears never stop growing.

The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right Or right to left (palindromes). (Yep, I knew you were going to 'do' this one.)

There are only four words in the English language that end in 'dous': tremendous, horrendous, stupendous, and hazardous.

There are two words in the English language that have all five vowels in order: 'abstemious' and 'facetious.' (Yes, admit it, you just said a e i o u)

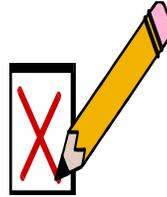
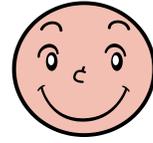
A goldfish has a memory span of three seconds. (Some days that's about what mine is).

A 'jiffy' is an actual unit of time for 1/100th of a second.

A snail can sleep for three years. (I know some people that could do this too!)

An ostrich's eye is bigger than its brain.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.



**Coronado Democratic Club
P. O. Box 18-1351
Coronado, CA 92178**

COMING EVENTS

March 23, 2013

Annual Luncheon – Golf Course restaurant

