



## From the President's Desk:

By *Mary Lou Ambrose*



I am writing this a bit early since I will be out of town most of the week before our meeting. It could be out of date by the time you read it. Right now, the TV pundits are pushing the idea that our President and the Majority Leader of the Senate are going to work together to get gun legislation. The NRA, which is the marketing arm of the

gun manufacturers, is of course, opposed to any prohibitions that could cause their clients to lose so much as a dollar. Do we really think that these three greedy entities will do anything to really make a difference in the insane protection the NRA and gun manufacturers are being given in the name of our Constitution?

(Moscow) Mitch McConnell, in his position of Majority Leader of the Senate, is abusing that position once again by refusing to call back the Senate to work on Gun Control Legislation in the wake

of the recent mass shootings. He is counting on the six weeks until the break is over to numb the horrors of the slaughter of people in the Walmart in El Paso and the bar in Dayton. We have become immune to these horrors. If the Senate held strongly against some recompense for the cute little children slaughtered in Connecticut, are they really going to act on a similar slaughter of largely adult Mexicans and Mexican Americans or some people in a bar? In six weeks, it will all be a sad but faded memory.

I sincerely hope I am

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wrong, but I believe that the best we will get will be a watered-down Registration process that will not require already-owned guns to be registered and a loophole-filled gun show and personal sale bill that will mean nothing.

What I believe must be done to stop these mass

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**August speaker is**  
**Rob Lorei**  
**WMNF & WEDU**

**Monday, Aug 19 — 6:30—8:45 pm**

**Acropol Family Restaurant, 1170 Starkey Rd, Largo, Florida 33771**

**Rob Lorei** is a well-known local media personality in the Tampa Bay area. He is a co-founder of WMNF non-commercial radio and serves as its current news and public affairs director, as well as host and managing editor of Florida This Week on WEDU-TV.

Rob will be speaking on current local, state and national politics. Join us to hear his take on current affaris, and bring your questions. He is very open to responding to questions.



MLA From Page 1

murders is set out below. Clearly, it is purely my personal opinion and not the opinion of the Largo Club, Board, or Members:

We need an absolute ban on automatic and semi-automatic weapons and large bullet clips. We need a registration and licensing process, but it must register all guns of any kind, pre-owned or newly purchased, and must impose insurance coverage on each gun to cover whomever uses it. (If you are careless and your gun is stolen, you are as responsible for how it is used as the person who uses it.) In other words, it should be treated much like a car with some additional requirements. Anyone who does not disassemble and lock up a gun must be fined, and if that gun is used to threaten, harm or kill another person or persons, a fine (as well as any criminal penalty) shall be imposed. The fine should start at \$10,000 per injury or death. Gun Shows may show their wares, but guns must only be sold through a licensed dealer who is able to begin the registration process. Pawn shops must be prohibited from the sale of any kind of gun. By the way, there should be no limit on the time it takes to wait for that registration application to come back. If it takes a year or a week, the gun buyer must wait. If it never comes back, the sale is never completed. Guns are forbidden in the House and Senate as well as the White House. Our Florida House and Senate Republicans work in a place where guns are forbidden but they want to put them everywhere else. Guns should also be forbidden in any place where people

gather, such as schools, theaters, churches, synagogues, mosques or any other place of prayer. We should not have to be fearful of going to a theater, a store, or to a ball game or any other gathering because a radical with a gun and a hateful message may be there too.

I realize that the above is a wish-list of a person who simply does not understand why anyone would even consider having a gun, and I know many who read it will disagree with much or all of it. However, it would go far in protecting innocent people from the slaughter that happens in this country daily. Is saving the lives of any more victim of gun violence worth some serious restrictions on the ownership and use of guns? 🙏



### Quote of the Day

“White nationalism and white supremacy are rejected and condemned as hateful expressions of intolerance that are contradictory to the values that define the people of Florida and the United States.” — From a new resolution filed by state Rep. **Anna Eskamani**, an Orlando Democrat, for the 2020 Legislative Session.

## UPCOMING SPEAKERS

**September** — Also Pinellas County Democratic Party Chair **Barbara Scott** and Chair of the Party's Campaign Planning Committee **Lisa DesCoteaux** are our guest speakers. The DEC has been aggressively ramping up for the upcoming elections.. The Campaign Planning Committee has several sub-committees that have been busy recruiting candidates, training candidates and campaign staff, and signing up volunteers.

**October** — **Dr Darryl Paulson** –

Will speak about the problems people with chronic pain have getting their medications because of the restrictions put on Pharmacies

**Charlie Crist** has an open invitation. To speak based upon his availability.

Don't forget that December is our annual Holiday Potluck. This dinner is always non-political, just a gathering to enjoy each other's company and a fun evening.

## Ex-GOP Lawmaker To Voters: 'Beat Republicans. Beat Every Single One Of Them'

By Ed Mazza

Huffington Post

Submitted by: Bob Glass

A former Republican congressman is calling on voters who want gun control to boot all of his old GOP colleagues from office "If this is the issue that informs your ideology as a voter, the strength to draw in this moment is to commit to beating Republicans," former Rep. David Jolly (R-Fla.) said on MSNBC on Monday.

"Beat 'em. Beat every single one of them," he said. "Even the safe ones in the House, beat 'em. Beat 'em in the Senate. Take back the Senate."

Jolly urged Democratic presidential candidates who could defeat a Republican senator to drop out and run in those races instead to help flip the chamber. He also encouraged Democrats to unite and beat President Donald Trump in the 2020 election.

Jolly, who was in Congress from 2014-2017, took some of the blame for the party's failure to act on gun control.

"I tried to move the needle within the party and I failed," he said. "And it's important in this moment to acknowledge it." But, he said that the problem was ingrained in the party, which had failed to act after some of the nation's worse mass shootings:

"I find myself today offering the same insight I did the night of the Parkland shooting a few hours from

our home in Florida, which is this: Republicans will never do anything on gun control. Nothing. Ever. They won't."

Then, Jolly warned his former fellow lawmakers that the tide was turning against them.

"Your time is coming," he said. "My mom likes to say the wheels of justice grind slowly, but they grind increasingly and exceedingly fine. That is what has happened to a lot of Republican political careers in moments like this."

An ardent Trump critic, Jolly quit the Republican Party last year over its support of the president. 🍷



# District 66 News

## District 66 Meeting Minutes July 25, 2019

223 Island Way, Clearwater, FL

Attending: Ginny Nelson, Donna Dennis, Kathleen Beckman, Bryan Beckman, Lodewijk Vandenberg, Becki Heeren, Michelle Maccini, Paul Lee, Mark Bunker, Jared Boyd, Mike and Terry Flanery.

Meeting called to order at 6:30 pm. Ginny welcomed everyone and asked all to introduce themselves.

**Kathleen Beckman** updated the group on her decision to run for Clearwater City Council. Kathleen continues door-to-door canvassing, and already has about 60 volunteers willing to help on her campaign. She will file on Sept. 19<sup>th</sup> and the election will be March 17, 2020. She is hosting an introductory

event at the Clearwater East Library, 2465 Drew St on the campus of St Pete College at Drew and Old Coachman.

**Mark Bunker** introduced himself and discussed his reasons for deciding to run for Clearwater City Council. His background is in TV production and he participated in the recent documentary exposing abuses by the Church of Scientology. One interest is in affordable housing. He is beginning a Listening Tour tomorrow evening at 302 Cedar St., Clearwater at 7 pm. He is going for a different seat than Kathleen Beckman.

A discussion followed with both city council candidates on issues including Imagine Clearwater, downtown Clearwater, and developing a resiliency plan for dealing with rising sea level.

**Lodewijk Vandenberg** presented the idea of increasing the use of Vote by Mail by contacting prospective

Democratic voters and leaving mail-in ballot request cards on their doors. He and Ginny will discuss this further.

Our next meeting will be held at the Clearwater East Library on Thursday, August 22<sup>nd</sup> from 6-8 pm and will include three districts—65, 66 and 67. That meeting will be held at the Clearwater East Library, 2465 Drew St at the corner of Drew and Old Coachman on the campus of St Pete College.

Ginny closed the meeting at 7:38 pm.

Submitted by  
Donna Dennis



## Announcements:

### Next meeting:

Thursday  
Aug 22, 2019,  
6:00 –8:00 pm  
at the

Clearwater East Library  
2465 Drew St  
campus of St Pete College.

Clearwater

### Agenda:

Come hear the candidates  
for the Clearwater City  
Council.

NEW: Mid-week workdays on **Thursdays from 10—12 noon** —

727-400-6068 (leave message to learn more)





## CONTACT US

2250 1st Avenue North  
St Petersburg, FL 33713  
Office hours vary based on volunteer ability.  
Please call or email for more information.

[office@pinellasdemocrats.com](mailto:office@pinellasdemocrats.com)

727.327.2796

### **PINELLAS COUNTY DEMOCRATIC DISTRICTS 65, 66 & 67**

Invite you to **Meet Our Candidates**

**THURSDAY, AUGUST 22, 2019**

**6:00—8:00 PM**

**We are gearing up to elect Democrats locals**

**Join us at:**

**Clearwater East Library—St. Pete College—Clearwater Campus**

**2261 Drew Street, Clearwater 33765**

#### **Hosts:**

District 65, Paul Ford, Chair  
District 66, Ginny Nelson, Chair  
District 67, Marita Lynch, Chair

#### **On the agenda:**

Lisa DesCoteaux  
Barbara Scott  
Deb Anderson  
Candidates

#### **Up to date Information:**

Campaign resources from the  
party  
Volunteer Opportunities  
Upcoming Events  
Win Numbers

**[Pinellasdemocrats.org](https://pinellasdemocrats.org)**



**Pinellas County is**  
**IN IT TO WIN IT!**  
**CLICK here for train-**  
**ing opportunities!**

[https://pinellasdemocrats.org/  
events/](https://pinellasdemocrats.org/events/)



# FL DEMS

## Florida Democratic Party



## From the Chair's Desk

### 2019 FDP State Convention

The 2019 State Convention will be held at Disney's Coronado Springs from October 11 to October 13.

Any registered FL Democrat may run for a delegate position in the county where they are registered, and all interested candidates are required to file with their County Chair, Vice Chair, State Committeeman, or State Committeewoman.

Please check with your county DEC for information on becoming a county delegate to State Convention!

The delegate filing form, and more Convention updates can be found at [floridadems.org/convention!](http://floridadems.org/convention!)

### Voter Registration and Incentive Grants

Voter registration is starting to ramp up as more counties get underway. Our Organizing Corps counties

registered a total of over 3,500 voters in July! Congratulations to all the counties who achieved their monthly goals. You can see the leader board here: [Click Here to See the Report](#)

If your county has not yet signed up for incentive grants, please contact your region's CED.

### Organizing Corps

The first class of the Organizing Corps program came to a close last week. We're very excited for all of our organizers to return to their campuses and communities to organize with us as we move ahead to 2020!



Thank you to our organizers in Orange, Tampa, Fort Lauderdale, and Miami for

your hard work training to organize and register voters!

### Social Media Report

We saw a lot of action online the first week of August with the second round of Presidential Primary debates on Tuesday and Wednesday!

Be sure to join us online by following FDP at:

WE SENT OUT ALMOST 100 POSTS AND TWEETS ACROSS ALL CHANNELS  
WE REACHED ALMOST 750,000 PEOPLE ONLINE  
OVER 30,000 OF THOSE PEOPLE LIKED, SHARED, AND COMMENTED ON OUR CONTENT!

- [Twitter](#)
- [Facebook](#)
- [Instagram](#)

### Latest FDP News Digest

[Florida Attorney General Isn't Fighting for Floridians, She is Fighting to Keep Her A- Rating with the NRA](#)

[Florida attorney general trying to keep proposed assault weapons ban off 2020 election ballot](#)

[Pence's Visit to Florida Lays Bare Trump Administration's Hypocrisy](#)

Dear Florida Democrats, Congratulations and welcome to our new DEC Chairs who have taken the reins over the past several months since the DCCA meeting:

- Dr. John Capece, Glades County
- Steve Zeledon, Hernando County
- Adriana de Kanter, Indian River County
- Dr. Patty Ball Thomas, Leon County
- Brittany Nethers, Seminole County
- Matt Becker, Santa Rosa County
- Katherleen Nelson, Washington County

We are excited to have you on the team!

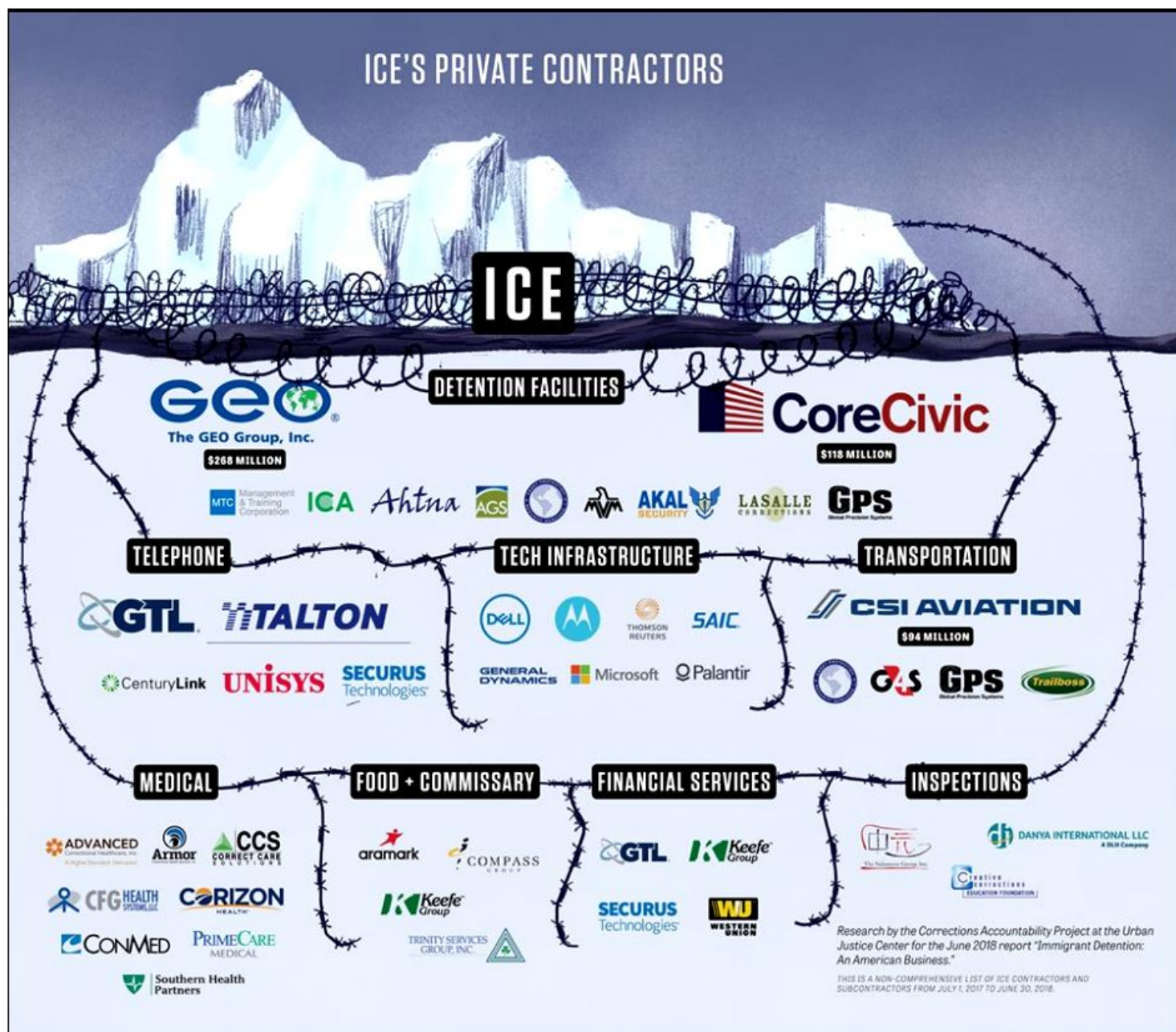
Lots more happening, from Debate Watch Parties across the state to the final week of our first class of Organizing Corps.

Forward,

**Terrie Rizzo**  
Chair  
Florida Democratic Party

# Civil Justice News

Helpful graphic (pulled from [Jessica Harrington's](#) post).





## Opinion & Letters

# Why Puppies and Babies are Not Enough

MARCH 2, 2017

BY JOHN PAVLOVITZ

I hear a familiar refrain from some people lately that frankly makes my blood boil, perhaps you've heard it too:

"I'm so tired of politics. I just wish we could just get back to pictures of puppies and babies on social media!"

On its face it sounds reasonable enough—but it's also an insult.

Do you know who probably *isn't* saying that right now?

- ◆ Refugee families
- ◆ Those about to lose health care
- ◆ People with brown skin in cities, near borders, at airports
- ◆ Single parents who rely on reduced lunches
- ◆ Women who believe birth control is a right
- ◆ Undocumented immigrants trying to craft a new life
- ◆ Muslims raising kids in America
- ◆ Parents of Transgender children
- ◆ People with family in the Military—that's who.

The luxury of tiring of "politics" is itself a form of

privilege. It is a sign that someone is so insulated from the fear and disenfranchisement others are currently experiencing—that they are able to see these things as inconvenience, as histrionics, as annoyances. They are able to tire of the suffering of others and to suggest that this suffering is ruining their good mood. To them, someone else's pain begins to feel like an intrusion.

The only people wanting political discussions stopped right now, either wrongly believe they aren't impacted by politics or they've lost the ability to be burdened for another human being. In either case, that fatigue is a symptom of a privilege that can afford apathy.

I'm all for puppies and babies. I've been firmly in the Puppy/Baby camp for decades. We surely need some softness and joy to temper the hard and horrible things happening around us. Puppies and babies are part of those simple, beautiful things that make life wonderful. They are a sweet, necessary, and welcome distraction—but they are not enough right now.

In these moments, we can't just settle with the

cheap anesthetic of easy things and nice feelings that numb us into complacency, because that is what powerful, malevolent people are counting on. They are counting on us exceeding our threshold for compassion and attention. They are betting that their ability to manufacture suffering will outlast our ability to care—and we can't let that happen.

This means we have to do the hard work: we have to read and study and understand, that we have to dig deeper and engage, that we have to use every resource at our disposal to boost the signal of those who are not being heard. We have to put on our Big People Pants and sustain our focus longer than 140 characters, so that we can responsibly steward

all that we've been entrusted with. Justice is not something that comes easily, quickly, or without discomfort.

In our social media profiles and our daily conversations, we have to make space for difficult, uncomfortable, unpleasant things. We have to have waded into the messy, mundane, and not-fun realities about our political process and face the gravity of these moments together.

In fact, we need to wrestle with these difficult things *now*, in order to craft a future for our children where they have less difficult things; so that they can inherit a safer, kinder, cleaner, more diverse, more loving planet.

We need to be willing to be burdened beyond our current capacity for empathy and activism, so that we leave them

something worth inheriting: a life filled with puppies and babies. 🐶





# Opinion & Letters

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## Reflections as we go into the fight of a lifetime

By Hugh Byrne

<https://bit.ly/2N4U6xQ>

If there was ever any doubt that Donald Trump would be willing to go deeper and further into racism, bigotry, and division to cement his base of support and stay in power, the events of mid-2019 have safely laid those doubts to rest. Trump's 'go back' to your 'crime-infested' countries slurs to four Democratic Congress members of color confirm his intention to sow racial and other divisions as a conscious strategy to repeat his 2016 election victory in 2020.

To say that the elections of 2020 are a fight to maintain democracy, protect human rights, and defend basic civil liberties in America is far from hyperbole. The damage done by Trump and his enablers in two and a half years—from the daily cruelties on the border to the attack on voting rights and the ripping up of international agreements on climate change and nuclear weapons—demonstrates graphically the enormous damage that the Trump administration, emboldened by the popular mandate of an election victory, would do if he wins in 2020. And it very much can happen.

So, what is to be done? What approach should Americans committed to protecting and advancing democracy, human rights and basic fairness take in the fifteen months lead-

ing to the November 2020 elections? While not wedded to a particular candidate or specific political program or plan, I share here some elements that I believe are key to maximizing our chance of continuing to live in a democracy, rather than under an autocratic demagogue in the years ahead.

Any vision of a potential future and strategies to arrive there has to begin with a sober and rigorous assessment of the truth of where we are. The Italian Marxist, Antonio Gramsci, who was imprisoned and died in Mussolini's jails, called for 'pessimism of the intellect; optimism of the will.' We need to be rigorously honest in our assessment of the way things are—and then move forward with courage and hope to create a more just and compassionate world.

Living 2,500 years ago—and focused primarily on an inner path to freedom—the Buddha encouraged his followers to take refuge in the truth. If we are to free ourselves from the suffering that arises from ignorance, greed, and hatred, we need to start where we are. Bringing awareness to the truth, right here, right now—in our individual and collective lives—is the starting point to free ourselves from suffering. So, what are the key elements bearing on the struggle

ahead in the coming year and a half?

Currently, thoughtful analysts (think, Nate Silver) and unsentimental betting markets give Trump a close-to-even chance of winning again in 2020. It's very early days and the Democratic field needs to winnow out before we have a clearer sense of who his opponent will be, but he is in a much more solid place this time around compared to 2016.

- The economy—normally a strong indicator of an incumbent's prospect of re-election—is growing at around 3 percent and consumer confidence levels are relatively high. Trump now owns the Republican Party—no party leaders are willing to criticize him for fear he will launch a movement to unseat them, and the prospect of a strong Republican challenger appears dim. Trump's campaign is awash with money—raising \$108 million in the second quarter of 2019. And his prediction that if he shot someone on Fifth Avenue his base—perhaps a third of the population—would continue to support him, has been borne out as one of his truer utterances in recent years

- But his strong upsides are matched by equally strong downsides:

His overall approval ratings have rarely risen above 45 percent and more than 50 percent say they don't plan to vote for him in 2020. In recent polls pitting Trump against potential Democratic Party candidates, Trump runs behind all the leading Democrats by varying degrees. The Democrats showed in the 2018 Congressional elections that they can win by mobilizing a broad base of support—young voters, people of color, suburban women, the college-educated—around a campaign focused on issues close to people's daily lives (health care, pocket book issues, a living wage, student loans, etc.) And there is always the possibility—attested to by Trump's desperate efforts to keep his finances and personal history out of public view—that something truly egregious will come out that might dent his already narrow base of support. But history to date would counsel us not to take this to the bank

So, two things appear true right now: 1) the race is currently a wash and any assumption that Trump's poll numbers will inevitably lead to his defeat is Pollyanna-ish; and 2) Trump is committed to waging a campaign similar to 2016—emphasizing and

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# Opinion & Letters

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increasing divisions based on race, ideology, sexual orientation, gender identity and other 'cultural' issues—essentially a white nationalist campaign in all but name. The effect this will have is to solidify his base through a campaign that emphasizes 'fear of the other' while lowering his ceiling of potential voters—turning away those who find repugnant his attacks based on racism and bigotry. It is a campaign that Democrats with a small and a big 'd' can win but equally can lose. If you accept this as a broad-brush assessment of where we are, what is the best way forward to ensure that Trump is a one-term president—and where we can begin in earnest to mend the damage he has done and address the national and global issues that affect every human on the planet?

Here are some broad conclusions about vision and strategy for the 2020 elections:

1. **Be ambitious but not 'risky':** People are currently open to arguments and programs based on fairness—for example, that the very rich have gained almost all the benefits of growth in recent decades while the majority have stagnated—and everyone having a fair shake and getting a living wage. But if plans come across as 'nice in principle but how are you going to

make it happen in practice?' they will be open to being painted as 'risky' and 'socialist'. (These names will be applied whatever the programs and I'm not suggesting that we should be afraid of name-calling, only that we not give hostages to fortune by proposing plans and programs that strike the average winnable voter as risky and pie-in-the-sky...)

2. **Fight for every winnable vote:** The 2018 House Democratic strategy provides a template for 2020—pocket-book issues, fairness, Trump and Republicans as interested only in the interests of the very wealthy—supplemented by stressing how outside of the norm of U.S. presidents (and democracy) Trump is—his love of autocrats, attacks on the rule of law, racism and other bigotry... The natural base of the Democratic Party—people of color, youth, a majority of women, blue collar voters, liberals/progressives of all generations—need to feel they have something worth voting for that is not just more of the pre-Trump status quo—thus, an ambitious and progressive program. At the same time, to win suburban women, win back Obama-Trump voters, and get the support of independents and erstwhile-Republicans-appalled-by-Trump, the Demo-

cratic candidate's policies need to be well thought out and not over-ambitious. So, on health care, for example, much as I would like to see a Canadian or UK health care system, yesterday, I believe a winning approach would guarantee coverage for all but build on existing health plans—if people want to keep them—with a public option that can move towards 'Medicare for all' as the public option proves a better alternative over time.

3. **A 'safe pair of hands':** The reason Joe Biden has been doing so well in the polls—at least prior to the first debate—is that, as well as being a loyal partner to President Obama, he is seen by many of those desperate to

get rid of Trump as a 'safe pair of hands'. To continue with the anatomical metaphors, however, he also seems to have feet of clay and a mouth with a mind of its own. The campaign ahead will tell if he can rebound and inspire those looking for more than the pre-Trump status quo while presenting his four decades of political experience as exactly what is needed to stabilize the country after the roller-coaster ride of the previous four years. (I'm not betting on this happening, but like many others would vote for Joe in a heartbeat if he ends up being the candidate.) Whoever the Democratic candidates for president and vice-president are, they

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### TEN STAGES OF GENOCIDE

- ① **Classification:** People are divided into "us and them."
- ② **Symbolization:** People are forced to identify themselves.
- ③ **Discrimination:** People begin to face systematic discrimination.
- ④ **Dehumanization:** People equated with animals, vermin, or diseases.
- ⑤ **Organization:** The government creates specific groups (police/military) to enforce the policies.
- ⑥ **Polarization:** The government broadcasts propaganda to turn the populace against the group.
- ⑦ **Preparation:** Official action to remove/relocate people.
- ⑧ **Persecution:** Beginning of murders, theft of property, trial massacres.
- ⑨ **Extermination:** Wholesale elimination of the group. It is "extermination" and not murder because the people are not considered human.
- ⑩ **Denial:** The government *denies* that it has committed any crime.

*You are here*

## Opinion & Letters PAGE 5

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need to present themselves as reliable, trustworthy and not risky—Trump is the loosest of cannons, but his strategy will be to present his opponent as an even looser cannon. Two loose cannons and Trump wins re-election.

#### 4. **Steer clear of 'Impeachment Now!':**

I believe that pushing for impeachment now is not a winning strategy—much though Trump deserves impeachment more than any president in history. The strategy currently being adopted by Nancy Pelosi and the House Democratic leadership is I believe a wise one: Continue to carry out investigations of Trump through House committees, marshal the evidence to convince those beyond the already-converted, and, if Trump's stonewalling prevents that process moving forward, move to impeachment as a last resort. As long as impeachment can be painted as a purely partisan issue—Democrats are just out to get Trump, annul the result of the last election, etc.—then the downside—Trump mobilizing his base, independents remaining unconvinced of the need for or timing of impeachment—will outweigh the benefits and even strengthen Trump in 2020. This is a fluid and changing situation, so impeachment may soon be the wisest—and perhaps only, option—but I

don't think we are there yet.

#### 5. **A campaign based on inclusivity, compassion, honesty, and a vision of what America can be:**

As Trump prepares to run what may be one of the dirtiest campaigns in U.S. history, the Democrats and their candidates need to put values front and center—caring for each other; a system that gives everyone a fair shake; being a nation of immigrants; a society where, with all its troubling past, the arc of history is always moving towards justice, towards the best of what America can be. And, at a time when lies have become the coin of the realm for this president, a rigorous commitment to telling the truth to the American people is crucial. Nothing will distinguish a candidate more from Trump than telling people the truth.

#### 6. **Mobilize as though our lives—and those of our children and grandchildren—depended on it: Because they do.**

We all hope that the strongest of the two dozen or so contenders—with values and policies close to our own—comes out of the primaries as the Democratic presidential candidate. But we also know that just about any sentient human would be an improvement on Trump and less of a threat to democracy

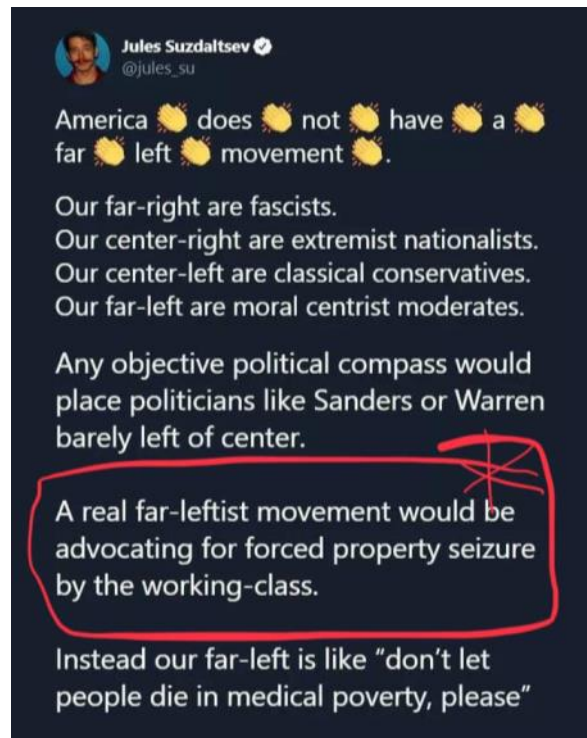
and human rights in America and around the world. So, we must commit to mobilizing wholeheartedly for whoever the candidate is—voting, getting out the vote, protesting, defending the most vulnerable, donating, and a hundred other ways—because the future of this two hundred plus year experiment in democracy is truly hanging in the balance.

Finally, the key to lasting change—that is more than 'meet the new boss, same as the old boss'—will be to bring together the ancient and proven 'inner' practices of mindful awareness, compassion, loving-kindness, and equanimity with visions and strategies of social change developed over centuries by labor, civil rights, women's, LGBTQIA, environmental, religious, and other movements and groups

that have worked courageously for social justice, equality and peace. Then, as Teilhard de Chardin said, "after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire."

Hugh Byrne teaches mindfulness meditation in the U.S. and internationally. He worked in the field of human rights and social justice for more than two decades and has a law degree from London University and a doctorate in political science from UCLA. 🙏

[Editor's Note: I don't necessarily agree with Byrne on all points, but believe the essay is worth reading and understanding.]





## Contact your Federal Representative!

**Senator Rick Scott** Washington, D.C.  
United States Senate 83 Russell Senate  
Office Building Washington, DC 20510  
Phone: 202-224-5274  
Email: [help@rickscott.senate.gov](mailto:help@rickscott.senate.gov)

**Senator Marco Rubio** United States Senate, 284 Russell Senate Office Building Washington, DC 20510 Main: (202) 224-3041, Toll free: (866) 630-7106 Fax: (202) 228-5171, TTY: (407) 254-5548 Tampa: 5201 West Kennedy Boulevard Suite 530 Tampa, FL 33609 Phone: (813) 287-5035 Call: (813) 977-6450

**Rep. Charlie Crist - 13th District** <http://crist.house.gov/> Washington, DC Office 427 Cannon HOB Washington, DC 20515 Phone: (202) 225-5961 Fax: (202) 225-9764 **District Offices Seminole District Office** 9210 113th Street Seminole, FL 33772 (727) 394-6950 (727) 394-6955 (fax) **St. Petersburg District Office** 696 1st Avenue North, Suite #203 St. Petersburg, FL 33701 Phone: (727) 318-6770

**Rep. Kathy Castor - 14th District** Washington Office 205 Cannon House Office Building Washington, DC 20515 Phone: (202)225-3376 Fax: (202)225-5652 **Tampa Office 4144 N Armenia Ave Suite 300 Tampa, FL 33607** Phone: (813)871-2817 Fax: (813)871-2864 Office Hours: 8:30 am - 5:00 pm **St. Petersburg Office University of South Florida - St. Pete Williams House** 511 Second St. S. St. Petersburg, FL 33701 Phone: (727) 873-2817 Office Hours: Please call in advance. Note: Please mail all items to the Tampa District Office address.

**Rep. Gus Bilirakis - 12th District** Washington, DC Office 2112 Rayburn HOB Washington, DC 20515 PHONE: (202) 225-5755 FAX: (202) 225-4085 **New Port Richey Office** 7132 Little Road New Port Richey, FL 34654 PHONE: (727) 232-2921 FAX: (727) 232-2923 **Tarpon Springs Office** 600 Klosterman Road Room BB-038 Tarpon Springs, FL 34689 PHONE: (727) 940-5860 FAX: (727) 940-5861 **Wesley Chapel Office** 5901 Argonian Drive Suite 102 Wesley Chapel, FL 33545 PHONE: (813) 501-4942 FAX: (813) 501-4944\_

For the most up-to-date information on your Federal, State, and County representatives including all contact information, Go to :

[https://www.voteinellas.com/Portals/Pinellas/Documents/pdf for Website/Voter Information/2017%20Citizens%20Guide.pdf](https://www.voteinellas.com/Portals/Pinellas/Documents/pdf%20for%20Website/Voter%20Information/2017%20Citizens%20Guide.pdf)

## NEWSLETTER EDITOR & LAYOUT EDITOR

Wanda Schwerer  
[admin@largodemocrats.com](mailto:admin@largodemocrats.com)  
**PHOTO EDITOR**

Heidi Sanchez

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Additional contact information is available on [www.largodemocrats.org](http://www.largodemocrats.org).

## Why Join the Largo/Mid-Pinellas Democratic Club?

The club provides a variety of ways to stay informed and involved in local, county, state and national political discussions. But we're not just about talk. We will be part of the action in finding the best candidates and getting them elected, as well as supporting the most important causes. We will write letters, make phone calls, knock on doors, register voters, and whatever else it takes to bring change to our communities, our county and our state. But, just as important, we also want to make time to enjoy each other's `company and celebrate each other's efforts at social events throughout the year. Grassroots politics is effective and fun!

As a member of the Largo/Mid-Pinellas Democratic Club you can:

- Meet other active Democrats
- Meet and get to know your elected officials and potential candidates
- Raise funds and work for candidates
- Participate in community service projects
- Hear speakers and discuss issues of local, state and national importance
- Attend special events and monthly meetings.

