

NEWSLETTER



Mountain Bears Democratic Club was founded in 2004. We are located in the San Bernardino Mountains of Southern California. We hope to do our part to inform and educate the public and bring newcomers to the party by registering new Democrats. The Democratic Party believes that the American Dream should be within the reach of all people. We welcome and encourage people from all walks of life to join us in discussion and debate regardless of one's political affiliations.

Table of Contents

Next Meeting	2
Glen Thompson Scholarship	2
Our Club's On-line Presence	2
Community Sources of Information	3
Sources of Legislative Information	3
California Democrats On-line Presence	3
National Democrats On-line Presence	3
Nine Ways to Help a Campaign from Afar	3
Health Related & On the Mountain	4
National Politics	5
State Politics	6
Club Needs	7
Pun Pages	8-10

NEXT MEETING: Note NEW starting time!

Our next club meeting will be on Tuesday, April 23rd, at **6:30** pm in the Alpine Escrow conference room in Blue Jay.

The Glen Thompson Memorial Scholarship

Our club officers have reached out to Rim High School to continue the Glen Thompson Memorial Scholarship next year. **WE HAVE COMMITTEE co-chairs** (Buzz and Marylen) to carry on this wonderful way of honoring Glen and helping a worthy student.



Our Club's Online Presence

Our webpage: <https://mountainbearsdemocrats.org>

Our Facebook page: <https://www.facebook.com/Mountain-Bears-Democratic-Club-1464298517118574>

Community Sources of Information

Our Chamber of Commerce web page: <https://www.lakearrowheadchamber.com>

Arrowhead Lake Association web page: <https://www.ala-ca.org>

Local media:

- Mountain News newspaper: <http://www.mountain-news.com>
- Alpine Mountaineer newspaper: <https://thealpinemountaineer.com>
- Mountain Reporter digital newspaper: <http://mountainreporter.com>
- Lake Arrowhead News: <https://www.lakearrowheadnews.com>
- Lake Arrowhead 'Official Site': <http://www.lakearrowhead.com>

Sources of Legislative Information

Library of Congress: <https://www.congress.gov>

Issue Voter.org: <https://issuevoter.org/bills>

Govtrack: <https://www.govtrack.us>

California Democrats Online Presence

The party's web page: <https://www.cadem.org>

The party's Facebook page: <https://www.facebook.com/cadems>

National Democrats Online Presence

The national party's webpage: <https://democrats.org>

The national party's Facebook page: <https://www.facebook.com/democrats>

Nine Ways to Help a Campaign From Afar

https://politicalcharge.org/2019/04/09/9-ways-to-help-a-campaign-from-afar/?fbclid=IwAR2LxOcsJRYhBlw5PW_WDuqcp8rzPRXRxy1XryqsTSjrwy8YqAomJE5mYWk

You Are an Example

Whether you are a good example or not is up to you.

- Steve Ferrante

Health Issues

Here's a webpage for the five day allergy forecast for Lake Arrowhead:

<https://www.pollen.com/forecast/extended/pollen/92352>

Check out our state's Department of Public Health's webpage at:

<https://www.cdph.ca.gov>

...and an interesting site about many health issues in our state is:

<http://www.calhealthreport.org/category/publichealth>

Did you know that our state has a wellness foundation? Here's the website:

<https://www.calwellness.org>

One more health related site for our great state:

<https://californiahealthline.org>

Here's a darn good site to get the current weather and a 10 day forecast. Enter

YOUR community for the most accurate data: <https://www.wunderground.com>

Web MD lets you learn more about prescription and OTC drugs and offers tips on living healthy: <https://www.webmd.com/drugs/2/index>

On the Mountain

Rutherford Outvoted

Burrtec Contract Renewed for Additional Year

http://www.mountain-news.com/news/article_acce7008-56fc-11e9-b99a-6bd44011fc56.html?fbclid=IwAR1rE-ESgie-wl3xJYpMzr1yTNPRDjnf0vcTcx9X1hbvsoZoEoLO85JlJrC

Strawberry Peak Strawberry Creek Nestle Protest

A group of concerned citizens hiked out to the overlook to Red Rock Wall and Strawberry Creek drainage..

Not pictured are Sue Walker, Linda and Keith Martin.



National Politics

A Rocky Tenure at Homeland Security Ends

Secretary of Homeland Security Kirstjen Nielsen, who defended the separation of thousands of migrant children from their families on the southern border, carried out the most sweeping changes to U.S. asylum policy in decades, and saw two Guatemalan children die in her agency's custody, resigned Sunday.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=c9bc90bf-b578-4d3e-844c-057d9cef1de1 4.8.19

Cashless system is tough on the poor

No-cash retail, a growing trend, is hard to access for many who lack bank cards or accounts.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=ada602eb-6d85-4343-9cb6-82d5c1090a64 4.8.19

A Credit Score Timebomb?

Consumer credit scores have been artificially inflated over the last decade and are masking the real danger the riskiest borrowers pose to hundreds of billions of dollars of debt.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=6d2350a3-cc9a-4caa-8d37-f16f0629f868 4.9.19

Ballot Fairness Act could make it more likely for third-party congressional candidates to win votes—and maybe elections

Should third-party candidates be disadvantaged when it comes to ballot access?

<https://govtrackinsider.com/ballot-fairness-act-could-make-it-more-likely-for-third-party-congressional-candidates-to-win-acc0aa399865>

White House proposed releasing immigrant detainees in sanctuary cities, targeting political foes

Trump administration officials have proposed transporting detained immigrants to sanctuary cities at least twice in the past six months

https://www.washingtonpost.com/immigration/white-house-proposed-releasing-immigrant-detainees-in-sanctuary-cities-targeting-political-foes/2019/04/11/72839bc8-5c68-11e9-9625-01d48d50ef75_story.html?noredirect=on&utm_term=.5aa1fd390f09



State Politics

Newsom makes world stage debut in El Salvador

“I do think it benefits the people of my state to have a deeper understanding and a different perspective than the one being pushed by the Trump administration,” Newsom said. At the same time, it affords Newsom a political opportunity to counter Trump’s immigration narrative to an international audience, and that could boost his national profile.

<https://mail.google.com/mail/u/0/?tab=rm#inbox/FMfcgxwCgCLkqMthppTDHNjcFDsmqJGc> 4/8/19

April showers us with too many proposed taxes

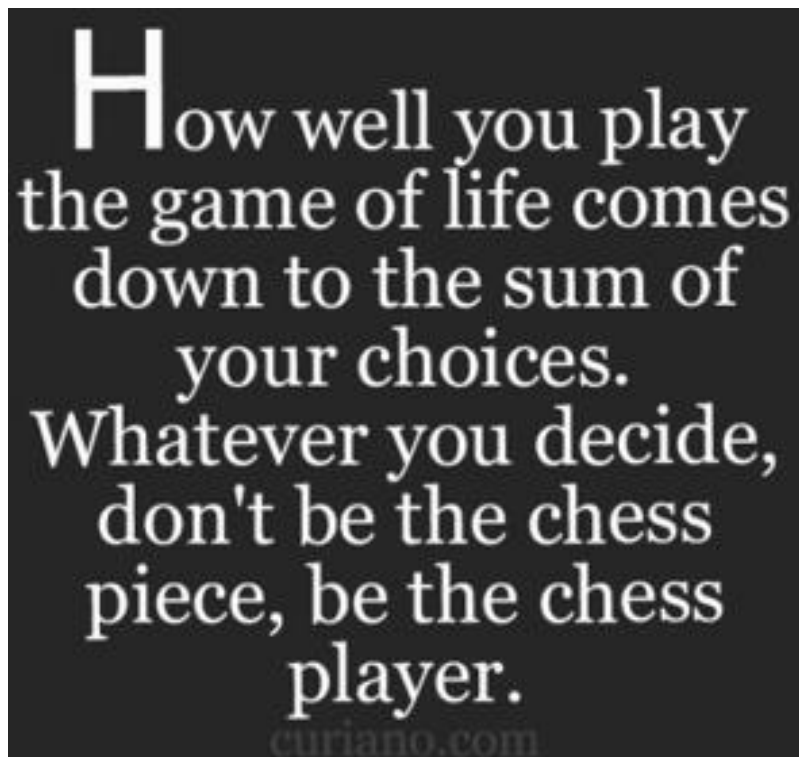
Not all taxes are evil. Some are justified. But many are unwarranted. And others are eye-rollers.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=c5e04013-f020-4ca5-86fd-8879a1c3d7af 4.8.19

Officials warn of measles outbreak

If a person infected with measles walks into a room, the virus can stay there for two hours after the person leaves, ready to infect. But the measles vaccine is 97% effective against the disease.

http://enewspaper.latimes.com/infinity/article_share.aspx?guid=9a7ba193-a2f6-4fc5-9f80-1a0d8357e1fd



Pun Pages



Los Angeles Times Monday, May 20 11:39 a.m. PDT

LOCAL U.S. WORLD BUSINESS SPORTS ENTERTAINMENT HEALTH LIVING

Big rig carrying fruit crashes on 210 Freeway, creates jam



Who wants to open a doughnut shop next to a medical marijuana place and call it, "Glazed & Confused"?



**When I get a
headache I take
2-3 aspirins and
keep away from
children, just
like the bottle
says**

**YOU COME FROM
DUST,
YOU WILL RETURN TO
DUST.

THAT'S WHY I DON'T
DUST.

IT COULD BE SOMEONE
I KNOW.**

**LIFE TIP:
WHEN NOTHING**



**GOES RIGHT
GO TO BED**

**If my body is ever
found on a jogging
trail, just know I was
murdered elsewhere
and dumped there.**

**TELL ME I'M NOT THE
ONLY ONE WHO SEES**



A BUNCH OF DINASAURS

**DON'T TELL
SECRETS IN THE
GARDEN. THE
POTATOES HAVE
EYES, THE CORN
HAS EARS AND THE
BEANSTALK.**



Not to brag, but I just went into another room and actually remembered why I went in there.

It was the bathroom, but still....



My wife said I could try lunges to stay in shape. That would be a big step forward for me.

The Mountain Bears are a politically and socially active group of local democrats who want to stay informed, encourage voter turnout, and promote Democratic Party values while sponsoring or participating in community activities for the mutual well-being of all the mountain residents.