

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.

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Our next club meeting will be on Tuesday, March 26th, at 7:00 pm in the Alpine Escrow conference room in Blue Jay.

The Glen Thompson Memorial Scholarship

Our student recipient has successfully completed her project. She reached out to our elementary schools to introduce herself and the project and they worked with them to determine what supplies would be most beneficial to each school's students. After consolidating the list of total supplies, she worked with our club's officers to acquire the items at the best prices. When the goods were delivered to her she sorted them by school, boxed them in wonderfully decorated boxes and added a cute handmade card for each school. Her project concluded with coordinated delivery to each school of their requested and needed supplies.

Let's talk about continuing the scholarship for another year at our next meeting!



Community Sources of Information

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

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

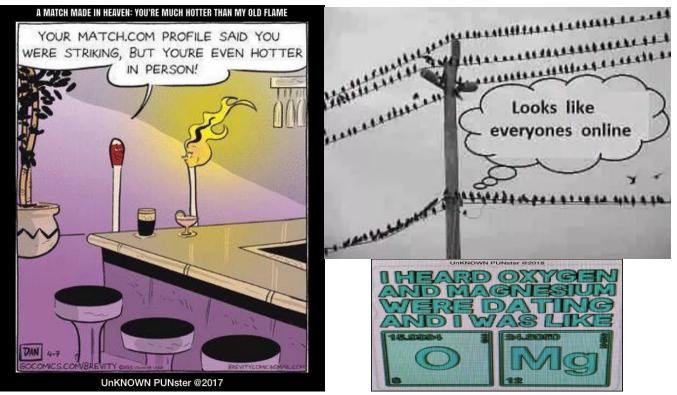
Local media:

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

Our Club's Online Presence

Our webpage: https://mountainbearsdemocrats.org

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



Health Issues

Substance Abuse & Suicides: EPIDEMICS in America

Alcohol and drug abuse are among the leading risk factors for suicide. People with substance use disorders may experience hopelessness and suicidal thoughts, but treatment for addiction has helped people find purpose and happiness in life.

Here is one online resource for information and help if you know someone in need: <u>https://www.drugrehab.com</u>

Here's a webpage for the five day allergy forecast for Lake Arrowhead: https://www.pollen.com/forecast/extended/pollen/92352

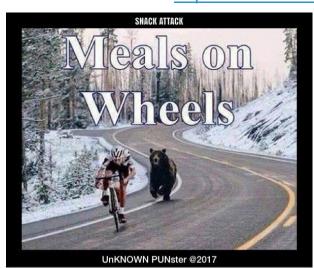
Check out our state's Department of Public Health's webpage at: https://www.cdph.ca.gov

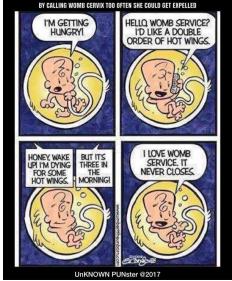
...and an interesting site about many health issues in our state is: http://www.calhealthreport.org/category/publichealth

Did you know that our state has a wellness foundation? Here's the website: https://www.calwellness.org

One more heath related site for our great state: <u>https://californiahealthline.org</u>

Whether you check the weather or not, here's a darn good site to get the current weather as well as a 10 day forecast. Enter YOUR community for the most accurate data: https://www.wunderground.com





National Politics

Our nation's trade deficit is at an all time high. Read more at: https://www.latimes.com/business/la-fi-trade-deficit-20190306-story.html#nws=mcnewsletter

The House has passed H.R. 1. It's stated intent is, "To expand Americans' access to the ballot box, reduce the influence of big money in politics, and strengthen ethics rules for public servants, and for other purposes." Read the bill at: https://www.congress.gov/116/bills/hr1/BILLS-

116hr1ih.xml?fbclid=IwAR11JfNg5sUJdidXjD1z3Fk49uXdKnjQSjeTBCfkYpO7KaCVb6CTMJj_RkQ

Trump works to maintain illusions of progress, as his main promises go

unfulfilled. Korean talks collapse, not one mile of new border wall built, tariff war with China is still on, and more: <u>https://www.latimes.com/politics/la-na-pol-trump-claims-progress-for-promises-unfulfilled-20190305-story.html#nws=mcnewsletter</u>

Hillary will NOT run for President in 2020

Hillary Clinton says she won't run for president in 2020, but vows she's "not going anywhere."<u>https://www.latimes.com/politics/la-na-pol-hillary-clinton-not-running-20190304-story.html#nws=mcnewsletter</u>

ISSUE VOTER is a free site that informs members of current issues in Congress. If a member wants to express an opinion on any of the issues covered they can and their opinions will be sent to their representatives. Check it out at: https://issuevoter.org

Here is another free site that tracks what is happening in our federal congress. You can sign up for email notifications and choose how often you want to receive their emails. <u>https://www.govtrack.us</u>

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What's a foot long, made of leather, and sounds like a sneeze? - a shoe!

Do you know how to hear the blood flowing in your veins?

- just listen varicosely!

State Politics

A week after San Francisco Dist. Atty. George Gascon moved to wipe out thousands of **marijuana convictions** dating back decades, he's announced his support for a bill that would clear old arrest and conviction records for defendants statewide. <u>https://www.latimes.com/local/lanow/la-me-In-ting-gascon-criminal-justice-bill-20190307-story.html#nws=mcnewsletter</u>

The state Supreme Court is reviewing a series of pension disputes. During the week of March 4, it didn't touch the California Rule but decided that state and local governments may repeal certain benefits that are not part of the core pension benefits. <u>https://www.latimes.com/local/lanow/la-me-In-pension-court-20190304-story.html#nws=mcnewsletter</u>

These journalists have a list of criminal cops. California is trying to keep it secret. https://www.sfgate.com/news/article/These-journalists-have-a-list-of-criminal-cops-13657929.php

PG&E admits its equipment likely sparked California's most destructive wildfire

Nearly four months after California's most devastating wildfire swept through Paradise and surrounding towns, Pacific Gas & Electric Co. has acknowledged that its equipment probably sparked the blaze that destroyed nearly 14,000 homes and killed 85 people, most of them elderly.

https://www.latimes.com/local/lanow/la-me-pge-paradise-fire-20190228story.html#nws=mcnewsletter

San Bernardino County could severely restrict solar energy products

"I can cut down a tree just by looking at it. It's true!

I saw it with my own eyes.

My sister treats my like Lucy treats Linus.

Sounds like you have a Peanuts analogy.

Club Needs

Guest Speaker suggestions

We are always hunting for speakers who can "inform and educate the public and bring newcomers to the party". That's our mission as a Club, after all.

If you know of a speaker or topic that would be of interest to Club members, don't hesitate to suggest it!

Contact Mickey Laws, (760) 567-6159



Fiscal Year (Jan 1 to Dec 31)

You can bring your dues to any meeting or event or you can mail a check or money order to: Mountain Bears Democratic Club, PO Box 3514, Blue Jay, CA 92317.

Annual Dues –

Individual, \$25 Couples, \$40 Students or Seniors (60+), \$15 Couples, \$25



New Women In Congress





UnKNOWN PUNster @2017

OIL BET EXXON COULD REFINE HER CRUDE WAYS



UnKNOWN PUNster @2017

How do farmers party?



Iceberg ahead, but lettuce not panic. Everyone please romaine calm because despite this Titanic mistake, help will soon turnip. Remember ship happens.



They turnip the beets.

I wanted to watch the world origami championship on TV.... ...but it only was on paper view. FOUR MORE HELPLESS VICTIMS



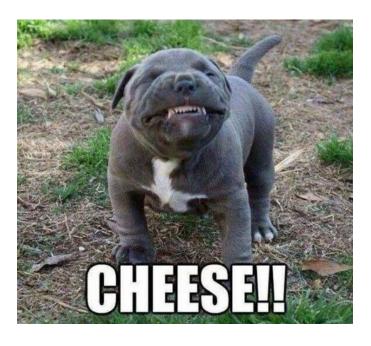
OF RUTHLESS POACHERS.

To be honest, I have no idea why I laughed as hard as I did at this, but here we are...

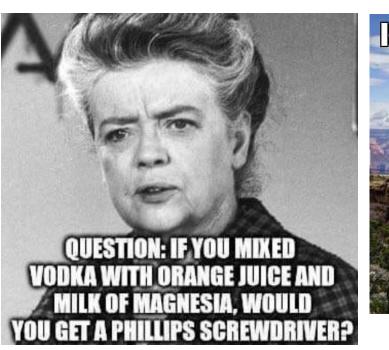




They should build the wall with Hillary's emails because no Republican can get over them.









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.