

CVDC Newsletter Feb.2013



We have a great meeting this Tuesday at 7:00 pm, come and see. CVDC will host 4 speakers on the topic of gun violence/2nd amendment rights. Our speakers will be: Darryl Ray, a responsible gun owner; Lorraine & Gregory Taylor, the victims of gun violence; and Alex Kobayashi from Ellen Corbett's office, to outline the legislation on gun control/freedom. Hope to see you at our forum at the Faith Lutheran Church on Redwood Rd. in the Greydon Room.

Greetings from David Siegel, your new vice president for the club for 2013. Wishing you all a Happy New Year. I would like to take an opportunity to tell you why I believe you should consider supporting the club this year with your attendance and participation.

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Dolly Adams 510-461-0881

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Newsletter

Mary Swain 861-0859

Refreshing

viewpoints on the

radio Go to AM

960" **KNEW 960**

Our club is made up of a wide variety of members but we share the desire for government to work for the majority of its citizens. And many of us know that everything in our lives has at least something to do with politics. By being Democratic club members, we all have the opportunity to keep up with inside knowledge of what the political positions of our party are on the local, state and federal levels. Even better, we get to work with our elected representatives to help set their priorities on what they should work for.

You might be surprised about actually how much influence we can have in Sacramento and Washington through our Castro Valley Democratic Club. If more of us become knowledgeable on the issues and then act on our knowledge we can be a force to shape policies in the future that will help our ourselves as well as friends, relatives and neighbors. I urge everyone to get the "community activist" fever and come out to club activities in 2013. We on the executive board will commit to planning interesting and informative events and fun get togethers and work to move the shared causes of our valued members forward.

I am reminded of a quote by the famous anthropologist Ms. Margaret Mead who said "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

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WEB SITES OF INTEREST:

Our Web Site:

www.ebdir.net/cvdemos/

www.acdems.org/calendar.php

www.democrats.com

www.pdamerica.org (Progressive Democrats of America)

www.onecarenow.org

www.democracyforamerica.com

www.afterdowningstreet.org

www.liveearth.org

Membership Renewal- Mail checks to CV Democratic Club
POBox 20866, Castro Valley CA 94546-0866--\$15 individual
\$20Family

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Castro Valley Democratic Club
2/2013

Violence Control

If you watched PBS' NATURE program in the series "After Newtown"(2/19/2013) you were treated to some remarkably recent science. In fact, one of the studies discussed wasn't published until the next day! More importantly a very vital avenue of action was aired for the first time anywhere. In print the idea comes from researchers such as Darica Narvaez who makes frequent reference to the importance of nurturing for normal development seen across all mammalian species. In a pivotal study Champagne and Meaney demonstrated that with insufficient maternal nurturing offspring grow up nervous and anti social, and as these individuals become parents, they too fail to provide enough nurturing through an actual genetic shift. This phenomenon builds a cycle that is suspiciously similar to human poverty cycles.

In both the literature and this excellent documentary the key factor in gun violence is simple stress. In rodents when other forms of stress are introduced such as food shortage or the presence of hostile new cage mates, this negative cycle rears its ugly head. According to the NATURE program humans are especially sensitive to emotional disruption at a neurological level during their teenage, and are profoundly influenced by bullying, though early childhood is also very important. In the literature discoveries not only point to the value of continual comforting of our young when they are stressed, but also to prevention of stress not just for the teen and the child, but for the mother and surprisingly the father too.

As America attempts to deal with gun violence we can be certain the right wing will fight like baboons to keep their toys. Their love of guns is part of a biological adaptation to stress that produces feelings that the world is against them, and they need to fight back. This is not a logical response, it is biological through and through. The answer is not to argue with them, but to remove the damage done by stress and fear. I propose that we encourage our politicians to

work out a deal where righties are allowed to keep their guns in exchange for truly serious and well funded societal reform. Dramatic steps need to be made to eliminate bullying, educate new mothers and day care facility workers on the importance of nurturing, monitor such facilities for compliance, create more family time that is jealously protected, and produce a plentiful supply of jobs that don't require frequent moves across the country. For the purpose of having a good bargaining chip our politicians need to propose stronger measures than assault weapons bans, background checks, and clip size limitations; those go without saying but we need to bring more to the table.

Karl Hodges