

Castro Valley Democratic Club
PO Box 20866 Castro Valley, CA 94546

Newsletter March 2013



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Newsletter

Mary Swain
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Refreshing

viewpoints on the

radio Go to AM

“Green960”

KNEW 960AM

Our last meeting on GunViolence/2nd Amendment was very informative and interesting; we look forward to the same with our next speaker, Sharat Lin, who will inform us on the history and politics of Immigration. A little bio follows:

Sharat G. Lin, PhD is president of the San José Peace and Justice Center and a member of the Silicon Valley Alliance for Immigration Reform. He writes and speaks frequently on global political economy, labor migration, the Middle East, South Asia, and public health. His works include the book chapter "Undocumented immigrants in the United States: from impoverishment to May Day resurgence," in Kira Hall, ed., *Studies in Inequality and Social Justice* (2009) and contributions to the documentary film *El Gigante Awakens* (2007) about the largest protest marches in U.S. history - for immigrant rights on May 1, 2006.

I believe you will be most pleased with his presentation that includes visual media; I know I did, so come on March 26th at 7:00 p.m. to the Faith Lutheran Church on Redwood Road in the Graydon Room. Light refreshments will be served.

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Town Hall Meeting with State Senator Ellen Corbett

**AFFORDABLE CARE ACT –
Thursday March 28th, 2013 ** 7 – 9 PM**

Bring your questions and come find out how the law will affect you, your family and your small business!

Pleasanton Library
400 Old Bernal Ave, Pleasanton

For additional information, Please call 510-577-2310

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

Name _____

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Interests _____ Phone Banking _____

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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

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