



LAKE NOW NEWS

February 2015

President's Message



My term as Lake NOW President ends this month and I will go on to the position of Immediate Past President. I want to take this opportunity to thank the many members who helped make my time as president so satisfying. We are fortunate to have many members who

make special contributions and I have been very fortunate to work with them.

First, thanks to Lucinda McGinn. Lucinda has become an invaluable member of our organization after moving here from Maine. She has been the Lake NOW Vice-President for the last year and has contributed in many ways. In addition to maintaining our Facebook page and preparing our monthly newsletter, she also helped with the Vagina Monologues, the state convention and so much more. I send her a big hug for picking up the slack for me as I have needed it.

I also owe many thanks to Barbara Hill, outgoing Lake NOW Secretary. Lake NOW has benefitted from her vigilance in maintaining and tracking our records, advertising our organization's activities, wise legal counsel, and much, much more. I have been so proud to work with her.

Karen Salvat has been the Lake NOW Treasurer for the last two years and a fierce defender of our finances. She has kept us on track financially while also devoting many hours to creative ways to raise funds for Lake NOW. Lake NOW shirts, our sisterhood fund, and Lake NOW badges have all been guided by Karen. Her cheer and steady hand have been much appreciated.

Carol King has been our Immediate Past President for the last year. Her knowledge and experience with the state and local political environment and other organizations have provided us with many valuable contacts which significantly helped us accomplish the major events we tackled this last year. She also co-chaired the

state conference and arranged many of our social events this year for which we all thank her.

Deana Goldstein, our outgoing Membership Director, has been a voice of reason at all times. She also worked on the Vagina Monologues and other items. With two major fundraisers in the last year, the level of sanity she provided was much needed and appreciated.

Special thanks go to those who have agreed to run for election to our board. Your willingness to serve is admirable. You each can count on the current board members to help you as you step up.

Many members helped me throughout this busy year. Unfortunately I cannot mention all of them without taking up the entire newsletter. Please know that Lake NOW could never have accomplished the things we did in the last year without your help. I thank you all. Your friendship has made me a better person.

Sandra Gray Paradise, Lake NOW President



Treasurer's Message



First I want to thank all for your support for the past two years. Stepping down always has mixed emotions but I am sure to be followed by superb talent. I will still be doing the Robo calls, so let me know if you are not getting the monthly calls so I can check the phone

number I have for you. Keep sending your renewal dues directly to NOW National when you get your bill from them. This helps the treasurer's job quite a bit. Please participate when and where you can as each of you are an important part of this group. Moving forward is what we do for the betterment of all!

Karen Salvat, Lake NOW Treasurer



ARE YOU BEING NOTIFIED when something happens? Do we have your current email address? Or phone number?. If you have changed your address or just want to check to make sure, please contact us at contactLakeNOW@yahoo.com.



Vice President's Message



I can't believe it has been a year since I stepped into leadership with Lake NOW. The time has certainly flown and I hope everyone who came to meetings enjoyed the programs we have had over the past year. Starting in March with Women's History Month when several of us acted as a famous woman in women's history, to last month when we sat as a group discussing what we would like to do moving forward with Lake NOW, our programs have run the gamut. In addition to our major events (The Vagina Monologues and the Florida NOW Conference), we also have assisted homeless teens through the Families in Transition program in Lake Schools. Many of our members are also active in the democratic groups in Lake County and worked hard during election season on campaigns. NOW members are awesome! I have agreed to run in our elections for the position of president, as we are losing our current, dynamic president - Sandee Paradise - after a very successful year. If I am elected to the position, I hope that I, together with the new board, can assist in moving Lake NOW forward to more successes in 2015! Please come out to our February meeting for the elections and for the presentation we will have by Deedra Lewis of Tri-City NAACP. I'll look forward to seeing you there!

Lucinda McGinn, Lake NOW Vice President

Secretary's Message



Since this is my last article as Secretary for Lake NOW, I want to thank you for the opportunity to work with all of you. I have enjoyed participating in the Chapter projects and so much enjoyed working with the current Board. Also, I want to take this opportunity to thank the current Board for making my job easier and for being such fun to work with. My sincere best wishes to the incoming Board!

Although I will be taking a back seat, I will continue attending meetings, participating, and volunteering when I can be of assistance.

My final quote for the month: ***Believe in yourself, learn, and never stop wanting to build a better world.*** Mary McLeod Bethune, 1987-1955, American Educator, Writer.

Regards,

Barbara Hill, Lake NOW Secretary

Membership Director's Message



In 2015 why belong to NOW? There are many reasons: 1) There is still no national equal rights amendment ; 2) Roe v. Wade and a woman's right to choose is endangered; 3) women need to actively support and speak out for women's issues. 4) to actively work for change. In 2014 Lake NOW gave a generous donation to The Haven, a shelter for victims of domestic violence. On May 2, many NOW members will participate in the American Cancer Society's Relay For Life. This event recognizes cancer survivors, caregivers and activists. At this event you can run or walk to help conquer cancer but first you need to stand up and be counted. If you can participate on May 2, please contact me at: deanaegoldstein@gmail.com. Thank you.

Deana Goldstein, Lake NOW Membership Director

Lake NOW Socials

Our February social took place at Ruby Street Grille in Tavares. The social was well attended and there was a lot of chatting and eating around the table. Our next social will be on March 4th at Mr. Cebiche in Mt. Dora. This restaurant with Peruvian cuisine has good reviews online. Hope to see you there!

Greater Orlando NOW's 1st Annual Floating Feminists Caribbean Cruise

On October 11 you can set sail for the beautiful island nations of Haiti, Jamaica, Grand Cayman and Mexico on a 7-night adventure cruise. This exciting all-inclusive cruise will take place on the Royal Caribbean's beautiful ship "Freedom of The Seas." There will be theater productions, live music, dancing, great food, rock climbing, ice-skating, surfing, and zip-lining. But cruises are all about choices, and you may decide to just relax, visit the library, or hang out on the deck and people-watch. Of course, special feminist events are also being planned.

Prices start at \$745 per person (government fees not included). A \$100 Deposit per stateroom will lock in this group rate. Check out further details on the website www.ronelcruisesandtours.com.

All deposits and payments are 100% fully refundable by Royal Caribbean up through June 1, 2015. Cancellation fees only apply after June 2, 2015.

Mark the date and be ready for your WOW experience (or should we say NOW experience!).

February Meeting

Who: Members and Visitors
 What: Lake NOW Annual Meeting
 Where: W.T. Bland Library, Mt. Dora
 When: February 18, 2015 at 7:00 pm
 Topic: Plans and Focus of the NAACP
 Ms. Deedra Lewis, Tri-City NAACP

Following the presentation, we will hold our annual membership meeting, at which time elections will be held. In addition to the slate from the nominating committee, we also welcome nominations from the floor.

Lake NOW Book Club

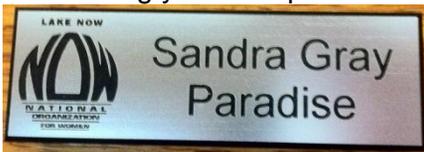
Following is a listing of books will be discussed by the Lake NOW Book Club throughout the next several months.

February 10, 2015	"Redefining Realness" by Janet Mock
March 10, 2015	"A House in the Sky" by Amanda Lindhout and Sara Corbett
April 14, 2015	"The Immortal Life of Henrietta Lacks" by Rebecca Skloot

The Lake NOW Book Club meets on the second Tuesday of each month at 3:30 p.m. at the W. T. Bland Library in Mount Dora. All Lake NOW members are welcome to participate.

Lake NOW Badges

What better way to show pride in your organization than having your own personal badge to wear at meetings and actions? We continue to sell personalized Lake NOW badges to members at the incredibly low price of \$12 each. The badges look like the one shown here. They attach to clothing via magnets, so will not damage your clothing by unsightly pinholes. What are you waiting for? To place your order, please contact Karen Salvat.



Political Activities for the Busy Feminist

The National Organization for Women is non-partisan but definitely political. As members, we rely on NOW to represent us politically but there is much we can do as individuals to act politically. Even if you are a busy person (and honestly, who isn't?), there are many things you can do. Some of these take very little time but still have an impact. Here are some suggestions, but we welcome more ideas from our members.

- **Vote.** This is the most obvious political action and surely all NOW members do this regularly but its importance requires that it be included in this list.
- **Track how your senators and representatives have voted.** You can do this very easily by visiting <https://www.govtrack.us>, a non-governmental website that tracks legislation, voting records and more. If you create an account, you will get emails about recent votes where you can drill down and see how your representatives voted. This site also now allows you to view some state legislation.
- **Join a political party organization.** In Lake County, you can find more information about these organizations at <http://lakedemocrats.com/> and <http://www.lakecountyrepublicans.org/>. Each of these has regular meetings and activities in which you can participate. Volunteers are always needed in their offices and for various events.
- **Know who your representatives are.** To identify your state and U.S. representatives, go to <http://www.myfloridahouse.gov/Sections/Representatives/myrepresentative.aspx> and input your address. Contact information is included for each representative.
- **Write your representatives.** Input from constituents is tracked by legislative aides and, although an individual input may not sway a vote, the input of many constituents will get their attention. Be part of the many.
- **Call your representatives.** This only takes a minute. You are unlikely to speak with your representative but you will usually speak with a live person and you can say something as simple as this: "I am calling to express my support or opposition for bill name or number and encourage representative name to vote for or against this bill." They will record your input. You can leave your name if you want but it is usually not requested.
- **Stay informed.** Everyone has their favorite ways to get news. Make sure you are getting yours so you can hold up your end of the argument when you are talking to some of your less liberal friends and relatives.



Black History Month

Black History Month began in 1926 and was originally established by historian Carter G. Woodson as Negro History Week. This was a pioneer effort because at that time little study had been done of black history. It is now celebrated each February for a month, not the original week, to recognize the historical contributions of African-Americans to our society, something that has been frequently omitted from our history books. It was originally scheduled to occur between the birthdays of Frederick Douglas and Abraham Lincoln, two historical figures who strongly influenced the lives of Black Americans. It was established as Black History Month in 1976 by President Gerald Ford. Both the U.S. and Canada celebrate Black History Month in February and the United Kingdom celebrates it in October. There are other significant events that occurred in February that make this an appropriate month to celebrate Black History.

- February 3, 1870: The [15th Amendment](#) was passed, granting blacks the right to vote.
- February 12, 1909: The [National Association for the Advancement of Colored People \(NAACP\)](#) was founded by a group of concerned black and white citizens in New York City.
- February 1, 1960: In what would become a [civil-rights movement](#) milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth's lunch counter.

In honor of Black History Month, Lake NOW recognizes the contributions of these African-American women.

- Madame C.J. Walker (1867-1919) was the first African-American to produce hair care products and went on to become the first self made female millionaire in North America.
- Harriet Tubman (1820-1913) earned the name Moses, as she helped hundreds of slaves escape to the northern U.S. and Canada.
- Mary Ann Shadd (1823-1893) was the first female lawyer and the first female newspaper editor in the U.S. She was also the first woman to open a Canadian school that was open to all races.
- Rosa Parks (1913-2005) is one of the most famous women in American history. She was a civil rights activist, known as "the first lady of civil rights" and "the mother of the freedom movement."

- Josephine Baker (1906-1975) was a civil rights activist and World War II heroine.
- Ida B. Wells Barnett (1862-1931) was an educator, anti-lynching campaigner and co-founder of NAACP.
- Mary McLeod Bethune (1875-1955) was an educator and founder of Bethune-Cookman College, Daytona Beach, Florida. She became a Presidential adviser and recipient of the Spingarn Medal.
- Mary Elizabeth Bowser (1839 - date of death unknown) was a freed slave who became a Union spy during the Civil War and worked in the Confederate White House.
- Eliza Bryant (1827-1907) founded the Cleveland Home for Aged Colored People.
- Bessie Coleman (1893-1926) was the first black woman to earn a pilot's license.
- Zelma Watson George (1903-1994) was an opera singer, speaker, educator and delegate to the UN.
- Fannie Lou Hamer (1917-1977) was a civil rights worker and founder of MS Freedom Democratic Party.
- Mahalia Jackson (1912-1972) was the first Black woman who earned national acclaim for gospel music.
- Sissieretta Jones (1869-1933) was an international singer and a prima donna of the late 19th century.
- Barbara Jordan (1936-1996) was an excellent orator and Congresswoman.
- Wilma Rudolph (1940-1994) was the first African-American woman to win 3 gold medals in track and field in a single Olympic Games (she ran with a sprained ankle to win the gold!).
- Susie King Taylor (1848-1912) was the first Black nurse during the Civil War.
- Susan McKinney Steward (1848-1918) was the first African-American woman doctor in New York State.
- Grace Bumbry (1937 -) is a famous American opera singer. She is considered one of the leading mezzo-sopranos of her generation.
- Virginia Hamilton (1934 - 2002) was an award-winning author who wrote children's books. She has 41 books to her credit and has won the U.S. National Book Award (Children's Books).
- Carol Moseley Braun (1947 -) She is the first and to date the only African-American woman who has been elected to the United States Senate.

Lake NOW's Mission Statement

Lake NOW is a chapter of the non-partisan Florida and National Organization for Women (NOW) devoted to the continuing improvement of women's rights and freedom from discrimination. Consistent with the foregoing, it is Lake NOW's purpose to embrace members of all races, ages, gender and sexual orientation. Lake NOW will focus on activities that advocate and advance the equal status of women and girls in all aspects of their lives through educational, legislative and political work, while adhering to the bylaws, policies and resolutions of the Florida and National Organization for Women.

Our priority goals, include, but are not limited to:

- Addressing women's health issues and reproductive rights
- Stemming violence against women
- Improving and promoting diversity/ending racism
- Encouraging economic justice and labor rights.

Lake NOW Calendar

Tuesday, February 10, 2015 3:30 p.m.	Lake NOW Book Club "Redefining Realness" W.T. Bland Library Mt. Dora
Wednesday, February 18, 2015 7:00 p.m.	Lake NOW Monthly Meeting W.T. Bland Library Topic: Plans and Focus of the NAACP Ms. Deedra Lewis, Tri-City NAACP Also: Chapter Elections
Wednesday, March 4, 2015 4:00 p.m.	Lake NOW Board Meeting Location: Mr. Cebiche 411 Donnelly Street, Second Floor Mt. Dora
Wednesday, March 4, 2015 5:00 p.m.	Lake NOW Social Location: Mr. Cebiche 411 Donnelly, Second Floor Mt. Dora
Tuesday, March 10, 2015 3:30 p.m.	Lake NOW Book Club "A House in the Sky" W.T. Bland Library Mt. Dora
Wednesday, March 18, 2015 7:00 p.m.	Lake NOW Monthly Meeting W.T. Bland Library Topic: To be announced

Friday through Sunday, May 15-17, 2015	Florida NOW State Conference Venice Ramada Inn 425 US 41 Venice, FL 34285
Friday through Sunday, June 19-21, 2015	NOW Annual Conference Hyatt Regency New Orleans, LA

Win a 1-Year Membership

Beginning in February 2014, members have been able to purchase tickets at each monthly meeting for \$2 each. When \$50 in tickets have been sold, a drawing will be held for a free 1-year membership in Lake NOW. Members need not be present to win provided correct contact information is written on the tickets purchased. We have already had two winners and are within a few more sales of having a third drawing, so get your tickets soon so that you will be in the running!

Suggested Programs

Is there an issue that you would like to learn more about that you have not seen us do yet? Lake NOW wants your suggestions for upcoming programs. Do you know a speaker who can present a dynamic topic to our membership? Please send your ideas and information to the Lake NOW vice-president, who is responsible for arranging programs.

NEWSLETTER SUBMISSIONS

Members are encouraged to submit articles for our monthly newsletter. You may submit proposed articles by sending them to contactLakeNOW@yahoo.com. Please type your newsletter submissions directly into the body of your text formatted email. Please do not use HTML or RTF format or special fonts. Submissions may be vetoed by the NOW board and/or edited for clarity and brevity.

Next month's deadline for submissions: 3/1/15

Families in Transition

Now that we are in the school year, Lake NOW has resumed our efforts to gather donations for this fine program. If you remember, we have been collecting peanut butter and jelly, cereal, large containers of shampoo, and shelf-stable milk. You may bring your donations to our monthly meetings and they will be delivered to the program center in Howey-in-the-Hills following the meeting.



Committees

The following standing committees are being formed. Please review this information and determine how you can participate in Lake NOW.

MEMBERSHIP: The Membership committee is chaired by the Membership Director with the purpose of building, retaining and engaging Lake NOW membership in support of the principles of National NOW.

FINANCE: The Finance committee is chaired by the Treasurer with the purpose of managing the finances and budget of Lake NOW.

NOMINATING: The Nominating Committee is chaired by a non-Board member of Lake NOW as approved by Board. The committee's purpose is to find, encourage and recommend members of Lake NOW to be candidates for the Board.

BYLAWS: The Bylaws committee is chaired by a non-Board member of Lake NOW as approved by the general membership. The committee's purpose is to:

- Review and manage any requested changes to the Lake NOW Bylaws or Operating Rules per the requirements established in the Operating Rules.
- Be knowledgeable in the area of the National Bylaws and Policies; the State Bylaws, Operating Rules and Policies; and the Lake NOW Bylaws, Operating Rules and Policies.
- Serve in an advisory role to the Board of Directors and general membership regarding the interpretation and any discrepancies between the National, State and Lake NOW organizations.

COMMUNICATIONS/PUBLIC VISIBILITY:

- Technology: Examine all technological opportunities, such as internet, e-mail, websites, social media and more, to ensure Lake NOW is capitalizing on all available technologies.
- Writers' Committee: Draft letters to newspapers, legislators, local governmental entities, etc. Create a scrapbook to record Lake NOW activities, press releases and other historical documents.
- Public Visibility: Develop information such as tri-fold pamphlets, advertising, etc., for distribution in the community to ensure public awareness of Lake NOW and its Mission Statement. Join with other agencies or organizations to develop networking opportunities, as well as contact local colleges, places of worship and non-profits.
- Telephone Outreach: Aid other committees and officers when networking by telephone is requested.

LEGISLATIVE COMMITTEE: Track legislative issues, bills and amendments and report to the membership.

ACTION COMMITTEE: Organize rallies, protests, and other activities in order to publicize NOW's support or opposition to current issues.

STRATEGIC PLANNING: Organize, develop, implement, and monitor the Strategic Plan of Lake NOW. This committee shall coordinate to ensure proper training and education on Strategic Planning and the philosophy of it. This committee shall report to the President of Lake NOW. At the President's request, the Strategic Planning

Committee shall report to the membership on the status of the Plan (accomplishments, amendments, etc).



Lake NOW Board

President:	Sandra Gray Paradise
	msscgp@yahoo.com , (352)343-2064
Vice-President:	Lucinda McGinn
	labrys@comcast.net (352) 602-7057
Secretary:	Barbara Hill
	bmhill123@comcast.net , (352)589-1495
Treasurer	Karen Salvat
	Karwag.sal@comcast.net , (352)385-0860
Membership Director	Deana Goldstein
	deanaegoldstein@gmail.com (615) 438-5225
Immediate Past President	Carol King
	carolflam@aol.com (352) 483-2011



Lake County

National Organization for Women

P.O. Box 1134, Mt. Dora, Florida 32756

E-mail address: contactLakeNOW@yahoo.com

lakenow.weebly.com

Facebook: Lake-NOW

Twitter: lake_now

Lake NOW is a chapter of the non-partisan Florida and National Organization for Women (NOW).

Monthly meetings Third Wednesday of each month at 7 p.m. (Exceptions will be announced on the web page and in the newsletter)

Meetings held at W. T. Bland Library

1995 N. Donnelly St., Mt Dora, Florida 32757

Organized 2012



UPCOMING EVENTS from our Allies in Lake County

Democratic Executive Committee (DEC) Meeting of the Lake County Democratic Party: Thursday, February 12th at 7:00 p.m. at the Tavares Civic Center, 100 E. Caroline St. **Light supper for \$7 at 6:15 p.m.** Guest Speaker will be Laura Feldman, Grassroots Organizer from NCPSSM (National Committee to Preserve Social Security and Medicare) speaking on *Eleanor's Hope*. All Democrats are welcome!

Mount Dora African-American Heritage Festival – Saturday, February 14th from 10 a.m. – 5 p.m. (no parade) at the Cauley Lott Park in Mount Dora. Please join fellow Dems as we collect petitions for the *Restoration of Voting Rights for Ex-Felons* ballot initiative.

Oklawaha Valley Audubon Society trip to Orlando Wetlands Park - Saturday, February 14th leaving by carpool at 8:00 a.m. from Palm Island Park, 411 S. Tremain St. Mount Dora. Bring a lunch and binoculars. A \$10 donation would be appreciated. Contact trip leader: Dennis O'Neil at 383-6309.

Golden Triangle Democratic Club (GTDC) Next Regular Meeting will be held on Saturday, February 14th at 10:00 a.m. in the Children's Room at the W.T. Bland Library, 1995 North Donnelly Street in Mount Dora. Contact Preston Garrison, President, at pjgarrisonpjg@aol.com or Carol Flamenhaft-King at carolflam@aol.com.

Lake County Historical Society Panel Discussion on "African American Education in Lake County 1866-1970" – Tuesday, February 17th at 6:00 p.m. at the W.T. Bland Library, 1995 North Donnelly Street in Mount Dora. The public is invited to attend.

Lake County Democratic Black Caucus (LCDBC) Presents, "Real Talk in Lake County" Forum (through the eyes of Lake County young adults) – Tuesday, February 17th at 7:00 p.m. (doors open at 6:30 p.m.) at the Lake County Civic Center, 100 Caroline Street, Tavares (next to the Tavares Library). For more information, contact Fran Garcia at lakeblackcaucus@gmail.com (graphic below, right).

Eustis African-American Heritage Celebration and Parade – Saturday, February 21st from 10 a.m. – 4 p.m. in Eustis. Please join fellow Democrats as we collect petitions for the *Restoration of Voting Rights for Ex-Felons* ballot initiative at Eustis High School Cartwright Center grounds.

The League of Women Voters (LWV) of The Villages/Tri-County Area Regular Meeting – Monday February 23rd at 10:30 a.m. at the Community Bank & Trust Co., CR 466 & Parr Drive, The Villages. Sheriff Gary S. Border and Capt. Todd English will speak on Human Trafficking. For more information, contact Richard L. Coen at 352-750-1366.



The Democrats of Lake County have decided to enter the Eustis Georgefest Parade on Saturday, Feb. 28th!!! The theme is "From Sea to Shining Sea"...we need suggestions on how to decorate our Democratic Party float...got any ideas???

AND they need YOU to march/ride with them!!! Save this date and spread the word!

Now, you creative people...HELP!!!! If interested, please contact Nancy Hurlbert at tnhurlbert@aol.com

General Information

Parade Theme	From Sea to Shining Sea"
Date	Saturday, February 28, 2015
Time	10 a.m.
Locatn	North on the standard Southbound Bay Street in downtown Eustis from Atwater to the Community Building. (Please note: Streets will be closed to traffic).

SAVE THE DATE - TUE. FEB. 17TH, 2015

HOSTED BY LAKE COUNTY DEMOCRATIC BLACK CAUCUS

LIVING IN LAKE COUNTY FLORIDA

"REAL TALK"

THROUGH THE EYES OF LAKE COUNTY YOUNG ADULTS AGES 18-35

HELD AT THE TAVARES CIVIC CENTER
100 CAROLINE STREET
DOORS OPEN AT 6:30 PM

FOR MORE INFORMATION CALL FRANCINE GARCIA 352-227-4094