



LAKE NOW NEWS

April 2015

President's Message



Spring is here and I am definitely feeling the effect of warmer days. It seems like one minute I need heat and the next it's time for some dehumidifying or even cooling! I hope things are heating up for Lake NOW as well. This month our

meeting is another change of pace for us, as we meet at Uncorked in Eustis for an "Unhappy Hour" in recognition of Equal Pay Day. Please note that the general meeting is being held on Tuesday instead of Wednesday, at 6:00 instead of 7:00 and as I already mentioned, at Uncorked (on Magnolia Street) in Eustis. Our Vice President, Nancy Hurlbert, will be presenting information on Equal Pay Day and we can enjoy half off drinks and appetizers. This meeting is jointly hosted by the Democratic Women's Club and BPW/ North Lake.

We also will be having an action at this meeting as we sign postcards to send to our legislators. Hope to see you there!

Lucinda McGinn, Lake NOW President

Vice President's Message



Did you know that April 14th is Equal Pay Day, celebrated nationally as the day in the "new" year where women finally reach pay parity with what men earned as of December 31st the previous year? Really?? It takes women

nearly a third of a year to reach wage parity? According to AAUW's "The Simple Truth about the Gender Pay Gap, 2015," nationally the wage gap is \$.

78 and here in Florida, we are so much better off - only \$.84 on the dollar difference! Join us (and members from the Democratic Women's Club of Lake County) as we celebrate our *UNHAPPY HOUR* at *Uncorked* in downtown Eustis. Uncorked is offering 2 for 1 drinks and appetizers for our Unhappy Hour - 6-8 PM - and we will be discussing the wage gap and the reasons the gap exists today, 50 years after President Kennedy signed the Equal Pay Act!

Nancy Hurlbert, Vice President

April Meeting

- Who: Members and Visitors
- What: Lake NOW Monthly Meeting
- Where: Wine Cellars Uncorked, 106 E. Magnolia Street, Eustis
- When: April 14, 2015, 6:00 - 8:00 pm
- Topic: Celebrating Equal Pay Day with an "Unhappy Hour."



DAN WASSERMAN/THE BOSTON GLOBE

Lake NOW Socials

Our April social was held at 5:00 pm at 1884 Restaurant and Bar in Eustis, following the meeting of the Lake NOW Board. We had several members in attendance and some visitors who became new members! It was a terrific evening. Our next social will be held on May 5th at Chili's Restaurant, 9925 U.S. 441, Leesburg (near Lake Sumter State College), immediately following the meeting of the Lake NOW board. Chili's will give those of us in our group a 10% discount, so you can have some great food and save a bit at the same time. Please join us as we wind down and relax after our meeting.

Immediate Past President's Message



I have a confession to make. Never, not once in my entire life, have I felt pretty. Never mind that I was a high school beauty queen. Societal influences told me pretty came packaged as someone tall, skinny, and blonde with cornflower blue eyes. In other words,

everything I am not.

Then, last week I saw something that gave me pause. It looked like this:

Steps to Having a Perfect Body

Step 1. Have a body.

Step 2. Done.

Step 3. That's it. If you have a body, it is fine the way it is.

What a revelation! I could quit worrying about being curvy, gray-haired, brown-eyed, and vertically challenged. I am fine the way I am. The more I thought about this, the better I liked it. Isn't the purpose of the body to support your mind? If my body provides the necessary functions for my mind's cognitive abilities, that is all I need. It also allows me to share love, beauty, comfort, humor, and much more. What more could I ask of it?

So you may be thinking, "What about that pretty thing?" Well, here is where my master gardener training kicks in. Flowers come in a wide variety of shapes, sizes, and colors. Each is well suited to its own particular plant. If we can find beauty in this variety of flowers, why can't we see beauty in our variety of bodies? I am not talking

about the pretty-is-as-pretty-does beauty. I mean real beauty. My body is well suited to my needs and I need to stop feeling bad about it. If your body meets your needs, then rejoice in it and feel its beauty. I guarantee there are others who see your beauty.

Sandra Gray Paradise

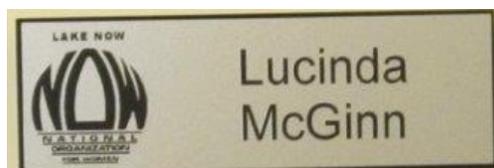
Lake NOW Book Club Book Review

As a child, Amanda Lindhout escaped a house governed by chaos and violence by paging through old issues of *National Geographic* and imagining herself in its exotic locales. At the age of twenty, Amanda boarded her first international flight to see those places in person. She traveled through Latin America, then Laos, then Bangladesh and India. When money ran out, she returned home to work and save for the next adventure, launching herself deeper into the world each time—backpacking solo across Sudan, Syria, Pakistan—and closer to some sort of edge, while also beginning to carve out a career as a reporter. In August 2008, she traveled to Mogadishu, Somalia to report on the fighting there. Three days into her visit, she and her friend, a photojournalist, were abducted. What follows is the story of Lindhout's fifteen months in captivity. While her family in Canada attempts to negotiate impossible ransom demands, Lindhout focuses on staying alive—converting to Islam, receiving "wife lessons" from a militia leader, and plotting a risky escape that has devastating consequences. As the abuse she suffers escalates, *A House in the Sky* becomes a testament to the capacity of the human spirit to overcome unspeakable adversity and find a deeper resolve to live.

Karen Salvat

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 Kelda Senior.



What is an MRA? A FeMRA?

The term MRA stands for Men's Rights Activist or Men's Rights Activism. They claim men are more oppressed than women and list as proof things like men's shorter life spans, higher suicide rates, fathers' rights in custody battles, rates of male imprisonment, and the horrors of war. Although there are many factions, the most popular MRA group in the US is **A Voice for Men** founded by Paul Elam.

The men's rights movement began officially in the 1970s and many people see it as a backlash to the rise of feminism. Others view it as an attempt to retain the privileges men hold. Earlier roots of it can be seen in the early part of the twentieth century when women were gaining the right to vote and in the mid-nineteenth century when the term men's rights was first used.

There are women who also hold these beliefs. They are called Female Men's Rights Activists or FeMRAs. One argument you hear from them is they do not need feminism because they do not feel oppressed, ignoring any other women who might feel differently and statistics about female oppression.

MRA claims include but are not limited to:

- Reproductive rights - If a woman can abort without the father's permission, fathers have no responsibility for children and, thus, no obligation to support children financially.
- Education of boys - Claims are made that our educational system "sissifies" boys and should allow more rugged sports and less punishment for fighting, roughhousing, and other "natural" outlets for manliness.
- Traditional values and women's roles - They see man is the natural head of the house and women should be subject to the rule of man.
- Domestic violence - They believe domestic violence is over reported and men are persecuted by being removed from the home after claims of domestic violence. They also believe violence against men is not taken seriously.
- Dangerous jobs - They believe society has fewer concerns about the risks men take in their jobs and more concern is expressed when a woman is injured or killed on the job.

- Rape - They believe many reports of rape are false and this is a way of persecuting men.
- Military drafts - They claim most countries require only men to participate in military drafts or service. (NOTE: Few countries now have compulsory draft and those that draft only men are generally more regressive toward women in all areas.)
- Prison terms and execution - Men are generally given longer prison sentences are far more likely to be executed. This argument has some merit but would be addressed if women were treated equally.
- Marital rape laws - They claim women consent to marital sex when they marry so marital rape laws are by nature invalid.

One of the defining characteristics of many MRAs is the anger they express toward women. This can be seen when they troll feminist websites, blogs, twitter accounts and more where they routinely express anger, threats, and denigrating language. This anger at its worst can be very dangerous to women as was the case in the 2014 Isla Vista killings near UC Santa Barbara when a male student went on a misogynist killing spree ultimately killing 2 women and 4 men and wounding 13 others. Before this spree, he had posted a manifesto expressing his desires for violent retribution against women because they had not dated him.

For more on this topic see: [The 8 Biggest Lies Men's Rights Activists Spread About Women.](#)

Sandra Gray Paradise



ARE YOU BEING NOTIFIED when something happens? Do we have your current email address? Or phone number? There are often messages that you might interest you but do not necessarily appear in the newsletter or web site and an email is sent to all members to keep them informed. Also, prior to our events - meetings and socials - Karen Salvat does robocalls with the information. If any of your information has changed or you just want to check to make sure, please contact us at ContactLakeNOW@yahoo.com or by calling Lucinda McGinn. Please note that written permission is needed for us to do robocalls to cell phones.



Religious Freedom

Here is a little something to share with your crazy right-wing relatives to help them understand better what is going on in the world today.

How to Tell If Your Religious Liberties Are Being Violated

Your liberties ARE being violated	Your liberties are NOT being violated
You are not allowed to attend a religious service of your choosing.	Others are allowed to go to religious services of their own choosing, or not at all.
You are not allowed to legally marry the person you love.	Someone else is allowed to marry the person they love no matter what your religion says.
You are being forced to use birth control even though it is against your religion.	You are unable to prevent others from using birth control.
You are not allowed to pray privately in your home or in a public place.	You are not allowed to force others to pray publicly.
You are not allowed to purchase, read, or possess religious books and materials.	Others are allowed access to books, movies, and websites that you don't like.
You are not allowed to teach your children creation stories of your faith, in your own home.	Public school science classes are teaching children science.

Lake NOW Calendar

Tuesday, April 14, 2015 3:30 p.m.	Lake NOW Book Club "The Immortal Life of Henrietta Lacks" by Rebecca Skloots W.T. Bland Library 1995 N. Donnelly Street, Mt. Dora
Tuesday, April 14, 2015 6:00 p.m.	Lake NOW Monthly Meeting Wine Cellars Uncorked 106 E. Magnolia Avenue, Eustis Topic: UnHappy Hour for Equal Pay Day (Please note location, date and time change)
Wednesday, May 5, 2015 4:00 p.m.	Lake NOW Board Meeting Chili's 9925 US-441, Leesburg, FL
Wednesday, May 5, 2015 5:00 p.m.	Lake NOW Social Chili's 9925 US-441, Leesburg, FL
Tuesday, May 12, 2015 3:30 p.m.	Lake NOW Book Club "Still Alice" W.T. Bland Library 1995 N. Donnelly Street, Mt. Dora
Friday through Sunday, May 15-17, 2015	Florida NOW State Conference Venice Ramada Inn 425 US 41 Venice, FL 34285

Wednesday, May 20, 2015 7:00 p.m.	Lake NOW Monthly Meeting W.T. Bland Library 1995 N. Donnelly Street, Mt. Dora Topic: Legislative Wrap-up
Wednesday, June 3, 2015 4:00 p.m.	Lake NOW Board Meeting Location: TBA
Wednesday, June 3, 2015 5:00 p.m.	Lake NOW Social Location: TBA
Tuesday, June 9, 2015 3:30 p.m.	Lake NOW Book Club "I Feel Bad About My Neck" W.T. Bland Library 1995 N. Donnelly Street, Mt. Dora
Wednesday, June 17, 2015 7:00 p.m.	Lake NOW Monthly Meeting W.T. Bland Library 1995 N. Donnelly Street, Mt. Dora Topic: TBA
Friday through Sunday, June 19 - 21, 2015	NOW Conference Hyatt Regency Hotel 601 Loyola Avenue New Orleans, LA



Lobbying Efforts



Five Lake NOW members joined with their sisters in the Democratic Women's Club of Florida in lobbying our Florida legislators on March 31st in Tallahassee. Shown here in the center of the photo, holding the Berman poster, is Representative Lori Berman, sponsor of the ERA in the Florida House!

Left to right: Mary Flanagan, Lake NOW; Joy & Kennady Kesterson, teacher & student; Pam Ward, Lake NOW member; Jane Hepting, DWCF and Lake NOW; Rep. Berman; Nancy Hurlbert, Lake NOW VP; Carol King, Lake NOW Membership Director; Connie Albright, DWCF; Shelly Newman, DWCF.

We met with Representatives Larry Metz and Marlene O'Toole and the Legislative Aides for Senators Alan Hays, Dorothy Hukill and Representative Jennifer Sullivan. NOW bills/issues we discussed included the 24-hour delay to have an abortion, Guns on Campus, the ERA, the Minimum Wage increase, Medicaid Expansion and anti-human trafficking processes. Unfortunately, the only issues we agreed on were the human trafficking bills.

Nancy Hurlbert

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: 5/1/15

April is Sexual Assault Awareness Month



April is Sexual Assault Awareness Month (SAAM). The purpose of SAAM is to raise awareness about sexual assault and to educate communities about how to prevent it. In the late 1980s the National Coalition Against Sexual Assault chose a week in April to commemorate Sexual Assault Awareness Week. By the 1990s they called for a national month to recognize this public health problem. In 2000-2001, the color teal was chosen as a symbol for awareness and prevention. In April 2001 the US first observed Sexual Assault Awareness Month. In 2003, the slogan "Decide to End Sexual Violence" was chosen. The slogan "It's About Time to Prevent Sexual Violence. Speak Out." was chosen in the 2006 campaign. More recent campaigns have focused on college campuses, bystander intervention and healthy sexuality.

Statistics about sexual assault:

- In 8 out of 10 rape cases, the victim knew the perpetrator.
- Nearly 1 in 4 women may experience sexual violence by an intimate partner in their lifetime.
- The cost of rape and sexual assault, excluding child sexual assault, per criminal victimization is \$87,000 per year. For the victim, the average rape or attempted rape costs \$5,100 in tangible, out-of-pocket expenses.
- One in 4 girls and 1 in 6 boys will be sexually assaulted by the age of 18.
- In a study of elder female sexual abuse victims, 81 percent of the abuse was perpetrated by the victim's primary caregiver, and 78 percent by family members of which 39 percent were sons.
- Of adult American women who are raped, 31.5 percent are physically injured, but only 35.6% of those who are injured received medical care.
- Each year, it is estimated 25,000 American women will become pregnant following an act of sexual violence. As many as 22,000 of those pregnancies could be prevented through the prompt use of emergency contraception.

Ending violence against women, including sexual assault, is one of NOW's core issues. Your membership in NOW helps to fund NOW as we work on this key issue. Thank you.

Sandra Gray Paradise

Lake NOW Book Club

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

Tuesday, April 14, 2015	"The Immortal Life of Henrietta Lacks" by Rebecca Skloots
Tuesday, May 12, 2015	"Still Alice" by Lisa Genova
Tuesday, June 9, 2015	"I Feel Bad About My Neck" by Nora Ephron
Tuesday, July 14, 2015	"Breath, Eyes, Memory" by Edwidge Danticat
Tuesday, August 11, 2015	"Stolen Lives" by Malika Oufkir
Tuesday, September 8, 2015	"Midwives" by Chris Bohjalian
Tuesday, October 13, 2015	"Blanche Cleans Up" by Barbara Neely
Tuesday, November 10, 2015	"All the Light We Cannot See" by Anthony Doerr
Tuesday, December 8, 2015	"Men Explain Things to Me" by Rebecca Solnit
Tuesday, January 12, 2016	"The Girl on the Train" by Paula Hawkins
Tuesday, February 9, 2016	"A Fighting Chance" by Elizabeth Warren
Tuesday, March 8, 2016	"Equal Means Equal" by Jessica Neuwirth
Tuesday, April 12, 2016	"Big Little Lies" by Liane Moriarty

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.

Women's History Month Event a HUGE Success!

Members of Lake NOW, Democratic Women's Club of Lake County, Business & Professional Women of North Lake and LSSC's Diversity & Equity Division sponsored the **20th Anniversary** of the **Lake County Women's Hall of Fame** on March 18th at LSSC. Of the 36 inductees, 11 attended and received a framed certificate of appreciation, and, unfortunately, 16 have passed away. Nancy Hurlbert provided a powerpoint presentation on the contributions of each of the 36 inductees and acted as the evening's Mistress of Ceremony. The sponsoring organizations hosted a reception prior to the program. All attendees agreed that we should update the presentation and program every 10 years!



Inductees from left to right: Priscilla Getchell (2003), Jo Tucker (1998), Linda Watts (2013), Sanna Henderson (2006), Gwen Manning (1999), Barbara Mittermaier (2007), Agnes Berry (2010), Gwen McLin (2012), Ann Dupee (2001) and Catherine Hanson (1995). Attending but not in the photo was Carmen Cullen (2002)



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:	Lucinda McGinn (352) 602-7057 labrys57@icloud.com
Vice-President:	Nancy Hurlbert (352) 483-4962 tnhurlbert@aol.com
Secretary:	Linda Jo Pfeiffer (352)406-1520 lindajo_pfeiffer@yahoo.com
Treasurer	Kelda Senior (352) 552-1761 keldasenior@gmail.com
Membership Director	Carol King (352) 483-2011 carolflam@aol.com
Immediate Past President	Sandra Paradise (352) 343-2064 mssgcp@yahoo.com



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



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.
- 