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**In this issue:**

**Minding Your Mental Health – 1**  
**Impact of Distance Learning – 2**  
**LWV ABC Message on 2020 Election – 2**  
**Special Election, Ramsey Ward 1 – 3**  
**Book and film discussions – 3**  
**Missing & Murdered Indigenous Women – 4**  
**Welcome new member – 4**

**New Diversity Column in newsletter - 5**  
**Follow City Council meetings – 6**  
**Follow Anoka County happenings - 6**  
**LWV ABC Calendar - 6**  
**Call to Action – 7**  
**Highlights of Board Meeting – 7**  
**Contact LWV ABC – 12**

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## **Minding your mental health during Covid 19**

### **Our Monthly Program / February 8**

Our presenter is Kay King, Older Adults Program Coordinator and Community Educator with [NAMI Minnesota](#)\*. We will focus here on the impacts of the pandemic on adults, particularly adults of a 'certain age'. Kay's presentation will provide tips and suggestions for dealing with isolation, depression, and maybe even anxiety about when and how to get the vaccine!



The presentation is interactive so that we can share strategies and activities that folks have implemented during this stressful time. Kay says that she leaves each presentation having picked up new ideas!

6:00 Zoom meeting room opens  
6:00 to 6:30 – Getting connected and visiting  
6:30 – Announcements and Program

### **Join Zoom Meeting**

<https://lwmn-org.zoom.us/j/95225647726?pwd=Mjl4aG1RWk9FdVBydlRtR2xHZ3BUUT09>

Phone connection: Dial in on 312-626-6799  
Meeting ID: 952 2564 7726  
Passcode: 828565

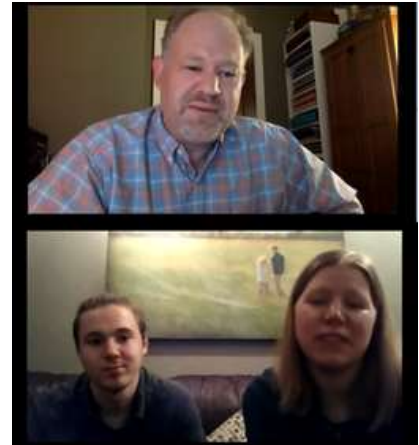
This Zoom link will be emailed to LWV ABC members in a reminder email on Feb 7. Many thanks again to our friends at QCTV for recording the event, too!

*\*NAMI Minnesota is a nonprofit organization. We at LWV ABC are very appreciative of Kay and NAMI doing this presentation for us. Their work is important, and is funded by donations. You can make a charitable donation to NAMI online at <https://namimn.org/get-involved/donate-now/>.*

## Our January Program: Impact of Distance Learning During a Pandemic

Our January meeting focused on the impacts of the pandemic on students and schools. Our guests were Aaron Balzar, District 11 social worker; Sebastian Whitcomb, Junior at Anoka High School and Andrea Whitcomb, music teacher for Lincoln Elementary school in Anoka.

It was a fantastic discussion and can be viewed again on [QCTV's LWV channel](#), on the [LWV ABC website](#) and on [LWV ABC's YouTube Channel](#). (Program description at [this link](#).)



## LWV ABC Messages and Action on the 2020 Election

Now that we are through the 2020 elections and our newly-elected representatives are in their respective offices. We at LWV ABC did a lot to educate voters for the 2020 elections, and this IS a good time to pat ourselves on the back as Leaguer's for our work on this election, but there are still many troubling things that our democracy is facing. In the weeks after the election, we saw our President become increasingly strident in his claims that the election was 'rigged'. This message was echoed by many elected officials, lending credence to the claims and eventually fomenting the violence we saw at our nation's Capitol on January 6. Some of these echoes came from Minnesota, despite the fact that our election here was closely scrutinized at every step and the results were certified by local and state election boards.

In this blog post, <https://www.lwvumrr.org/lwv-abc-blog/lwv-abc-messages-on-the-2020-elections>, we share the text of a letter sent to our area legislators and Letters to the Editor that have appeared in our local papers. Here is the text of the letter to the editor:

*"For more than 100 years, the League of Women Voters has diligently promoted good governance and fair voting. The need for our diligence and our voice has never been greater.*

*We of the LWV of Anoka, Blaine, Coon Rapids Area call on our Legislative leaders to require that all MN State Representatives and Senators accept the outcome of the 2020 elections and fulfill their oath to the US and MN constitutions. We stand with one voice on the need to call for truth and accountability around our elections.*

*LWV is a nonpartisan, good government organization. Being nonpartisan means we don't support any specific party or candidate. Equally, it means we don't abandon our positions or our principles of good government for any party.*

*We will continue to work with all legislators to advance free and fair elections. And we will continue to hold accountable all legislators, regardless of party, who undermine the democracy for which we stand.*

*Signed, Gretchen Sabel, President, LWV ABC"*

## Special Election in City of Ramsey, Ward 1

### LWV ABC and QCTV Prepare Candidates Forum

Meet the Candidates Forum - City of Ramsey, Special Election



There's a Special Election for Ramsey City Council on Tuesday, February 9, 2021 for residents who live in Ward 1 (generally the northeast side of the City)

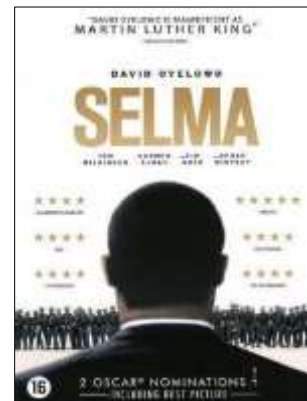


The election will fill a vacancy resulting from a resignation. Candidates in alphabetical order are Jane Covart (left) and Ryan Heineman (right). Watch a Meet the Candidates video prepared by League of Women Voters ABC and QCTV at <http://qctv.org/elections/> For details of early voting options, candidates, and other election information, visit the City of Ramsey's website or phone the City's Administrative Services Director at 763-433-9867.

## Book and Film Discussions via Zoom – with LWV ABC

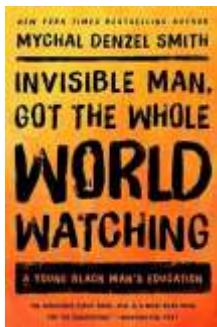
*Expand your knowledge and participate in interesting discussions!*

**Our Film Club** continues to meet monthly via Zoom *on the first Wednesday of the month*. Our informal discussions focus on issues raised by the film, but even if you did not have time to see the film, everyone can participate in the conversation. It's a great opportunity for some social interaction!



**February 3, 2021**

**Our Book Club:** Due to the holidays, our next Book Club Meeting is not until January 20 but it is time to get your library requests in for the upcoming books.



January  
17, 2021



20, 2021  
March 17,



February  
2021

## **Local Legislator Shares News of Completed Task Force Report— *Minnesota Task Force on Missing and Murdered Indigenous Women***

The report of the Minnesota Task Force on Missing and Murdered Indigenous Women was released in December.

From Senator Mary Kunesch's constituent newsletter:

### **Missing and Murdered Indigenous Women**

## **Missing and Murdered Indigenous Women Task Force**

A report to the  
Minnesota Legislature



In 2019, with full bipartisan from both legislative bodies, I authored, and we passed historic legislation to create a task force to study the Missing and Murdered Indigenous Women in Minnesota. In 19 short months, with great passion and hard work, we released the report in December 2020. Included in the report are facts, figures, and testimony from victims and their families. The Minnesota MMIW Report proposes transformative actions in the areas of health, security, justice, and culture specifically for our Indigenous women, their communities, and the entire state. I cannot tell you how proud I am of this report and the entire task force members! Read the report [here](#).

## **Welcome to our Newest Member**

Michele Bergh of Andover is our newest member. Welcome to Michele! We look forward to working with you in LWV's vital mission.

## **LWV Minnesota Convention 2011**

The LWVMN Board is pleased to announce that the 2021 Convention is being planned as a virtual convention and will be held the weekend of June 11-13. It is hoped that the virtual format will allow for broader participation and give the potential for a slate of great speakers. We will be recruiting a Convention Task Force so please contact LWV MN Executive Director Michelle Witte or LWV MN President Laura Helmer if you are interested in serving. LWV ABC members can also email us at [lwvabc@gmail.com](mailto:lwvabc@gmail.com) and we'll help get you connected.



## New Diversity Column starts in the LWV ABC Voter with this issue!

LWV ABC is serious about improving our diversity and inclusion, including through learning about anti-racism. Besides our book and film club, we will include in this column articles about how to improve. We are looking for contributors for this column: *submit your recommendations for articles, blogs, video, podcasts, etc. to [lwvabc@gmail.com](mailto:lwvabc@gmail.com) Write: RECOMMENDATION in caps in the subject line*

### ANTI-RACISM RESOURCES (also a [post on the LWV ABC Blog](#))

*Anti-racism* is the act of opposing racism/white supremacy in all forms - in our society, other people, and ourselves. It is about identifying the root causes of racism and putting an end to them. A critical part of anti-racism is self-education - educating yourself without placing the burden of your education on Black, Indigenous and people of color (BIPOC). In that spirit, we are asking you to educate yourself and share resources you found helpful or insightful to help others continue their antiracism self-education.

In January 2021, Twin Cities PBS launched *Racism Unveiled*, a multimedia, multiplatform storytelling project which will examine the impact of systemic racism on Black, Indigenous and communities of color in Minnesota, how racial inequities came to be, how they hold us back and what we can do about them. The two year project is "a platform for people of color to share the honest truth about their experiences in this state and to find a way forward together."

### **Some *Racism Unveiled* recommendations:**

[Explore a Racial Awakening in a Small Minnesota Town](#) article and short video  
[Tethered: How Race and Policing Binds Minneapolis to Louisville](#) article  
[Jim Crow of the North](#) - 1 hour documentary on redlining in Minnesota

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### **A blog to follow with good anti-racism resources is Real Talk: WOC and Allies.**

*Real Talk: WOC & Allies* is the voices of women of color (WOC) and allies working against racism and oppression. Great blog to learn more about being antiracist.

Some *Real Talk: WOC & Allies* recommendations:

[An Open Letter to White People on the Murder of Philando Castile](#) – blog post on equality, equity and silence  
[Holy Shit, Being An Ally Isn't About Me!](#) - blog post on learning to be an ally  
[Real Talk White Women Were Asked If They Have Real Friendships With WOC](#) - blog post on how to be a better ally/friend.

### **More Articles**

[The Perils of "People of Color"](#) by E. Tammy Kim  
[For Black Women in Media, a "Dream Job" Is a Myth](#) by Kathleen Newman-Bremang  
[White Millennials Are Products of a Failed Lesson in Colorblindness](#) by Mychal Denzel Smith

### Follow City Government Meetings:

Click this link - "[Your Elected Officials](#)" and you will find extensive resources on elected officials throughout Anoka County. Pat Kennedy has worked to include here links to city webpages and social media connections. Links include where to watch city meetings online, and their social media sites.

It's interesting to watch your city council in action. LWV ABC members are invited to watch their city council meeting and then complete an LWV Observer Report form – available at <https://my.lwv.org/minnesota/anoka-blaine-coon-rapids-area/action-and-advocacy/observer-corp>.

LWV ABC has also been observing Anoka County government for some time. This has been harder in the time of Covid, but Wes Volkenant has been steadfast in working on this project.



### Follow Anoka County happenings:

LWV ABC member Wes Volkenant is administrator for a Facebook page that provides summaries of meetings and actions of the Anoka County Board – Eye on Anoka County. This public group page also includes posts on developments and other news from Anoka County, and has more than a thousand followers.

This is a great resource for Anoka County residents – on Facebook, search for Eye on Anoka County, or check it out at

<https://www.facebook.com/groups/340454623277998>

### LWV ABC Calendar – many ways to get and stay involved

The LWV ABC calendar includes a wide variety of events - check it on the LWV ABC website at

<https://my.lwv.org/minnesota/anoka-blaine-coon-rapids-area/calendar> . Here's an example of an upcoming event >>>>>>



## LWV ABC Call to Action

LWV Minnesota is leading advocacy work at the state level here in Minnesota. They are also our link to LWV US and their work. LWV members like you (yes, you!) can be part of this work. LWV MN's Advocacy Chair is Vivian Latimer Tanniehill, and she is fearsomely organized and passionate about LWV's work. Join her and take an active role in LWV's work!

Vivian leads the LWV MN Action Committee, which meets virtually on the third Friday of each month. LWV members are needed to join in this work... fighting voter disenfranchisement and promoting reef and fair elections! Raise your hand by emailing [lwvabc@gmail.com](mailto:lwvabc@gmail.com) and we'll get you hooked up with the committee.

Here's an example of the work that the Action Committee is doing. Vivian is super-organized and runs a good meeting with lots of lively discussion.

## LWVUS – Updates

- [Sign the Petition](#) – The Next President and Congress must enact democratic reform
- For the People Act - [Read the Bill](#) - 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. Contact your Senator.

Interesting Reading:

[LWV Statement on The 2020 Election Results](#)  
[We've Voted What Happens Next? Blog](#)

## LWVMN – Updates

2021 LEGISLATIVE SESSION: Opening Day of the Ninety-Second Session of the Minnesota Legislature Begins- Tuesday, Jan. 5, 2021 12:00 PM. Members are needed to join the LWV MN Lobby and Observer Corps: [MN Lobby Corps and Observer Corps Training](#) Check Out the [November All Member News](#)

## What are LWV MN's Legislative Priorities for 2021?

- **Redistricting reform**
- **Restore the vote to felons on parole**
- **Legislative transparency**
- **Voter empowerment**
- **People Powered Fair Maps (redistricting)**

Click [LWV MN Priorities](#) for more detail on these!



**VIVIAN LATIMER  
TANNIEHILL**

### ***Advocacy Chair***

Vivian is a member of LWV Woodbury, Cottage Grove Area chapter where she served as Program for Action Chair, Advocacy Co-chair and coordinates the legislative interviews for the Annual Legislative Interview Brunch. The difference between her early childhood in the segregated south and her life in Roseville, Minnesota, inspired a desire to eliminate discrimination and the disenfranchisement of qualified voters.

Vivian is a retired Human Resources Director and widow. She enjoys classes in floral design, reading, gardening, cooking and genealogy.

### **Highlights of LWV ABC Board Meeting, January 25, 2021**

We discussed using Google Calendar as a planning calendar, some place to put ideas of things to do, reminders of tasks that would keep showing up so are not forgotten, and a place that we could all access. It is a very flexible and powerful tool. We decided to go ahead and commit to using it, and that we will need to learn how best to use it.

The Program Committee talked about our upcoming membership meeting topics. Our February topic will be on how the pandemic has affected the elderly. Our March meeting will revisit our previous work on Pollinators. We discussed looking into what the Anoka Conservation District is working on in our area. There is so much going on that we could have be a topic for a second meeting. It could cover such things as, "What can you do in your city on pollinator topics", "How conservation planning is done" and other civic education topics.

Topics related to indigenous people were proposed, relating to our non-partisan policy and diversity issues. It was suggested that we could plan a joint meeting with other, outstate Leagues such as Brainerd, Bemidji, or Park Rapids on those issues.

Arlene Gillett, Secretary

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### **Do you have Information to share with LWV ABC?**

#### **Four ways to stay in touch with LWV ABC**

**Visit our public website:** [www.lwvabcmn.org](http://www.lwvabcmn.org). If you need a refresher on accessing the Members Only section of the website, send an email to [lwvabc@gmail.com](mailto:lwvabc@gmail.com). We will reply with the link for you to bookmark.

**We're on Facebook:** Just search for "LWV ABC Facebook".

**Our monthly newsletter, *The Voter*:** Members and other interested persons receive our newsletter by email in the early part of each month. Issues are also available on our LWV ABC website, [www.lwvabcmn.org](http://www.lwvabcmn.org).