

www.lwvpalosverdes.org

(310) 784-7787

March / April 2017

Calendar 2017

Wednesday	March 8	Board Meeting	Noon	Nell Mirels' House
Saturday	March 25	County Convention	9:30 am-2:00 pm	Pickwick Gardens Orchid Room 1001 W Riverside Dr. Burbank, CA 91506
Saturday	April 8	Tri-League	9:30 am-noon	Kimona Room The Depot Restaurant 1250 Cabrillo Torrance, CA 90501
Wednesday	April 12	Board Meeting	Noon	Nell Mirels' House
Monday	April 24	Mental Health Panel	7:00-8:30 PM	Nakano Theatre 3330 Civic Center Dr. N. Torrance, CA

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This Month's Co-Presidents' Message

It does not seem possible that spring is on its way—our weather still says "winter". We finished our Go See Trip to Skid Row Housing and continue to follow all the county measures on Homelessness. The League is supportive of Measure H and we hope all of you are voting in our March elections. Although it seems a great deal of money is supporting housing for the homeless—it is still not enough to meet the need of all who are homeless in our county.

Nancy led a successful PVE Forum for City Council. Thank you Nancy! And we finished our program planning for this year – see the results in this issue. Linda finished our new rosters and got them sent out. She also offered her home for our social event theater party—which is just about here. Linda is extremely remarkable—she is always there when you need a volunteer—and takes on the most difficult of tasks—Voter's Edge for one, and our Web site. You can always count on her -- so thank-you, thank-you Linda for all your hard work including the Rosters.!!

Our new Action chair, Karen Buresh, is another solid volunteer who is trying to set up a program on the Electoral College. She also represented and set up Legislative interviews for our area. AND- she also ran our program planning event—so again thank-you Karen!!

Pat Rome—our local-land committee chair is now back with us after a health issue "laid her low". She is setting up meetings now—so if you wish to join—(this group seems to have a lot of fun)—please contact her.

Lastly we had a few hardy members attend the Women's March!! There were so many people—they never did find representatives from other Leagues. This will be an interesting movement to watch.

Hoping to see all of you very soon,

Katy Watkins (310-408-6211) and Vi Jungerich (310-541-5092) **Co-Presidents**



LWV/PVP VOTER

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Member Profiles - We will be doing profiles of our new and longtime members with the hope that we can get to know them better and meet them in person at our various activities.

Nancy Mahr - Longtime Member of the League



Nancy is a native Californian, raised in Pasadena. She attended Occidental College and graduated from Cal State LA with a secondary teaching credential in Social Studies and English. Additionally she holds a Certificate in Corporate Communications from CSULB. She has taught in Pasadena, Huntington Beach and Magna Utah.

In 1984, she became the PVPUSD's community and governmental relations assistant to the Superintendent and later served the PVLD as their public information and governmental relations coordinator. In 1996, she became the public information officer for the County of Los Angeles Public Library, a position she held until 2006 when she retired.

Additionally, Nancy has served on the PV Library District Board of Directors, ultimately serving as president of the board.

She has lived in Rancho Palos Verdes since 1971. She is a widow with two grown children - Hans, a lawyer and Krista, a journalist.

Nancy has been active in League for many years. She has been our Local League President, the Los Angeles County ILO President, and she has served on both the LWVC Board of Directors and the LWVUS Board of Directors. There are few League jobs that Nancy has not done! Karen Buresh - New Member of the League



Karen McLaurin Buresh has become the League of Women Voter's Third Vice-President for Action and Advocacy on the Board of Directors. Her passion for civic learning, communication and political awareness are at the core of her community involvement. Karen graduated in law from USC and worked in litigation on large public projects such as the subway system, LA Unified School District and other public agencies for twenty years.

She married her husband Tim, an engineer, who was also involved in public projects and they moved to Rolling Hills Estates where their four children have attended local schools. Today, Karen and her husband run a consulting practice.

Her first exposure to the LWV came as the PTA Legislative Representative and now as the PTA President at Miraleste Middle School. She feels strongly about kids becoming involved in their local and civic events and organized visits from local and state politicians who were interested in listening to the young people's concerns.

Through the LWV Voter's Services, she met Eileen Hupp (Chamber President), Rosemary Humphrey (Principal), Nancy Mahr and Linda Harman...all members of LWV. Karen's interests continue to be realized by promoting better understanding and communication between the local Chamber of Commerce, the League of Women Voters and other local agencies. We are fortunate to have Karen on the LWV Board of Directors.



An Inter-League Organization

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The Pros & Cons of Measure H

Sales Tax ---- 2/3 Approval Required

Los Angeles County Plan to Prevent and Combat Homelessness

The Question: To fund mental health, substance abuse treatment, health care, education, job training, rental subsidies, emergency and affordable housing, transportation, outreach, prevention, and supportive services for homeless children, families, foster youth, veterans, battered women, seniors, disabled individuals, and other homeless adults, shall voters authorize Ordinance No. 2017-0001 to levy a ¼ cent sales tax for ten years, with independent annual audits and citizens' oversight?

The Situation: According to the United States Department of Housing and Urban Development (HUD), there were 115,738 homeless in California in 2015, over 20% of the nation's homeless, by far the most of any state. The estimate for one night in Los Angeles County was 46,874, up about 6% from 2014. Homelessness was named as one of the biggest problems in the County.

The Los Angeles Homeless Services Authority (a city agency) conducts counts of the homeless in Los Angeles County as well as in the city, counting both the sheltered and the unsheltered. Although the total dropped from 65,287 in 2005 to 38,602 in 2009, it has been climbing slowly since then. Estimates by the Institute for the Study of Homelessness and Poverty at the Weingart Center are much higher: about 254,000 men, women, and children homeless at some point during a year in Los Angeles County and approximately 82,000 homeless on any given night.

The Proposal: Measure H would raise the county-wide Transaction and Use Tax (TUT) (i.e., the county sales tax) by ¼ cent for ten years, with the funds raised going to combat homelessness as specified in the measure. Application of Measure H funds would be under the direction of the Los Angeles County Board of Supervisors with oversight by a five-person Citizens' Oversight Advisory Board (COAB) that would semiannually review tax expenditures and annually publish an accounting. In addition, the County Auditor-Controller would prepare an annual audit of Measure H proceeds.

Fiscal Impact: The County estimates that the ¼-cent Homelessness TUT will bring in approximately \$373 million per year. TUTs, whether general or specific, are capped at 2% countywide. Currently, prior to Measure H, the county levies TUTs that total 1% countywide. However, cities also have the authority to levy TUTs. For example, La Mirada, Pico Rivera, and South Gate have their own 1% TUTs, but would not lose that income because of the cap. If Measure H passes, they would receive the revenue from the countywide TUT to replace their own TUT income, and county income would be reduced accordingly. The \$373 million estimate of Measure H income already takes into account the small amount that would be credited to those three cities.

Supporters Say:

- Daily, over 47,000 in our county are homeless, including many women, children, and veterans,
- The growing homelessness crisis disrupts nearly every community in the county.
- The longer we wait, the more expensive it will be to deal with the issue.
- The homeless need more than housing; Measure H is a broad-based approach, urgently needed.

Opponents Say:

- Taxes are already too high and should be reduced, not increased.
- A sales tax is a regressive tax that places the burden on those least able to pay.
- Localities are better equipped to deal with the problem than the county at large.
- Voters recently approved increases in county taxes and should not be asked for more so soon.

Marijuana—Quick Facts:

By Vi Iungerich

(Information taken from an article by Mark Rose on Medical Marijuana)

- The plant Marijuana (Cannabis Sativa) has been traced to the Central Asian/ Himalayan region originating about 36 million years ago.
- The first described use of marijuana is believed to be by the Chinese emperor Shen Nung in his medical compendium of 2737 B.C.E.
- Cannabis has been used for both its medical properties and for religious practices for thousands of years—mainly in Asia, India and the Middle East.
- Marijuana has more than 489 distinct compounds that fall into 18 different chemical classes. Many of these are biological active and account for the many uses of marijuana.
- Marijuana came to the West in 1839 and was added to the US Dispensary in 1854.
- Although Marijuana was known to be very useful for a variety of conditions, it was difficult to standardize due to the fact that many of the compounds were not water soluble and the plant can produce different potency depending on the soil it is grown in, the parts of the plant used and how it is taken. (Smoking creates more compounds,)
- THC (Delta 9-tetrahydrocannabinol) is the primary active cannabis constituent causing psychotropic effects.
- CBD (cannabinoid) is the next most abundant cannabinoid in marijuana. CBD has many physical affects on the body but does not have any psychotropic effect.
- Both Canada and the Netherlands produce medical marijuana with known concentrations of both THC and CBD. It is produced under strict controls and has pharmaceutical-level standards. The US medical cannabis does not meet these standards and is not controlled by the government as is the case in Canada and the Netherlands.
- There are abundant cannabinoid receptors in both the brain and the body that react with the many compounds in marijuana. These receptors explain the multitude of effects found in marijuana.

- The US entered cannabis into the US Dispensary in 1854. It was heavily taxed in 1937 and removed from the US Pharmacopoeia in 1942. The American Medical Association opposed both acts and testified before Congress that medical experience had demonstrated that cannabis had an irreplaceable therapeutic role.
- In 1970 the Controlled Substance Act categorized marijuana as a Schedule 1 drug which lists these drugs as highly addictive and devoid of medical value or safety. These federal regulations are still in place. Trump (supposedly) will support use of medical marijuana only.
- Some few of the properties of cannabis that can be used therapeutically include as an analgesic for chronic pain, chronic inflammation, multiple neuritis; as a sedative for insomnia, tetanus, bronchitis; and for a long list of other uses such as an antiinflammatory, appetite stimulant for anorexia etc. Today it used by cancer patients for relief from nausea and vomiting due to chemotherapy, by AIDS patients with wasting symptoms, and in PTSD for modulating memories and mood. There are also many other uses that unknown and/or are poorly understood.
- Cannabis should not be used by anyone with psychosis, or children as it can affect the brain in its development.
- For useful public information in the county see: <u>www.ph.lacounty.gov</u>



MARIJUANA: New Law

By Ellen Alkon, MD, MPH

Marijuana regulations:

California agencies and local jurisdictions are now busy writing the regulations that will allow legal sale of marijuana to adults. Implementation is expected by January 1, 2018. Among the many expected benefits of Proposition 64 is decreased access to marijuana by children. The regulations will be a major determinant in whether indeed there is decreased access to children.

Important factors in limiting child access include the level of tax imposed, the locations for sale and the packaging of marijuana containing food. If the tax is too high the illegal market can have an incentive to continue because they can undercut the legal market. The Proposition lays out some restrictions regarding sale near public areas where children congregate such as schools, and more restrictions are expected from regulation or local laws. Access to both legal and illegal marijuana is particularly a concern for adolescents. For younger children access is more likely through food containing marijuana and the characteristic of the packaging can either deter or attract consumption.

The roll out of legalized marijuana needs continued public scrutiny to assure minimal negative impact.

Current knowledge of Marijuana health effects:

The Health Effects of Cannabis and

Cannabinoids: The Current state of the Evidence and Recommendations for Research was released by an ad hoc committee of the National Academies of Science. Engineering and Medicine in January 2017. It has been 18 years since the last Institute of Medicine consensus report on marijuana The new report is timely for both the state of California and local jurisdictions that are in the midst of developing regulations for Proposition 64, Recreational use of Marijuana. Aside from decreasing prison time, the proposition was promoted as a vehicle to decrease exposure of children to marijuana, since sales are limited to those aged 21 and above. Legalization will ease access to marijuana for those age 21 and over and can increase adult use in the state.

This report looks at the evidence for both beneficial and harmful health effects. It comes to nearly 100 conclusions and includes a final chapter on the daunting challenge of conducting research on a substance illegal at the federal level. As a schedule I drug, it is designated as of no medical value and there are major regulatory and funding barriers to research that would provide increased understanding of the health impact.

This is not an easy read, but it does summarize the current state of the evidence about the health effects of marijuana and point to some future directions for research. For example, in part of the 11th chapter, the report highlights the association between cannabis use and effects on cognition during adolescence, the coexistence of substance abuse and mental illness and a promising national study on adolescent brain development. For information about the report or the actual report see http://www.nationalacademies.org.



March / April 2017

Homeless Update 2017 and Report on Star Apartment Homeless Housing Tour

Update:

The homeless count of LA County was conducted on January 25-27. This year about 7,700 volunteers took part in the count. Last year the count was 47,000. It appears that this year the count may be larger. The official count with analysis will be released in the next couple of months.

This count is required to receive federal funding. Last year the federal government sent more than 100 million to combat homelessness. The total funding for last year was 173 million counting monies also from the county and city. This year the county is expecting 230 million including county and city money. This does not include funds for supportive services such as mental health and housing.

Starting Feb 6, LA police will start to enforce a ban on living in vehicles near parks, homes and schools. Although the count tries to be accurate -it does not necessarily address all homeless people. For example, one woman staying in a motel with five children and grandchildren was not counted although they had been on the street the day before because they had scraped together enough money for the one night in a motel. Those who stay in train or bus stations are also not officially counted though Metro officers will take an informal count. One statistic, county and city officials are trying to clarify are those released from jails, hospitals, nursing homes and foster care. It is known that these are feeders into homelessness. A spokesperson for the jails said on any given night it might be as high as 3000-but usually averages about 2000.

The city noted that voters have approved \$1.2 billion to build 10,000 homeless and low-income housing units over the next decade. Given that the homeless population is about 50,000—the increase in new housing units will not solve the problem. It also does not address contractors who are moving people out of low-income housing to revamp the housing into high price units.

Star Apartment Homeless Housing Tour

The Star Apartments are for the chronically homeless who have been on the streets from one to ten years and are most at risk of dying. The development consists of prefab modular units that are lifted into place to create a 4 story building. The single apartments have their own bathrooms and kitchens, a bedroom with a full-sized bed, some furniture and table with 2 chairs in the fully equipped kitchen. Each new resident is given a Welcome Kit that includes a set of sheets, dishes, towels and cooking utensils, etc. to help them get started. Residents are very appreciative of this gift.

All the apartment open to a walkway that is open to the sky, no boxed-in feeling. Meeting spaces are provided for socializing, classes, and activities for residents. They have had good success in preventing death among their residents.

Support services are available in the lobby for medical and mental health needs. A case worker helps them find funds they are eligible for VA benefits, SSI, Social Security, General Relief (\$229/month). They also receive services to find a job.

The apartments are based on their income—all sign a lease. When a resident gets a job, they pay a percentage of their wages for rent. This unit is for single men & women. If they want to live with someone, they have to move out.

Other Facts:

The average age of homeless person is 52 years. Some older persons having been living on the streets for 10–20 years.

90% of residents voluntarily engage in support services.

Most residents stay for 6 months or longer. Homeless in housing have a 77% reduction in ER visits and inpatient admissions.

The average stay is 4 years. Reasons for leaving are that they reconnect with family, need full time nursing care, they want to move to another of their units, they go back to the streets or they pass away.



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55th Annual Convention

WHAT DO L. A. WOMEN WANT?

The State of Women in Los Angeles County 2016 United Way Study

presented by MARGE NICHOLS

CONVENTION KITS for delegates will be mailed to Local League Presidents by the end of February. Additional copies will be available at the meeting.

All members are encouraged to attend. Parking is free.



Keynote Speaker Los Angeles County Supervisor 5th District KATHRYN BARGER Saturday March 25, 2017

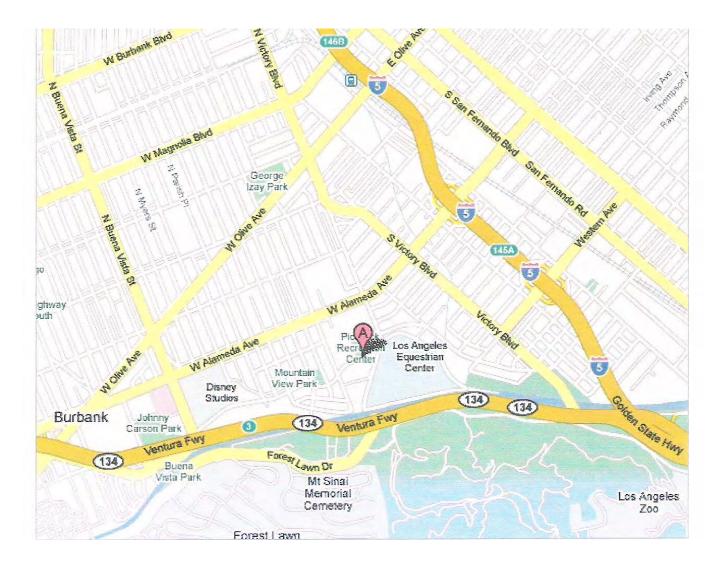
Registration & Coffee 9:30 AM

Convention 10:00 AM to 2:00 PM

Luncheon

PICKWICK GARDENS Orchid Room 1001 W. Riverside Drive Burbank 91506 See map instructions

Please send form and check payable to I <i>I</i> lail to S. Trutt, 1508 Greenfield Ave., #20 7	
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Delegates: Ple	ase Mark a "D" after your name
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Caesar Salad w/Chicken # or V	eqetarian Caesar Salad #
	w/o NUTS #



PICKWICK GARDENS Orchid Room 1001 W. Riverside Drive, Burbank, CA 91506

Freeway Directions

From I-5 (north or south) into Burbank:

Exit Alameda (west) to Main St. and turn left; at Riverside Dr., turn right; go past Pickwick Bowling Alley to the second driveway and turn right into long driveway to garden parking.

From the 134 (east) into Burbank:

Exit Buena Vista off ramp, at the bottom of the ramp, make a right turn to the stoplight. Make a left turn on to Riverside Dr. and go approx. 1- 1/2 miles. Just past Mariposa Ave., make a left turn into Pickwick's first entrance and drive to back. Park near the garden entrance.

From the 134 (west), go on to I-5 Sacramento lane: See I-5 above.

From the 405 (north), take 101 (east) to the 134 (east): See 134 (east) above.

Program Planning Meeting Report by Katy Watkins

Date: Saturday, January 14, 2017

The LWV-PVP/SP met at Think Cafe from noon until 2:45 PM to review League programs on Local and State levels as they appear in the Local League Roster (2016-2017)

In general, most positions will be retained; however, it was frequently mentioned that not much had been accomplished on many issues, some of which had last been amended 10 or more years ago. Lack of gains in education and mental health issues were perhaps the most disappointing. Mentioned in particular was the "support for development of a model child care program for the children of Los Angeles County employees" (social policy; child care; adopted 1987; pg. 16 of roster). Also mentioned were services to status offenders (juvenile justice pg 17).

Local program

Both monitoring positions for local program should continue (pg 9).

It was pointed out that the Local League should continue to monitor the district real estate issue as it pertains to an ongoing court issue in Palos Verdes Estates.

County program

Retain both issues for education and advocacy (pg 12). Continue county study: vote by mail (the study will be influenced by legislative bills and an experiment setting up 10 locations for voting in 2018.

Discussion about county government: questions re increase in number of county supervisors. Only County League can make such a recommendation.

Again, child care issue: recommendation that the league monitor and advocate for model child care program for the children of Los Angeles County employees.

Population impacts on a sustainable future (pg. 15)

This issue raised questions and was perhaps the most discussed issue. It was suggested that the wording being changed on issue #2: support for population stabilization or reduction, moving as quickly possible to a population size sustainable indefinitely without significant damage to quality of for present and future.

Suggested rewording: support for efforts to facilitate a sustainable population size which maintains quality of life for present and future generations.

State issues

No changes were recommended.



JOIN US FOR A VERY SPECIAL TRILEAGUE BRUNCH Saturday April 8th | 9:30 Am to noon



RETURNING HOMELESS PEOPLE TO OUR COMMUNITY Mark Ragins MD.

Mr. Ragins is an award winning physician in the area of psychiatric services. He is also an accomplished author, independent trainer, consultant, speaker, and transformational leader in the Mental Health Recovery Movement.

Where:

Kimono Room at the Depot restaurant 1250 Cabrillo Ave, Torrance, CA 90501 Phone: (310) 787-7501 Menu: depotrestaurant.com

Speaker Mark Ragins, MD

League members	\$30
Non-members	\$40

RSVP by April 1 2017 – "A reservation made is a reservation paid"

Mail Check payable to and mail to LWVTA, PO Box 964, Torrance, CA 90508

Online : www.lwvtorrancearea.org

For more information contact Athena Paquette at athena@stratisfinancial.com and phone 310-218-6855

Voter Service Report – PVE Election Forum Nancy Mahr, Voter Service

PVP LWV was asked by the City of Palos Verdes Estates to conduct a candidate and issue forum in advance of the March 7 municipal election. The forum was held on the evening of February 2 in the Council chambers at the PVE City Hall.

There were 3 candidates running for 2 City Council seats. There were also 3 candidates running for the position of City Treasurer. In addition there was one local ballot measure relating to a parcel tax for fire and paramedic services in the City. Two residents spoke pro and con relating to that measure. Written questions were accepted from the audience for both sets of candidates and for the ballot measure.

Special thanks to League members who helped at the forum. Jo-Anne Waller did an excellent job of moderating the 3 panels – Council, Treasurer, ballot measure. Julie Craemer, Barbara Culver, Linda Herman, Vi Iungerich, Cindy Kondon, and Nancy Mahr handled timing, question gathering, and question sorting.

Thanks also to the City of Palos Verdes Estates for providing the venue and setting up the room for the event. The Lunada Bay Homeowners Association made a video of the forum. It can be viewed on the LBHOA website - <u>http://lbhoa.org</u>.



SAVE THIS DATE!

League of Women Voters invites you to a free forum open to all--

Mental Health is Everybody's Business

AWARENESS, ACCESS AND WELL-BEING

Monday, April 24, 2017 7:00 – 8:30 p.m. George Nakano Theatre – 3330 Civic Center Drive N, Torrance

Children, Young Adults, Seniors MENTAL HEALTH IS AN IMPORTANT ISSUE AT EVERY LIFE STAGE

Join us to hear a panel of experts who will discuss the current science, individual identification, family impacts, alternatives for treatment and community resources.

Moderator: Dr. Sam Chan -Retired, LA County Department of Mental Health, District Chief, Family and Community Partnerships, Children's System of Care
Panelists:
Dr. Laurel Bear -Assistant Superintendent of Student/Employee Welfare
Alhambra Unified School District
Dr. Lishan Workeneh-Assistant Chief, Psychiatry
Kaiser Permanente South Bay Medical Center
Dr. Debbie Innes-Gomberg-Deputy Director, Adult Systems of Care
LA County Department of Mental Health
Cathy Williamson-Community Services Counselor, Adult Systems of Care
LA County Department of Mental Health

Community agencies will be providing representatives and information. Presented by the League of Women Voters of the Beach Cities, Palos Verdes Peninsula League and the Torrance Area League.

Women's March LA – January 21, 2017 by Arlene Block

Three intrepid LWVPVP members joined nine other friends, rented a large van (driven by a brave husband) to participate in the Women's March LA. Linda Herman, Elaine Asch and myself, Arlene Block, hoped to join the LA League at the Biltmore in Pershing Square and then march to City Hall. None of us and certainly not the organizers expected such an enormous turnout. We saw Pershing Square in the distance but the throngs of excited marchers were blocking streets throughout the downtown area. It was a remarkably happy crowd. We sang, we squirmed, we chanted, we wrapped pink scarves about our necks - courtesy of one of the many groups with an agenda.

The signs were fascinating - from serious pleas to save the Affordable Care Act, stop building walls, Abortion Rights and the funny, often scurrilous signs about our new President, women's bodies, and ------

We never did find the LA League marchers but we did find an amazing solidarity with all the women, children and men who turned out for this truly historic moment. Everyone was so happy to be there! As we shifted and oozed through the throngs we saw and spoke to people of all colors, shapes, and sizes. Despite some of the slogans on signs, this mob was unfailingly cheerful and courteous. We did finally march (walk?) to City Hall with a chance to look down Grand Park and be awed at the numbers of people who came from all points of the compass. By 2:00 pm, the crowd was moving out and so did we, marveling at the different picture of Los Angeles we had seen and enjoyed.

The March was only the beginning - so where do we go from here? Smaller break-out groups are forming and meeting all over the city. Some are called Huddles, some are part of Social Action in the Faith communities. Huddles are part of the 10 Actions for the First 100 Days campaign huddle which launched at the Women's March, and will mobilize millions to win back the country and world we want.

We'll visualize what a more equitable, just, safer and freer world could look like four years from now -- and we'll work backwards to figure out what we need to do, starting today, to get there. Huddles are meant to be positive, inclusive, action-oriented and huddle in the tradition of nonviolent resistance.

Write to your representatives in Congress and the President and tell them your concerns. Follow the Women's March website and the League of Women Voters website, both local and national. Get involved and stay involved. We can't let the momentum lapse!!



LWV/PVP VOTER



WHO ARE OUR MEMBERS?

Membership in the League of Women Voters, the most respected and effective grassroots organization in the country, is open to all men and women who are registered voters.

Our members make a visible difference by serving as community leaders using their experience to create positive, lasting change in our communities.

HOW DO I JOIN?

Just fill out the membership form below and mail it to:

LWV PVP, PO Box 2933, Palos Verdes Peninsula, CA 90274. Please make checks payable to *LWV PVP*

Membership Form

Name_____

Name(s) of additional member(s) in household

Address		
City	Zip Code	
Phone (home)	Phone (work/day/cell)	
Email address		
Amount enclosed \$		
\$80.00 one member		
\$40.00 additional member in the sam	ne household.	
Dues are tax deductible. LWV PVP is	s a 501(c)(3) organization.	

LWV/PVP VOTER

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March / April 2017