



# For Women's Lives

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August 2005

## About our Website

The Florida NOW website is available, and there is a lot of good information on it. The URL is

[www.flnow.org](http://www.flnow.org)

For the password to get into the members only section, contact any state officer.

As I said above, there is a lot of good information on the site, but there is also a lot that is outdated. We are in the process of looking into moving the website to another host that is easier to work with. There are a couple of possibilities we are checking.

So have patience, and we will keep you updated on the progress.

Thank you

Donna Slutiak

Florida NOW VP

Webmaster wannabe

## CHAPTERS:

**Please be sure to send a copy of your chapter newsletter to our president:**

**Clarice Pollock**

**1965 S. Ocean Drive**

**Hallandale Beach, FL 33009**

## Dates to Mark:

- Sept 6—Senate starts hearings on John Roberts Confirmation hearings
- October 6—US Supreme Court starts new session
- Oct 15—State Council meeting in Orlando

## Message from Clarice Florida NOW President

The time is not a good one for feminists. We see so much danger in the present political climate. We are being ruled by a gang that cares not for women's rights, children's rights, gbt rights or affirmative action. The new appointee to the Supreme Court will certainly not be a liberal or even a centrist. We only have to look forward to a right-wing radical. Add this is a life-time appointment!

On the local level I hope we can do better. We have a PAC/CCE to support our kind of politician.

The PAC/CCE exists for three reasons. One is to endorse statewide candidates, another is for the convenience of any local chapter that does not maintain a PAC/CCE and the third is to recommend to National NOW candidates for federal office.

We have an endorsement committee which will evaluate the endorsements from the chapters. Please send in your recommendations at least 14 days before the next State Council meeting. These will be the only candidates considered.

The Florida NOW PAC/CCE rules are on our website. Take a look at them to see how to proceed.

Our next State Council meeting is October 15 and we have been talking about making it a two day meeting with the second day being used for workshops on various issues and activities, i.e. non-violent civil disobedience, lobbying, chapter growth. Let me know if you think this is a good idea.

Please make sure you get in touch with our two senators to let them know how you feel about the Supreme Court nominee, the Energy Give-away and the Transportation boondoggle.

Medicaid funding for low-income families is in danger of being privatized in Florida. This will leave the determination of treatments to be used to the insurance companies, not the doctors. Our lobbyist, Karen Woodall, is now working on trying to block such a move. Broward and Duval Counties are the test cases.

Our abortion rights are being whittled away slowly but surely. Parental notification is a sure way for young women to look for illegal providers and suffer the consequences. We must find ways to assist these young women.

Florida is the only state that does not allow gay people to adopt. What a shame! We must also work to stop laws prohibiting same-sex marriage which keep law-abiding, tax-paying citizens from the same family protections and bonds as heterosexual couples.

The ERA had many co-signers in the last Legislative session. Let us keep up the pressure on our representatives and maybe in the next session we can get it out on the floor to be voted on.

Please feel free to call me at 954-454-3355 or 954-458-9081 if you have any questions or suggestions.

In sisterhood and for NOW,  
Clarice

Clarice Pollock  
President  
Florida NOW  
1965 S. Ocean Dr.  
Hallandale Beach FL 33009  
954-454-3355

## Florida NOW Officers:

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**\*\* let us hear from you \*\***

***We are here at your behest.—tell us what you want from us!!!***

**UNIVERSAL HEALTH CARE COMMITTEE  
NOTES ON OUR EXPERIENCE**

*For more information on Gainesville Area NOW's role in the Universal Health Care issue,  
call Carol Churchill at 352-377-9935 or email ganow@juno.com*

During the April 2005 Gainesville Area NOW general meeting we posed the following questions to those in attendance. We were surprised at how similar our insurance experiences were. Can you find yourself in some of our responses?

**C O N S C I O U S N E S S   R A I S I N G   Q U E S T I O N S :**

*1. How do you have health insurance (if you do)? (ie, through your job, a spouse's job, Medicare/Medicaid, or a parent?) Does how you get your health insurance affect your life? How?*

*2. What problems in your life as a woman would be fixed or helped with a universal healthcare system?*

**First and foremost, we found that health insurance was a factor in many decisions about our lives, mostly having to do with employment and our relationships with our partners. We wondered if we would have chosen different paths if our health insurance was not tied to employment or marriage. We specifically discussed our experiences regarding:**

**E M P L O Y M E N T**

- We continue to weigh health insurance coverage in deciding whether or not to stay in school, leave or take a job, move, or start a small business
- Even with the problems we all have with our insurance not meeting our needs and being too costly, we feel "lucky" to have it. And for at least 3 of us, we felt like it was harder to push for a raise when our employers were eating the rising healthcare costs.
- At least three women were members of unions that are fighting very hard to not have members pay more for health coverage. **These unions put most of their energy into health insurance issues**, which distracts from fighting for better pay, more vacation, lessening workloads, etc.

**R E L A T I O N S H I P S   W I T H   M E N**

- One woman said having health insurance through her husband made her feel like a dependent child. Her husband and his father discussed an illness she was dealing with in front of her as though she wasn't in the room, and they made financial decisions on her behalf as if she were a child. Health insurance was just "one more thing" that he contributed to the marriage that she did not.
- Two women were dependent on their husbands for health insurance and said "little comments" about this affected their relationships.
- One woman spoke about weighing when to end a relationship she knew needed to be ended because she got domestic partner benefits through her partner's job. She did break it off and stayed on his insurance for a while. She had to be selective about what to tell medical professionals because she didn't want them to tell the insurance company that they weren't together anymore.
- One woman's husband was dependent on her insurance and he pressured her to keep her job rather than pursue a small business opportunity while he quit his job and started his own business.

**Next, we found that many of our health-related needs really weren't being taken care of.**

- We found that insurance companies discriminate against women by not providing for our reproductive needs. One woman said she could only have her birth control pills covered if she had a medical condition, not just because she wanted to prevent pregnancy. Two women wanted their tubestied, but the procedure was not covered by their insurance plans.
- Big health crises (long-term care for a parent or grandparent, MS, cancer) were devastating for several women. The finances were too much to bear, and even when the insurance company covered it, many women received "ghost bills" for years.
- Some of our relationships suffered because the financial, emotional, and physical burden is too much. We lose what might be an inheritance because of the financial drain of long-term care. One woman stayed out of the job market for 8 months and lost her earning power, while another woman often rushes to her grandmother's on the weekends to care for her and be an advocate for her health care needs. We were frustrated that the insurance companies did not do more for us.

**Last, many of us felt we didn't have a say in what insurance companies do. We felt they are not working for our interests, but instead focusing on making money.**

- We have no vote (in countries with universal health care, you can vote in or vote out politicians based on their work with the health system.)
  - Insurance companies change what is covered each year, which is very inconsistent and often confusing.
- 'We pay more each year, but get less services:
- Three women fought for long periods of time to be reimbursed for what should have been covered, meanwhile the insurance company earned interest on that money. However, when we didn't pay bills in a timely manner, our accounts were turned over to a collection agency.
  - The appeals process is a joke. Many women talked about spending hours on the phone being shuffled from person to person while getting nothing resolved.

## Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new prod-

uct.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

## Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment

upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

*“To catch the reader's attention, place an interesting sentence or quote from the story here.”*

## Inside Story Headline

This story can fit 75-125 words.

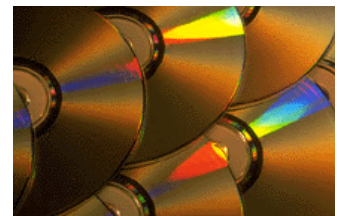
Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from

which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.

(this update came in just before publication.)

#### WOMEN'S CLINIC REOPENS

Presidential Women's Center which was severely damaged in "suspicious" fire on July 4, 2005, reopened on August 10 at its original West Palm Beach location. Although there was extensive damage from the arson attack, many hardworking contractors worked towards the reopening. The Center provides abortions as well as a full range of women's reproductive health care services. It is the only free standing facility offering abortions in Palm Beach County.

Members of North Palm Beach County NOW were at their post on Saturday morning, August 13, escorting patients. At the entrance of the clinic were the usual anti's with their signs, rosaries and megaphones, although they were fewer in number. Were they ashamed or just didn't know that the clinic had reopened?

While the clinic was closed, North and South Palm Beach Chapters gave Starbucks gift cards to the employees of Presidential. When we saw them again they all thanked us for the Frappucinos.

We are still waiting for the West Palm Beach City Commission to implement the 30 foot barrier to protect medical facilities like Presidential Women's Center. NOW members hope to introduce a similar ordinance in Lake Worth.

Thanks to all who donated to Emergency Medical Assistance, the fund that helps poor women obtain abortions in Palm Beach County. We raised about \$1,000.

Shirley Y. Herman  
North Palm Beach County NOW

### Call to Conference

The Florida National Organization for Women 2006 will be held in Gainesville January 20-22. Here is the information we have at this time. Details will be available on the Florida NOWnet, at [www.flnow.org](http://www.flnow.org), and in the next newsletter.

#### Conference Fees:

Early registration: members \$35; non-members: \$45; students \$25  
On-site registration: members \$40; non-members \$55; students \$25  
Registration support available

#### Travel Information:

- Gainesville Regional Airport (GNV) is served by USAir and Delta; courtesy car provided by hotel?
- Less than two hours' drive from Orlando or Jacksonville airports
- Easily accessible by car, Gainesville is conveniently located in North-Central Florida, off Interstate-75

**Hotel:** Paramount Resort and Conference Center, 2900 SW 13<sup>th</sup> ST (HWY 441)

- Conveniently located south of the University of Florida campus
- Conference Rate to be negotiated (up to 4 per room)

**Alternative Housing:** For NOW members only: can be arranged, call Conference Organizers at (352)376-7479

**Exhibits & Advertisers:** Call Conference Organizers at (352)376-7479 for information

**Special Accommodations:** For special accommodations, please call Conference Organizers at (352)376-7479

**Childcare:** Available upon request, please call Conference Organizers at (352)376-7479

Respectfully submitted,

Emily Browne, President  
Judy Levy NOW

#### Attention Young Feminist Organizers:

SPARK! The newsletter of the Florida NOW Young Feminist Task Force, is now accepting submissions for our fall issue.

The first issue of SPARK! was published in 1991 by three members of UF Campus NOW-- Jenny Brown, Alex Leader, and Betty Campbell-- after returning from a national NOW Young Feminist Conference in Akron, Ohio and finding no medium for young feminists to share ideas. This was later the inspiration for the formation of the Young Feminist Task Force in Florida NOW.

The purpose of the YFTF is to facilitate the exchange of information between young feminist activists, to develop leadership for the feminist movement, and to figure out the best strategies for winning advances for women. It is important for us to learn from each other's successes and failures. It's important for young feminists to know our own activist history so that we can become better leaders. We are the future of this movement-- it's up to us!

For the next issue of SPARK! we are looking for editorials you've published, feminist artwork, articles, flyers, pictures from actions, press clippings, or any other work you've done as part of your NOW chapter. We cannot guarantee that all submissions will be published, but all will be considered.

The deadline for submissions is September 30th.

Please send submissions to:  
SPARK!  
c/o Young Feminist Task Force  
P.O. Box 2235  
Gainesville, FL 32602

## ARSON ATTACK DAMAGES WOMEN'S CLINIC IN WEST PALM BEACH

On July 4<sup>th</sup> a suspicious fire severely damaged the Presidential Women's Center. The clinic has been operating in West Palm Beach for 25 years, offering medical services to women, including reproductive services and abortions. It is the only freestanding clinic offering abortions in all of Palm Beach County. Exactly a year and a day earlier, in Lake Worth, Womenscare clinic, offering similar services, was completely destroyed by another "suspicious" fire. That clinic has not reopened.

Both clinics were plagued weekly by loud, aggressive anti abortion demonstrators. Both North and South Palm Beach County NOW members came to Presidential Women's Center to escort patients and protect them from demonstrators.

On July 11, NOW members from both chapters participated in a rally in front of the West Palm Beach City Commission meeting calling for a 30 foot barrier in front of all medical facilities. Presidential has long called for this barrier. It would protect the clinic and other facilities from demonstrators. It now looks like this ordinance will pass the City Commission.

Presidential Women's Center is treating patients at an undisclosed location and will reopen in a few weeks after repairs.

In response to this act or terrorism, North and South Palm Beach County NOW are collecting contributions for Emergency Medical Assistance. This organization helps women in Palm Beach County who need abortions and can't pay for them.

Mail contributions to:  
EMA  
P.O. Box 33552  
Palm Beach Gardens, FL .  
33420

Let us know what you send by email:  
[NPBCNOW@aol.com](mailto:NPBCNOW@aol.com) or call  
561-802-3722.

Let's show those terrorists that our response to their attack is to help women in need to get safe and legal abortions.

Shirley Y. Herman  
North Palm Beach County  
NOW

The emotional, sexual, and psychological stereotyping of females begins when the doctor says, "It's a girl." ~Shirley Chisholm

### Health Item

Submitted by Ann Fonfa

Want to eat fish often? Worried about Mercury?  
Looking for ways to Detoxify?

Eating fish is good for us. However most of the fish available these days is farmed. This makes it less likely to be high on omega-3 essential fatty acids (i.e. DHA/EPA) and more likely to contain excessive mercury.

Here are some things you can easily do to detoxify your body of mercury.

Eat cilantro also known as Chinese parsley. Cilantro is found in many native cuisines for a good reason. It can detoxify the body of heavy metals. Just add it fresh or dried to soups, salads and stews.

Or you use parsley if you prefer, or both. Dandelion leaves are also valuable as a detoxifying agent. We juice it with carrots and granny smith apples with a touch of ginger. Or add to a salad - dandelion leaves are bitter but that can add a zing to your salad or soup.

Another method is to use chlorella - a type of algae. I personally take Sun Chlorella daily in its granular form. I add it to salads or soup. It comes as green

tablets too.

For women who want to detoxify their entire bodies from as many chemical and other daily 'insults', I recommend jumping on a small trampoline. I got mine for \$149 and I use it often. It encourages the lymphatic system to flow better. The lymph system is what removes infection and bacteria from our systems.

Feel well. See our website

[www.annieappleseedproject.org](http://www.annieappleseedproject.org) for information on complementary and alternative approaches to cancer.

Ann Fonfa

"

**Feminism is an attack upon social opinion wherever it discriminates in its attitude toward man and woman on the basis of sex."**

**-George Middleton, early 20th-century playwright, speaking in 1914.**

Submitted by Lori Tinney and Jessica Livingston,  
Gainesville Area NOW



Antoinette d'Oronzio left, and Penny Landmann hold a Tampa NOW round as they participate in the "Pride is Back" march held recently in Tampa

**Tampa NOW Members Participate in March against Hillsborough County Anti Gay Pride Vote**

Well over 2,000 people participated in the "Pride is Back" march in downtown Tampa on June 26<sup>th</sup>. The day before a St. Petersburg Pride event drew over 35,000 people. There was a Tampa Bay Area NOW presence at both events. Much of the enthusiasm for participation in the events came from a recent vote by the Hillsborough County Commission to "abstain from acknowledging, promoting, or participating in gay pride recognition and events." Tampa is located in Hillsborough County. The County Commission vote came shortly after complaints from several patrons about a display recognizing Gay and Lesbian Pride Month at several local libraries. One of the County Commissioners, Ronda Storms, was upset about any displays in the libraries saying she did not want to have to explain homosexuality to her young daughter who might see this and then ask questions. After virtually no discussion, the Commission voted to pass the proposal, with only one dissenting vote, that of Commissioner Cathy Castor. (Yes, that is Betty's daughter.) Tampa's Mayor Pam Iorio and several of the Tampa City Council members have spoken out strongly in opposition to the Hillsborough County Commission anti-gay vote.

Gainesville Area NOW's Universal Health Care (UHC) Committee organized a consciousness-raising (CR) session for our April General Meeting, asking members how the current healthcare system (in the U.S.) affects their lives as women (see flyer for CR questions). The testimonies and conclusions from the CR were then made into a flyer that we could use for tabling or hand billing. In June the Committee hosted a Universal Health Care House Party. The presentation at the House Party drew on the ideas in the Redstockings organizing packet "Women's Liberation and National Health Care: Confronting the Myth of America." After a presentation and skit, we discussed how guests could get involved by joining Gainesville Area NOW, hosting their own House Party (with help from the committee), and pitching in funds to the chapter. Several guests became members of NOW and we raised over \$100 from passing-the-hat. We were also successful in getting several guests to volunteer to host UHC House Parties in the fall for their friends and co-workers. The Committee also discussed the statewide Just Health Care campaign and passed out petitions for signature gathering (for more information about the universal healthcare campaign see [www.justhealthcare.org](http://www.justhealthcare.org)). If you would like more information on how to get your chapter involved, please contact Candi Churchill ([candichurchill@juno.com](mailto:candichurchill@juno.com); 352-377-9935) or Jessica Livingston ([jalivingston88@yahoo.com](mailto:jalivingston88@yahoo.com)). Ordering information for the Redstockings Organizing Packet, "Universal Health Care & Women's Liberation: Confronting the Myth of America," can be found at [www.redstockings.org](http://www.redstockings.org).

The June 26<sup>th</sup> march was organized by Equality Florida, whose Executive Director Nadine Smith urged participants not to focus just on Commissioner Ronda Storms who spear-headed the ban. According to Smith the issue is much bigger than just Storms or the Commission vote. It is about the quality of life for all of Hillsborough County. She encouraged people to talk with friends and family and work toward getting the ban repealed. Many in the community are concerned that the ban will have an impact on tourism and conventions with groups and organizations from other places choosing not to come to the area. The publicity about the ban went out not only nationally, but internationally. Even though this ban covers only Hillsborough County the fear is it will have a more pervasive impact on the entire Tampa Bay region. One of the outcomes of brainstorming about this issue was to conduct a "Buycott," which would be a deliberate effort to patronize only gay friendly businesses.

The Tampa march gathered near the downtown library and then walked for several blocks to a park just across the street from the Courthouse where the Commissioners have offices and meet. Among the marchers was Candace Gingrich, sister of Newt Gingrich. One of the more interesting signs at the march read, "Ronda, explain to your child what a homophobe is," a jab at Storms' previous comment about not wanting to explain homosexuality to her child