



JULY NEWSLETTER

THE MISSION IS TO IMPACT SOCIAL CHANGE BY
REDEFINING THE ROLES OF WOMEN IN POLITICS

FEINSTEIN LOSES CA DEMOCRATS ENDORSEMENT

California Democrats rebuked Sen. Dianne Feinstein at their annual convention this weekend, denying her the party's endorsement in this year's Senate race and giving a majority of votes to her liberal primary challenger, state Senate leader Kevin de León.

The nod provides Kevin de León with a boost of momentum for his long-shot bid to unseat the 26-year incumbent. After finishing second and 32 points behind Feinstein in the June primary, de León spent months calling more than 300 members of the party's executive board to earn their support.

To learn more...

sacbee.com/news/politics-government/capitol-alert/article214913325.html

([https://shoutout.wix.com/so/bMIBg0GA/click?](https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQpjMjhkMTEzNi1jZDJkLTQzYzYtMzhINy0yYTE1NWU0NjUyZGUNCmh0dHBzOi8vd3d3LnNhY2JlZS5jb20vbmV3cy9wb2xpdGljcy1nb3Zlcm5tZW50L2NhcmGI0b2wtYWxlcuQvYXJ0aWNsZTlxNDkxMzMzMyNS5odG1sDQotLS0)

[w=LS0tDQpjMjhkMTEzNi1jZDJkLTQzYzYtMzhINy0yYTE1NWU0NjUyZGUNCmh0dHBzOi8vd3d3LnNhY2JlZS5jb20vbmV3cy9wb2xpdGljcy1nb3Zlcm5tZW50L2NhcmGI0b2wtYWxlcuQvYXJ0aWNsZTlxNDkxMzMzMyNS5odG1sDQotLS0](https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQpjMjhkMTEzNi1jZDJkLTQzYzYtMzhINy0yYTE1NWU0NjUyZGUNCmh0dHBzOi8vd3d3LnNhY2JlZS5jb20vbmV3cy9wb2xpdGljcy1nb3Zlcm5tZW50L2NhcmGI0b2wtYWxlcuQvYXJ0aWNsZTlxNDkxMzMzMyNS5odG1sDQotLS0))

CITY OF SACRAMENTO UPDATES

Created with Wix.com. Love It? Try It! It's Free. (http://www.wix.com?referralInfo=SO_LP)

At the July 3rd Sacramento City Council meeting, the mayor and his colleagues formally adopted the City's new Creative Edge Cultural Plan. This plan is the product of an extensive community involvement process that included 10 community forums, two town halls and the surveying of 1,709 city residents. The plan is the product of an extensive community involvement process that included 10 community forums, two town halls and the surveying of all city residents. Arts education and arts programming for youth emerged as one of the top priorities of city residents, with 88 percent of those surveyed agreeing on its importance.

To learn more ... engagesac.org/blog-civic-engagement/2018/7/12/city-passes-blueprint-for-the-arts-culture (<https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQpmNjEzZjA3YS02NDM1LTRiZTAtdZDUzYy02NDI3ZjA4ODYwOTANCmh0dHBzOi8vZW5nYWdlc2FjLm9yZy9ibG9nLWNpdmljLWVvZ2FnZW1lbnQvMjAxOC83LzEyL2NpdHktdGFzc2VzLWJsdWVwcmludC1mb3ltdGhlLWVydHMtY3VsdHVyZQ0KLS0t>)

Reminder Ice Cream Social at Rick's Diner is tonight! Make sure you have your tickets

Get tickets
 (<https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQo0YzYzM2MwVWkMi1iMWNjLTQ5OGYtZjdhNC1INWEwYTQ3MTNmMzMNCmh0dHBzOi8vc2VjdXJlLmFjdGJsdWUuY29tL2RvbmF0ZS9zYWN3b21lbmRibXMNCi0tLQ>)

Created with Wix.com. Love It? [Try It! It's Free.](http://www.wix.com?referralInfo=SO_LP) (http://www.wix.com?referralInfo=SO_LP)



The Women Democrats of
Sacramento County invites you
TO OUR **ANNUAL**

Ice Cream SOCIAL

MONDAY JULY 16, 2018 FROM 6PM TO 8PM

 Rick's Dessert Diner,
2401 J Street Sacramento

 Proceeds benefit WDSC's General
Election Campaign Funds



A big *Thank You* to our generous sponsors!

George and Martha Washington Sponsors

Ellen Cochrane, Trustee, Sacramento School Board, Area 3
Jim Cooper, Representative 9th Assembly District
Patrick Kennedy, Sacramento County Supervisor
Doris Matsui, Representative, CA Congressional District 6
Stephanie Nguyen, Elk Grove City Councilmember
Tracie Stafford, WDSC President, Candidate Elk Grove Mayor
Betty Yee, State Controller

Dolley Madison Sponsors

Ken Cooley, Representative 8th Assembly District
Eleni Kounalakis, Candidate California Lieutenant Governor
Jackie Smith, Candidate Assembly District 6
Darren Suen, Elk Grove Vice-Mayor
Kate Van Buren; Van Buren Real Estate Sales and Consultation

Created with Wix.com. Love It? Try It! It's Free. (http://www.wix.com?referralInfo=SO_LP)

SELF CARE RECAP

Despite our best efforts, prioritizing and finding the time for self care is a challenge. This is your life, commit to putting your oxygen mask on first so you are ready to be your best self. Our panelists live by this inspiring advice.

Carving out time for myself in the morning, before jumping into “work mode”, always leaves me feeling more focused and grounded. Preparing myself for the day’s challenges keeps me in a state of inspiration, making it all the more worthwhile to set the alarm earlier. My morning routine includes a combination of meditation, prayer, goal-setting and visualizations. Sometimes even an early sweat session. It’s really the difference between a good day and a great one!

-Gayle Guest-Brown (guestbrownimpact.com)

I encourage you to make self care part of your daily routine, if it's not already. When I have a moment alone, it is absolute bliss! So the truth is, these days my self care practice involves solitude. Time spent alone to be still, breathe and think through my thoughts and ideas allows me to just slow down and take time to reflect. I wind down while I write in my journal, nothing beats the therapeutic art of pen on paper!

-Victoria Goldblatt (optimum-body.net)

One of the most significant and inspiring mental health habits is reading. Literature that encourages women to reflect, acknowledge the correlation between emotional and physical health and to devote time to the relationship between mind and body is the premise of self care.

Our panelist recommend the following:

Created with Wix.com. Love It? [Try It! It's Free.](http://www.wix.com?referralInfo=SO_LP) (http://www.wix.com?referralInfo=SO_LP)

The Miracle Morning
by Hal Elrod

([https://shoutout.wix.com/so/bMIBg0GA/click?](https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQpkYWE0OWY1NC1iZjM2LTRkMWMtZDkxZC0wMml1YTJIZjRkMzQNCmh0dHBzOi8vd3d3LmFtYXpvbi5jb20vTWlyYWVsZS1Nb3JuaW5nLU5vdC1Tby1PYnZpb3VzLUd1YXJhbnRlZWQtVHJhbnNmb3JtLWVib29rL2RwL0lwMEFLS1MyNzgvcmlpXN0ZGlnaXRhbC10ZXh0JmllPVVURjgmcWlkPTE1MzE0MTUyNDgmc3l9MS0xLXNwb25zJmtleXdvcmRzPW1pcmFjbGUrbW9ybmluZyZwc2M9MQ0KLS0t)

[k?
w=LS0tDQpkYWE0OWY1NC1iZjM2LTRkMWMtZDkxZC0wMml1YTJIZjRkMzQNCmh0dHBzOi8vd3d3LmFtYXpvbi5jb20vTWlyYWVsZS1Nb3JuaW5nLU5vdC1Tby1PYnZpb3VzLUd1YXJhbnRlZWQtVHJhbnNmb3JtLWVib29rL2RwL0lwMEFLS1MyNzgvcmlpXN0ZGlnaXRhbC10ZXh0JmllPVVURjgmcWlkPTE1MzE0MTUyNDgmc3l9MS0xLXNwb25zJmtleXdvcmRzPW1pcmFjbGUrbW9ybmluZyZwc2M9MQ0KLS0t](https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQpkYWE0OWY1NC1iZjM2LTRkMWMtZDkxZC0wMml1YTJIZjRkMzQNCmh0dHBzOi8vd3d3LmFtYXpvbi5jb20vTWlyYWVsZS1Nb3JuaW5nLU5vdC1Tby1PYnZpb3VzLUd1YXJhbnRlZWQtVHJhbnNmb3JtLWVib29rL2RwL0lwMEFLS1MyNzgvcmlpXN0ZGlnaXRhbC10ZXh0JmllPVVURjgmcWlkPTE1MzE0MTUyNDgmc3l9MS0xLXNwb25zJmtleXdvcmRzPW1pcmFjbGUrbW9ybmluZyZwc2M9MQ0KLS0t))

Created with Wix.com. Love It? [Try It! It's Free.](http://www.wix.com?referralInfo=SO_LP) (http://www.wix.com?referralInfo=SO_LP)

Big Magic by
Elizabeth Gilbert
(<https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQo5Y2ZIYzQ5OS00YTQwLTQxMzUtNjUyNS01OTVIMDJhZWZWM3ODUNCmh0dHBzOi8vd3d3LmFtYXpvbi5jb20vQmlnLU1hZ2ljLUNyZWZ0aXZlLUxpdmluZy1CZXlvcjAwUzUyTTM1MC9yZWY9c3JfMV8xP3M9ZGlnaXRhbC10ZXh0JmllPVVURjgmcWlkPTU1MzE0MTU1NjQmc3l9MS0xJmtleXdvcmlRzPWJpZyYtYWdpYW0KLS0t>)

Created with Wix.com. Love It? [Try It! It's Free.](http://www.wix.com?referralInfo=SO_LP) (http://www.wix.com?referralInfo=SO_LP)

I will not die an
unlived life by Dawna
Markova

([https://shoutout.wix.com/so/bMIBg0GA/click?](https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQozNzliZWY1YS0wZDNILTQzMTYtM2YzYi04NDA1ZjljZTcwMTUNCmh0dHBzOi8vd3d3LmFtYXpvbi5jb20vV2lsbC1Ob3QtRGllLVVubGI2ZWQtTGlmZS1lYm9vay9kcC9CMTA3MFIGUUNL3JlZj1zcl8xXzE_cz1kaWdpdGFsLXRleHQmaWU9VVRGOCZxaWQ9MTUzMTQxNTU5NiZzcj0xLTEma2V5d29yZHM9aSt3aWxsK25vdCtkaWUrYW4rdW5saXZlZCtsaWZlDQotLS0)

[w=LS0tDQozNzliZWY1YS0wZDNILTQzMTYtM2YzYi04NDA1ZjljZTcwMTUNCmh0dHBzOi8vd3d3LmFtYXpvbi5jb20vV2lsbC1Ob3QtRGllLVVubGI2ZWQtTGlmZS1lYm9vay9kcC9CMTA3MFIGUUNL3JlZj1zcl8xXzE_cz1kaWdpdGFsLXRleHQmaWU9VVRGOCZxaWQ9MTUzMTQxNTU5NiZzcj0xLTEma2V5d29yZHM9aSt3aWxsK25vdCtkaWUrYW4rdW5saXZlZCtsaWZlDQotLS0](https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQozNzliZWY1YS0wZDNILTQzMTYtM2YzYi04NDA1ZjljZTcwMTUNCmh0dHBzOi8vd3d3LmFtYXpvbi5jb20vV2lsbC1Ob3QtRGllLVVubGI2ZWQtTGlmZS1lYm9vay9kcC9CMTA3MFIGUUNL3JlZj1zcl8xXzE_cz1kaWdpdGFsLXRleHQmaWU9VVRGOCZxaWQ9MTUzMTQxNTU5NiZzcj0xLTEma2V5d29yZHM9aSt3aWxsK25vdCtkaWUrYW4rdW5saXZlZCtsaWZlDQotLS0))



Girl Power

GIRL POWER created their mission statement:

Created with Wix.com. Love It? [Try It! It's Free.](http://www.wix.com?referralInfo=SO_LP) (http://www.wix.com?referralInfo=SO_LP)

Our mission is to provide venues for progressive young people in the Sacramento region to create change for our peers by leading impactful advocacy projects utilizing the courses of action that follow:

- Identifying issues that affect Sacramento County youth.
- Building youth-based coalitions to implement change.
- Training youth to lead.
- Ensuring equity for both our youth leaders and our diverse communities.

Girl Power

(https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQo4ZTI2ODM0Ny01YTYyLTRIN2ItNGM1OC1iODBkMDMwMjAzZWmNCmh0dHBzOi8vd3d3LnNhY3JhbWVudG93b21lbmRlbXMub3JnL2Jsb2dnZXI_dXRtX2NhbXBhaWduPWJjNTU2ZTRILWU5NzEtNDMwZC1iMjNhLTVhZTZhMWFhMDIiOSZ1dG1fc291cmNIPXNvDQotLS0)



THE RIGHT TO VOTE

Brain Teaser: What is the difference between Suffragists and Suffragettes? Suffragist was a term used mainly in the United States. Their goal was to win the vote through peaceful, non-violent means. They also allowed men to join their cause. Suffragettes in the United States consisted of a much smaller group of women, no men allowed, Created with Wix.com. Love It? Try It! It's Free. (http://www.wix.com?referrallInfo=SO_LP)

dedicated to winning the vote using whatever means necessary, including violence. Also, Suffragettes was the term used in Great Britain, even though they were mainly non-violent.

More information
(<https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQpjMDk2YTI3OS1mMDY2LTQzYTUtNDYwZC00YWUyMmVkM2VIOTQNCmh0dHA6Ly93d3cuc2FjcmFtZW50b3dzbWVuZGVtcy5vcmcvdXBkYXRlc291dG1fY2FtcGFpZ249YmM1NTZINGUtZTk3MS00MzBkLWlyM2EtNWFmExYWEwOWU5JnV0bV9zb3VyY2U9c28NCi0tLQ>)



Take Action

Good: Share our information on your social media accounts

Great: Donate to WDSC

Best: Volunteer your talents

Created with Wix.com. Love It? Try It! It's Free. (http://www.wix.com?referralInfo=SO_LP)

SacramentoWomenDems@gmail.com

([https://shoutout.wix.com/so/bMIBg0GA/click?](https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQpkMTYzNjl3OC00MzE4LTQ4N2U0NjJkZC05MGFiY2MzOTdiMWUNCm1haWx0b3pTYWNyYW1lbnRvV29tZW5EZW1zQGdtYWlsLmNvbQ0KLS0t)

[w=LS0tDQpkMTYzNjl3OC00MzE4LTQ4N2U0NjJkZC05MGFiY2MzOTdiMWUNCm1haWx0b3pTYWNyYW1lbnRvV29tZW5EZW1zQGdtYWlsLmNvbQ0KLS0t](https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQpkMTYzNjl3OC00MzE4LTQ4N2U0NjJkZC05MGFiY2MzOTdiMWUNCm1haWx0b3pTYWNyYW1lbnRvV29tZW5EZW1zQGdtYWlsLmNvbQ0KLS0t))

Donate


([https://shoutout.wix.com/so/bMIBg0GA/click?](https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQoxMWY3OGY3Zi02MjM3LTQxOGEtMDdkMC0yYjZjZTE0NGEzMmENCmh0dHBzOi8vc2VjdXJlcmFjdGJsdWUuY29tL2NvbnRyaWJ1dGUvcGFnZS93b21lbi1kZW1vY3JhdHMtb2Ytc2Fjc mFtZW50by1jb3VudHktMQ0KLS0t)

[w=LS0tDQoxMWY3OGY3Zi02MjM3LTQxOGEtMDdkMC0yYjZjZTE0NGEzMmENCmh0dHBzOi8vc2VjdXJlcmFjdGJsdWUuY29tL2NvbnRyaWJ1dGUvcGFnZS93b21lbi1kZW1vY3JhdHMtb2Ytc2Fjc mFtZW50by1jb3VudHktMQ0KLS0t](https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQoxMWY3OGY3Zi02MjM3LTQxOGEtMDdkMC0yYjZjZTE0NGEzMmENCmh0dHBzOi8vc2VjdXJlcmFjdGJsdWUuY29tL2NvbnRyaWJ1dGUvcGFnZS93b21lbi1kZW1vY3JhdHMtb2Ytc2Fjc mFtZW50by1jb3VudHktMQ0KLS0t))

P.O. Box 161944 Sacramento
CA ([//maps.google.com/?](https://maps.google.com/?)
916-451-5822 (tel:916-451-5822)

Share Via:



You should join us! 

([https://shoutout.wix.com/so/bMIBg0GA/click?](https://shoutout.wix.com/so/bMIBg0GA/click?w=LS0tDQpkMTYzNjl3OC00MzE4LTQ4N2U0NjJkZC05MGFiY2MzOTdiMWUNCm1haWx0b3pTYWNyYW1lbnRvV29tZW5EZW1zQGdtYWlsLmNvbQ0KLS0t)

Created with Wix.com. Love It? [Try It! It's Free.](http://www.wix.com?referralInfo=SO_LP) (http://www.wix.com?referralInfo=SO_LP)