



► *Message from the President* ►

Happy 2010 – a year which promises many successes and challenges! As I begin my second year as president, our Board and I share great optimism and a very positive outlook for the coming year. We envision a decade ahead in which we continue to be the most respected resource for non biased, medically accurate reproductive health education in western Nevada County. True, there will be challenges as we seek to broaden our outreach and presence in the community, and new issues will undoubtedly arise. We use our resources to provide quality outreach and to combat misinformation where ever we find it.

January 22<sup>nd</sup> marks the 37<sup>th</sup> anniversary of the Roe v Wade decision. The effect of the 1973 ruling opened up access to safe, legal abortion and recognized a woman’s right to choose. But over the past thirty-seven years those who oppose Roe have continued to find ways to restrict the provisions of the law.

2010 promises to be a very challenging year as the midterm elections will target pro-choice legislators. Our opponents have been feeling empowered by the Congressional health care reform debates with much more to come. I hope you’ll make every effort to be informed and participate in Citizens for Choice’s **Activists for Choice** email alerts.

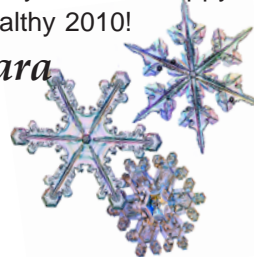
As we commemorate Roe, we’re taking stock of where we are now for The Clinic! and Citizens for Choice. I especially like this quotation from Superman: “So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.” - Christopher Reeve, 1996.

We have many dreams for bringing the message and programs of Citizens for Choice to all who need it – from teens through senior citizens. Please become supporting members today! And for our current members, please accept our deepest gratitude for what you help us to do.

Giving your financial backing to Citizens for Choice and The Clinic!’s reproductive healthcare options is a smart investment because your contribution is more than money – it’s an investment in the well being and the future of the whole community.

Our best wishes to you for a happy, prosperous, and healthy 2010!

*Sharon O’Hara*



►►►► *A Choice Event!* ►►►►

**Good Food and Good Giving!** by *Suzanne Smith, Chair Communications*

Nevada County Citizens for Choice will be the featured non-profit at Club 141’s “Wednesdays are Non-Profit” for the Month of February 2010! Jim Eckardt, Club 141’s owner, donates 10% of the net income for each Wednesday to a non-profit organization. February is our month, so make sure you plan for Wednesdays at Club 141 at 141 East Main Street, Grass Valley (<http://jimesclub141.com/>).

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**Contact us**

P.O. Box 3525  
 Grass Valley, CA 95945

[www.citizensforchoice.org](http://www.citizensforchoice.org)  
[info@citizensforchoice.org](mailto:info@citizensforchoice.org)

530.274.3331  
 This number will be answered during clinic hours; at all other times messages will be retrieved at least weekly

▶▶▶▶▶ Celebrating  
our 20th Anniversary▶▶▶▶▶

On November 13<sup>th</sup>, 2009 Nevada County Citizens for Choice marked its 20<sup>th</sup> anniversary with an evening celebration at which Marion Becker, founder, and Judith Hurley Prosser, a Board member, shared their memories of the 1989 formation of the Nevada County Coalition for Choice.



*Marion Becker and Judith Hurley Prosser at the 20th Anniversary celebration.*

Marion's remarks inspired all present to persevere in the mission of the grassroots organization started by The League of Women Voters, American Association of University Women, and Business and Professional Women: to support reproductive choice. Marion has written an article for this issue of *Voices for Choice*, about her reasoning for getting so passionately involved in reproductive issues. You can find her article on the opposite page.

Also at the celebration, Board members, volunteers, contractors, and supporting members from the past two decades related their experiences, challenges, and successes during the 1990s when Citizens for Choice educated the community, held informational meetings, and invited Planned Parenthood to conduct a weekly clinic. In early 2000 the focus was on opening a clinic, improving outreach activities, and advocating for reproductive justice with local, state and national decision makers.

In 2006 The Clinic! at 120 Richardson in Grass Valley opened in partnership with Women's Health Specialists. Eileen Schnitger (Public Policy director), Kim Robinson and Sonia Gonzalez (clinic managers) and Marikathryn Hendrix (Adoption Choices of Northern California) outlined the areas in which they serve, and answered questions.

Volunteer of the Year awards were given to Ingrid Elsel for 2008 and Nancy Eubanks for 2009 for their extraordinary efforts in fund raising and community involvement.

Outreach Educator, Sarah Molaro introduced her colleague, Kristen Darling, told guests about the success of the condom and information baskets in area businesses, and introduced Sierra College students who are part of a new club, CHOICES (Connecting Health Options, Individual choices and Educational Services).

President Sharon O'Hara urged the guests to use every opportunity to influence health care and budget policy and be the face and the voice for Citizens for Choice with family and friends. To learn more about Citizens for Choice, Nevada County, visit our website at [www.citizensforchoice.org](http://www.citizensforchoice.org)

**Citizens for Choice thanks the following donors who generously gave between 10/18/09 and 1/20/10**

**Choice Circle**

John Croul  
Jim Bair & Cecelia Royal

**Benefactor**

Steven & Lisa Kirshbaum  
Charles & Dora Lou Stice

**Advocate**

Business & Professional  
Women of Nevada County  
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Deborah L. Morawski  
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Elaine Sierra & Frank Ribeiro

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Sally Smith  
Maryellen Walsh  
Phyllis Wong & Barry Angell

**Friend**

Tynowyn French Woolman  
Custis Haynes  
Anita Wald-Tuttle

## ►► *Public Policy* ►►

### **Why My Passion?** *by Marion Becker, Founder, Nevada County Citizens for Choice*

Following the 20<sup>th</sup> anniversary celebration of NCCC I was asked about the experience to which I alluded that prompted a life long passion for reproductive choice.

As you may know, I am a retired nurse. Go back with me if you will, to the year 1950. I was a senior student nurse. As seniors about to graduate, we were often put in charge of an entire ward on the night shift. There was an RN supervisor in the building to whom we could turn if necessary. I was on the medical/surgical ward one night when a young woman, exactly my age, 20, I learned from the chart, was admitted in deep shock. She was hemorrhaging from a botched abortion. Remember, this was 1950 and abortions were

in big trouble with the district for allowing a girl without parental permission to leave school to go to Planned Parenthood.

Forward to 1985 when my husband and I retired to Grass Valley. I soon became aware of the lack of a pro choice voice to be heard anywhere. Often I was aware of young women needing reproductive choices and realized they weren't available. When we formed the Nevada County Citizens for Choice we heard "baby killers" and all the usual anti choice taunts. When a friend and I argued the issue over the bridge table we became so passionate in our beliefs it ended our friendship. The issue remained, as it still is, one evoking strong emotions on both sides.

*"...a young woman, exactly my age, 20...  
was hemorrhaging from a botched abortion.  
...she died despite all efforts to save her."*

illegal, albeit commonly performed. The details have long since faded except that she died despite all efforts to save her. Also I remember there was the usual stigma to losing a patient on one's shift.

Probably because of the age similarity, I identified with this girl and wondered why she had to die. A kindly doctor on duty explained to me the politics and reality of the abortion issue. It was an eye opener indeed! At the time I was not politically aware, knowledgeable or even very interested. But surely the needless death made a deep impression on me.

After graduation I worked as an obstetrical nurse and occasionally substituted in the gynecology department where I again saw results of illegal abortions including sterility. I also volunteered at a home for unwed girls where I learned the impact and painful reality of what an unwanted pregnancy does to a girl's life and the future life of the child. These important traumatic factors are often ignored.

In 1973 when the landmark supreme Court decision was issued, I was elated at the news but was engrossed in motherhood and had little time or energy to devote to choice issues.

While working as a school nurse based in a junior high, a good deal of my time was devoted to informal sexuality education. I got

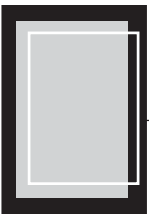
When a friend of mine arranged for his daughter to go to Mexico for an abortion when they were illegal here, I can only imagine how frightening that experience must have been. Others have confided in me their horrendous experiences both before and after Roe v Wade.

During the twenty years we lived in Grass Valley I lobbied elected officials, marched in parades, volunteered at the clinic and gathered many pro choice supporters for NCCC. It was both rewarding and frustrating but I never doubted my mission was to live what the bumper sticker on our car proclaims: A WORLD OF WANTED CHILDREN WOULD MAKE A WORLD OF DIFFERENCE.

One of our daughters tells me she knew I would have been a suffragist had I been around then. And she's no doubt right but she also knows her generation can thank mine for having choices.

At age 80 I remain as passionate about preventing unwanted pregnancies and making choices available as ever. In spite of a change in administration, we know our struggles are far from over. We may become complacent when we in NCCC talk to each other but beware, there lurks many who would eagerly take your right of choice away.

I commend NCCC for all we have done and become, and I am proud to continue my support.



**Joining State-wide Coalition CCRF** *by Elaine Sierra, Public Policy Chair*

Citizens for Choice is now a member organization of the California Coalition for Reproductive Freedom. Working together with CCRF partners, our ability to advocate effectively for reproductive justice is greatly enhanced, and the power of all our voices on behalf of reproductive health and choice is strengthened.

A prime example is our activism on health care reform. As a CCRF member, we joined in a national day of action on December 2, a day that included rallies in Washington, D.C. and San Francisco, direct lobbying in Washington, and coordinated phone calls to key legislators – all with the purpose of urging the Senate not to limit insurance coverage for abortions, as the House had done with its Stupak amendment. While it seemed that we had won that battle, sadly, women's access to abortion coverage was later sacrificed in the compromise to win the crucial 60th vote of Senator Ben Nelson.

We and other CCRF organizations, as well as others nationwide, joined in a letter sent on January 13, 2010 to House Speaker Nancy Pelosi, Senate leader Harry Reid regarding the merging of the House and Senate health care bills. (The letter campaign was led by two national advocacy organizations, Raising Women's Voices and Women of Color United for Health

Reform.) It identifies key differences that will need to be resolved, and in each case, recommends a specific compromise that would best protect women's health.

Regarding the unacceptable Stupak and Nelson amendments, it asks that the final legislation not include new barriers or burdens on women's access to abortion coverage. The House's Stupak amendment would ban abortion coverage in private insurance plans offered through the new insurance exchanges. The Senate's Nelson amendment would allow socially conservative states to deny women any abortion coverage in private insurance purchased through the exchanges. And, states choosing to allow abortion coverage would require women or their employers to make a second, clearly identifiable, separate payment for it – an onerous and costly administrative burden and invasion of privacy that stigmatizes any woman who may want to have abortion as an option. The letter asks that the original House Capps amendment be adopted. That provision would maintain the ban in use of federal funds for abortion, and would segregate federal funds from private funds in a neutral way that does not change the status quo.

Because this letter addresses the key issues of concern to women's health that are at issue, you may want to view it in its entirety. It is on our website, at [www.citizensforchoice.org](http://www.citizensforchoice.org)

**Family PACT Waiver Extended to June 2010** *by Linda McManus*

All of our clinic clients are low-income and most likely under- or uninsured, and rely on The Clinic! to provide them with essential reproductive healthcare at low or no cost. Even if they do have insurance on their parent's plans, they may want their reproductive healthcare to be confidential, as is guaranteed by California law.

The majority of them qualify for the Family PACT program, a state-run family planning program. Family PACT or California Planning, Access, Care and Treatment, provides comprehensive family planning services to eligible low-income men and women and increases access to services by expanding the provider network to include medical providers, pharmacies and laboratories. <http://www.familypact.org/en/home.aspx>.

Family PACT began in 1996. In December 1999 they started receiving matching funds from the federal government (less a percentage for undocumented aliens) through the Centers for Medicare and Medicaid Services (CMS). The cost of Family PACT services in 07/08 was \$481 million; federal funding totals about 73%, which includes that deduction of 13.95% for "participants who are not eligible," i.e. undocumented aliens. In 07/08, Family PACT served 1.67 million women and men; this number has continued to rise at about 1.5% per year. A total of over 7,500 providers were reimbursed (Women's Health Specialists, who staff The Clinic! is one).

The reason that this waiver keeps getting extended by such a short period of time is that the Bush Administration added onerous and expensive rules. CMS wants California to verify the eligibility of each program applicant, a change in policy that state officials say would cost California \$128 million annually for 1,300 additional employees. CMS officials cite a 2005 review that found that 24% of the Family PACT beneficiaries were ineligible for the program under federal guidelines and that eligibility could not be determined for an additional 35% of beneficiaries (the author was unable to locate this review). These burdensome new eligibility documentation rules will discourage low-income women from seeking family planning and prenatal care, ultimately increasing the costs to the state and federal government -- obviously verifying individual applications would not be cost effective for the state or federal governments. Family PACT has prevented 170,000 unintended pregnancies and saved the state and federal government over \$1 billion annually.

If the Family PACT program loses the federal funding, there is a distinct possibility that WHS will not be able to afford the staff, testings, or treatments (Citizens for Choice pay the rent, utilities, equipment, and maintenance of the rooms), and The Clinic! may close. This would be a truly terrible thing for western Nevada County as we are the only reproductive health clinic in the area and have already had over 7000 client visits. We can only hope that California and the CMS come to a conclusion that is right for all of California's low-income residents, including ours.

**Issues of Choice: Voicing our Views** by *Elaine Sierra, Public Policy Chair*

Citizens for Choice started up its own “action alert” system last year, calling for our supporters to join our Activists for Choice Team. The reason: to strengthen our collective impact on public policies affecting reproductive justice. In the past year, at every level of government, decisions have been considered and made affecting women’s reproductive health and access to services and information, and every woman’s right to fully consider and choose among all options, including legal abortion, when faced with a pregnancy she neither planned nor expected and for which she is unprepared. Through our alert system, ACT members have joined in advocating for sound and fair legislative and administrative decisions on many of those issues.

For instance, during the protracted debate on California’s budget, we advocated for a fair allocation of funds to our state’s unique family planning and reproductive health program, called Family PACT (Family Planning, Access, Care and Treatment). Family PACT is recognized as the most successful and cost effective such program in the country, providing access to high quality, low cost care for 1.65 million Californians, many of whom have no other source of health care. Funding for the program for the current fiscal year has largely been preserved.

At the federal level, we advocated for an end to funding discredited abstinence-only sex education in our schools. We support teaching both abstinence and contraception, and support federal funding of comprehensive sex education programs that include both. Between 1996 and federal Fiscal Year 2008, Congress funneled over \$1.5 billion dollars (through both federal and state matching funds) to abstinence-only-until-

marriage programs. For the current 2010 fiscal year, monies were appropriated, for the first time, for comprehensive sex ed. No funds were provided for abstinence-only programs through the normal appropriations funding process – a real victory.

At several strategic points during the course of pending national health care reform legislation, we have urged for passage of a reform package that takes account of women’s reproductive health needs, and repeatedly told our Congressional representatives and the White House to oppose anti-choice efforts to take away abortion coverage from millions of women. Although the reform package has not yet been finalized, the results appear to be mixed. Insurance coverage denials based on pre-existing conditions would be banned, as would discriminatory pricing based on gender and exclusion of maternity benefits, and coverage for reproductive health and other services through Medicaid is expanded – all much-needed reforms of our healthcare system. On the negative side, restricted insurance coverage for abortion is likely.

Let’s all applaud our ACT Team and their accomplishments. Special thanks must go to Sharon O’Hara and Cece Royal for helping identify the issues and formulate our messages, and to Linda McManus for putting out the alerts. Let’s celebrate our successes and pledge to continue voicing our views on issues of choice. If you’re not already an Activist for Choice, you may want to consider becoming one. Just email us your name and email address to [info@citizensforchoice.org](mailto:info@citizensforchoice.org). You’ll begin receiving our action alerts shortly, generally one a month.

**2010 Board**

*President*  
Sharon O’Hara

*Secretary*  
Nancy Eubanks

*Treasurer*  
Charlotte Cammon

Judith McCarrick  
Linda McManus  
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Elaine Sierra  
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MySpace:  
<http://www.myspace.com/nevcochoice>

*Editor:* Linda McManus  
[lindamc@its.caltech.edu](mailto:lindamc@its.caltech.edu)

**The Clinic!**

120 Richardson St,  
Suite D, Grass Valley

Monday 10:30—5  
Wednesday 12 – 6  
No appointment necessary!



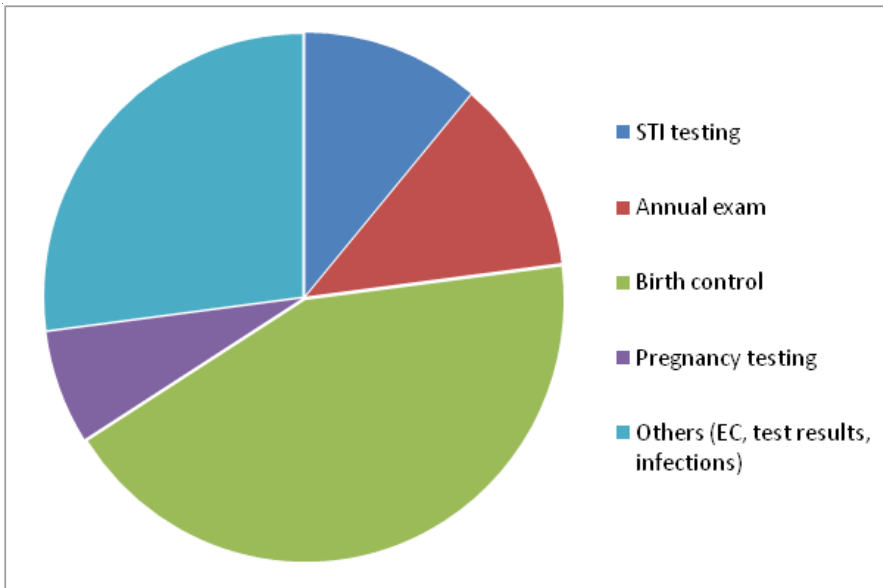
## ▶▶▶▶ *The Clinic!* ▶▶▶▶

We are justifiably proud of the success of The Clinic! Here are the numbers:

2006: 1691, opened for one day per week  
 2007: 2396, opened for two days per week mid-year  
 2008: 2976, an increase of 24%

What does a typical month's activity see? In November, there were:

- ▶ A total of 244 clients
- ▶ Annual Exams: 29
- ▶ STD Check or Treatment: 27
- ▶ Birth Control only: 105
- ▶ Pregnancy Screening: 17
- ▶ Other Gynecological Services: 66, which could include test results, EC, infection check, pelvic exams



## ▶▶▶▶▶ *A Choice Event!* ▶▶▶▶▶

**Good Food and Good Giving!** *continued from first page*  
**and Food and Wine (local, of course!) Seminars!**

*The perfect marriage can be that of food and wine.*

Also on these dates, but separate from regular dining, Dana Bruce, formerly of David Bruce Winery and David Bruce's youngest son, together with Club 141, will be presenting wine and food pairing seminars. All of the wines are local Nevada County Wineries, of course!

**February 3, 6-8 p.m.; repeated February 17, 6-8 p.m.**

Luchessi Sauvignon Blanc & Naggiar Viognier paired with Pork Cutlet with a Roasted Tomato & Caper Cream Sauce; Burch Hall Cabernet & Montoliva Sinistra paired with Teriyaki Beef Skewer;

**February 10, 6-8 p.m.; repeated February 24, 6-8 p.m.**

Luchessi Chardonnay & Bent Metal Chardonnay paired with Seafood Paella; Luchessi Tempranillo & Naggiar Sangiovese paired with Pork Bricole in a Spicy Tomato Sauce over pasta

**\$45 per person per seminar, reservations required. 530.273.3600.**

Citizens for Choice would like to thank the following business for their financial donation and urge everyone to support them!

### **Tanglewood Forest**

### ***Baskets!***

The following businesses have graciously allowed us space in their store to display our informational baskets we urge you to support them?:

- After the Gold Rush Records
- Asylum Down
- Behind Closed Doors
- BriarPatch
- Classic Tatoos
- Common Goals
- CoRR (Community Recovery Resources)
- Diamond Tattoo
- DVSAC
- Foggy Mountain Music
- Good Times Skate Shop
- Maternity Health Center
- Mekka Cafe
- The Mine Shaft
- Miners Teen Services
- Nito's T-shirts and Hats
- Renegade Classics
- Sacred Bee
- Sierra College Health Center
- Sierra Mountain Coffee Roasters
- Teez Me
- Tribal Weaver
- WIC (Women, Infants, and Children Services)

## ▶▶▶ *Reproductive Health*

### **CHOICES, (Connecting Health Options, Individual choices and Educational Services).** *by Sarah Molaro*

Citizens for Choice has some exciting news about our outreach team! We are managing to expand and improve our work in the community even in these trying times of financial woes. Kristen Darling, one of our outreach educators, has taken on a big job on with DVSAC as their Prevention Coordinator and has had to cut out some of her work with Citizens for Choice. She remains committed to our mission and will continue to provide street outreach education services once per month in addition to managing her Nevada City satellite baskets (we are giving out over 40,000 free condoms to the community every year with the satellite program). Without an outreach partner for me to work with weekly, different ideas about the focus of outreach began to formulate.

In September, a small group of committed young women who graduated high school and who were trained as peer advocates through the Health Department during their high school years began meeting at Sierra College with intentions of being proactive on their campus. Citizens for Choice made the decision to support this group and to let them be a new focus for outreach. With the consent of Sierra College, a new advocacy club was born - C.H.O.I.C.E.S., Connecting Health Options, Individual C.H.O.I.C.E.S., and Educational Services. C.H.O.I.C.E.S. mission is to be a resource to college students on where they can get the health care that they may need, and to become a presence on a college campus in an attempt to engage other proactive people.

Some activities that C.H.O.I.C.E.S. intends to partake in is awareness building campaigns like World AIDS Day, National Condom Week, Teen Pregnancy Prevention Month, STD Awareness Month, Love Your Body Week (initiated by NOW), and more. They have weekly meetings that are supported by Citizens for Choice, and provide educational resources to new club members, as well as providing a condom basket on campus. The club is also planning to offer discussion groups on campus that will include topics such as 'Choice,' abortion, condom and birth control use, domestic violence, pregnancy options, abstinence and more. Students will be invited to get trained on birth control options, STDs, healthy

relationships and more, and will also be given opportunities to educate the community in collaboration with other organizations like CORR, DVSAC and Common Goals.

Citizens for Choice is also now supporting two of these students, Jasmine Moore and Molly Berliner (both 19 years old), who are monitoring the Grass Valley satellite condom baskets. These students are being paid to help their peers have increased ease of access to birth control supplies and relevant information related to their reproductive health. Street outreach will continue once a month with myself and Kristen, and C.H.O.I.C.E.S. students are invited to attend these outreach sessions with the intent of passing

this torch to the younger generations whose peer-to-peer work has proven an excellent approach to education. These young advocates will reach their peers with messages that are unbiased in nature and without shame, prejudice, misinformation or confusing fears that our society has placed around sexuality.

With your support Citizens for Choice can continue to serve the community and influence young people to realize personal responsibility in their own reproductive health. At a greater level than ever, your support is continuing to affect social change in Nevada County and to create empowering experiences to the younger

generations so that they can make their own healthy and informed decisions. Thank you. This work would not be possible without generous supporters like you.

If you have any ideas or interests in C.H.O.I.C.E.S. or outreach, please do not hesitate to contact me at [molaro.sarah@gmail.com](mailto:molaro.sarah@gmail.com). We are always interested in new training and/or presentation opportunities and would love your feedback on ways to be even more effective.

With thanks and warm wishes -



*Elin, CHOICES; Molly and Jasmine, satellite baskets*

▶▶▶▶▶ *Choice Programs & Events!* ▶▶▶▶▶

*January 22* 37th Anniversary of Roe v. Wade  
*February 3, 10, 17, and 24:*

***Good Food and Good Giving at Club 141!***

On the above four Wednesdays in February, Jim Eckardt, owner of Club 141, will donate 10% of the net income to Citizens for Choice. Make your reservation for one - or all! - of the Wednesdays and enjoy Good Food and Good Giving!  
<http://jimesclub141.com/>; 530.273.3600. 141 E. Main St., Grass Valley

***Food and Wine Seminars!***

Also on these Wednesday in February, but separate from regular dining, we will be offering food and wine classes, taught by Dana Bruce. \$45 per person per seminar, see details on page 6.



*March 18*

California Reproductive Freedom Day! For details visit the CCRF website at <http://reproductivfreedomca.org/>