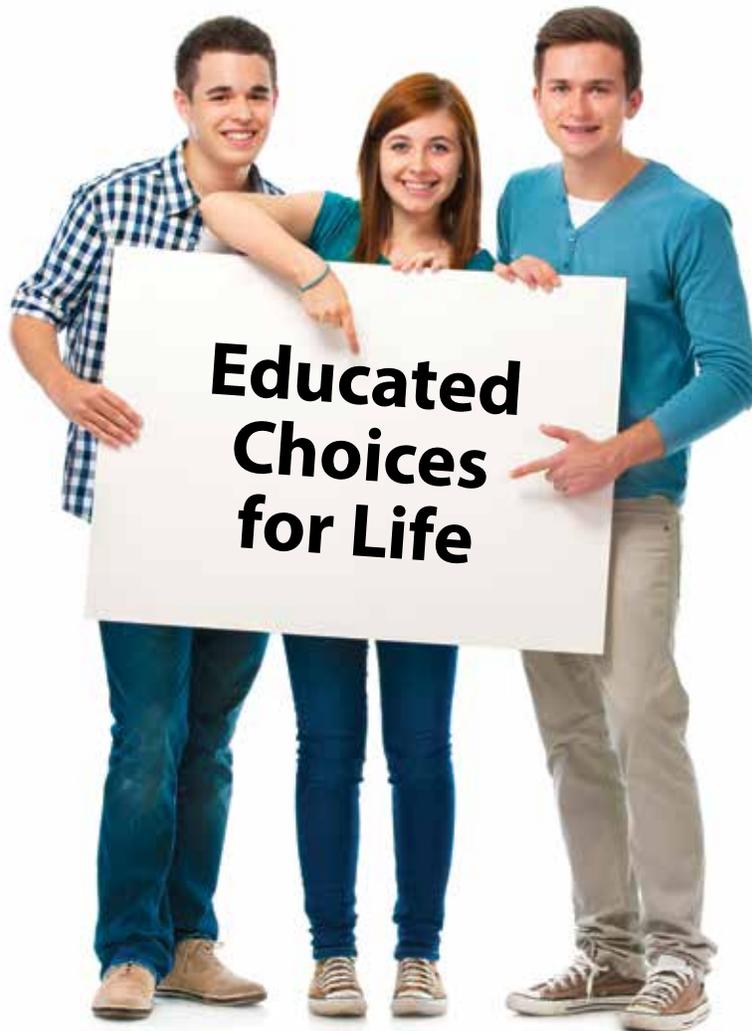




# Voices for Choice

**Spring 2016**  
QUARTERLY NEWSLETTER



*Citizens for Choice promotes reproductive justice through education, health care access and advocacy. We exist to inform and enable choice.*

# Voices for Choice

SPRING 2016 QUARTERLY NEWSLETTER



## PRESIDENT'S LETTER By Kimberly D'Urso, President

### Do you Love Your Body?

Women learn quickly not to love our bodies and I am happy to see campaigns in 2016 that focus on positive body image. It is well past time that we embrace our unique physical attributes.

We learn as girls that we will be judged incessantly by our peers. We learn to be ashamed of physical attributes that make us different from the "norm" in society, to blend in or make ourselves invisible so that we don't draw attention.

As young women, when our sex characteristics are developing, many of us are met with a deeper level of fear and insecurity. It's a confusing time. We are in these womanly bodies that are growing bosoms and hips and we are also bleeding monthly. It's challenging to be confident with a body that is changing in this way, for all to see.

As adult women, we have two predominant choices: be confident in our bodies and our sexuality or become invisible. Either way, we learn to deal with objectification, harsh criticisms and inappropriate behavior by others about OUR bodies. It's crazy, right? For example, if a woman protests a sexual comment from a man about her body, she risks being called awful names, just for defending herself. Just recently, I myself, experi-

enced sexual harassment. I have a large butt and it draws attention, always has. Walking past a drunk man in San Francisco I cringed, feeling "it" coming—another unwanted objectification, simply for being a woman and being me. I'm 45, not 16. I find the liberties men take appalling, especially given we are living in the year 2016.

So how do we teach our girls (and boys) to have positive body image? We start with honest conversations about how humans are unique and that is interesting. We teach self-love by demonstrating it ourselves, not critiquing our bodies in front of our children. We reinforce confidence and that it is okay to like our faces, our arms, our breasts, our knees, our butts, our feet, whatever the case may be. We teach that being confident about our bodies is positive, not negative. We teach kindness towards ourselves and others.

We hope you had the opportunity to visit our "Love Your Body" display at the Center for the Arts. Citizens for Choice was the featured April non-profit and we are proud of the art we have created. We asked community members for photos of their favorite body parts or which ones they loved about themselves. We hope you enjoy it. It was



Citizens for Choice is grateful for being voted Center for The Arts Non-Profit of the Month this April, and we hope you enjoyed our display!

a fun project and is a healthy projection of loving your body.  
All my best,  
—Kimberly

## Thank You SPD!



The money we receive through **escrip** continues to fund our sex ed program!  
Thank You for adding us to your non-profit **escrip** card!



Please continue to shop! Or add us to your **escrip**.

Select Nevada County Citizens for Choice with **escrip** at **Safeway, Save-Mart, and SPD Market**.

Inquire with your favorite store for an application or go online [www.escrip.com](http://www.escrip.com) to update your current donation. Use your card every time you shop and **escrip** donates based on your total—it's free and costs you nothing!

**Escrip** donors are featured in the *Voices* Newsletter—Thank you!

## 2016 is All about Sex Ed!

We are excited about the implementation of our Sex Ed Program, *Know it and Own it*.

We wish to ensure that our community has no shortage of Certified Health Workers available to provide comprehensive sex education to youth in our community. We have collaboration in the works with NEO, The Friendship Club, PFLAG of Nevada County. Two of our board members sit on the county board strategizing the CA sex ed curriculum for the 2017 school year.



Kimberly D'Urso and Dena Valin of The Friendship Club, Power of the Purse event March 16th, 2016



# Voices for Choice

SPRING 2016 QUARTERLY NEWSLETTER

## PUBLIC POLICY By Elaine Sierra, Public Policy Chair

### REPRODUCTIVE HEALTH AND RIGHTS IN CALIFORNIA

Citizens for Choice is supporting bills in the California legislature that deal with trafficking victims, access to reproductive health-care, and pregnant and parenting students. Each piece of legislation selected as one of our priorities aims to improve health access or reproductive rights in our state.

The human trafficking bills (AB 1760, AB 1761, and AB 1762) would protect child victims from prosecution, and allow for vacating the convictions of all trafficking victims for non-violent crimes their traffickers forced them to commit.

To break down barriers to accessing needed healthcare, one bill would allow women to get reproductive or sexual health care without the need for a referral (AB 1954); and another would allow women to receive a 12-month supply of birth control at one time, covered by health insurance (SB 999). The latter bill would also permit pharmacists who furnish hormonal contraceptives without a physician's prescription to dispense up to a 12-month supply at one time. Receiving a year's supply, rather than a mere 30 or 90 day supply, of contraception at a time can greatly enhance women's ability to use birth control on a consistent basis.

Expectant and parenting students are already protected by Title IX, which theoretically guarantees them equal educational opportunities with their peers. Among other things, it excuses doctor-approved absences due to pregnancy or childbirth and gives students the opportunity to make up

any missed assignments. However, in reality, many schools are noncompliant and/or unfamiliar with Title IX's protections, and many students are unfamiliar with their rights. The bill we support (SB 1014) would enhance parental sick leave rights for pregnant and parenting students in public schools and help these students succeed academically upon their return.

Citizens for Choice continues to support the repeal of the Maximum Family Grant rule for working women receiving aid under the California Work Opportunity and Responsibility to Kids (CalWORKS) program (SB 23). The bill seeks to protect the health and safety of children born into poverty in our state, and end a policy that intrudes into the reproductive health and family planning decisions of poor families.

The deadline for these bills to get through the house in which they were introduced is June 3, 2016, and the last day for bills to be passed in both houses is when the session ends, at the end of August. Most of them are moving successfully through either the Assembly or Senate, but have not yet reached a floor vote.

We urge you to regularly check our Facebook page to keep up with policy and advocacy developments, and to hear when you can help by taking action.

Thank all of you activists for choice for your support!  
Elaine Sierra



## FOR CHOICE!

### Stay Informed! All your Reproductive 2016 Legislation in one location!

To keep up on public policy visit:  
[www.citizensforchoice.org/home/policy-activism/](http://www.citizensforchoice.org/home/policy-activism/)

## CURRENT BILLS, LAWS & LEGISLATION



#### PROPOSED BILLS WE SUPPORT:

- AB 1760 Safe Harbor for Trafficked Children
- AB 1761 Human Trafficking Victims Affirmative Defense
- AB 1762 Vacating Convictions of Human Trafficking Victims
- AB 1954 Direct Access to Reproductive Health Act
- SB 23 Repeal of Maximum Family Grant rule for CalWORKS.
- SB 999 12-month supply of birth control pills
- SB 1014 Pregnant and parenting pupil rights

#### CALIFORNIA LAWS TO BE IMPLEMENTED:

- AB 329 California Healthy Youth Act (sex education)
- AB 775 Reproductive FACT (Freedom, Accountability, Comprehensive Care, and Transparency) Act (CPC required disclosures)

#### FEDERAL LEGISLATION:

- HR 1974 Health Equity & Access under the Law (HEAL) for Immigrant Women & Families Act.
- HR 2972 Equal Access to Abortion Coverage in Health Insurance (EACH Woman) Act

### 2016 VOLUNTEER BOARD MEMBERS

- PRESIDENT Kimberly D'Urso ~ [kimberly.c4c@gmail.com](mailto:kimberly.c4c@gmail.com)
- VICE PRESIDENT ADMINISTRATOR Kristina McLean ~ N/A
- VICE PRESIDENT FOR PROGRAMS Sharon O'Hara ~ [sharonoh.c4c@gmail.com](mailto:sharonoh.c4c@gmail.com)
- CHIEF FINANCIAL OFFICER Charlotte Cammon ~ [charlotte.c4c@gmail.com](mailto:charlotte.c4c@gmail.com)
- DONOR RELATIONS Marlene Katz ~ [marlene.c4c@gmail.com](mailto:marlene.c4c@gmail.com)
- SECRETARY Fran Erickson ~ N/A
- MARKETING COORDINATOR Aimée Murray ~ [aimee.c4c@gmail.com](mailto:aimee.c4c@gmail.com)
- NEWSLETTER EDITOR Susan Fivelstad ~ [susanf.c4c@gmail.com](mailto:susanf.c4c@gmail.com)
- OUTREACH COORDINATOR Debra Worth ~ [debra.c4c@gmail.com](mailto:debra.c4c@gmail.com)
- VOLUNTEER COORDINATOR Aaron Rutledge ~ [aaron.c4c@gmail.com](mailto:aaron.c4c@gmail.com)

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

[www.facebook.com/CitizensforChoiceNevadaCounty](http://www.facebook.com/CitizensforChoiceNevadaCounty)

Citizens for Choice

P.O. Box 3525, Grass Valley, CA 95945

530-274-3331

phone messages retrieved weekly  
email: [info@citizensforchoice.org](mailto:info@citizensforchoice.org)

## DONORS

Citizens for Choice thanks the following donors whose generosity was received Spring 2016

### Welcome New C4C Board Members!



#### Kristina McLean

Kristina is a recent transplant to California, growing up in Chicago. She has worked in a variety of reproductive health settings throughout her career as a social worker. She is excited to bring her experience and energy to Citizens for Choice!

#### Francesca Erickson

Francesca has worked professionally as a Licensed Clinical Social Worker. One of her major focuses was working with women and children who had been abused. She began this work on the Board of the Rape Crisis/Battered Women Project in Tulare County, California. This group was instrumental in creating a hot line for victims, educating various agencies and professionals on the dynamics of abuse, and in raising money for a Battered Women's Shelter. She was also on the Board of Planned Parenthood. Her goal is to work to protect and enlarge women's rights to choose.



### VIEWPOINT By Marlene Katz, Donor Relations

Emily's List is a pro-choice website promoting women running for office. It just reaffirmed that 11 states had defunded Planned Parenthood. How deplorable!

**FEAR and EGO.** These two terms seem to suggest that people feel a NEED to attack women's reproductive rights. Perhaps the two terms above are in the wrong order, but clearly FEAR is apparent in those who oppose and enact legislation in many states to seriously hamper any possibility of women's reproductive rights. Defunding Planned Parenthood is their method of assuring their control over women. More and better access to women's health care should be expanded rather than shrunk. Access should also be safe and legal.

**FEAR** is engendered by the evangelical element of society which encourages violence to promote their "righteousness" (i.e. deaths of abortion clinic personnel). In their view their interpretation of the Bible is so correct. This definitely overlooks that this is an infringement of other people's beliefs and values. Perhaps these religious advocates should understand that their own views are in the minority. When the Bible was written over many centuries, a totally different society existed without today's medical advances. Now there are multiple medical procedures available to males including heart medications and heart bypass surgery. If these advances were removed from their lives today, what kind of chaos would prevail? Men have not experienced the deprivation of health care that women have. And what about the religious women who deny adequate health care for other women? Was it ever the intent of the scribes or other Biblical characters to deny women such reproductive rights? This is a relatively new phenomenon. And now, in Missouri, the legislature is demanding the medical records of women who had abortions five years ago. No consent was given by the women for this lack of privacy.

It was another bad decision in 1989 when Ceausescu of Romania banned any sort of contraception and orphanages grew by leaps and bounds. The children were improperly cared for: they developed serious behavioral problems. Many adoptions were made, but many returns to the orphanages were made, too. The children were socially ill adept.

**EGO.** Ego is also a driving force to men in legislative positions in order to protect their perceived power and authority. When will justice be served? Women deserve better than to be subjugated and denied their right to health care because of the religious or political views of others.

Anonymous  
Vince Alcantar  
David and Gloria Baker  
Shirley Benedick  
Olivia Diaz and Ernest Malamud PhD  
Paula Elliott, RN, MSW  
Bruce Frazier  
Maiya and Ross Gralia  
Marlene and Art Katz, Ph.D.  
Leslie King  
Jeanine and Willis McNeill  
Sharon O'Hara  
Michael Pasner  
Susan and Winslow Rogers  
Karen and Larry Schwartz  
Linda Valli  
Susan Williams  
Jackie Wilson

#### EScrip Donors

Geri Bergen  
Carol Cameron  
Charlotte and John Cammon  
Janet Cohen  
Kimberly D'Urso and Shawn Garvey  
Marjorie Determan  
Susan and Rod Fivelstad  
Shawna Hein  
Dee Jones  
Marlene and Art Katz, Ph.D.  
Dee Meyers  
Beryl Moody and Igor Raven  
Gloria Novak  
Sharon O'Hara  
Jennifer Robins  
Judy Seabridge  
Elaine Sierra and Frank Ribeiro  
Kate Winningham

### Thank you!

You help us provide services at *The Clinic!*, education programs like *Know It & Own It*, and advocacy for us all.

THE  
**Clinic!**

At *The Clinic!* your sexual and reproductive health is *always* your choice.

Mondays 10:30-5:00  
Wednesdays 11:00-6:00  
530-521-3273 The Clinic!

120 Richardson St. Suite A, Grass Valley, CA 95945

800-714-8151 ~ 24/7  
Women's Health Specialists