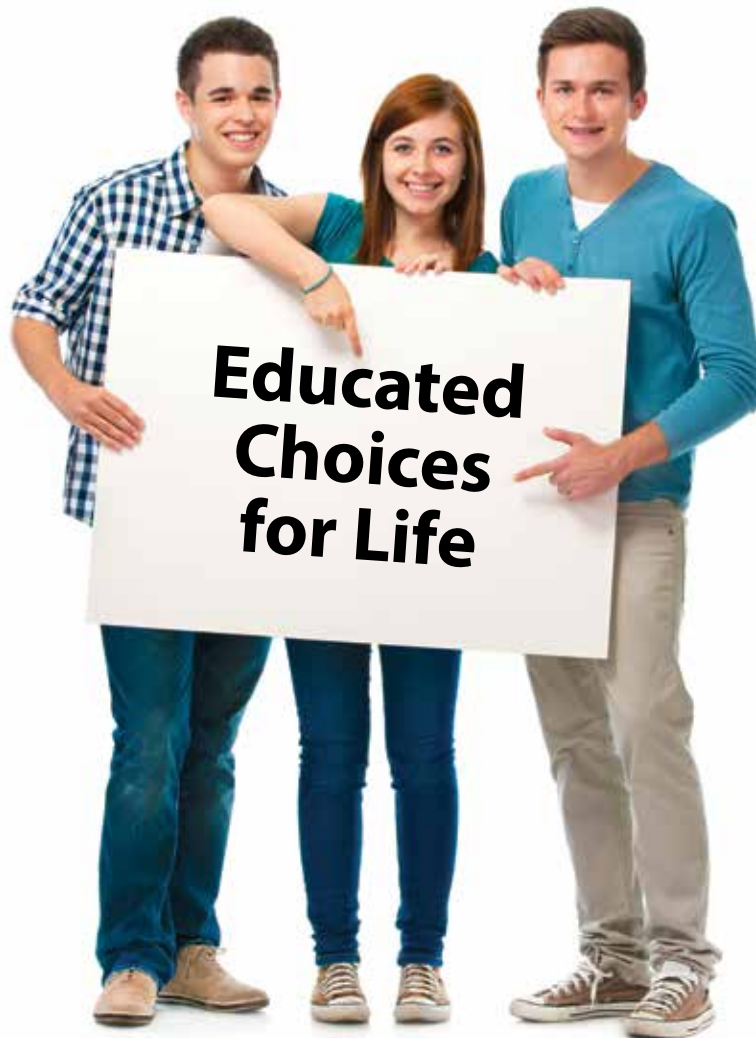




Voices for Choice

Winter 2019
QUARTERLY NEWSLETTER



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

SOME OF THE WAYS WE CELEBRATED ROE V WADE ACROSS OUR AREA...

"Reproductive Justice in Jeopardy? Goodbye Choice" was the topic presented by Dr. Eve LaValley and Katrina Cantrell at a recent meeting of Business & Professional Women of Nevada County.



Pictured are Judy McCarrick, Sharon O'Hara, Dr. Eve LaValley, Elaine Sierra, Lynn Wenzel, and Katrina Cantrell. (L-R)

...AND SOME OF OUR CONCERNS.

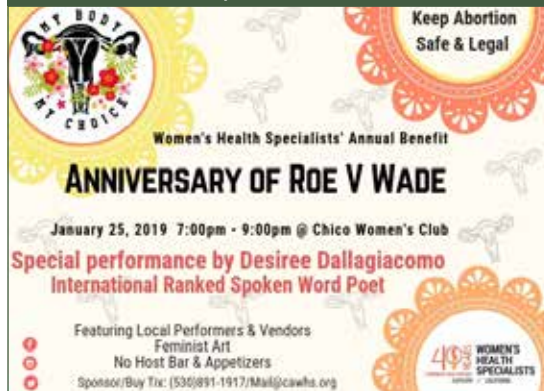


January 2019 Women's March in Nevada County.



Pictured are Dee Hayward, Angie Lux, Sushila Mertens, Sharon O'Hara, and Shelly Covert (L-R)

Women's Health Specialists Annual Benefit.



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susanf.c4c@gmail.com

OUTREACH COORDINATOR

outreach.c4c@gmail.com

PUBLIC RELATIONS CHAIR

Lynn Wenzel

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CONTACT:

CitizensforChoice.org
info@citizensforchoice.org

P.O. Box 3525
Grass Valley, CA 95945
(530) 435-8148



Nevada County
Citizens for Choice

DID YOU KNOW?

73% of voters do not want to overturn Roe v. Wade and 67% think that abortion should be legal in all or most cases.



#NWHNFacts



Voices for Choice

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Thank you!

You help us provide services at *The Clinic!*, education programs and advocacy for us all.



E-scrip Contributions—They Really Help!

Thank you! Contributions may be made to Citizens for Choice through e-scrip at Safeway, Save-Mart, and SPD Market.



Remember to shop at **smile.amazon.com**. When you #StartWithaSmile, Amazon donates to Nevada County Citizens for Choice.

OCR Finds the State of California Violated Federal Law in Discriminating Against Pregnancy Resource Center

Today (January 18, 2019) the Office for Civil Rights (OCR) at the U.S. Department of Health and Human Services (HHS) announced that it found that the State of California violated the federal conscience protection laws known as the Weldon - PDF and Coats-Snowe - PDF Amendments. This is the first time since the launch of the new Conscience and Religious Freedom Division a year ago that OCR has found a violation under these laws. This matter arose from complaints filed by Sacramento Life Center, LivingWell Medical Clinic, Pregnancy Center of the North Coast, and Confidence Pregnancy Center alleging that California subjected them to potential fines and discrimination for refusing to post notices referring for abortion.

California adopted the Reproductive Freedom, Accountability, Comprehensive Care, and Transparency Act (the "FACT Act") on October 9, 2015, which required pregnancy resource centers that met the FACT Act's definition of "licensed covered facilities" to post notices stating that California provides free or low-cost family planning services and abortion. The FACT Act also required pregnancy resource centers that constituted "unlicensed covered facilities" under the Act to post notices in advertisements and communications. A violation of the FACT Act threatened civil fines of \$500 for a first offense and \$1,000 for each subsequent offense.

The Weldon and Coats-Snowe Amendments prohibit state and local governments that receive certain federal funds from subjecting health care entities to discrimination on the basis that the health care entity does not perform or refer for abortions.

On June 26, 2018, the U.S. Supreme Court decided *National Institute of Family and Life Advocates v. Becerra* ("NIFLA"), finding that the FACT Act likely violated the First Amendment rights of pregnancy resource centers by impermissibly compelling speech. In concurrence, Justice Kennedy stated that "viewpoint discrimination is inherent in the design and structure of [the] Act" and that California required "primarily pro-life pregnancy centers to promote the State's own preferred message advertising abortions."

OCR's Conscience and Religious Freedom Division, established last year, conducted an independent investigation and determined that the FACT Act violated the Weldon and Coats-Snowe Amendments by requiring "licensed covered facilities" to refer for abortion and violated the Weldon amendment by subjecting "unlicensed covered facilities" to discrimination by targeting them for burdensome and unnecessary notice requirements because they do not refer for or make arrangements for abortion.

Following the Supreme Court's decision in NIFLA, a federal district court enjoined California from enforcing the FACT Act against any pregnancy resource center in the state. OCR is issuing its finding of violation for California's unlawful discrimination, and, as a result of the permanent injunction, is closing the complaint as favorably resolved for the complainants and all similarly situated parties. If California were to violate the terms of the injunction it would be subject to a reopening of the complaints and further enforcement action by OCR.



Roger Severino, director of OCR, stated, "We are pleased that the Supreme Court blocked California's blatant discrimination against non-profits that give life-affirming options to women facing unplanned pregnancies. Our violation finding underscores not only that California must follow the Constitution, but that it also must respect federal conscience protection laws when it accepts federal funds."

View the California Notice of Violation - PDF

Note: All HHS press releases, fact sheets and other news materials are available at <https://www.hhs.gov/news>.

Reflections of a Condom Fairy: How to Take Back Your Sex Education

By Shelby Mosel, former Condom Fairy for Citizens for Choice.

Shelby facilitated Family Sexuality Education parent workshops and worked with the CHOICES club on campus at Grass Valley's Sierra College.

It's officially 2019 and sex is still a difficult topic for many people to talk about. Why is that? We can watch it on T.V. and hear about it on the radio, but we can't seem to discuss it ourselves. I think it's vital that we have an open dialogue about the things that make us uncomfortable, because your health and the choices that are made available to you depend on it.

Sex health and education is something that can impact your whole life. A choice you make at sixteen can impact your next sixty years. Your entire future might depend on your right to reproductive planning, such as birth control, your right to your decisions about your health, such as STD tests or pap smears, or something as basic as the quality of sex education that you receive.

The process of finding information can be daunting if you don't know where to start. The best thing you can do is ask questions. The second best thing is to get a second opinion if the answer you received sounds

weird. The first time I got a gynecological exam, my doctor emphasized to me that sex wasn't like what I had seen in the show "Sex in the City." I wish I had asked her what she meant by that. Looking back now, I realize that she was probably just trying to scare me. If something someone tells you sounds weird or you feel like they are trying to influence your behavior, rather than give you factual information, ask someone else.

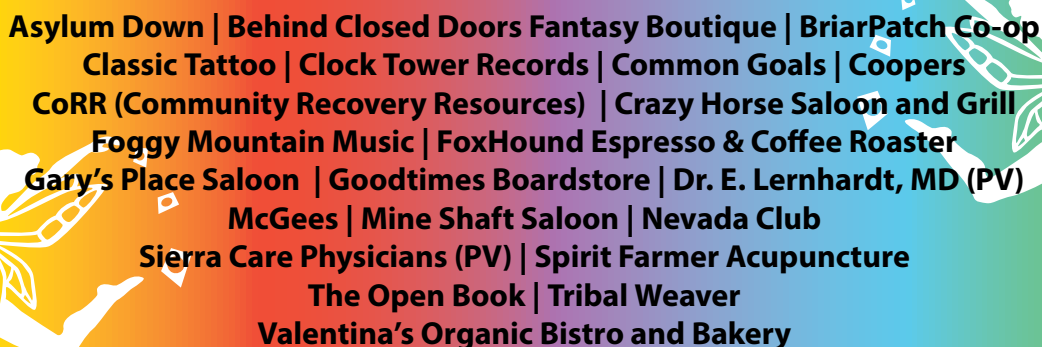
Being a "Condom Fairy" for the clinic (delivering free condoms to local businesses for distribution) taught me that everyone is embarrassed by sex. If they weren't, we wouldn't need people to drive around putting condoms in baskets because people would either buy them at the store, or they would go to the clinic and get them for free. Once you realize that the topic of sex makes almost everyone uncomfortable, it loses some of its power. It would be easy to say that this is something we grow out of, but it's not

true. As a society, we have been trained to be embarrassed by sex. We barely talk about it at all in schools and if we do, the students are separated by gender and need to have a parent or guardian's permission.

Adults are just as uncomfortable as teenagers on this subject. We're taught that it is something to be ashamed of, whether it's from a lack of partners or from too many partners. We always need to hide "our numbers," because in Western culture that's what we're taught. We allow this concept to control our lives and affect our health by not asking our partners to get tested. Every time we do that, it allows another person to take control of our lives. All from the fear of an embarrassing five-minute conversation.

Take back control by always asking questions. Both the difficult and easy ones.

Thank you to participating condom fairy locations throughout Nevada County!



**Asylum Down | Behind Closed Doors Fantasy Boutique | BriarPatch Co-op
Classic Tattoo | Clock Tower Records | Common Goals | Coopers
CoRR (Community Recovery Resources) | Crazy Horse Saloon and Grill
Foggy Mountain Music | FoxHound Espresso & Coffee Roaster
Gary's Place Saloon | Goodtimes Boardstore | Dr. E. Lernhardt, MD (PV)
McGees | Mine Shaft Saloon | Nevada Club
Sierra Care Physicians (PV) | Spirit Farmer Acupuncture
The Open Book | Tribal Weaver
Valentina's Organic Bistro and Bakery**

2018 Citizens for Choice Volunteer of the Year

Citizens for Choice Volunteer of the Year Award goes to board member Lynn Wenzel. Lynn's writing skills fills our Voices newsletter and Citizens for Choice letters to government.

Thank you for being our Voice!



(L) Sharon O'Hara, President presenting the 2018 Volunteer of the Year Award to Board Member Lynn Wenzel (R)

Our newest condom distributor, Iris Ross.
Thank you for your help, Iris!



Meet Parker Dockray, MSW, Executive Director

Parker became All-Options' first Executive Director in December 2013 after serving as Board President for four years. Parker is a longtime advocate for reproductive health and justice, and a natural-born network weaver who loves to connect people, organizations, and issues. She is proud to serve on the Steering Committee of All* Above All. Before joining the staff at All-Options, Parker was Executive Director of the California Coalition for Reproductive Freedom, a statewide coalition of more than 40 organizations. Previously, she spent 10 years at ACCESS Women's Health Justice as Healthline Coordinator, board member, and Executive Director. Parker received her Masters of Social Work from University of California, Berkeley. Born and raised in central Pennsylvania, Parker now lives in Oakland with her son.



Abortion and Parenting Needs Can Coexist:

Q&A With Parker Dockray | AUG 19, 2016 BY CAROLE JOFFE | REWIRE NEWS

"Why should someone have to go to one place for abortion care or funding, and to another place—one that is often anti-abortion—to get diapers and parenting resources? Why can't they find that support all in one place?"

In May 2015, the longstanding and well-regarded pregnancy support talk-line Backline launched a new venture. The Oakland-based organization opened All-Options Pregnancy Resource Center, a Bloomington, Indiana, drop-in center that offers adoption information, abortion referrals, and parenting support. Its mission: to break down silos and show that it is possible to support all options and all families under one roof—even in red-state Indiana, where Republican vice presidential candidate Gov. Mike Pence signed one of the country's most restrictive anti-abortion laws.

To be sure, All-Options is hardly the first organization to point out the overlap between women terminating pregnancies and those continuing them. For years, the reproductive justice movement has insisted that the defense of abortion must be linked to a larger human rights framework that assures that all women have the right to have children and supportive

conditions in which to parent them. More than 20 years ago, Rachel Atkins, then the director of the Vermont Women's Center, famously described for a New York Times reporter the women in the center's waiting room: ***"The country really suffers from thinking that there are two different kinds of women—women who have abortions and women who have babies. They're the same women at different times."***

While this concept of linking the needs of all pregnant women—not just those seeking an abortion—is not new, there are actually remarkably few agencies that have put this insight into practice. So, more than a year after All-Options' opening, Rewire checked in with Backline Executive Director Parker Dockray about the All-Options philosophy, the center's local impact, and what others might consider if they are interested in creating similar programs.

Rewire: What led you and Shelly Dodson (All-Options' on-site director and an Indiana native) to create this organization?

PD: In both politics and practice, abortion is so often isolated and separated from other reproductive experiences. It's incredibly hard to find organizations that provide

parenting or pregnancy loss support, for example, and are also comfortable and competent in supporting people around abortion.

On the flip side, many abortion or family planning organizations don't provide much support for women who want to continue a pregnancy or parents who are struggling to make ends meet. And yet we know that 60 percent of women having an abortion already have at least one child; in our daily lives, these issues are fundamentally connected. So why should someone have to go to one place for abortion care or funding, and to another place—one that is often anti-abortion—to get diapers and parenting resources? Why can't they find that support all in one place? That's what All-Options is about.

We see the All-Options model as a game-changer not only for clients, but also for volunteers and community supporters. All-Options allows us to transcend the stale pro-choice/pro-life debate and invites people to be curious and compassionate about how abortion and parenting needs can coexist...Our hope is that All-Options can be a catalyst

Continued on next page....



Voices for Choice

Q&A With Parker Dockray, Con't.

for reproductive justice and help to build a movement that truly supports people in all their options and experiences.

Rewire: What has been the experience of your first year of operations?

PD: We've been blown away with the response from clients, volunteers, donors, and partner organizations...In the past year, we've seen close to 600 people for 2,400 total visits. Most people initially come to All-Options—and keep coming back—for diapers and other parenting support. But we've also provided hundreds of free pregnancy tests, thousands of condoms, and more than \$20,000 in abortion funding.

Our Hoosier Abortion Fund is the only community-based, statewide fund in Indiana and the first to join the National Network of Abortion Funds. So far, we've been able to support 60 people in accessing abortion care in Indiana or neighboring states by contributing to their medical care or transportation expenses.

Rewire: Explain some more about the centrality of diaper giveaways in your program.

PD: Diaper need is one of the most prevalent yet invisible forms of poverty. Even though we knew that in theory, seeing so many families who are struggling to provide adequate diapers for their children has been heartbreaking. Many people are surprised to learn that federal programs (like the Special Supplemental Nutrition Program for Women, Infants, and Children or WIC) and food stamps can't be used to pay for diapers. And most places that distribute diapers, including crisis pregnancy centers (CPCs), only give out

five to ten diapers per week.

All-Options follows the recommendation of the National Diaper Bank Network in giving families a full pack of diapers each week. We've given out more than 4,000 packs (150,000 diapers) this year—and we still have 80 families on our waiting list! Trying to address this overwhelming need in a sustainable way is one of our biggest challenges.

Rewire: What kind of reception has All-Options had in the community? Have there been negative encounters with anti-choice groups?

PD: Diapers and abortion funding are the two pillars of our work. But diapers have been a critical entry point for us. We've gotten support and donations from local restaurants, elected officials, and sororities at Indiana University. We've been covered in the local press. Even the local CPC refers people to us for diapers! So it's been an important way to build trust and visibility in the community because we are meeting a concrete need for local families.

While All-Options hasn't necessarily become allies with places that are actively anti-abortion, we do get lots of referrals from places I might describe as "abortion-agnostic"—food banks, domestic violence agencies, or homeless shelters that do not have a position on abortion per se, but they want their clients to get nonjudgmental support for all their options and needs.

As we gain visibility and expand to new places, we know we may see more opposition. A few of our clients have expressed disapproval about our support of abortion, but more often they are

surprised and curious. It's just so unusual to find a place that offers you free diapers, baby clothes, condoms, and abortion referrals.

Rewire: What advice would you give to others who are interested in opening such an "all-options" venture in a conservative state?

PD: We are in a planning process right now to figure out how to best replicate and expand the centers starting in 2017. We know we want to open another center or two (or three), but a big part of our plan will be providing a toolkit and other resources to help people use the all-options approach.

The best advice we have is to start where you are. Who else is already doing this work locally, and how can you work together? If you are an abortion fund or clinic, how can you also support the parenting needs of the women you serve? Is there a diaper bank in your area that you could refer to or partner with? Could you give out new baby packages for people who are continuing a pregnancy or have a WIC eligibility worker on-site once a month? If you are involved with a childbirth or parenting organization, can you build a relationship with your local abortion fund?

How can you make it known that you are a safe space to discuss all options and experiences? How can you and your organization show up in your community for diaper need and abortion coverage and a living wage?

Help people connect the dots. That's how we start to change the conversation and create support.



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

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