



MRW News

Monthly Newsletter of the Moore Republican Women

OCTOBER, 2014

MARY ANN MANNING, EDITOR

MMIA Founder to Speak at October Meeting



Mike Dorman, founder of Military Missions in Action (MMIA) will update members on the work of this organization at the Oct. 6 meeting. Congresswoman Renee Ellmers will also briefly update members on current legislation and her bid for re-election.

Dorman is a 20-year veteran of the Coast Guard. Following his retirement, he felt driven to give back to both current military members and veterans. Mike formed MMIA in 2008 and today, the group administrates several programs for veterans from World War II to the present wars in Afghanistan and Iraq.

MMIA assists veterans in all 100 NC counties with programs such as, the Ramps and Rails program, which provides wheelchair ramps, and Operation Building Hope, which makes home modifications for the disabled or elderly veterans. The Homes for Healing project helps veterans with wounds you cannot see, such as post-traumatic stress disorder and traumatic brain injuries by assisting with household upkeep and similar tasks. Fill the Footlockers provides special treats to deployed troops and military dogs.

The menu is Pinehurst Quiche with eggs, broccoli, country ham, zucchini, and swiss cheese, salad and Key Lime Pie. The luncheon begins at noon with registration at 11:30. Cost is \$17 inclusive, payable with cash or check made out to Pinehurst LLC. Reservations are required and may be made at mooregopwomen@gmail.com or by calling Luncheon Chair, Linda Robson, at 910-235-0860. Reservation deadline is Wednesday, Oct. 1. Cancellation deadline is noon on Saturday, Oct. 4.

2014 Campaign Update. Barbara Para

Election season is upon us, and we only have a few weeks to get our candidates into office. This is our opportunity to elect a Republican, Thom Tillis, to the Senate, and to keep Renee Ellmers in the U.S. House.

We kicked off our “MRW has pens and will write for change in 2015” letter-writing campaign in September. This campaign requires minimum time and effort for a big payoff. It’s simple: volunteers are asked to write letters to their friends, to Republicans who did not vote last year and to unaffiliated voters, asking them to vote Republican this year. No telephone calling, going to headquarters or walking neighborhoods. Sample letters and lists of names and addresses are provided. A letter-writing day at the GOP headquarters in Southern Pines is planned for those who would like to join the camaraderie of other men and women writing to save their country.

Thirty-one people signed up to help at the September luncheon. Please don’t be left out of this tremendous chance to do your part for the upcoming election. You can start with friends and relatives, neighbors who you think might be swayed to vote Republican this year, or you can utilize our list of names and addresses.

This worked for the Democrats, so let's take a lesson from the previous years of a winning team. Let’s change history here in North Carolina! To lend a hand, please visit the campaign table at the October meeting.

Legislative Update Peggy Smetana

On Sept. 18. Congress passed Joint Resolution 124, which provides continuing appropriations to federal agencies at the current annual rate until Dec. 11, 2014. The bill also reauthorized the Export-Import Bank through June 30, 2015. Rep. Ellmers and Senators Burr and Hagan voted yes.

The resolution also provides for the Secretary of Defense and the Secretary of State “to provide assistance, including training, equipment, supplies, and sustainment, to appropriately vetted elements of the Syrian opposition...”

HR Res 124 says that the Secretary of Defense and the Secretary of State must provide a report to include the plans for providing assistance and the requirements and process used to determine appropriately vetted recipients of assistance to a Congressional committee and House and Senate leadership 15 days before providing assistance. General McInerney spoke on Fox and Friends on Sept. 19 and questioned whether vetting would consist of asking the opposition member “Are you a radical Islamist?”

Corporate election spending bill defeated. A victory for The First Amendment and Freedom of Speech! Congress turned down a resolution that proposed an amendment to the Constitution to allow Congress and the States power to “regulate and set reasonable limits on the raising and spending of money by candidates and others to influence elections.” The amendment would have allowed Congress and the States to “distinguish between natural persons and corporations or other artificial entities created by law, including by prohibiting such entities from spending money to influence elections.”

This proposed amendment was in response to the U.S. Supreme Court’s decision in the Citizens United case in which the court held that the First Amendment prohibits the government from restricting independent political expenditures by corporations.

The amendment was proposed by Sen. Udall (D-NM) and cosponsored by 46 Democrats, including NC Senator Kay Hagan, and 2 Independents.

The amendment failed in the cloture vote (54 voted for cloture, 42 against). 60 votes are need to invoke cloture, which would have forced a vote on the amendment, where it could have passed by a simple majority. Senator Hagan voted for cloture, Burr against. All the Yea votes were Democrats and Independents. All the no votes were Republicans.

Personals

Meg Lindenberger’s daughter, Kimberly Lindenberger, received the Moore County Schools Volunteer of the Year Award in September. She was one of two people honored for their dedication to Moore County’s school children. Kimberly volunteers at Aberdeen Elementary School. She began her volunteer work at the school in 2006 working with special-needs children. She now volunteers in Amy Kirk’s third grade class.

Kimberly, who volunteers every morning she is available, has brought something unique to the Aberdeen students. She frequently travels internationally with her parents, and virtually shares her vacation adventures with her students. Using the school’s Edmodo educational resource, she has shared Spain, Macchu Pichu, Alaskan Glaciers, cruised through the Bermuda Triangle, and celebrated Chinese New Year.

Kimberly holds a graduate degree in special education from UNC Chapel Hill.

Congratulations to Walt Havenstein, husband of MRW associate member **Judy Havenstein**, who won the New Hampshire Republican primary race for governor of that state.

President's MessageKay Wildt

HEADLINE: NO FOOD! NO WATER! What will you do if terrorists strike America in a large event? Last week Lt. General Thomas G. McInerney, USAF, Ret. spoke at Sandhills Community College. His topic was to have been about the impact of the downsizing of our military, but instead, he changed his topic and spoke about the very real and present dangers that face every one of us here in America. Gen. McInerney related instance after instance of the ways in which our country's defenses have been weakened by the current regime. He spoke of enemies currently able to cross our borders with impunity, enemies, who have declared that they mean to harm us. Gen. McInerney ended his speech with a dire warning for a very possible attack on our nation.

I am urging each of us to heed Gen. McInerney's warning and to prepare to be self-sufficient for a few days. Grocery stores have about a 3-day supply of food in stock, so, if our fragile supply chain is disrupted by an emergency, even one occurring in another part of the country, there could be problems here. If predictions in the Farmer's Almanac are true for this coming winter, it is expected to be "super-cold." While snow and ice in North Carolina are infrequent, when they do hit, you may be unprepared. Last February, snow hit Moore County so hard that travel was impossible for several days, and that was trouble if your larder was low.

What follows are ideas for a short-term emergency plan, not for true survival preparations

At a minimum, each of us should have a three-day supply of non-perishable food; however, be wise and prepare for a week or even longer. Have an emergency supply of prescriptions and over-the-counter medications also. Each time you shop, purchase a few extra items that have a long shelf life, such as canned goods with a high liquid content, and other staples that do not need to be refrigerated nor need cooking. Be sure that you have a manual can opener. More suggestions will follow at the end of the article.

Assume that we may have power outages. Stock up on water, even though storage can be challenging. Your preparations now will reduce your stress, knowing that you are able to take care of yourself until systems return to normal.

Suggested Supplies

- Ready-to-eat canned fish or canned meats, fruits, vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or almond butter
- Dried fruit
- Nuts
- Crackers
- Oils, such as canola, olive, or coconut oil
- Canned juices
- Non-perishable pasteurized milk
- High-energy foods
- Vitamins
- Food for infants or those with special diets
- Comfort/stress foods (chocolate!)
- Pet food
- Vital medications for yourself or your pets

For more information, go to the FEMA (Federal Emergency Management Agency) information website: www.ready.gov.

P R E P A R E N O W . D O N O T W A I T .

Ways and Means Andrea Moore

The club earned \$189 from sales of jewelry and soaps. The income from split-the-pot was \$82, with our own beloved treasurer, **Dorinda McNamara**, winning \$41!

Stop by the Ways and Means table to see our hand-beaded red, white and blue bracelets with magnetic closures. **“Rules of Golf” Soaps** are three to a pack for \$10. What a terrific hostess gift or Christmas stocking stuffer! We also have **Halloween-themed soaps**, again a great hostess gift if you’re attending a Halloween Party, and **Carolina Girl Soaps** for your UNC daughter, niece, or friend.

Terri Lynn nuts and candy orders must be turned in at the October 6th MRW lunch. No orders will be taken after that because we are going to get the nuts and candy in before Thanksgiving this year. If you need a catalogue, please call Mariann Benway (949-3856), and she will make sure you get one.



300 CLUB RAFFLE - WIN \$1,000 OR \$500 OR \$100! Diane Ingold, pictured at left, has volunteered to head our 300 CLUB RAFFLE, and she has chosen her lucky numbers already! You and your family and friends can buy a number for \$25 and be entered to win cash prizes. Cash awards are: first prize, **\$1,000**, two second prizes of **\$500** each and five **\$100** prizes. The drawing will be at our December 1 Brunch. You do not need to be present to win.

PLEASE SUPPORT OUR FUNDRAISERS AND HELP MRW RAISE MONEY FOR REPUBLICAN CANDIDATES AND OUR OUTREACH PROJECTS!

Membership Meg Lindenberger

It’s time to renew your membership during our 2015 Membership Renewal Drive. You may renew at the October luncheon meeting by stopping by the membership table or you may mail your renewal along with a check for \$30, payable to MRW, P.O. Box 3654, Pinehurst, NC 28374.

If you have any questions, please email Membership Chair, Meg Lindenberger, at meglindenberger@icloud.com or call/text her cell phone 910-603-5505.

Please remember to say hello to our new members. They are wearing nametags with shiny stars.

Welcome to our newest members

Jane MacDougall
Kimi McDevitt
Elizabeth Ritter
Ken Benway

Military Outreach Sandi Carl

REMEMBER: Donations for the MMIA Fill the Footlocker program should be turned in at the October meeting. Members who did not pick up boxes in September may still participate by bringing their donated items to the October meeting. The boxes will contain supplies needed by our troops and military dogs. Needed items are personal care items like shampoos, soaps and mouthwash; individually packaged snacks, granola, nuts and drink flavoring mixes; tea, instant soups and Ramen noodles, cookies, tuna, chicken and other meats in pouches; dog biscuits and Kong toys for the military dogs.

PLEASE REMEMBER YOUR COUPONS! Troopons will send your coupons to our military families to use in Commissaries wherever they are stationed. Coupons will be honored within 6 months of the expiration date.

Members donated \$50 to MMIA at the September meeting.

From the Editor Mary Ann Manning

In her report this month, Kay Wildt discussed emergency preparedness. It's up to each of us to ensure that our family has enough food, water and basic supplies, including durable clothing, to sustain itself in any emergency. The ISIS threats give one pause to consider the ramifications of a major attack that would knock out vital services, but an emergency can be caused by something else entirely. Consider the situation in Toledo, Ohio, earlier this year, when much of the region was without water for several weeks due to a bacteria in the city's main water supply. In many instances, government help may not be readily available so we'll have to rely on ourselves.

In researching preparedness, I've concluded there are two basic methods: purchase and store what you need for a crisis or move towards self-sufficiency. There are pros and cons to each, and you may choose one over the other or a little of both, depending on your family's needs, your budget, time, skills and living situation.

Whichever way you go, the process of building an emergency supply can be overwhelming, time consuming and expensive. It's hard to know which items to buy and how many of each you'll need. And, once you have the stuff, you have to properly store it, so that it stays fresh and is easily accessible. The list of books and resources below, which is by no means an exhaustive one, can help you get started. There are many other resources including websites and blogs that provide cost-efficient ways to prepare for any emergency, large or small.

Lifestraw Personal Water Filter, costs about \$20 from Amazon.com or camping and outdoor supply stores. Bottled water will last for only so long. This water filter can provide a more long-term option without the need to store a large amount of bulky water bottles. Larger models by this manufacturer and others are also available.

Long-term food storage: <http://www.mypatriotssupply.com>; www.wisefoodstorage.com; Sam's Club, www.samsclub.com; Costco www.costco.com and others. Individual packs of freeze-dried foods are sold at camping and hunting suppliers and locally at our Vass Tractor Supply Company. Do-it-yourselfers may want to check this website: <http://cheftessbakeresse.blogspot.com/p/52-method-recipe.html>.

Carolina Readiness Supply, Waynesville NC, <http://carolinareadiness.com>, offers a huge inventory of readiness and survival items, a vast library of preparedness books, first-aid kits, outdoor solar ovens and a large selection of emergency foods for all budgets. Family-owned, their staff is knowledgeable and eager to assist customers with their preparedness needs. They regularly hold survival fairs and seminars in the heart of the NC mountains.

Reading List:

How to Survive the End of the World as We Know It, by James Wesley Rawles. Although geared for the hardcore prepper, this book contains valuable information for anyone who wants to be more prepared.

Emergency Food Storage & Survival Handbook. Everything You Need to Know to Keep Your Family Safe in a Crisis, by Peggy Layton, includes a checklist for purchasing and organizing your supplies

The Naturally Clean Home. 150 Super-easy Herbal Formulas for Green Cleaning. Inexpensive ways to use on-hand items to clean and disinfect your home. These are great for everyday use, not just in emergencies!

Country Wisdom and Know How: Everything you need to know to live off the land, and other titles from Storey Books.

Ball Blue Book Guide to Home Canning, Freezing and Dehydration. This is a well-respected resource for home food preservation. Purchase online or at many hardware and garden stores and Walmart.

Medicinal Herbs: A Beginner's Guide, by Rosemary Gladstar. An illustrated guide to taking care of minor ailments using common, easy-to-grow herbs. Includes recipes for tinctures, teas, healing salves and liniments for pain and achy joints.