

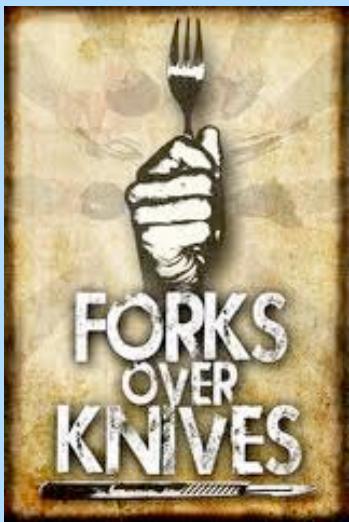
La Jolla Democratic Club

Oct., 2011



www.lajollademocrats.org

Derek Casady, President, 858-457-0246 . Nancy Casady, Treasurer
Ann Kennedy, Webmaster . Carolyn Shadle, Newsletter Editor



October Meeting - the 3rd Sunday - October 16,
2:00-4:00 p.m.

NEW LOCATION:

Community Room, AMC La Jolla 12 Theater

Forks Over Knives: A Groundbreaking Mainstream Documentary on the Merits of Becoming Vegan*

Together, the La Jolla Democrats will view the documentary, FORKS OVER KNIVES, which examines the profound claim that most, if not all, of the so-called “diseases of affluence” that afflict us can be controlled, or even reversed by rejecting our present menu of animal-based and processed foods.

Running time: 1 hour 36 minutes

Read more on page 4.

***Note: previously announced fundraiser scheduled for Oct. 16 has been postponed.**

SD Mayoral Candidates Forum

6:30 p.m. Wednesday, October 19 (arrive by 6:15 p.m.)

Balboa Theater

[868 4th Ave, San Diego 92101](http://8684thave.santiego92101)

Representative Bob Filner (Confirmed)
Assemblyman Nathan Fletcher (Confirmed)
Councilman Carl DeMaio (Invited)
District Attorney Bonnie Dumanis (Invited)

Call 619-228-8101 or check www.ABetterSanDiego.com

OCCUPY SAN DIEGO

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Occupy San Diego



When: Beginning Friday, October 7, 4:00 p.m. and 24/7 indefinitely

Where: Civic Center Plaza adjacent to San Diego City Hall (1200 3rd Avenue)

Why? Read on.

Standing in solidarity with Occupy Wall Street NYC, hundreds of San Diego citizens will peacefully occupy the Civic Center Plaza

in downtown San Diego, adjacent to San Diego City Hall (1200 3rd Ave.), starting at 4 p.m. on Friday, October 7, 2011. This occupation will continue every day and night indefinitely. There will be periodic marches from the City Hall plaza.

Occupy San Diego is one of many offshoot groups that have sprung up recently in response to the **Occupy Wall Street** campaign which, since September 17, has involved protestors having set up camp in Manhattan at Liberty Square, a few blocks from the New York Stock Exchange. Numbers of participants in the protest vary, with a few hundred taking up semi-permanent overnight residency in the plaza and daytime march participants swelling the ranks to as many as 5,000.

The movement is seeking local support – nationally, groups such as National Nurses United, the Transport Workers Union, Laborers' International Union of America, and United Steelworkers' Union, totaling nearly 2.1 million members, - and has officially endorsed the Occupy campaign.

The group refers to itself as “the 99%,” in opposition to “the 1%” that the movement claims is responsible for the erosion of the United States middle class society.

The San Diego group (a leadership group) has been holding daily meetings at 6 p.m. in Children's Park, downtown at the corner of First and Island. These meetings have served as planning sessions, and have attracted up to 100 participants.

Check out the website, www.occupysd.org, for updates.

November Club Meeting,
Sunday, November 20, 2011
Program TBA plus presentation of
2012 slate of officers

More Details about Occupy San Diego Plans



The planners write:

"We will peacefully and permanently occupy a space until a list of our demands, that will be in solidarity with Occupy Wall Street in NYC, are met by the City and County of San Diego, and by the Federal Government."

Protestor Kali Katt of Pacific Beach said a list of demands to San Diego leaders is not on paper yet, but the goal is clear.

"We are here to achieve social and economic justice. This is a very simple idea for people to come and participate in the democratic process again," Katt said.

The long term and overnight occupation will include marching, teach-ins, sit-ins, break out groups and vigils for Troy Davis, a young, black man on death row, recently put to death by the state of Georgia.

We will also be reaching out to existing political activist groups and labor unions in the San Diego community to stand in solidarity with us.

Since San Diego is one of the many hubs of military activity in our country, we will stand in solidarity with the American troops, who are pawns of the system, and a part of the 99% of the American people, manipulated by Wall Street and the 1%. A very large number of veterans in San Diego, and around the country, remain unemployed after returning from service in current wars, and they are encouraged to join our occupation demonstration.

Contact:
Kayla Ward or Kali Katt
949-480-4229 / 619-916-1304

Have you seen Bill Clinton lately? Since his second heart attack he's been eating vegan and is now looking – and feeling – great.

Those who care about the environment and pollution find the argument to eat a plant-based diet to be compelling.

The trailer of *Forks over Knives* raises the most startling questions: *What if we can cure sickness without medicine? What if our nations' health crises could be solved?* It then provides what it calls a “solution so overlooked that no one is taking it seriously”—becoming vegan. Almost a month after its release, the video has received more than 20,000 viewers and hundreds of comments from different websites.

That's not a big surprise at all. In the recent past several documentaries have flagged the dangers of the foods humans are consuming on a regular basis. That includes fast foods in the movie *Supersize Me* and environmentally healthy and industrially processed foods in *Food, Inc.* While these documentaries raised social awareness about the hazards of the food we're eating, they don't provide many answers about what we should be eating instead. *Forks over Knives* is the missing link providing that message.

The movie documents the investigations of Dr. Campbell and Dr. Esselstyn as they prove how adopting a whole-foods, vegan diet, can prevent the “diseases of affluence”—diseases that are present in societies or families whose members consume heavy proportions of meat and processed food. These are the same kinds of diseases that are virtually unknown in countries where meat is not as heavily consumed.

The claims of Dr. Campbell and Dr. Esselstyn—that becoming vegan can prevent cases of diabetes, heart diseases, cancer, and other degenerative diseases—will without a doubt draw the attention of an entire country reeling from the effects of unhealthy eating habits, and obsessed with the issue of healthcare. After all, the movie explores the biggest “what-if”: What if people don't have to have the health problems they are trying to make the government accountable for?

For long-time vegans, the ideas this documentary puts forward aren't exactly groundbreaking news – primarily that eating a balanced, vegan diet is the healthiest way a human can eat. However, for millions of people who have yet to understand what veganism is all about, this movie will prove groundbreaking.

What do you know about how the animals are fed and cared for before they are slaughtered? If you knew, you'd really not want to eat the animals.

Have you been told you can't give up meat because you need protein? Get the facts! Learn about the protein in plants!



Set Sail for Victory - December 3-10

Join fellow Democrats for a trip along the Mexican Riviera, organized by the San Diego County Democratic Party. You'll be treated to everything from informal political workshops to excursions and entertainment.

For details see www.demcruise.com or contact Dan Presser, Four Winds Travel (CST #1000683-40) toll free: **(800) 897-2310** or info@fourwindstravel.com.

WANTED! Nomination Committee Volunteers. If you would like to join a group for a meeting in late October to plan a slate of officers for 2012, contact Derek Casady, dcasady@san.rr.com or 858-457-0246.

The San Diego County Democratic Party Convention, September 17, 2011



400 attended, including Jess Durfee, County Chair, and Derek Casady, President of La Jolla Democratic Club



A high school mariachi band preceded Bob Filner announcing his candidacy for mayor of San Diego.



All 2011 club dues are due NOW. Please return the membership form. Thanks to all who have paid.

★La Jolla Democratic Club★

Membership Form

Please print this form, fill in, and send with dues to:

**La Jolla Democratic Club
P.O. Box 288 La Jolla, CA 92038**

LJDC Membership Annual Dues: **All yearly dues are due in January.**

\$20 Individual \$30 Couple \$50 Sustaining \$100 Patron
 \$5 Student

Name(s): _____

Address: _____

Phone: _____

Receive newsletter via email: yes / no

Email: _____

Volunteer: Phone Precinct Work Host Meetings Raise Funds Serve on Board

Make your check payable to LJDC or La Jolla Democratic Club
Dues are not tax deductible.

La Jolla Democratic Club
PO Box 288
La Jolla, CA 92038