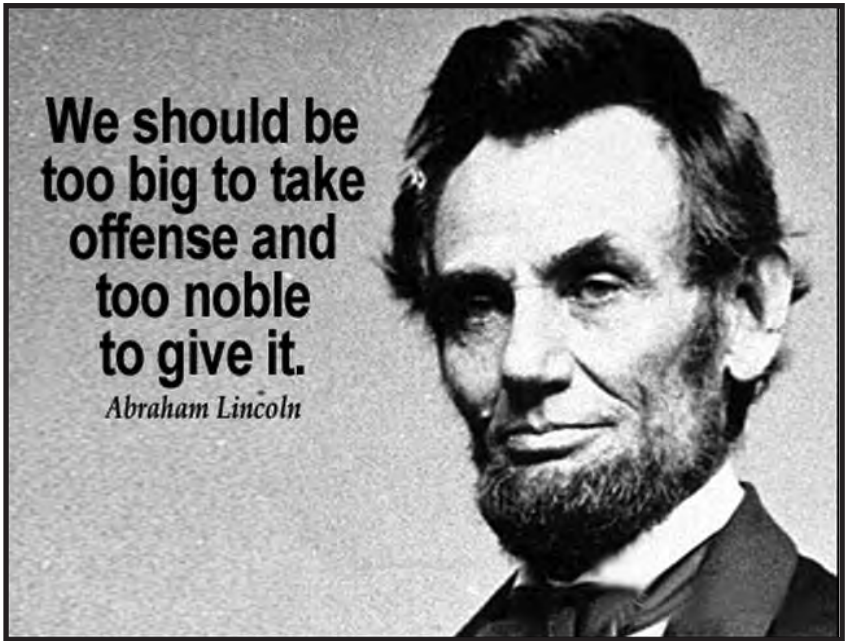


# Integrities

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



**VOTING DOES NOT  
A DEMOCRACY MAKE**

# Board • Editorial Team • Office

## *Board of Directors*

Judy Barry  
Karen Cane  
Adrienne Frisbee  
Monika Hassler  
Pamela Law

Bill Leininger  
Lucia Lopez  
Phil McManus  
Linda Wallace

## *Integrities Editorial Team*

Bill Cane, Editor ([bcane@baymoon.com](mailto:bcane@baymoon.com))  
Peter/Betty Michelozzi, Peggy Law,  
Karen Cane, Art Editor

## *IF Office*

Lauren Moody, Office Manager  
[if.laurenmoody@gmail.com](mailto:if.laurenmoody@gmail.com)  
leave message (831) 724-4108

*Publishing, Format and Design*  
MMPublishing™ Janet Martinez

website: [www.integrities.org](http://www.integrities.org)  
*Like us on Facebook*  
IF:People Seeking Possibilities

---

## 2017 Events - RSVP appreciated

**Mar 18**

### **St. Patrick's Day Benefit**

Saturday from 4:00 - 7:00 p.m.  
Wine and Cheese Party  
Hosted by Bill and Joyce Garvey  
7133 Viewpoint Road  
Aptos, CA

**RSVP Bill and Joyce at 831-688-2647**

**(Donations will help provide food and home supplies to families of farmworkers in Watsonville.)**

**For more information on this new IF project, see page 7)**

## VOTING DOES NOT A DEMOCRACY MAKE

The great movements in American history have been people's movements, often against great odds. If the people had not been roused to action, we would still have slavery, and women would not have the vote.

In Greek, *demos* means “people”. *Kratos* means “rule”. Democracy means *rule by the people*. It does not mean electing someone to control things. It means **people getting together and deciding and acting for themselves**.

Hannah Arendt, in her book *On Revolution*, declares that the American revolution was successful because the American people had small ruling bodies *before* the revolution. There was already a setup whereby the people could rule themselves. Colonies had created assemblies with a fair amount of power. Male colonists had the experience of participating in politics. Also, colonists had rights and liberties under British rule, unlike citizens of many Middle Eastern countries, and were accustomed to exercising their rights—“no taxation without representation”, for example.

(The French revolution was not so fortunate, nor were the recent revolutions in the Middle East. Since they did not already have representative communities; the people ended up fighting with each other for dominance!)

### *Simply Having Elections is Not Democracy*

So electing a President does not make a country a democracy. A democracy needs diverse groups of people getting together and

deciding what to do next. That is a lesson we must take to heart the next four years. Democracy depends, not on elected officials, but on the people who are making the country work, who are doing things together on local levels to keep democracy alive.

Whatever we can do to gather together with others, and act with others, is what will help create real democracy.

More than ever, we need to pray with Lincoln that “government of the people, by the people and for the people shall not perish from the earth.”

## *The Dangers of Letting Government Have All the Power*

Wars like Vietnam and the invasion of Iraq were started not by the American people, but by the central US government. It is the US government which stockpiles and controls nuclear weapons, not the American people. If we are to survive and have a livable world, we have to organize locally and change things, not just wait to vote for someone every four years.

Edward Snowden decided to let the American people, not high government officials, know that their government was secretly and illegally spying on them. He was hunted, exiled and is still considered a criminal by high government officials. Simply for acting on behalf of the people.

In the recent housing crisis, the US government financed the banks, not the people who lost their homes. The people were not in control of their own destiny. Today people are creating movements

to "divorce" banks as a punishment for "bad behavior." When just a few withdraw their accounts, no one notices. When hundreds do in an announced coordinated effort, banks pay attention!

Democracy is based on communities of people, not on a powerful president. If we want something, we have to work for it ourselves, not look up to "government" to do it for us.

## *Protecting Immigrants*

One gigantic need in the immediate future is protecting immigrants from the power of the central government. People have already begun to act. California and New York, and many large cities, have already gone on record saying that they will not cooperate in hunting down and expelling Mexican immigrants.

## *Sanctuary*

Protecting people by placing them "in sanctuary" is an ancient tradition. The early Christians met in the catacombs to protect themselves from the central Empire. Brave people in Germany hid the Jews so that they would not be taken away and killed by the government. The underground railroad shielded runaway slaves even though it was a federal offense in both North and South to do so.

In the 1980's the US Sanctuary Movement protected Salvadorans and Guatemalans from being sent back to their countries, where they could easily have been killed. The central US

government tried to send Salvadorans and Guatemalans back; the people's Sanctuary Movement hid them and protected them.

We are now, once again, hearing the word “Sanctuary” in regard to Mexicans and others living in the United States. States, cities, universities and some churches are declaring themselves “sanctuaries.” What really will matter though, as it mattered in Germany and in the underground railroad, is the number of individuals, families and small communities who take courageous steps to help protect our immigrant populations.

## From the New York Times (12/27/16)

450 houses of worship in the United States have offered to provide sanctuary or other assistance to undocumented immigrants, according to leaders of the Sanctuary Movement.

Robert W. McElroy, Roman Catholic bishop of San Diego, recently told a Catholic immigration conference, “It is unthinkable that we will stand by while more than 10 percent of our flock is ripped from our midst and deported.”

The Episcopal Diocese of Los Angeles recently declared itself a “sanctuary diocese” and called for “holy resistance” to Mr. Trump’s immigration plans. The California-Pacific Conference of the United Methodist Church also proclaimed support for sanctuary efforts. And when its rabbis convene in February, the Jewish group T’ruah: The Rabbinic Call for Human Rights will offer training on how to turn synagogues into sanctuaries.

## IF'S NEW EFFORTS TO SUPPORT SMALL COMMUNITIES

### AIDING FARMWORKER FAMILIES

IF keeps working on people projects. We have just started financing a center for food and supplies that will help poor farmworker families in Watsonville. The center is run by *The Center for Farmworker*



*Families*. Anna Lopez sent us the following article, describing what her non-profit does.

### OVERVIEW OF THE WORK OF THE CENTER FOR FARMWORKER FAMILIES

*by Anna Lopez, founder*

*The Center for Farmworker Families* was developed as a response to conditions that I encountered in the central California farmworker population and in the rural farming communities of west central Mexico while working on a doctorate degree at the University of California at Santa Cruz. Mexico had an estimated 9000 year old organic, agro-ecological farming culture with a strong farmer attachment to the land. The genetic diversity of traditional corn strains was so great that Mexico had become the world's repository for corn genetics for the world.

I studied the impact of NAFTA (North American Trade Agreement) on the farms and families of Mexico. . .

What I found in my study was profoundly disturbing. NAFTA eliminated the tariffs at the border that once protected subsistence and small-producer farmers from foreign corn competition. Within 30 months of the tariff elimination, GMO corn from the US poured into Mexico by the ton load. The cheap US corn destroyed the economy of the rural countryside by undercutting the price that farmers had once received at government outposts for the sale of a portion of their harvest. Almost immediately after NAFTA, the value of the Mexican farmers' corn was literally cut in half.

Unable to support themselves on the post-NAFTA income, farmers had three survival choices:

1. Stay on their land with their families and starve (many have done this since they are so attached to their land),
2. move to a big city in Mexico and try to find work, and
3. Risk an undocumented border crossing to the U.S. as economic refugees.

Today, approximately 75% of California's agricultural labor force is undocumented; living in poverty in the shadows, with a constant fear of deportation and separation from family members.





I realized upon the completion of my doctorate that I had to do something to ameliorate the suffering that I learned about in families on both sides of the border. I reasoned that if the general public had the awareness and knowledge of the US role in undocumented immigration, something would be done to correct the situation. Hence, I started *The Center for Farmworker Families*. We became incorporated as a 501c3 in 2012.

The purpose of *The Center for Farmworker Families* is to promote awareness about the difficult life circumstances of bi-national families while proactively inspiring improvements both in the United States and in Mexico.



We realize this purpose by engaging in the following activities:

1. Research and promoting the educational advancement of farmworkers and their family members working in agriculture, as well as family members who are living on their farms of origin in the west central Mexico countryside.
2. Supporting projects in both Mexico and California designed to sustainably promote financial and nutritional well-being and independence.

3. Examining the federal and state legal structures that govern the lives and well-being of farmworkers and promoting the changes necessary for improved livelihood and well-being.

## FARMWORKER REALITY TOURS:

One of the most effective way for the public to learn about the lives of farmworkers is to meet farmworkers in person and hear their stories. *The Center for Farmworker Families* offers Farmworker Reality Tours for the purpose of informing the public.



Groups of 15 or more people can sign up for a tour online. On a Sunday afternoon in spring, summer and fall, farmworkers tell their harrowing stories of post-NAFTA undocumented immigration. Participants have an opportunity to observe a farmworker as he picks strawberries. They also visit the migrant camp and hear about

the 50-mile regulation and the incidence of wage theft. Finally, we conclude the tour with a visit to the home of an undocumented farmworker mother of four citizen children who is renting a substandard house in central Watsonville. She prepares a



delicious traditional Mexican dinner and tells her story. During the dinner, we discuss immigration, and participants reflect on the experiences of the day.

## THE OAXACAN SHED:

The Oaxacan shed grew out of my work visiting families in Watsonville and Salinas. The farmworkers live impoverished lives in



crowded conditions with their family members and other Oaxacans who contribute to the household by providing a share of the monthly rent for an overpriced substandard dwelling. Most farmworkers work six days per week; up to thirteen hours per day and

experience grinding poverty; barely surviving on an average of \$12,000 per year. Oaxacan farmworkers specifically are among the most impoverished of farmworkers in the region and suffer discrimination, both from the society at large and even from other farmworkers.

The Oaxacan Community Shed, located in central Watsonville, California, is supporting the most recent Oaxacan farmworker family



arrivals. *The Center for Farmworker Families* stocks the shed monthly with basic necessities that farmworkers cannot afford to purchase, including baby diapers in all sizes, baby wipes, paper towels, toilet paper, rice, beans, shampoo, bath soap, laundry detergent and dish soap. The 40+ families that regularly visit the shed are so in need of these essential items that they travel to the shed from all over central California. . .

We stock the shed at the beginning of each month and need financial help to continue our work.

(IF has just started cooperating with *The Center for Farmworker Families* by paying for the food and supplies that are given to poor farmworker families at the Oaxacan shed in Watsonville.)

## **FARMWORKER CHILDREN TUTORING PROGRAM:**

One reason that many of the children of farmworkers do so poorly in school is because parents or other adults in the household don't speak English. School assignments are in English, and most children of farmworkers are struggling to perfect their English skills. Without a fluent English speaker to assist them, farmworker children have little chance of completing school assignments successfully.





The *Farmworker Children Tutoring Program* was designed by a Center for Farmworker Families' administrative assistant who recently graduated from UCSC. He has established a program in which any farmworker family that wants tutoring assistance for their children can be assigned a UCSC student tutor/mentor to visit their home once per

week and receive assistance with assignments. The program has proved to be beneficial to both children tutors and the children. The tutors are exposed to a way of life probably never



experienced before, and the children receive school assignment



assistance and mentoring to promote an interest in and future success in education.

# Integrities

If you have further questions about our organization, please don't hesitate to call 831-335-5492. Thank you!



*Photos from The Center for Farmworker Families programs  
courtesy of Anna Lopez*

## HELPING TO NURTURE THE ENVIRONMENT

*Watsonville Wetlands Watch* (WWW) has been working to protect freshwater wetlands for over 20 years. Their Wetland Stewards program hires and trains 12 Pajaro Valley High School students as interns to teach a hands-on after-school program for elementary and middle schools in Watsonville. These interns learn about the plants, animals, and the ecology of the wetlands along with methods to teach this material to younger students. The high school role models inspire younger students to care about the



*Students water quality testing at Struve Slough Below: High School Interns birdwatching in the wetlands*



environment and encourage them to make a difference in their community.

The interns lead over two hundred elementary and middle school students in activities such as kayaking, water quality testing, bird watching each year. The teaching is hands on—how to

# Integrities

take care of the environment, plant native species, restore degraded habitats, care for hundreds of acres in the Watsonville Wetlands.



*Students collecting and identifying animals in the wetlands to learn about water quality and how what affects wetland food webs.*



*All wetland photos furnished by Emily Howard, Director of Educational Programs of the Wetlands Stewards Program at Watsonville Wetlands Watch.*



The high-school students earn a stipend for teaching younger students for two semesters each year. *IF* has just started paying the salaries of three mentors at the Watsonville Wetlands. These trained high school mentors will be teaching over 100 grammar school students in 2017.

To see a beautiful video about what they do, please watch their video at <https://vimeo.com/194460087>.



*photo courtesy of Watsonville  
Wetlands Watch website*

## THE IMMEDIATE FUTURE

The immediate future, with Trump's high government appointments, looks bleak indeed.

But it can be a wake-up call to resurrect people-power in the United States.

Noam Chomsky gives us some background on who rules the United States. After World War II, The US, as a country, held 50% of the world's wealth. By 1960, that percentage was down to 25%. Now, *corporations* based in the US hold 50% of the world's wealth.

So we are living under corporate rule. Corporate money controls many elections.

Trump's appointees are largely corporate-friendly. The denial of global warming is largely a corporate ploy. So we are living in an era where the people are no longer in charge of governing. A time of loss for real democracy.

Will we be able to restore real democracy? That is a question for all of us, and it will demand dedication and sustained action on our part.

We have been pondering the words of historian Rosenstock-Huessy about “the end of the world.”

“We must believe,” he wrote, “in the *end of the world*, because it will come at least once in each of our lifetimes, and many times in the course of history. But we also must believe in *the world to come*, and with all our hearts and souls, endeavor to bring that new world into being!”



*photo by Karen Cane*

# Membership Form

## LET INTEGRITIES BRING NEW POSSIBILITIES TO YOU, TO YOUR FAMILY, FRIENDS AND COMMUNITY.

*Your tax-deductible donation includes a one-year Integrities subscription and IF membership.*

*Please send Integrities to:*

Subscriber Name and Mailing Address  
*(please print clearly)*

This is for myself \_\_\_\_\_ This is a gift\* \_\_\_\_\_  
*(please check one)*

\_\_\_\_\_  
*First Name*

\_\_\_\_\_  
*Last Name*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*City*

\_\_\_\_\_  
*State*

\_\_\_\_\_  
*Zip*

\_\_\_\_\_  
*Phone Number*

\_\_\_\_\_  
*Email*

I would like to give a gift subscription. Enclosed is \$15 (or more) donation. Please write the following message on my gift card:

\_\_\_\_\_  
\_\_\_\_\_  
*Yes\_\_\_\_\_ Please send me the email version of Integrities. (Please be sure your email account is not blocked and that you have printed your email address legibly .)*

*Yes\_\_\_\_\_ Please send me the printed version of Integrities*

*Yes\_\_\_\_\_ Please send me both the Email and Printed version of Integrities.*

*Feel free to duplicate this page for as many subscriptions as you need.*

***Please tear out this page and mail with check made payable to  
IF • 160 Sunflower Lane • Watsonville, CA 95076 • Thank you!***



# Integrities

[www.integrities.org](http://www.integrities.org)  
160 Sunflower Lane  
Watsonville CA 95076

**Current Resident or Addressee**

