



## What does it mean to be a BadAss Grandma for Democracy?

Recently, it occurred to us on the leadership team that perhaps there might be questions about what we BadAss Grandmas for Democracy (BG4D) are really about. Our title might imply a certain perspective to the general public that may not be accurate. Here's what it means to us to be part of our movement, to be a BG4D.

***We are doing the work. We show up for our democracy.***

Dina always says, "there are two kinds of people in the world, tight-asses who complain about things, and BadAsses who get things done." To be BadAss is to be willing to do the work. That work is different for all of us, which is why we say, do what you can, where you can, however you can. That work might be door knocking, post-card writing, phone-banking or writing a letter to the Editor but it might also be supporting others who are doing the work by bringing baked goods or a casserole to your local political party's office where other volunteers are phone banking; or being a supportive shoulder to vent to when the anxiety gets high or the work is too overwhelming. Regardless of how it is done; we show up.

***We are curious, and we are lifelong learners.***

Being BadAss is also about educating ourselves. A primary reason we have speakers every month is that we feel it is of fundamental importance to be willing to learn all we can about what other pro-democracy groups are doing but also learn about the challenges to our democracy, such as about the rise of white Christian Nationalism. We are always willing to learn.

***We are tenacious; we stay in the room.***

Before women got the right to vote, we were always left outside the room where decisions were made. Too often, that still happens. So, we feel it essential to stay in the

room so that we can listen, learn, express our opinion and be part of the decisions and the process. We don't run from the room when others disagree with us. We have the tough conversations openly, and publicly; with pearls on and with class. We act with integrity while being tenacious.

***We are women supporting other women.***

Finally, we are about supporting each other. That doesn't mean we don't disagree; we do. But, it means treating each other with respect and dignity when we disagree so we can model for future generations how women in leadership roles do things. We have no time for bullying, be it subtle or not so subtle; nor will we tolerate malicious insults and name calling. There's been too much of that in all of our past lives and there's too much of that happening in the public arena by a particular former President / current Presidential candidate. We have seen in just the last few weeks, what harm that can do. We have no wish to cause anyone any additional trauma. It's about the work and we never make it personal.

*We show up, we do the work, and we are always willing to learn. We stay in the room and support each other. When we fight, it's clean, it's out in the open, and always about the facts and the work - never the person.*

*We are about the business of saving our democracy, together, as a united, loving movement.*

***We are BadAss.***





**Printed with  
permission  
from the author,  
Dina Butcher,  
BadAss  
Grandma #1**

## **DON'T LET IT HAPPEN HERE**

AS PRINTED IN *THE HIGH PLAINS READER*,  
LAST WORD | October 25th, 2024

By Dina Butcher

In 1938, when my parents were living in Germany, my father — along with 30,000 other Jewish men — was rounded up by Nazi Stormtroopers during an event known as Kristallnacht. He was taken to a concentration camp and performed forced labor until some relatives were able to secure his release. Shortly after this horrible experience, he began planning to bring his family to the United States. His mother, sisters, and several other relatives stayed in Europe and were later killed in Auschwitz.

The story is painful to tell, and I never tell it without a heavy heart. I also try to avoid using it to make observations on present-day events, governments, or politics. I do this because there are few times throughout human history that can compare to the Holocaust. Also, when it is used too often or without meaning or appreciation, it lessens the depth of depravity and horror that was the Holocaust.

But I've been watching with more and more concern what is transpiring in American politics. I am seeing clear parallels to what happened in Italy and Germany in the 1930s. I have held these concerns for a number of years, but events over the past few months have been setting off alarms that have almost left me trembling when I watch the news.

One presidential candidate, Donald Trump, has called immigrants "vermin," "scum" and "animals" and has accused them of "poisoning our blood" for some time now.

A book published many years ago contained this passage: "All great cultures of the past perished only because the originally creative race died out from blood poisoning." That book was *Mein Kampf*.

Recently, these attacks have ramped up. Trump recently claimed that Haitians are rampaging through the streets of Springfield, Ohio, and eating pets, which has put the

people of Springfield in terrible danger. He followed that up with claims that the Congo was emptying its prisons and sending all their criminals to the United States and that Venezuelan gangs have taken over a city in Colorado.

None of these things are true.

This former president has also started claiming that people who oppose him are "mentally deficient." This comes after reports from a relative of Trump's who said Trump once mused that maybe people with severe disabilities should just die. This belief was actually put into practice in the 1930s and 1940s in my parents' home country.

In addition to these disturbing lies and beliefs, Trump has now threatened to jail anyone he deems an opponent. He says he will use the military to deal with the "enemy from within." This includes election workers, donors, members of the media, elected officials and even voters. A number of his close followers are more than willing to make this happen.

Oh, and he has already said Jews will be to blame if he loses.

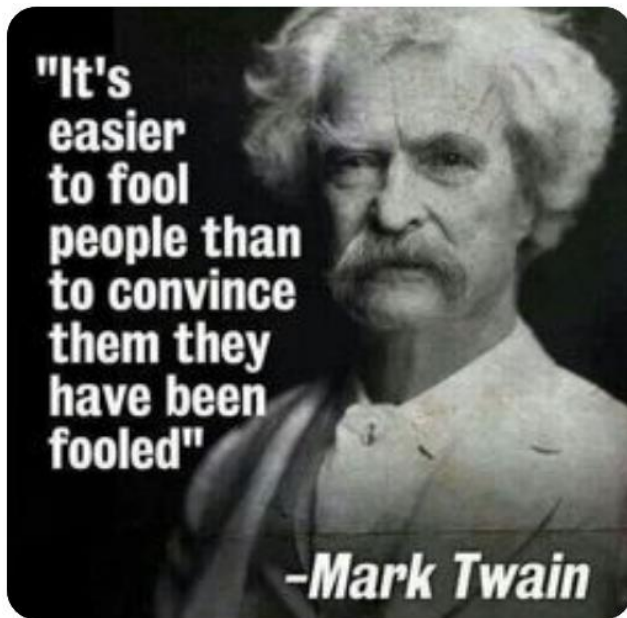
When Donald Trump uses language to dehumanize us, his goal is to make it easier to turn against each other. When he sows distrust in our elections and in our institutions, his goal is to turn Americans against their government and against democracy.

He is tearing at the very fabric of our country.

Many of you may support Mr. Trump because you believe he is the only option if you are "pro-life." I would encourage you to reconsider. I have worked with conservatives and progressives and find they are both pro-life. Progressives simply don't believe they have the wisdom to make such difficult choices for a young girl who has been raped or a woman who knows she will lose her child during or immediately after childbirth and that her own life is in danger. These same progressives support full funding for "pro-life" programs such as WIC, HeadStart, Social Security, Medicare, and many others.

When my father was picked up during Kristallnacht, it was his friends who did it. You see, at a certain point, you lose your defenses to lies and deception. Things you think you could never be a part of instead sweep you along like a strong current. My father's friends, who had been good and decent people, were now willing participants in one of the ugliest chapters in human history.

Don't let this happen here.



Reprinted with permission from the author, BG4D member, Joan Brickner: First published in the Fargo Forum

### ***Brickner: Boone and the big lies***

*Opinion by Joan Brickner*  
October 12, 2024 at 8:59 AM

The campus of North Carolina's Appalachian State University was lovely.

Fourteen years ago, my employer, MState, sent me there for a four-week-long seminar on developmental education. In the mornings, I'd join classmates to stroll across the green sweep of campus with days of lectures, assignments, and research projects.

In our free time, we'd explore the area; shopping on King Street, dining on terrific shrimp and grits. We toured Blowing Rock or Asheville. The people were friendly. Boys on campus, part of some summer camp, scrambled to open doors for me.

But even then, I was surprised by the flooding after storms. The Walmart parking lot in this mountain town would be half a foot deep in places.

I felt distress, watching the devastation from Hurricane Helene, hundreds of miles from the Atlantic Coast. King Street was a river of mud, Asheville was flooded about 27 feet, with buildings and highways ruptured, cars smashed into uprooted trees. Homes became houseboats and nearby Lake Lure clogged so tightly with tree branches; it looked like I could walk across. At least 230 are dead, with many more missing.

I've learned a lot after this catastrophe. One thing is that there is no such thing as a "climate haven," as some had labeled nearby Asheville. Maybe climate change is too far along.

Besides this disappointment, I witnessed the reactions, good and bad. Like many, I prayed for the victims and sent money through the Red Cross.

I wondered how and if restoration would occur. Some blocks were wiped out. Any process would take years. Our hearts are touched by images of caring neighbors and rescuers, bringing medicine, clearing paths with chain saws, or preparing barbecue. Sometimes, it was "just" a hug, faces sad or grim. With a drawl, perhaps, they might say, "We'll get through this."

President Joe Biden and Vice President Kamala Harris have both been busy. His flyover of the region helped him see the wreckage without inconveniencing ambulances and rescue teams. Governors, mayors, and senators, mostly Republican, praised the administration for its swift, deep support.

But lies percolated, sowing distrust in the Biden/Harris administration.

#### ***Here's a few.***

Victims are only receiving \$750 total. A lie. This initial amount is for immediate necessities, like food and medication. Millions more have already come with more on the way.

Some claim that all the FEMA money went to migrants. Lies, lies, lies. As Vice-President Harris said, "The reality is that FEMA has so many resources that are available to folks who desperately need it now." As she said, "There's a lot of mis- and disinformation being pushed...particularly to the survivors of Helene."

On the other hand, former President Trump did use FEMA money for ICE. And Republican Speaker of the House Mike Johnson refused to bring Congress back to provide more money for FEMA and other rescue services. Trump ally Elon Musk offers "free" internet service that actually costs \$400.

May Helene victims recover. However, with this cynicism, this cruelty, along with the Project 2025 plan to get rid of NOAA (National Oceanic and Atmospheric Administration) and the National Weather Service, we see the need for truth and compassion in leadership.

## Battling Bugs: We Must Decide to Build a Better Future

By Mary Boza Crimmins

When my family moved to Orlando, Florida, in 1972, we lived in the Melody Motel for about two weeks. It was what we could afford while we waited for our house to be move-in ready. Let's just say the mirrors on the ceilings were a later addition. Having moved from Oklahoma, we were familiar with cicadas but not the palmetto bugs prevalent in the Florida humidity. We'd kill one, only to have another make an uninvited appearance. It seemed futile, yet we were determined to keep our temporary quarters spotless to discourage the filthy pests.

Like my family's fight with the roaches (palmetto bug just sounds less disgusting), some people are willing to do what it takes to improve conditions in their lives, communities, and country. Others try at first, only to eventually become frustrated and give up. Then, many are resigned to the situation; they see any effort as pointless.

As for me, I want to lead my best life and leave the world a better place for my grandchildren, for posterity. I want to do whatever it takes.

To be clear, I don't think the world is worse today than in the past. And I don't know if America is in decline. I do know, however, that we can take individual actions to make the world as good as possible. I realize as I wrote in my first book, *Taking the Holy Spirit to Work*:

"When we add the challenging times in which we live to life's realities, we sometimes feel perplexed or discouraged. To change this mindset, think about it this way. When has there not been a challenging historical period? The difference is wars, famine, and atrocities that occurred in the past are history. Because we are far removed from the past, we can feel as if the present day is somehow unique in its problems. It's not. History is incredibly nuanced and complex; we can never fully understand it.

"Yes, we live in uncertain times. There's nothing new there. Economic downturns, new virus variants, and political unrest are made more alarming by a relentless news cycle. I am confident, however, that the opportunities in this day, at this time, are exciting."



*Mary Boza Crimmins is the founder of Ourselves, Our Posterity, a community and newsletter aimed at inspiring those 55 and older to make the best of their lives and the legacy they leave for future generations. After teaching social studies for 28 years, she decided to become a published author and start her own writing business, Crimmins Communications. Mary and her*

*husband, Pete, raised two incredible sons. Peter is a Commander in the U.S. Navy, and Matthew is a CPA. They have three grandchildren and two foxhounds.*

**Mary is a new member of BadAss Grandmas for Democracy! If, like Mary, you have a story or viewpoint you are willing to share with us, please do! We want to hear from you, too! Send us your story – [lynpinnick@gmail.com](mailto:lynpinnick@gmail.com)**

## News from Around the Red River Valley and Elsewhere



### CANDIDATE FORUMS

have been conducted by the League of Women Voters almost since the beginning of its formation, over 100 years ago. In any community where there is a local League, Candidate Forums are held.

If you missed this round of candidate forums for North Dakota and Minnesota races in the Red River Valley, don't worry! You can now watch them anytime on the LWVRRV YouTube page.

Stay informed about local issues and candidates by tuning in to these informative discussions!

Visit our YouTube page at: <https://www.youtube.com/user/LWVRRV/videos>

Please note that the Moorhead City Council Wards 1-4 recording is not available due to technical difficulties. The West Fargo Forum for North Dakota State Representative District 16 and District 8 Judicial recording is available on The City of West Fargo's YouTube page at: <https://www.youtube.com/live/PstfE3MVSUs?si=zHwGml4zlmRct1Jq>



**BUFFALO'S FIRE**  
Independent News from the Indigenous Media Freedom Alliance

### 2024 Election Guide from Bismarck Documenters By Alicia Hegland-Thorpe

Election Day is Tuesday, November 5 and the Bismarck Documenters program wants to help you make important decisions at the voting booth with this election guide. Whether you vote early or on Election Day, we encourage you to take a

few minutes and read about what will be on your ballot and where to vote.

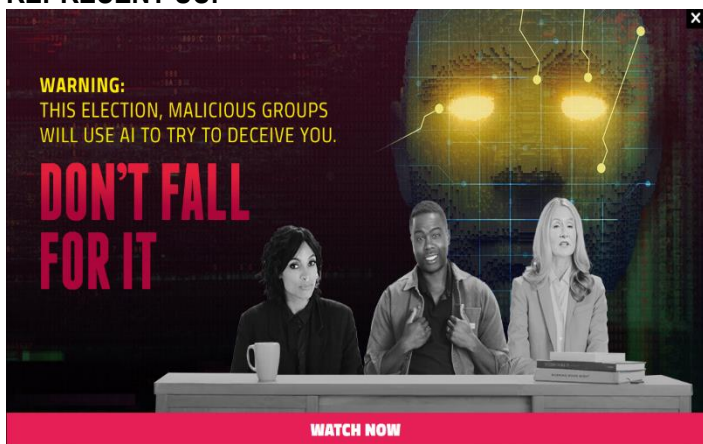
This year, North Dakotans will not only decide on the next United States president but also their next governor, state senator and state representative. North Dakotans will vote on whether to eliminate the current property tax system and whether to legalize recreational marijuana. Bismarck and Mandan voters will decide whether to increase local sales taxes. Burleigh County voters will decide a county commission race. There are three contested races for seats in the state Legislature in the Bismarck-Mandan area, eight statewide races, five statewide ballot measures, races for seats on the Burleigh and Morton County commissions, and local ballot measures in Bismarck and Morton County.

In this guide you can find out what county, statewide, legislative, and judicial candidate races are on the general election ballot in all of North Dakota. We recommend the most comprehensive guide on the Secretary of State's [website](#).

## OTHER RESOURCES!

"A lie can travel halfway around the world while the truth is still putting on its shoes," said Mark Twain. Or did he? Supposedly he said it in 1919, but Twain died in 1910. Attributing the quote to Twain is a popularly cited example of misinformation. Misinformation and election lies abound. With AI, ensuring the truth intensifies; false and misleading but realistic pictures and videos have increased. We fear also that the lies will continue after the election if a particular candidate does not win. Here are some excellent resources for facts to combat election lies and misinformation. We start with Represent Us, as they are targeting misinformation and have done an extended campaign to help readers beware of false or misleading information, particularly by AI. It's a great video!

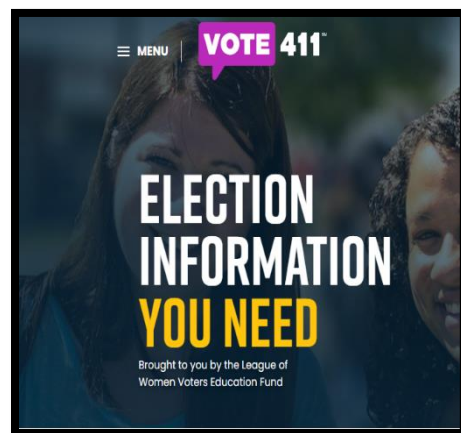
### REPRESENT US:



<https://represent.us/about/?source=ak-em-dfa-20241030>

The Election Misinformation and Fact Checking websites listed below were found on a variety of websites including that of the Boston Public Library and Connecticut College. All credit to both entities for their work.

- **2024 Presidential Election Misinformation** - The News Literacy Project's Flipboard page for recent articles about misinformation related to the elections.
- **Misinformation Dashboard: Election 2024** - This free online resource collects examples of viral rumors, doctored images, conspiracy theories and AI-generated fakes.
- **Quiz: Is it legit? Vetting news sources for credibility** - Many sources compete for attention online, including partisan blogs and bogus sites posing as legitimate news organizations. It can be tough to know what to trust. Know what "credibility" looks like, and how to recognize it.
- **FactCheck.org** -- A nonpartisan, nonprofit "consumer advocate" for voters. It is a project of Annenberg Public Policy Center of the University of Pennsylvania.
- **PolitiFact** -- Compiled by the staff of the *Tampa Bay Times* newspaper, PolitiFact aims to rate the truthfulness of statements made by candidates and pundits.
- **GovTrack** -- Launched in 2004, GovTrack is built on open data. It helps everyone learn about and track the activities of the United States Congress. This is a project of Civic Impulse, LLC. GovTrack.us is not a government website.
- **Vote411** -  
- Find Information on all candidates running in your district. Run by the National League of Women Voters and updated for local candidate information.
- **OpenSecrets** is the website of the Center for Responsive Politics, which tracks money given to candidates and the effects of money on politics, public policy, and elections. Includes fundraising and other data on current members of Congress as well as data on money spent in various Congressional races, and also the candidates running for president. Includes information also on "dark money" and money spent by PACs (Political Action Committees), and other lobbying/interest groups.



As we grapple with the upcoming election and its importance, addressing that very question was posed by *Divided We Fall*, a previous speaker for BG4D. Divid we Fall is devoted to

fostering civil conversations on hard topics. In the interest of our engaging equally in the hard conversations, we have printed the discussion below. You can find the story reprinted on their website here: <https://dividedwefall.org/most-important-election-in-history/>

**Reprinted from the Divided We Fall website.**

**Is the 2024 Election the Most Important in U.S. History?** by Michael McKenna and Teresa Smallwood  
September 18, 2024

### **The Significance of the 2024 Election for America, Real Versus Exaggerated**

By **Michael McKenna**, President, MWR Strategies, and **Rev. Dr. Teresa Smallwood**, Public Theology and Racial Justice Collaborative, Vanderbilt Divinity School

### **Elections Reflect, Not Change, Public Sentiment** By **Michael McKenna**

In the United States, elections—and the governments they produce—are lagging indicators of public sentiment. Elections simply provide a quantitative measure of what the voters believe. The governments that emerge from elections merely establish order and discipline with respect to those policies and approaches that have already been emotionally and intellectually pioneered and adopted by the American people.

John Adams captured this relationship between sentiments and action when he noted that long before the first shot at Lexington: “The Revolution was effected before the War commenced. The Revolution was in the Minds and Hearts of the People.” Similarly, the country was already divided by the time the shooting started at Fort Sumter. And the majority of the people had already made up their minds about civil rights long before John F. Kennedy’s assassination effectively assured the passage of the Civil Rights Act of 1964. In practice, this means that elections themselves aren’t really that important; they simply measure existing sentiment.

### **Checks and Balances Also Play a Role**

Moreover, the fortunate reality in the United States is that any single election—no matter how inflated with import by the contestants and observers—is almost never definitive. Power is diffused between branches and levels of government as well as temporally, with different offices being elected (or appointed in the case of the judiciary) at different times. All of that is intentional and designed specifically to ensure that the government remains a servant (albeit a troublesome one) and not a master.

The other practical reality that flows from this byzantine arrangement is that the winning side of any election usually winds up disappointed because they don’t get everything they wanted, and the losing side winds up pleasantly surprised that things didn’t turn out as bad as they feared.

### **Many Elections Are Promoted as the Most Important Election**

The winners and losers are always quite certain that victory, in whichever election is happening, will bring significant and enduring changes to the nation. They are usually wrong. It is important to recognize what politics and elections are and what they aren’t. They are not about the soul of the nation. They are not about healing anything. They are not some grand statement about the arc of justice. Elections are simply about how we as a society decide who gets to use the coercive power of the state to encourage some activities and discourage or outlaw other activities, and, as noted previously, are mostly just a measurement of sentiments already held by the citizens.

Each election is sold as the most important election in the history of the Republic. Obviously, all of them cannot be, and probability suggests that this one won’t be either. Political defeats are temporary, but so are political victories, and they should be treated as such.

### **This Election Could Fundamentally Change the Form of the U.S. Government** by **Rev. Dr. Teresa Smallwood**

Elections are very important. The winner of the upcoming 2024 can ensure that this nation remains democratic, rather than slip further into an autocratic rule. The next president of the United States will have the power to appoint Supreme Court Justices and many other key governmental appointments. And, fundamentally, the election will either preserve or destroy the fabric of this nation and continued rule by the will of the people.

### **Attempts to Limit Voting Rights Are a Sign of the Election’s Importance**

Elections give the people of a nation the ability to choose their representatives in all branches of government. If the power to elect was not vitally important, why have we seen such a concerted effort to dial back voting rights? In Arizona, Oklahoma, and South Carolina people are being purged from the voting rolls. Arizona and Mississippi have legally imposed restrictive documentary proof of citizenship for voter registration. Texas imposed restrictions for people who need help voting because of limited English proficiency. Iowa’s voter suppression law increases voter purges from the rolls, limits early voting, limits the ability to vote by mail, and closes the polling places earlier on Election Day. Georgia’s law makes it illegal to give voters a bottle of water while they wait in long lines to vote, and it gives partisan officials power to seize control of local elections. We are witnessing the worst insurgence of voter suppression laws in this country since the era of Jim Crow, when legalized segregation and discrimination denied African Americans the right to vote, work, and be educated. Voting rights matter because elections matter.

### **Elections have the Power to Move a Nation – Forward or Backward**

The attack on voting rights suggests that most people see the right to vote as important. Those who wish to limit people’s voting power are clearly afraid of what elections have the capacity to do: let the majority speak! The rule of law gives every citizen the right to participate in government. Without the right to

vote, “we the people” lose our ability to weigh in and form our collective political will as a nation.

When the first shot was fired on Fort Sumter on April 12, 1861, it initiated a Civil War with the subsequent loss of many lives and limbs. Confederate General P.G.T. Beauregard and his troops occupied the fort for the next four years. It was an era of unprecedented anarchy as states seceded from the Union. Elections preserve the right of the people to participate in their collective governance, instead of being lorded over by dictators and tyrants. Let’s not go back to the Civil War era, let’s move our country forward.

### **The Strength of the American System Far Outweighs the Power of One Election**

**By Michael McKenna**

Yes, elections are indeed important; they give one of our fellow citizens powers far beyond those of mortal men for a very short time. At the same time, it is essential to recognize the strength of the system itself, which diffuses power across various institutions (courts, states, local governments, Congress, government agencies, and the presidency) and at different times, makes it impossible for any one person or group of people to “slip” us into an autocracy. Under the system as constructed, however, it is possible that voters might take it upon themselves to reform, renew, and recalibrate the relationships between governmental institutions. To characterize these reforms, especially efforts as anodyne as making sure that those voters are eligible to vote, as sliding toward autocracy seems tendentious.

### **Ultimately, Voters Make the Rules**

If people don’t like the laws that their state representatives passed and their governors signed, ample opportunities remain to change them, not least of which is at subsequent ballot boxes. It’s poor sportsmanship to complain that one is losing because of the duly-established rules; rules that both sides have known and lived by for generations.

Finally, U.S. elections are lagging, not leading indicators of public sentiment. By the time policy preferences appear in legislatures, they are already fully ripened and realized in the minds of voters, mostly because the system requires years of stable policy preferences to change the law or create new laws.

### **Even the Best System Has Room to Improve**

**By Rev. Dr. Teresa Smallwood**

Mr. McKenna and I agree that elections are important. We also agree that our system of government has recognized strengths because it is designed to spread the power differential over various institutions. The diversity of institutional commitment is what makes America a democratic nation. Having many voices participate in the decision-making of a civilized nation assures that all people have a chance to let their voices be heard.

### **This Election Is an Opportunity to Defend our Democracy**

But democracy does not equate to utopianism. No system is perfect, and our democratic way of being is the best in the world.

But we should make every effort as citizens of this great democracy to preserve it, defend it, and cherish it. In doing so, we must recognize the right of the people to govern through participatory democracy.

Elections are that barometer. And while electoral processes do not presently lead as indicators of public sentiment, that is an indication that we need more participation, not less.

The way to increase participation is to encourage Americans to vote! The 2020 election had 17 million more people participate than the 2016 general election. That signals to me not only the importance of elections, but also that properly motivated voters take the right to vote seriously. This is how, in Mr. McKenna’s own words, “voters might take it upon themselves to reform, renew, and recalibrate the relationships between governmental institutions.” In so doing, they reaffirm that elections matter.



### **Virtual Book Club:**

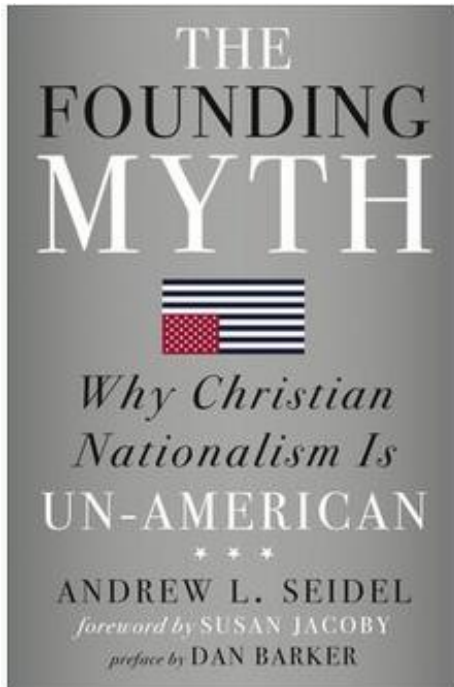
As a result of a suggestion made during Jerry Gale’s presentation on white Christian Nationalism, we have formed a BG4D virtual book club.

We have been meeting since September, ably led by Forum columnist and former teacher, Joan Brickner. Our next meeting will be on Thursday, November 21, and we are reading The Founding Myth: Why Christian Nationalism is Un-American, a 2019 book by constitutional lawyer Andrew

I ♥  
**Book Club**

Seidel about the separation of church and state in the United States.

Our next meeting will be **Thursday, October 24; and Thursday, November 21 at 6:30 pm Central.** A repeat note - BadAss Grandmas is studying white Christian Nationalism because we support the separation of church and state and we know that white Christian Nationalism is undermining our Democracy (NOT because we are a religious group, as we are not). Our actions are political and civic.



### UPCOMING SPEAKERS

**NOVEMBER 20 - Project Optimist**



Last year, in December, I hosted an in-person holiday get-together at my home in Moorhead, MN. Asking for feedback but we could pick a neutral location and have a get-together, or since December is so busy, we may just skip the month. What do you think? **FEEDBACK WELCOMED.**



**JANUARY 15 – Respect the Voters Coalition**  
Join us to hear an idea they have for North Dakota.

**PROTECT DIRECT  
DEMOCRACY.  
REPAIR OUR NATION.**

We are a national coalition of pro-democracy organizations.



**From the University of San Francisco:**  
Election Self-Care Kit

Self-Care Tips –

1. Download new music so you don't need to hear as many radio or internet radio political ads.
2. When you're with friends or family, suggest that the group avoids discussing politics when you need a break from it. Speaking up for yourself and your needs is crucial for self-care.
3. Take breaks from scrolling through social media; mute or unfollow accounts which trigger anxiety.
4. Re-watch some of your favorite series or movies.
5. Hang out with your pets (dogs have very few political opinions)!
6. Try to get the right amount of sleep. Mental health gets unbalanced with too much or too little sleep. For me, this means getting in bed and turning my phone off at a reasonable time.
7. Reach out to your mental health provider, clinic or trusted friend if you need to talk.
8. Make a conscious effort to use coping skills which are normally helpful.
9. Take a walk, enjoy nature, or just take a deep breath of fresh air.

## YOUR WORK MATTERS.

everyday that you show up,  
even when it's hard and when you don't feel like it,  
you are making a difference.

**Do what you can, when you can, however you can – it all matters; and you can CONTRIBUTE TO OUR NEWSLETTER, TOO!**

Do you have an interesting story or idea for our next newsletter? Feel free to send it to us for review and publication! Have an upcoming event? Send it to us for the newsletter or send me an email – we would love to hear from you. [lynpinnick@gmail.com](mailto:lynpinnick@gmail.com)

**THANK YOU for being a BADASS  
and remember to wear those PEARLS!**