



Guess

What?

You're a Democrat



Find out how local Sacramentans
are turning their ideals into action
through the Democratic Party

DO YOU BELIEVE THAT ...

(check all that apply)

- ☐ People who work full-time should not have to raise their families in poverty?
- ☐ Most of the wealth we generate should not go to 1 percent of the people?
- ☐ Everyone should have access to opportunities, regardless of their gender, skin color or where they were born?
- ☐ Prevention is a better strategy than incarceration?
- ☐ Immigration isn't a problem to solve — it's who we are?
- ☐ Religious freedom does not mean the right to discriminate against LGBTQ people?
- ☐ We should make it easier to vote, not harder?
- ☐ Climate change is an urgent threat and a defining challenge of our time?
- ☐ Every child should have access to a quality education?
- ☐ Gun violence is a public health issue?
- ☐ Health care is a right for all, not a privilege for those who can afford it?
- ☐ We are stronger together?

**Then guess
what?
You're a
Democrat.**



After the March has Ended

Local residents share their perspectives on political engagement



BY KATE GONZALES

Parveen Tumber never expected to run in any election. With a career as a labor attorney and two young children at home, active engagement in politics and the Democratic Party did not top her to-do list. But when she scrolled through her Facebook feed on Nov. 9, 2016, she was troubled.

"People were writing, 'Make sure you watch out for your parents today. Make sure your parents don't take walks today. Everybody be a little bit cautious,'" she recalls. Tumber's Sikh community was fearfully responding to the election of President Donald Trump. Tumber, whose focus in law school was in post-9/11 discrimination, could no longer be a passive observer.

With encouragement from a mentor, she ran and was elected to be a delegate for the California Democratic Party, representing Assembly District 7 for the next two years. Tackling national issues can be overwhelming, so she wants to make an impact close to home.

Glenna Sansone shares that local focus. Having volunteered with U.S. Congressman Ami Bera's campaigns, she has long believed that it's important

for voters to engage with their representatives.

"Congress is supposed to be the house of the people," she says. "They meet with constituents. ... I can call up and talk to my congressman. Anybody really can."

**"Our
democracy works
best when people [get
involved and stay
involved]."**

**Glenna Sansone
Sacramento resident**

Sansone was one of the estimated 20,000 people who gathered for the Women's March Sacramento on Jan. 21. Like others, her initial disbelief after the election was followed by energy. She connected with groups like Indivisible Sacramento, a branch of a national effort to promote progressive civic

engagement in response to President Trump's divisive campaign.

One of her neighbors, inspired by an action item from the national Women's March platform, started a huddle group focused largely on climate science.

"Our democracy works best when people [get involved and stay involved] — it was never intended to be a spectator sport," Sansone says.

Tristan Brown agrees that it takes work to stay engaged and create change. He's found a vehicle to do this through the Democratic Party. Brown is involved with the Sacramento County Young Democrats, among other organizations, and helped launch "OWL" — Organize Win Legislate Democratic Club of Sacramento. OWL is a political organization with an aim to "educate, train and activate" those with progressive causes.

Brown believes people need to work together, and even engage people with different solutions.

"Why I participate in the Democratic Party is I think we, at our heart, believe that we can cooperate with one another to make things better," he says.

'The System

Wasn't Made to Benefit Me'

Working long hours for sub-minimum wage in college made her want to take action

★ BY COREY RODDA



HER ISSUE:
Economic
Disparities

Caity Maple works at a government relations firm in addition to serving as fundraising director for the Fem Dems of Sacramento. She says being politically involved has helped her feel empowered during the Trump administration.

PHOTO BY MELISSA UROFF

Caity Maple left home in Yuba City at the age of 16. She worked in bars and restaurants for seven years while pursuing an associate degree at American River College. Some weeks, she would work over 60 hours.

When she finally worked her way to the University of California at Davis to earn a bachelor's degree in psychology, things got more difficult. Caity had to find a way to support herself, pay her tuition and carve out time for classes, which weren't available on nights or weekends.

"I had to structure my schedule in such a way that I was working 40 hours each week between Friday and Sunday," she recalls. "I would work my bartending shift until 3 a.m. on Friday, drive to my waitressing shift, sleep in the parking lot and then start work at 5 a.m. and work till 2 p.m., take a nap and return to my bartending shift."

On at least one occasion, an employer failed to pay her, making her financial situation even more dire. She racked up \$50,000 in student loan and credit card debt. It led her to a realization.

"It became clear to me that the system is not set up to benefit anyone in a situation like mine," she

says. "So that's why I wanted to get involved, because I realized that there are not a lot of people like me in offices and places of power where they are making decisions."

Now 25 and the fundraising director for the Fem Dems of Sacramento, Maple is active with the Women and Girls' Advancement Coalition, which empowers women to assume leadership positions in the city. Maple connects women to resources that help them run for office and access mentorships. She also is an advocate for political candidates who champion the advancement of women.

Currently, she is also working to organize a nonprofit that would connect women's organizations in Sacramento.

Her political action has helped her feel a little less overwhelmed by the actions of the current administration.

"It is really disempowering to sit at home and feel like you don't have any control over that," she says. "Being involved actively gives you back control, and that is a really powerful feeling."

"Being involved actively gives you back control, and that is a really powerful feeling."

Caity Maple
Fem Dems of Sacramento

AN ECONOMY THAT WORKS FOR EVERYONE

Here's how Democrats are helping to reduce economic disparities:

Minimum wage: Democrats believe that the current minimum wage is a starvation wage and must be increased to a living wage, at least \$15 an hour.

Workers' rights: A major factor in the 40-year decline in the middle class is that the rights of workers to bargain collectively for better wages and benefits have been under attack. Democrats will make it easier for workers, public and private, to exercise their right to organize and join unions.

Corporate greed: To restore economic fairness, Democrats will fight against the greed and recklessness of Wall Street. Democrats believe that no bank can be too big to fail and no executive too powerful to jail.

Racial wealth gap: Disparities in wealth cannot be solved by the free market alone, but instead, the federal government must play a role in eliminating systemic barriers to wealth accumulation for different racial groups.

HIS ISSUE:
Immigration

'We Have Not Created a Pathway to Citizenship'

Son of farm workers champions the rights of undocumented people

★ BY COREY RODDA

Miguel Cordova grew up in Salinas as a member of a family of farm laborers. During the summer, Cordova and his siblings had to work in the fields — they knew that their work was linked to their family's survival. As children, they were taught that their future was in farm work.

"People see you as a worker, they do not see you as potential college material," he says.

But Cordova rose to that challenge. He graduated from high school, earned a bachelor's degree in political science from Carleton College and a master's in public policy from Sacramento State.

Currently, he is president of the Sacramento Latino Democratic Club, the chair of his local Service Employees International Union bargaining unit, part of Sacramento's Immigration Coalition and involved with Chicano Organizing & Research in Education (CORE), which provides scholarships to DREAMers who were brought into this country as children.

Cordova spoke at Sacramento City Hall in support of the resolution on sanctuary. Earlier that same day, he was part of a press conference unveiling Sacramento's Rapid Response Hotline, which provides undocumented people a hotline to call if Immigration and Customs Enforcement officers show up at their door.

"I think we are still dealing with the fact that politicians have not created a pathway to citizenship," he says. "Congress

never got to that point, and with a new administration we have even less hope."

Cordova became a Democrat, reluctantly, at age 40. He had previously checked "decline to state" on his voter registration. He became a Democrat to help change the face of the party and to be a voice for his community.

"Just saying you are against a political candidate does not create change," he says. "Just posting on Facebook is not enough. You have to get involved."

Through the Latino Democratic Club, Cordova promotes city council and school board candidates. He and other club members do phone banking and precinct walking. They do small, grassroots actions that create broader change.

Cordova believes that being a good Democrat is about having many conversations with the party. He points out that the Obama administration deported more undocumented people than any previous administration.

"It's important to disagree," he says.

Being part of the party is also about having hope. "We have to always be working towards the next time," Cordova says. "The most important thing is that we don't lose our sense of activism in the Democratic Party. People have to get involved and stay involved. You see these marches and they are great, but what really changes things are what people do after the marches."

"What really changes things are what people do **after** the marches."

Miguel Cordova
Sacramento Latino
Democratic Club

Miguel Cordova wasn't a Democrat until age 40, when he realized that he could help change the face of the party and be a voice for his community.
PHOTO BY MELISSA UROFF



A COUNTRY OF IMMIGRANTS

Here's how Democrats are working to address immigration challenges:

Immigration reform: Democrats believe we need to urgently fix our broken immigration system — which tears families apart and keeps workers in the shadows — and create a path to citizenship for law-abiding families who are here, making a better life for their families and contributing to their communities and our country.

DACA/DAPA: We will defend and implement President Obama's Deferred Action for Childhood Arrivals (DACA) and Deferred Action for Parents of Americans (DAPA) executive actions to help DREAMers, parents of citizens, and lawful permanent residents avoid deportation. We will support efforts by states to make DREAMers eligible for driver's licenses and in-state college tuition.

Immigration enforcement: We believe immigration enforcement must be humane and consistent with our values. We should prioritize those who pose a threat to the safety of our communities, not hardworking families who are contributing to their communities.

'Health Care is a Right'

Transgender man fights to make sure health care can't be denied based on gender identity

★ BY ANNA QUINLAN

Evan Minton spent most of his childhood with an overwhelming but confusing sense of shame about himself, but never quite knew where it was coming from. In 2011, at the age of 29, it was suddenly clear: He was transgender. Although born a female, Evan felt distinctly male and could no longer bear the weight of living in a body that felt like a prison.

The realization immediately lifted the sense of shame, but it brought with it crushing depression. "I knew my life would be so hard," he says of considering becoming a transgender man. "I knew I needed to make changes in my life, in how I oriented myself towards the world and how I allowed the world to orient itself towards me. I needed to go through medical transition. My body decided that, not my mind."

In 2016, Minton began working with his primary care doctor, who is also an OB-GYN,

to schedule a hysterectomy in preparation for a phalloplasty, the medical construction of a penis. One day prior to his scheduled hysterectomy, after requesting that the gender pronouns in his medical chart reflect his identity as male, he was informed that his surgery had been canceled because it was a treatment for gender dysphoria.

The hospital follows Catholic doctrine. "I just collapsed on the floor and started crying," he says of his reaction to the news.

Having worked as a legislative aide at the state Capitol, Minton was fortunate to have contacts that began making calls to the hospital on his behalf.

"We had to fight hard to get a hospital to serve me," he says. "I believe it was in great part due to the legislators like California State Assemblyman Kevin McCarty and State Sen. Richard Pan, California Insurance Commissioner

"I want to make sure the most **marginalized members of society** are not falling through the cracks like I almost did."

Evan Minton
LGBT Caucus co-chair



Evan Minton is co-chair of the LGBT Caucus and fights to make sure transgender people are not discriminated against when accessing health care.
PHOTO BY MELISSA UROFF

HIS ISSUE:
Health Care

Dave Jones, and the LGBT Legislative Caucus that advocated on my behalf that I was eventually able to have my surgery rescheduled elsewhere."

Minton explains that while anti-discrimination laws are in place, they are not always well enforced. As co-chair of the LGBT Caucus, he is currently working to "better enforce the laws the Democratic legislators have worked hard to write and implement."

Minton considers himself fortunate to have been able to get the necessary surgical procedures to complete his medical transition.

"I acknowledge my own privilege, access, and resources," he says of the health care coverage he has and the connections in his network who have served as advocates for him. "I believe that health care is a fundamental right, and I want to make sure the most marginalized members of society are not falling through the cracks like I almost did."

HEALTH FOR ALL

Here's how Democrats are working to improve health care:

Universal health care: Americans should be able to access public coverage through a public option, and those over 55 should be able to opt in to Medicare.

Reproductive rights: We believe that every woman should have access to quality reproductive health care services, including safe and legal abortion — regardless of where she lives, how much money she makes, or how she is insured. We will continue to stand up to Republican efforts to defund Planned Parenthood health centers, which provide critical health services to millions of people.

Insurance costs: Democrats will keep costs down by making premiums more affordable, reducing out-of-pocket expenses, and capping prescription drug costs. And we will fight against insurers trying to impose excessive premium increases.



Sacramento County Young Democrats meet at Cafeteria 15L to socialize before a planning meeting for the California Democrats State Convention.
PHOTO BY MELISSA UROFF

It's Not That Kind of Party, But It's Still Fun

How to win friends and influence politics through local Democratic clubs

★ BY KATE GONZALES

During a recent Sacramento County Young Democrats planning meeting, a small group enjoyed happy hour drinks, joked a bit and discussed the issues that led them to the group. And while their backgrounds and interests differ, they share a desire for a place at the political table. The Sacramento County Young Democrats (SCYD) gives them that opportunity.

The club, which is the largest Young Democrats chapter in California, has two requirements for membership: Be a registered Democrat between 18 and 35 years old and pay a small annual membership fee. Robbie Abelon, SCYD president, says membership has grown since the presidential election to about 370 members.

"There's a lot of unrest," Abelon says. "[There are] a lot of different issues that have motivated people to get out more than they have in the last eight years."

He says that for every new headline — presidential appointments, the Republican health care bill and President Trump's travel ban — there seems to be someone who reaches out to the club via social media or just shows up to a meeting.

Eric Ellington is one of those newcomers. Ellington is concerned about underemployment and wants to remove barriers to the middle class.

"A lot of us college graduates are underemployed or unemployed. So that's a big thing," he says. "The middle class, I feel, is dwindling away a little bit."

Involvement in the SCYD can take many forms, including attending marches or community meetings, volunteering for voter outreach efforts or joining a committee. There are also opportunities to volunteer with community organizations, including throwing themed birthday parties for children housed in Saint John's Program for Real Change shelter.

The club also provides opportunities to make connections with local and state politicians. They host campaign invasions, when they invite Young Democrats clubs from across California to come to Sacramento and support young Democratic candidates together.

These connections are lasting, as Ashley Johnson knows.

"I joined the Young Dems and made all these friends," she says. They were already politically active and encouraged her to tag along.

"I loved being a plus-one," she says, adding that she heard about her first job at the Capitol during a SCYD happy hour.

Since joining a decade ago, Johnson has served as the club's communication director and is now communications chair for the Democratic Party of Sacramento.

"The people that I've met through the Young Democrats have served as incredibly influential connections for me," she says.

"The people that I've met through the Young Democrats have served as **incredibly influential connections** for me."

Ashley Johnson
Sacramento County Young Democrats member

GET INVOLVED!

It doesn't take much to make a difference. Here's a list of real actions you can take to support the candidates and organizations that uphold your political interests.

- ★ **Learn** — follow credible news sources and blogs to stay up-to-date on politics
- ★ **Vote often** — in national and local elections
- ★ **Canvass for candidates** — go door-to-door or make calls from a phone bank
- ★ **Volunteer** — it takes just a little time to make a big difference for organizations that run on volunteer support
- ★ **Donate** — provide financial support to organizations and candidates, if you're able
- ★ **Join a club** — dedicate time to causes that matter most to you

How We Make Change Happen

PARTY STRUCTURE (How we're organized)



Local Party

- 58 County Central Committees
- County-level clubs, such as:

Sacramento County
Young Democrats

Fem Dems of
Sacramento

Latino Democratic Club



YOU
People are needed
to participate in the
Democratic Party at local,
state and federal levels



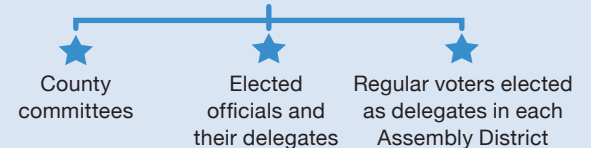
Democratic National Committee

- Elects Democrats to U.S. Congress & White House

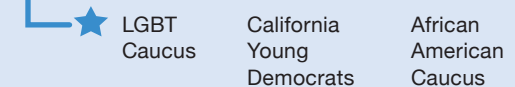


California Democratic Party

- Elects Democrats to state offices
- Run by Democratic State Central Committee, which consists of:



- Recognizes caucuses and statewide chartered organizations, such as:



PLATFORM (What we stand for)



VALUES

Drafted every 4 years
and ratified by delegates
at the national party
convention

★ Combat Climate Change, Build a Clean Energy Economy, and Secure Environmental Justice

★ Fight for Economic Fairness and Against Inequality

★ Create Good-Paying Jobs

★ Confront Global Threats

★ Provide Quality and Affordable Education

★ Bring Americans Together and Remove Barriers to Opportunities

★ Ensure the Health and Safety of All Americans

★ Principled Leadership

★ Protect Voting Rights, Fix Our Campaign Finance System, and Restore Our Democracy

★ Raise Incomes and Restore Economic Security for the Middle Class

★ A Leader in the World

★ Protect Our Values

ACTIVITIES (What we do)



Increase
voter turnout



Endorse
candidates



Hold elected
officials
accountable



Recruit people
to run for
office



Outreach
(phone banks,
precinct walking)



Bring your
ideas to the
table



ELECT

Our goal is to elect
Democrats who will
uphold the platform and
create social change

Join Us. Change the World.



THANK YOU TO THE FOLLOWING ORGANIZATIONS FOR THEIR ENTHUSIASTIC SUPPORT OF THIS PUBLICATION

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We know you care. That's why you're a Democrat.

Connecting with the Democratic Party at the local level is how you can put your ideals into action. We encourage you to connect to one of these Democratic Party organizations to help elect representatives and hold them accountable for making the change we want to see.

- **Democratic Party of Sacramento County**
sacdems.org
- **American River Democrats**
ardems.org
- **Asian Pacific Islander Democrats of Sacramento**
facebook.com/APIDSacramento
- **Black Young Democrats of Sacramento**
facebook.com/SacBYD
- **Brownie Mary Democrats of Sacramento County**
bmdcofsaccounty.org
- **Elk Grove-South County Democratic Club**
sites.google.com/site/egscdems
- **Fem Dems of Sacramento**
femdems.org
- **Harold Washington Democratic Club of Sacramento**
facebook.com/sachwdemocraticclub
- **Harry S. Truman Democratic Club of Greater Sacramento**
trumanclub.com
- **Latino Democratic Club**
latinodemocraticclub.org
- **Organize Win Legislate Democratic Club of Sacramento**
owldemssacramento.org
- **Sacramento County Young Democrats**
sacyoungdems.org
- **Stonewall Democrats Sacramento**
sacstonewall.org
- **Town & Country Democratic Club**
facebook.com/TownCountryDemocraticClub
- **Veterans Democratic Club of Sacramento County**
demvets.weebly.com
- **Wellstone Progressive Democrats of Sacramento**
wellstonedems.org
- **William J. Clinton Democratic Club**
facebook.com/ClintonDemocraticClub
- **Women Democrats of Sacramento County**
sacramentowomendems.org