



THE DOMINION DISPATCH

Dominion Republican Women's Club
Chartered October 17, 1984

Apr 2016

CALL



I, Kay Jett, CALL all members to attend our meeting on Saturday, **April 9, 2016, 11 am at** Shoney's restaurant on Plank Road.

Speaker for April



Tim McLaughin,
Spotsylvania (Chancellor District) Board of Supervisor

Meetings

You are probably saying, didn't we just have a meeting? Well, yes we did on March 19th. The facility where we meet couldn't accommodate us four weeks apart, so we took what was available.

Question of the Month



Which state's capital is named for Thomas Jefferson?



- A Tennessee
- B Virginia
- C. Missouri

D. Georgia

Answer at the end of this newsletter.

DRWC OFFICERS

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**Meetings are held at Shoney's
on Rt. 3 at 11 AM**

May 21 – DRWC Meeting,
with Wendy Surname, Stafford
Board of Supervisor.

**June ?? – DRWC Meeting
will be held at another
location.** Speaker is Judy
Pollock, speaking on Mosques
and Muslims in our Society

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<https://www.facebook.com/dominionrepublicanwomen/>

White House Christmas Ornaments

This ornament honors the administration of Herbert Hoover, who served as the thirty-first president of the United States from 1929 to 1933. It is inspired by the fire engines that responded to the 1929 Christmas Eve fire in the West Wing of the White House and the toy trucks presented to children by the Hoovers the following Christmas. The ornament is crafted from shiny brass, plated with nickel and 24-karat gold, and the engine carries a Christmas tree for delivery to the White House. This year's ornament was designed by Montserrat College of Art student Kayla Whelan, the winner of a national art school competition created by the Association.



Our club has not had a fundraiser for many years. Sales from the ornaments will help with the cost of our booth at the fair. Please consider buying one or more.

Illegals get public healthcare despite federal policy

When federal lawmakers wrote the act overhauling the nation's health-care system six years ago, they ruled out any possibility of extending health insurance to illegal immigrants. Local officials where many of those immigrants live are treating them anyway. A Wall Street Journal survey of the 25 U.S. counties with the largest unauthorized immigrant populations found that 20 of them have programs that pay for the low-income uninsured to have doctor visits, shots, prescription drugs, lab tests and surgeries at local providers. The services usually are inexpensive or free to participants, who must prove they live in the county but are told their immigration status doesn't matter.

Source: **Wall Street Journal**

Walt Disney Co. prefers communists over Christians.

Let's begin with two news items. First, in June the Walt Disney Co. will open a new, \$5.5 billion theme park in Shanghai, China. China is a great place to make money, but it's also the land of systematic human-rights abuses, forced abortions, state churches, labor camps, and brutal crackdowns. Disney — undeterred, and with its eyes firmly fixed on the financial prize — actually permits the Chinese government to co-own the park. Meanwhile, back in the United States — the land of political and religious freedom — Disney is threatening to scale back its operations in the state of Georgia, saying it is ready to halt film and television production at its Pinewood Studios outside of Atlanta.

Source: **David French, National Review**

Health News - Eat Well While Cutting Carbs



Have you been trying to navigate around gluten, or are you simply working on getting wholesome carbohydrates onto your plate? Here are some tasty tips:

First, opt for whole grains, such as brown rice and quinoa. These are two stellar gluten free whole grains that can count toward your daily servings of whole grains. To make the whole grains easier to digest and quicker to cook, simply soak the grains overnight then drain and rinse them prior to cooking.

Non-grain carbs such as sweet potatoes, butternut squash, and spaghetti squash are wonderful ways to get your 2 servings (1/2 cup each) of "whole grain/ healthy starch. Butternut squash and spaghetti squashes are lower in carbs and are delectable when baked or steamed and provide an excellent array of nutrients. Pretend you are indulging in a cinnamon roll when you bake your sweet potato and top it with a dab of organic butter or extra-virgin coconut oil and cinnamon. Delicious and guiltless at the same time!

Source: **Robin Cook, Graduate of the Institute of Integrative Nutrition**

Upcoming Events

- April 20 - 68th Annual Shad Planking - Wakefield Sportsmen's Club, 12205 Brittles Mill Road, Wakefield, VA. Call: (800) 935-4004.
- April 22-24 - Virginia Federation of Republican Women Convention - McLean Hilton, 7920 Jones Branch Drive, McLean. Call: (703) 425-8534.
- 2016 Republican Party of Virginia Quadrennial Convention – April 29-30, Harrisonburg, VA.
- May 7 - 1st Congressional District Republican Convention - James Monroe High School, 2300 Washington Avenue, Fredericksburg
- November 8 – Election Day
- Spotsylvania GOP Committee Meetings are held the 4th Thursday of the month at Salem Church Rd. Library.
- Stafford GOP Committee Meetings are held the 2nd Monday of the month at 7:30 pm at the Stafford Government Center.

Answer to Question of the Month

If you answered C, Missouri, you are correct.

Jefferson City is the capital of the U.S. state of Missouri. Jefferson City is named for Thomas Jefferson, the third president of the United States. Jefferson City was chosen as the new capital in 1821 when Thomas Jefferson was still living. The village first was called "Lohman's Landing", and when the legislature decided to relocate there, they proposed the name "Missouriopolis" before settling on "Jefferson City". As of the 2010 census, its population was 43,079, making it the 15th largest city in the state.