



# THE ROSSMOOR REPUBLICAN

SENIORS FOR A GOVERNMENT OF PRINCIPLE ABOVE POLITICS

APRIL 2020



## THE PRESIDENT'S MESSAGE

We are quite sad that we needed to cancel the March and the April Republican Dinners due to the Corona virus. We are very concerned about your welfare and health, as well as the need to help our chosen political party and our favorite candidates win elections in the fall.

Our primary goal through this period of isolation is to help you maintain proper functionality, mental status and good health.

**Harvey Gilbert**  
President - 2020

We have compiled a list of various resources to help you educate yourself.

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### Excellent ways to order delivery meals

Home on the Range 510-251-8030  
Meals on Wheels 925-937-8607

Mom's Meals 1-888-860-9424  
Schwan's 1-888-724-9267

Door Dash - [www.doordash.com](http://www.doordash.com)  
Uber Eats - [www.ubereats.com](http://www.ubereats.com)

Grubhub - [www.grubhub.com](http://www.grubhub.com)

### Excellent ways to order grocery delivery

Amazon Prime at Whole Foods  
Safeway Grocery Delivery 1-877-505-4040

Instacart - [www.instacart.com](http://www.instacart.com)

### Excellent drug delivery services

Kaiser Permanente 1-888-218-6245  
Pharmacy 925-939-6312

CVS 925-939-6312QD  
Pill Pack - [www.pillpack.com](http://www.pillpack.com)

### Excellent places to obtain emotional support

Rossmoor Counseling Services 925-988-7750  
Contra Costa Crisis Center 1-800-833-2900 or text 'HOPE' to 20121

### Transportation

GoGoGrandparent 1-855-464-6872  
Uber [www.uber.com](http://www.uber.com) Lyft [www.lyft.com](http://www.lyft.com)

### Excellent ways to participate in social distancing socialization

Covia Well Connected 925-956-7400  
Telecare (Rec Center) 925-988-7703

These interconnected communities offer groups and classes on a wide range of topics for everyone. Whether you like art, zoology, music, or meditation, there is a program for you. Call today!

## DINNER RESERVATION FORM

Please note that all reservations and cancellations have been moved to the Wednesday prior to the dinner meeting. Please plan accordingly. For more information please reach out to Marcia Sidwell [mmltravels@gmail.com](mailto:mmltravels@gmail.com) or Nancy Fike (925) 998-6927.

## THE PRESIDENT'S MESSAGE CONTINUED

### Excellent ways to engage and receive medical/emergency help

John Muir

[www.johnmuirhealth.com/patients-and-visitors/coronavirus.html](http://www.johnmuirhealth.com/patients-and-visitors/coronavirus.html)

Kaiser Permanente

[www.healthy.kaiserpermanente.org/northern-california/health-wellness/coronavirus-information](http://www.healthy.kaiserpermanente.org/northern-california/health-wellness/coronavirus-information)

Medical Response Systems at Rossmore incase you can't reach your telephone during an emergency

Bay Area Vital-Link 1-800-752-5522

Bay Alarm Medical 877-522-9633

In addition, we feel the need to help you find appropriate Conservative educational and political videos via YouTube. Type the following into the YouTube search bar.

- Hoover Institute headquartered at Stanford University
- Dennis Prager of Prager University
- Hillsdale College

These are additional resources:

### Museums

Google Arts & Culture has teamed up with over 500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.

Examples are below:

British Museum Virtual Tour: <https://britishmuseum.withgoogle.com>

Solomon R. Guggenheim Museum and Foundation

The Monterey Aquarium has a live video-cam through which you can watch their inhabitants!

### Opera

The Metropolitan Opera Live Stream is streaming an opera every evening and it is available for 20 hours. Go to [metopera.org](http://metopera.org) and scroll down to see which opera is live streaming this evening for the next 20 hours.

### Movies

Many first-run movies like Emma and Onward are available for purchase or rent online. Just tell your Comcast remote the name of the movie and you'll find it!

### Streaming Services

Amazon, Disney+, Netflix, Hulu, Apple TV, PBS

Hopefully you will find the advice published helpful and mentally stimulating.



Harvey Gilbert, President

## BOARD OF DIRECTORS

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209-327-2225

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## SECOND AMENDMENT NO MYTHS THIS JUST FUN QUOTES:

**MYTH:** THE SECOND AMENDMENT DOES NOT GUARANTEE AN INDIVIDUAL RIGHT TO POSSESS FIREARMS.

**FACT:** The text of the Second Amendment reads: "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed."

**FACT:** The Heller decision of the Supreme Court (Heller, 554 U.S 570 (2008)) held that the Second Amendment protects an individual's right to keep and bear arms.

Or, if you know a smidgen of American history and have a little common sense, you could figure this out for yourself.

When the Second Amendment was enacted, this country had just successfully revolted against a tyrannical government. Early in this revolt the British unsuccessfully tried to confiscate the arms of the colonists. They thought they could easily do this because many were kept in armories for convenience.

The Second Amendment simply says a free State needs an armed militia to overthrow a tyrannical power. A militia is made up of all the residing people. They need their guns to overthrow if needed, and they need to keep their guns themselves for other obvious reason.

## **NEW MEMBERS**

JEANNE BARLETT    PATRICIA HOFHERR  
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**REPUBLICAN CLUB OF ROSSMOOR**

**Gateway Complex Mail Box**

**1001 Golden Rain Road**

**Walnut Creek, CA 94595**



**Ambassadors :**  
**Dinner Meeting:**  
**Movie:**  
**Board Meeting:**

Cancelled, Luncheon at Mulligan Room  
Cancelled, Tahoe Room, Event Center  
Cancelled, Peacock Room, Gateway  
Cancelled, Bunker Room, Creekside

**APRIL DINNER MEETING - CANCELLED**

Tahoe Room, Event Center

5:15 pm Social Time, 6:00 pm Dinner

**A HOSTED WINE AND BEER BAR WILL BE OPEN UNTIL 6:00 pm**



**Reservation Questions:**

**Marcia Sidwell - mmltravels@gmail.com or Nancy Fike (925) 998-6927**