



Seattle as Nuclear Ground Zero

By Steven G. Gilbert, PhD, and Bruce Amundson, MD

The threat of the use of nuclear weapons is greater than it has been over the past 50 years. After decades of diplomatic dormancy and minimal attention to the world's nuclear arsenals and policies, we are now seeing the re-emergence of several geopolitical dynamics that have put the risk of a major nuclear exchange back on the world stage, including serious deterioration of US-Russia relations (the US and Russia each have about 7,000 nuclear weapons, with about 1,800 on high alert), North Korea's nuclear assertiveness, and India and Pakistan enlarging their arsenals while making frightening threats. Add to that a new administration that has no coherent nuclear policies, led by an impulsive and uninformed president.

We are also witnessing the emergence of a new nuclear arms race, led by US proposals to "modernize" (read: *rebuild*) our entire nuclear triad of submarines, missiles and bombers, with the result that Russia and China are similarly moving aggressively to expand their nuclear arsenals. In 2016 the US spent about \$58 billion on nuclear weapons; Washington State's share of that amounted to \$1.5 billion in taxpayer dollars used to maintain our nuclear arsenals.

In remarks at a symposium on March 21st sponsored by the Carnegie Endowment for International Peace, Christopher Ford, Trump's Director for Weapons of Mass Destruction and



WPSR Security Program Organizer, Lilly Adams, speaks about the threat of nuclear weapons at an Earth Day rally in Westlake Center.

Counterproliferation, reported the administration has initiated a new Nuclear Posture Review (NPR). While Obama's 2010 NPR called for a goal of eliminating nuclear weapons, Ford questioned whether the elimination of nuclear weapons remained a realistic goal. He emphasized that it was "unclear where this review will lead," clearly opening the door for a change of vision.

We desperately need a nuclear policy to reduce and then eliminate nuclear weapons of all kinds from all countries. The elimination of nuclear weapons is particularly relevant for Seattleites because we will be ground zero in any nuclear bomb exchange. We are fortunate to live in a beautiful part of

the world. Take a good look at Mt. Rainier, our beautiful waterfronts and our skyline – they will be completely obliterated along with you and your loved ones in a nuclear exchange. Nuclear weapons kill all living things, and you would be lucky to die immediately in the searing fire and wind storm rather than from irradiation. Seattle and the immediate surrounding area is home to over 1 million people; hundreds of thousands of us would die in the first few moments and many more in the first weeks. There are a number of possible targets in our region, including the Boeing Company, the second largest defense contractor in the world. (Cont.)

(Continued from page 1)

There's also Joint Base Lewis McCord, and the Hanford Nuclear reservation, where massive amounts of chemical and radiological hazards are stored. An even higher priority target would be the Bangor submarine base, officially called Naval Base Kitsap, which is home to the Ohio-class submarines that carry Trident missiles, the most destructive nuclear weapons ever created. Eight of the United States' 14 missile-carrying submarines home port at Bangor, housed alongside spare nuclear weapons – making this the largest concentration of nuclear firepower on the continent. You can do your own analysis of the consequences of a nuclear attack on Seattle at <http://www.carloslabs.com/node/16>.

On December 23, 2016, 70% of the United Nations General Assembly voted to move forward with negotiations for a nuclear weapons ban treaty in 2017. Sadly, the United States voted against this move, and did not participate in the first round of negotiations in March.

We can all do our part to usher in an era of safer nuclear weapons policies, to protect Washington State and our families. For example, you can write or call your Senators and Representatives TODAY, urging them to support policies that move to eliminate nuclear weapons. Likewise, you can urge our members of Congress to oppose current plans to rebuild the entirety of our nuclear weapons and delivery systems at a cost of over 1 trillion dollars. A key question is: *Is this really a good use of resources?*

The US is not made safer by reliance on nuclear weapons for national security. To quote President John F. Kennedy, *"Every man, woman and child lives under a nuclear sword of Damocles, hanging by the slenderest of threads."* Let us finally change this.

Glacial Melt Cometh

By Tom Buchanan, WPSR Artist in Resident

A rift of Antarctic ice over open water is breaking
passing across five football fields daily
the crack has 20 miles remaining
Larsen C's tongue of floating ice will be sliced
from its mother's mainland

Don't you do it, don't break apart
your cleaving will bring the icy back-water down
you'll be the biggest iceberg, for now
and will leave us closer to global drowning
give us another chance to get down
to what's wrong with our ailing home

I know, I know, we've had plenty of time to look
the world's last seventeen years hottest on book
sixteen of those temps have mimed since 2000
we talk about the weather, but not with
the Sudanese and the Malagasy's droughts in mind
where the kids eat cactus and mud soup

We industrial humans, planet predators-in-chief
must shoulder the charge:
our cars, electric comforts and cooking gas
too handy at the switch.
renewable living?
we'll take the fossil fuels pronto, hombre
leaving the longer term less imagined

Melting ice, then rain like a long train
brought by El Nino coming 'round
a scream of warmer Southern wind
drives big changes in the weather

language of risk and accumulation
it's casino capitalism for fun and plunder
while in the ice fields of North and South
the glaciers melt, calving ice rumbles
terrified penguins and ocean krill
helplessly flap and surf
from the swill

In Memoriam: Rich Grady



Rich Grady and Laura Hart at the 2016 WPSR Dinner & Fundraiser

Dr. Richard Grady died on April 25, after a valiant fight with glioblastoma. He was the first person in the world to receive a revolutionary treatment for the cancer, receiving direct infusions of his own T-cells after they had been engineered to destroy cancer.

Rich was a Professor of Urology at the University of Washington, and on the staff of Seattle Children's Hospital since 1998. Rich was a longtime WPSR and PSR Board member, and served as president of this chapter. Rich and his wife, Dr. Laura Hart, were co-recipients of WPSR's 2016 Malcolm Peterson Award for their compassionate service in pursuit of peace.

They have given of themselves in many ways over the years – through medical service, teaching, and outreach to people in the most difficult circumstances in India, Alaska, Africa and Gaza. They traveled with WPSR medical delegations to Gaza on many occasions. Rich performed pediatric urological surgeries and taught colleagues on all of these trips.

We will remember Rich for his commitment to healing the world. We are so grateful for the example Rich provided, showing us what a life in service of peace looks like. He will be greatly missed.

Reflections on 2017 Annual Dinner

By Bruce Amundson, MD, Chair of Annual Dinner & Fundraiser Planning Committee

Why? Why do it? Why go to all the work and effort to maintain the long-standing WPSR tradition of our (almost-annual) dinners? For those who joined us on March 11, you know the answer, or answers.

For over three decades our dinners have provided an important forum for maintaining relationships and celebrating our advocacy work. They have been the most effective glue to bring new and long-standing members and allies together to sustain and celebrate relationships. Effecting social and policy change on issues as complex and refractory as those WPSR addresses means many of us have worked together for a long time, and these dinners have been central to the relational side of our organization.

They serve several other functions as well, functions not necessarily explicitly recognized. There is always a content element, connected to a keynote speaker sharing information relevant to a component of WPSR's program. There is a celebratory function, where we acknowledge and toast the work of

both internal and external individuals who have distinguished themselves. Over the years WPSR has recognized the leadership of an array of Washington policy and political leaders who have reflected our values, vision and advocacy on the path to a safer world. This year we presented awards to Rep. Jim McDermott, a long-term WPSR member and retiring member of Congress, for his years of relentless opposition to nuclear weapons and foreign entanglements, and to Rep. Adam Smith, who is speaking out with notable boldness on our bloated nuclear arsenals.

More recently we have also utilized these events as fundraisers, soliciting support and participation from the dozens of members and organizations who come together for these dinners. If you didn't attend our March dinner you might not be aware that 200 people were present, perhaps the largest attendance ever. Through our event sponsors, a small auction and a "paddle-raise" for supporting our programs, we raised over \$75,000 after all expenses were covered. This is approximately 25% of our annual revenue.

These annual events are a "big deal" for WPSR, our board and staff, and our members. They are a central hub for our organizational work and for renewal of relationships. I want to extend my deepest thanks to all who attended this year, those who helped us put the event together, and any who exhibited your philanthropic generosity. As board president I want to stress that the financial support from our members has been the linchpin in the revitalization of this important organization. Stay with us, lend a hand where and when you can, and help us reverse the tide of regressive policies that are currently threatening the health and safety of us all.



Support for the Clean Energy Transition Act, HB1646

By Ken Lans, MD, MBA, Member of WPSR Climate and Health Task Force

The following testimony was delivered to the Washington State House Environment Committee on March 14.

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Good afternoon. My name is Ken Lans. I'm a doctor, the Vice-President of Washington Physicians for Social Responsibility, and on the steering committee of the Alliance for Jobs and Clean Energy, both of whom I'm here to speak for in support of HB 1646. I'm also the father of a 17-year-old son.

As physicians and health professionals, we believe that climate change — human-caused climate change — is the biggest public health threat of our time. We know that climate change hurts real people right now. All of us can be harmed, but some are more vulnerable than others: children, the elderly, the sick, the poor, and communities of color.

The longer we wait to act, the more fossil fuel we continue to burn, and the more carbon dioxide we pour into the air — the more the earth will warm, the more extreme the climate will become, and the more dire and wide-spread will be the impacts and harms on people.

Those impacts include more frequent and severe heat waves; more trauma from storms, fires, and floods; the spread of mosquitos and other disease-carrying vectors; an increase in water-borne diseases; a longer allergy season; malnutrition and starvation from reduced and uncertain crop production; and more civil unrest, conflicts, and forced migrations arising from the lack of food, water, and increasingly scarce resources that will result from excess heat, more extreme weather, and rising sea levels.

The same fossil fuel combustion that is responsible for the dangerously rising levels of CO₂ is also responsible for most of our other air pollutants. We have years of evidence and clinical experience showing that burning fossil fuels has



Dr. Lans testified before the Washington State House Environment Committee in March

had significant, direct, and harmful impacts on heart disease, lung disease, and other health problems. We could achieve enormous and immediate health benefits from burning less fossil fuels. Along with that, we could realize huge cost savings.

We can still solve this if we act quickly and decisively. The most important actions we can take are to reduce poverty, minimize energy waste, lower fossil fuel emissions, and fully embrace clean energy. If we do those things, we will clean up our air and our water, and we will all immediately enjoy better health.

HB1646 hits all these nails squarely on the head. By putting a price on carbon and promoting and supporting clean, renewable sources of energy, it will effectively drive down emissions — keeping excess global-warming CO₂ out of the atmosphere and also keeping health-harming pollutants out of the air that we, and our children, need to breathe.

As doctors, we're aware that income inequality adversely impacts the health of those at the bottom, especially the children — causing shorter life expectancy and more ill-health throughout their lives. This bill, through

mapping of and investment in communities disproportionately impacted by both pollution and poverty, addresses that as well.

So I encourage you to do the right and responsible thing by passing HB1646 — for the health and well-being of our children, our families, and all Washingtonians and people of the world.

UPDATE ON HB1646:

With Governor Inslee calling the legislature back into special session, there is still a chance to pass HB1646, the bill sponsored by Representative Joe Fitzgibbon (D-34), that represents an effective, equitable way to put a price on carbon. This is an opportunity to call or email your state Representatives (and Senators) urging them to support this bill, which will use the revenue collected from a tax on carbon to not only reduce carbon pollution and address the impacts of climate change, but also, by investing in clean energy, clean water, and healthy forests, do it in a way that creates jobs in communities across the state.

State Should Pass Parental Leave

By Kyleen Luhrs, Alee Perkins, Rachel Shaffer, Kelsey Sholund, Manahil Siddiqi, and Rebecca Wu

This opinion piece, published online by The Olympian on February 21, is reprinted with permission. View and share the original piece at: <http://www.theolympian.com/opinion/op-ed/article134008009.html>.

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As students at the University of Washington School of Medicine and School of Public Health, we are concerned about the lack of paid parental leave in Washington state.

Currently, the United States is the only industrialized country that does not guarantee paid parental leave. Early childhood development has a huge impact on future health, and paid parental leave contributes to better infant care, family bonding, and improved health for new parents. We support House Bill 1116 and Senate Bill 5032, which both lay out detailed policy plans for paid parental and medical leave in Washington State.

The Legislature should act swiftly on these measures.

The American Academy of Pediatrics has promoted paid parental leave initiatives due to the proven health benefits these policies provide. It has been shown that paid parental leave results in higher rates of breastfeeding, which is the most optimal nutrition source for an infant.

Breastmilk also provides natural, long-lasting immunity against illness. Early return to work is a barrier to breastfeeding, and forces many parents to purchase formula instead. In California, one of the few states that has a paid parental leave policy, the median duration of breastfeeding doubled for mothers who took paid maternity leave.

Parents are more likely to bring their babies to well child checkups if they are not forced to take time off from work to go to appointments. By incentivizing preventive care through paid parental leave, the cost to the medical system would decrease because serious health complications could be more easily avoided. A 2011 study found that 10 weeks of paid maternity leave resulted in a 10 percent reduction in early child mortality rates.

Many parents are forced to choose between providing for their families financially and the health of their children — a choice no parent should face.

Results from five key federal data sources between 2008 and 2013 showed that only 12 percent to 39 percent of workers in the United States currently have paid parental/family leave coverage. We urge Washington state to follow the examples of California, New York, New Jersey and Rhode Island in passing the policy measures in the House and Senate that provide paid family leave of 26 weeks, and paid medical leave of 12 weeks for serious illness, for all workers. A study funded by the US Department of Labor demonstrated that three in four voters would support this legislation.

We applaud efforts by groups, including the Washington chapter of Physicians for Social Responsibility and the Washington Work and Family Coalition, in promoting this issue. Paid parental leave will improve the health of Washington families, the workforce, and future generations, and we encourage the Legislature to act as soon as possible to implement these crucial policies.



(l-r) Rachel Shaffer, Alee Perkins, and Rebecca Wu are members of WPSR's student chapter at the University of Washington

Kyleen Luhrs, Alee Perkins, Rachel Shaffer, Kelsey Sholund, Manahil Siddiqi, and Rebecca Wu are students at the University of Washington schools of medicine and public health.

UPDATE ON HB1116/SB5032:

The Implementing Family and Medical Leave Insurance bill is still being considered by the legislature. Negotiations will continue during special session. Contact your state legislators and urge them to pass paid family and medical leave in 2017.

Sharing Good News

By Laura Skelton, Executive Director

2017 has been difficult for many of us – darkened by the specter of a new arms race, huge proposed cuts to critical government programs including the Environmental Protection Agency, and increasingly visible xenophobia and shocking new restrictions on immigration. I sat down to write an article reflecting these truths, but then I started to think about all of the GOOD things we have accomplished together during the past few months. Thinking about all of that good news started to lift my own dark cloud, and it gives me motivation for doing more – together. I present here some highlights of the year so far for us at WPSR. Thank you to the hundreds of people who contributed to these victories!

Another Victory against Crude Oil in Grays Harbor

For the past three years, WPSR has been part of the resistance to major crude oil-by-rail infrastructure projects in Grays Harbor. Two of three projects have been defeated, and activists continue to ensure that none of these dangerous projects moves forward. In January, the Washington State Supreme Court ruled that the Ocean Resources Management Act (ORMA) applies to a proposed crude oil terminal at the Port of Grays Harbor. Proposed crude oil-by-rail projects at the port will now receive extra scrutiny regarding the risks of oil spills in the harbor.

One Less Crude-by-Rail Project in Vancouver

The City of Vancouver agreed to let NuStar proceed with plans to ship and store ethanol at the Port of Vancouver, so long as the company discontinues plans to handle crude oil. Dr. Michael Soman, a member of WPSR's Climate and Health Task Force, was an expert witness in 2015 court hearing on whether NuStar should be subjected to a full environmental impact statement for their plans to receive, store, and ship crude oil.



WPSR members recently met with Congresswoman Pramila Jayapal

Fossil Fuel Divestment in Seattle Gains a Big Supporter

We support the effort, led by 350 Seattle and others, to encourage the City of Seattle to divest its employee pension fund from fossil fuels. As WPSR Vice President Ken Lans said at a meeting of the pension fund's Board of Administration in March, "Not only will divesting from fossil fuels benefit health and well-being, but...it also makes financial sense." We are encouraged that Mayor Ed Murray publicly voiced his support in April for the pension board divesting. To learn more about this effort, visit www.northwestdivest.org.

Rep. Jayapal Supports Restricting the Use of Nuclear Weapons

Pramila Jayapal co-sponsored Rep. Ted Lieu's (D-CA) bill that would restrict the President's ability to use nuclear weapons. The Restricting First Use of Nuclear Weapons Act (H.R.669) would restrict the President from launching nuclear weapons until *after* a Congressional delegation of war. A companion bill (S.200) was introduced in the Senate by Sen. Ed Markey (D-MA). A WPSR delegation met with Rep. Jayapal last week, and we are delighted to say that she shares our concerns about nuclear weapons.

Our Coalition to Stop the New Nuclear Arms Race Is Growing

Last fall, we embarked on a journey to build a broad coalition of individuals and organizations working collaboratively to reduce and/or eliminate all components of the proposed rebuild of the US nuclear arsenal. Nineteen groups have joined the coalition, including faith groups (including the Church Council of Greater Seattle), peace groups (including five Fellowship of Reconciliation chapters and two Veterans for Peace chapters), health professionals (Health Alliance International), environmental groups (South Seattle Climate Action Network), and community-based organizations (including El Centro de la Raza). We have been hosting educational events and working together to reach out to our members of Congress.

WPSR Received Funding from the Ploughshares Fund

At the end of 2016, WPSR learned that we received funding from the Ploughshares Fund to support our efforts to reduce the threat of nuclear weapons. We are honored to be Ploughshares Fund's only Washington grantee. This funding allowed us to hire full-time Security Program Organizer, Lilly Adams.

New Faces at WPSR

Board Members: Sterling Clarren and Noah Silver

Sterling Clarren, MD

Sterling was the Robert A. Aldrich Professor of Pediatrics and Head of the Division of Embryology, Teratology and Congenital Defects at the University of Washington and Head of In-Patient Medicine at Seattle Children's Hospital before leaving for Canada in 2004 to become the first



CEO and Scientific Director of the Canada Fetal Alcohol Spectrum Disorder Research Network and a Professor of Developmental Pediatrics at the University of British Columbia. Now retired, he remains passionate about the ways political systems can be positively or negatively structured for the benefit of human development and well-being.

When asked about why he joined WPSR's board, Sterling says, "My career in developmental pediatrics revolved around the prevention and treatment of birth defects. Giving all children a fair shot at a decent life was never far from my mind. But it took a long time for me to realize that the existential treats of nuclear war and climate change will have a far greater impact on almost all children's ability to live and to thrive. I joined WSPR in hopes of contributing to reversing these truly terrible risks."

Noah Silver, MD

Noah is a practicing family physician at the newly minted Kaiser Permanente (formerly Group Health) on the Capitol Hill campus in Seattle. He has worked at this site for the last 10 years and has been the medical center chief for the last 2 years. As a resident, Noah's work at the Downtown Public Health clinic in Seattle showed him first-hand the tremendous impacts social determinants have on health outcomes for individuals and communities. When he's not working, Noah spends a lot of time outdoors, reflecting his strong sense of mission with respect to being a good steward of our limited and amazing environmental resources.

We asked Noah about his motivations for joining WPSR's board. Says Noah, "I have been a member of PSR since 2000. Last fall, as our current political maelstrom was unfolding, it became clear to me that I needed to be more actively engaged in the key issues that are the greatest threats to our health and our planet and this led me to join the WPSR board. My particular areas of interest follow my life experiences – education regarding the health impacts of climate change and the health impacts of income and resource inequality. As the parent of an 8- and 11-year-old, my current areas of "sub interest" surround how we can simultaneously educate the youth in our society about the perils of climate change and resource inequality, while at the same time stimulate action rather than despondency, hope rather than resignation."

Your Tax Dollars and Nuclear Weapons

By Avery Drennan, High School Student

Where do our taxes go? Since most of us just submitted our tax returns, it's a good time to think about what government levies are spent on. On average, every citizen of the state of Washington spent \$196.09 in 2016 to rebuild the arsenal of the most terrible weapons in human history, which could be used to destroy our civilization many times over. In Seattle, the per capita price tag was even higher – an astounding \$336.91.

The planned rebuild of these weapons systems would likely put important conventional military expenditures at risk. For example, the cost of upgrading nuclear submarines would mean sacrificing funding for over 30 ships which combat ISIS and carry out humanitarian relief efforts. But it is not

just the military which languishes under this specter; while the US plans to spend \$400 billion on rebuilding nuclear weapons over the next decade, vital social programs are imploding. The United States infrastructure is falling into disrepair, characterized by unsafe bridges, highways in need of repaving, and woefully inadequate public transit systems. Social welfare programs that quantifiably *save lives* are also being sliced up with little remorse, and for what?

As long as they exist on this planet, they pose the most powerful threat in the history of humanity. When one missile flies it will be the harbinger of the end; we have to stop that before it happens. America is built on hope, and we should allow that dream to flourish,

rather than crush ourselves under the weight of our own weapons.

The people possess the power to change this status quo. Pressure your Congressmen and Congresswomen to pass legislation that works to dismantle these weapons and instead invest in social systems that really protect our citizens. As Dr. Robert Dodge of Physicians for Social Responsibility-Los Angeles asserts, our tax expenditures reflect our principles and morals. So we must ask ourselves, what are our principles? Life is too precious to spend more of our taxes on nuclear arms.

To calculate the cost of nuclear weapons paid by an individual or a community, visit <http://www.psr-la.org/nuclear-costs>.

New Faces at WPSR

Staff Members: Lilly Adams and Sheila Lamont

Lilly Adams

Security Program Organizer

Lilly coordinates WPSR's nuclear arms abolition campaign, working to build a state-wide coalition, engage with elected officials, and promote education and awareness of nuclear weapons issues. She graduated from UC Berkeley with a degree in Society and Environment and is passionate about promoting environmental and social justice through community organizing. Lilly has worked as a community organizer with groups including CALPIRG, Food & Water Watch, Students Against Fracking, and Corporate Accountability International. She recently completed a year-long training program with Green Corps, the Field School for Environmental Organizing.

We asked Lilly what keeps her up at night, but also what gives her hope. Says Lilly, "What keeps me up at night is the knowledge that since the start of the nuclear age, the US has documented thousands of nuclear weapons accidents. We still have nearly 7,000 nuclear weapons today, and experts say we're more at risk now for a serious accident than ever before. What gives me hope is that every day I get to work with a community of Washington State citizens who are passionate about eliminating these inherently dangerous weapons, and our movement is growing every day!"



Sheila Lamont

Development Manager

Sheila's professional life has been in both the public and private sectors. She began her career as an assistant county attorney in New York, serving as legal counsel for agencies in areas of employment, contracts and legislative drafting. She moved into the non-profit world in 2006 and has worked with organizations in New York and Colorado on fundraising, administrative and programmatic issues. Most recently, Sheila spent time in the fast-paced entrepreneurial world as deal flow manager for a social impact angel investment group, where she vetted and mentored startups seeking funding and coordinated investor engagement events.

We asked Sheila what inspires her. Says Sheila, "I enjoy encouraging and assisting others to financially support the efforts of exceptional organizations like WPSR, and am also looking to pursue my passion for helping to facilitate the important conversations surrounding end of life healthcare and lifestyle choices. I truly respect the work (and people!) of WPSR because I believe in the value of physician/health based advocacy as a successful means of providing others with important, life-impacting information and guidance from a highly trusted source!"

